

Meat cutting and electric pressure cooker demonstrations highlight holiday workshop

AT A GLANCE

Beef cutting and recipe demonstrations using an electric pressure cooker showcased easy ways to cut, prepare and serve beef to families during the holiday season.

The Situation

Many consumers are overwhelmed when they go to the grocery store and have to choose a protein for their families. This is especially true during the holiday season when trying to plan family meals for larger groups. Cost and time are two big factors when planning holiday and everyday menus. Expensive cuts of meat are often overlooked as consumers do not know how to prepare them properly and fear ruining them. In addition, with the recent popularity of electric pressure cookers, consumers are constantly seeking information and recipes to learn how to use them properly to prepare quick, nutritious and tasty meals for their families.

Our Response

University of Idaho Extension faculty created a program titled “Beef Up Your Table — Holiday Edition” to show consumers how easy it is to cut their own beef at home and how to use electric pressure cookers to prepare easy, nutritious, cost-effective, delicious meals during the holidays.



Extension educator Sarah Baker showcases “3 Easy Steps to a Perfect Prime Rib.” Photo courtesy of UI Extension.

Program Outcomes

Sixty consumers from Custer County attended the two-hour Beef Up Your Table workshop where they learned about beef cutting, electric pressure cookers, freezer meals, food safety, nutrition, how to stretch their dollar at the grocery store and how to plan fun, family holiday meals. Each attendee received a “beef” bag, which included recipes, meat thermometers, food safety magnets and nutrition information. Door prizes were handed out throughout the night. All recipes featured in the class were available to sample following the demonstrations.

The schedule of events included the following presentations:

- Festive Drinks for the Holidays (Poinsettia Punch)
- Start Your Party with a Beefy Appetizer (Beef Cheese Ball)
- Electric Pressure Cooking Your Way Through the Holidays (Beef Enchilada Pasta)
- Holiday Roast Tips — 3 Easy Steps to the Perfect Prime Rib (Holiday Beef Rib Roast)
- Prime Rib Alternatives — Top Loin Cutting Demonstration (Grilled Strip Steaks)
- Ground Beef for Days — Beef Freezer Meals (Teriyaki Beef)
- Top Sirloin the “Right” Way Cutting Demonstration (Cap Steaks with Garlic)
- Desserts for the Holidays (Electric Pressure Cooker Pumpkin Pudding Cake)

One hundred percent of attendees indicated they learned new skills, now feel comfortable preparing a prime rib and learned how to use an electric pressure cooker. Ninety-eight percent said they learned new ways to prepare beef, want to try cutting beef at home, learned how to save time and money preparing freezer meals, and learned how to prepare nutritious meals for their families using electric pressure cookers. One hundred percent of attendees said they would refer their family or friends to the University of Idaho Extension faculty for nutrition and cooking information, would recommend this class to others, and are planning to utilize the recipes and skills learned to cook more beef meals for their families at home, especially during the holidays.

The Future

Due to the popularity of this class, additional classes have been scheduled in Custer County and across the state.

FOR MORE INFORMATION

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