

For Immediate Release

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CattleWomen Donate Beef to Area Food Pantries

Summer is traditionally grilling season, though for many of those who live in Texas grilling season is year-round! This summer the Navidad Valley CattleWomen celebrated grilling season by donating 220 pounds of ground beef to area food pantries. As the economy makes grocery shopping more challenging each week, ground beef can still be incorporated as a healthy and affordable protein source that will always bring a smile to the family members who get to enjoy it. As a beef education organization, CattleWomen would like to share some tips, or Ground Beef 101, as developed by Texas Beef Council's for their "Beef Loving Texans" campaign.

(<https://beeflovingtexans.com/stories/six-expert-tips-for-grilling-burgers-hamburger-recipes/>)

Know Your Grinds. If you've ever walked up and down the meat aisle, you've probably noticed a head—spinning array of ground beef options for today's consumer. Most chubs and Styrofoam trays are labeled by the lean-to-fat ratio of the grind ratio (eg: 95/5 means 95% lean and 5% fat). Other options include 90/10, 80/20, 70/30, a variety of specialty grinds. Grilling burgers is one of those times when a little more fat in the grind adds a lot more flavor to the finished product, so consider option for the 80/20 ground beef which is typically ground from the chuck cut.

Form perfect patties. Here's a secret trick to forming uniform patties that will grill evenly and look appetizing – use a recycled lid! No need to spend money on an official hamburger press, just repurpose a plastic lid from a food container. The perfect lid for a 1/2 pound patty is from a big container of peanut butter, but you can use other sizes to make smaller burgers or even sliders. Also, when forming patties, use your thumb or a spoon to make an indentation in the top middle of the burger. This will keep your hamburger puffing up in the middle while on the grill — no one wants a round, bloated meatball burger that won't fill up the bun!

Keep seasoning simple. You can always dress up your burgers later with all the fixings, so don't overdo it on the seasonings — especially if grilling for a crowd with diverse tastes. Just a little bit of salt and pepper will do the trick or, if you're feeling a bit fancier, try a Worcestershire sauce, garlic powder or Cavender's Greek Seasoning.

Get 'em on and off the grill fast. Burgers are going to grill up best over direct heat on a wood, charcoal or gas grill, heated to about 400F degrees with the lid up. Like other thinner meat cuts,

it's best to use higher heat and get the meat on and off the grill fairly quickly. Keep in mind that ground beef should be cooked to an internal temperature of 160F degrees for food safety. A ½-inch patty should cook in about 10 — 12 minutes.

Know when to flip ‘em. Try to adhere to the one flip rule and no spatula squishing. As the meat heats up, juices are pushed to the top and people have a tendency to want to flip and squish. However, when you see this “meat sweat” collecting on top of your burger after about 6 to 7 minutes, it's time to flip ONCE. Flip the patty (never stab a fork in it) and grill 1 to 2 minutes less time than you did on the first side. Grillers who abstain from over-flipping and smashing down with a spatula (which prevents the deliciousness from dripping out), will be rewarded with a wonderfully juicy hamburger that will earn raves.

Be patient and let them rest. Everyone wants to bite into a burger straight off the grill, but this isn't the best idea. All those meaty juices you've been trying to preserve by treating your patty with loving care on the grates will come rushing out and tenderness will be lost with the first bite. Instead, remove burgers from the grill and let them hang out on a platter for approximately five minutes, allowing the juices to settle and redistribute. This is the perfect time to slap on slices of cheese, haul out the condiments and toast a few buns on the barbie!

For more information on Navidad Valley CattleWomen please visit their website at www.nvcw.org or follow them on Facebook @[nvcw.org](https://www.facebook.com/nvcw.org).

Photos:

Amen - Left is Cassie Girard, President, AMEN, and right, Robbie Cole, NVCW.

Columbus – Susie Shank/NVCW, Tom Fleming/Columbus Food Bank

Flatonia Food Pantry - Julia Webster, Evelyn Miller, Jackie Harker, Enid Waska

Manna in Hallettsville – Janet Spies/NVCW

Schulenburg Area Food Pantry – Carol Berger/volunteer, Lou Berger/board member, Annice McCullough/board member, Susie Shank/NVCW









**MANNA FOOD
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First Tuesday
9:00am - 12:00
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