

Make Your BBQ Dollars Last

(MSC NEWS)--Residents from across the local area are likely preparing for a rite of passage into the warm weather months: firing up the grill for the unofficial start of summer this Memorial Day weekend.

Kansas State University meat specialist Travis O'Quinn says consumers may be surprised at the prices found at their local meat counter and "right now, we have record beef prices that's due to shortage of cattle numbers and then there's only a limited amount of meat that comes off each animal, all that has really added up to create high beef prices, especially for those middle meats that have a high demand."

O'Quinn says there are some less expensive alternatives to some of the more expensive cuts of meat. His advice is to pick a flat iron or Denver steak instead of a T bone steak, and to use the beef chuck roll or the tri-tip, cheaper alternatives to brisket

The key, according to O'Quinn, is to look at the label. If it comes from the loin, it's more expensive; if it comes from the chuck, it's less expensive.

Once the meat is purchased, it's time to fire up the grill for a tasty Memorial Day dinner. O'Quinn says the best bet to make that happen is to use a meat thermometer and "...we can guarantee that steaks are going to reach the degree of doneness that you prefer whether your family prefers medium or medium-rare, or well done. Make sure when you're using that 140 degrees corresponds with a rare degree of doneness. 160 for a medium, and about 170 for well done. If you're using a food thermometer, you can guarantee that the steaks will come out exactly as you want."

Currently, the average price for sirloin steak is \$8.00 a pound, while the average price for chuck is \$5.50 a pound.

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