



## Culinary Practice Recipe

**Prep** 5 mins  
**Cook** 15 mins  
**Yields** 4 servings



# Zippy Western Beef Steak

## Prepare Ingredients

1 lb (500 g) beef fast-fry steak

1/8 tsp (1 mL) salt and pepper

1 jar (285 mL) chili sauce

1 onion, sliced

1 sweet green pepper, seeded and cut into strips

1 tbsp (15 mL) prepared horseradish (optional)

1 tsp (5 mL) dry mustard

## Cook

Season steaks to your liking and brown on both sides in large lightly oiled non-stick **skillet** over medium-high heat.

Meanwhile, combine chili sauce, onion, green pepper, horseradish (if using) and mustard; pour over meat.

Cover and bring to boil. Reduce heat to low and simmer for 10 to 15 minutes. Season to taste. Serve with boiled new potatoes and mixed veggies.



**Fast-fry steaks** can also be called **minute steaks**. A fast-fry steak can be from strip loin, rib eye, sirloin, round or flank cuts. They are thin cut so they can be cooked quickly. It can be **mechanically tenderized** by **pounding** the meat before pan frying it, or by combining pan frying with a moist heat cooking method.

These fast-fry steaks are simmering steaks, as they have more of that connective tissue that can make a cut of meat tougher.

This recipe uses **simmering** to finish cooking and tenderizing the meat.

Simmering is a type of moist heat cooking method. **Moist heat cooking** uses moisture and a lid. This forms steam during cooking. The steam helps dissolve the collagen connective tissue, which makes the meat more tender.

Simmering is a **slow cooking** method, with the meat cooked in a liquid. This slow cooking method dissolves the collagen in the simmering cut, helping to create gravy. A low temperature of 84°C to 95°C (185°F to 205°F) means that bubbles will be small and slowly rise to the surface.



Find information on mechanically tenderized beef cuts from **Canada Beef** in *Understanding Mechanically Tenderized Beef* at <https://canadabeef.ca/wp-content/uploads/2017/12/3411-CBEEF-FACT-SHEET-mechanically-tenderized-p4f.pdf>.



Watch a video that demonstrates slow cooking with simmering steaks at <https://canadabeef.ca/simmering-steak-know-how/>.



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Why do you think a slow cooking method is used for simmering the fast fry steaks in this recipe?

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How is temperature adjusted between the fast fry and the slow cooking methods in this recipe? Why are these temperatures different?

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If you don't have Cajun spice, you can substitute with 0.5 mL (1/8 tsp) paprika, dried oregano, garlic powder and thyme.

This recipe is a quick version of a slow-simmer recipe. For a true slow-simmer meal, you can use Beef Blade or Cross Rib Simmering Steak, adding ½ cup (125 mL) water to the pan and simmering, covered, for at least 1¼ hours on the stove top or in a 325°F (160°C) oven.

This dish provides a good source of iron (23% DV) and excellent source of zinc (68% DV). It contains 49% DV of sodium.

Nutrition Facts	
per serving	
Amount	
<b>Calories</b>	257
<b>Protein</b>	28 g
<b>Fat</b>	5 g
<b>Carbohydrate</b>	21 g

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/zippy-western-beef-steak/>