



Family Moo News

Adopt-A-Cow: Beef Lesson 2 – Beef Breeds

Selecting Beef Cuts

When you go to the grocery store or the butcher shop to purchase beef for your next meal, party, or holiday dinner there are often a lot of options to choose from. The meat case can be overwhelming, but it is important to choose a cut that will suit your needs. A sirloin steak is one of the most flavorful options and is very easy to find in most retail spaces. If a very tender steak is more up your alley, a tenderloin or flat iron steak deserves to come home with you. Marbling is on the top of some people's list and if you love a well marbled steak, a ribeye, New York strip, or chuck eye steak will meet that requirement. Steaks can offer a tender and flavorful eating experience and are relatively easy to prepare. A more economical option may be selecting a roast such as a round roast or chuck roast. These cuts require a low and slow style of cooking, such as a slow cooker or pressure cooker, for the best eating experience.



Beef Breeds

Common South Dakota Beef Breeds



Angus



Charolais



Hereford



Red Angus

Angus, Hereford and Red Angus photos courtesy of American Angus Association, American Hereford Association and Red Angus Association of America

Kids Can Cook Recipe: Lasagna Rolls

Recipe from: Kade Braaten, Roberts County
2024 4-H Special Foods Contest

Ingredients

- 6 lasagna noodles
- 1 lb. ground beef
- 1 ½ cup pasta sauce
- 1 ½ cup shredded mozzarella cheese
- ¾ cup ricotta cheese

Directions

1. Preheat oven to 400°F
2. Cook lasagna noodles according to package directions; drain noodles.
3. Brown ground beef in skillet; drain excess grease.
4. Add pasta sauce.
5. Spread 2 TBSP ricotta cheese on a lasagna noodle. Top with ¼ cup meat sauce and 2 TBSP shredded mozzarella cheese.
6. Roll up noodle and place in a greased 8-in baking dish.
7. Repeat process for remaining noodles
8. Pour remaining meat sauce over noodles, and top with remaining shredded cheese.
9. Bake uncovered for 10-15 minutes or until internal temperature of 165°F.

Ask me what I did today!







Did you know?

Just like we get the color of our eyes and hair from our biological parents, cattle pass along traits to their calves. Ranchers utilize these traits to build their ideal herd.



Today we ...

Learned how scientist predict which traits are passed from parent to child using tools called Punnett squares.

			
	B (dominant = Brown)	b (recessive = Blue)	
	b (recessive = Blue)	Bb 	bb 
	b (recessive = Blue)	Bb 	bb 

Today we ...

Met our adopted cow and calf!



Beef Fun Facts

- A solid-colored calf with white face is called a 'Baldy'
- There are over 70 breeds of cattle raised in the United States

