



CONTENTS:

Where Steaks Come From

General Steak Info

Steakhouse Favorites

Rising Star Steaks

Value Steaks

Tenderness Ranking

Nutrition Lean List

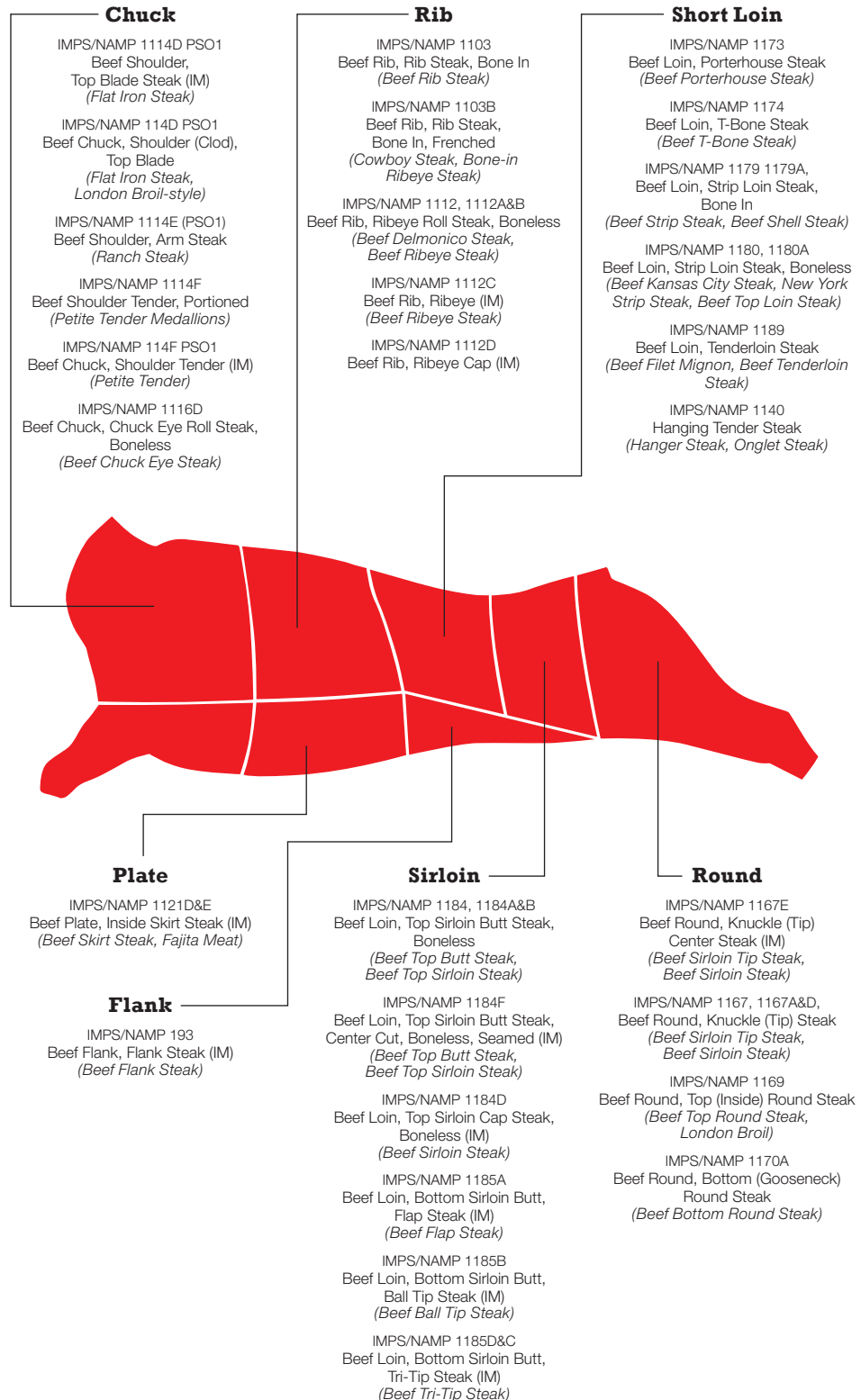
User's Guide/Grid

Individual Cut Information



Product Information, Steaks

Where Steaks Come From



(IM = Individual Muscle)



General Steak Info

Beef steak is an American favorite. The reason why is simple; steak tastes great and delivers the ultimate dining enjoyment experience for consumers. Of course foodservice operators also realize the power of steak to increase traffic. It's versatile, convenient and uniquely customizable, and with the newly expanded steak category, there's a steak to fit any menu. Steak is bold, assertive and stands out from the crowd, providing a feeling of satisfaction that is unequalled.

Steakhouse Favorites

- Beef Tenderloin Steak (*Filet*)
- Bone-In Beef Tenderloin (*Bone-In Filet*)
- Beef Top Loin Steak (*Strip, Kansas City Strip, NY Strip*)
- Bone-In Beef Top Loin Steak (*Strip*)
- Beef Porterhouse Steak
- Beef T-Bone Steak
- Beef Ribeye Steak (*Delmonico*)
- Beef Rib Steak (*Bone-In Ribeye*)

Rising Star Steaks

- Beef Chuck, Top Blade Steak (*Flat Iron*)
- Beef Chuck, Shoulder Tender (*Petite Tender*)
- Beef Shoulder, Arm Steak (*Ranch Steak*)
- Beef Ribeye Cap
- Hanging Tender Steak (*Hanger Steak, Onglet Steak*)



Value Steaks

- Beef Chuck Eye Steak
- Beef Top Sirloin Butt Steak (*Beef Top Butt Steak, Beef Top Sirloin Steak*)
- Beef Top Sirloin Butt Steak, Center-Cut (*Beef Top Butt Steak, Beef Top Sirloin Steak*)
- Beef Top Sirloin Cap Steak, Boneless (*Beef Sirloin Steak*)
- Beef Bottom Sirloin Tri-Tip Steak (*Beef Tri-Tip Steak*)
- Beef Round, Knuckle (Tip) Center Steak (*Beef Sirloin Tip Steak, Beef Sirloin Steak*)
- Beef Round, Knuckle (Tip) Steak (*Beef Sirloin Tip Steak, Beef Sirloin Steak*)
- Beef Round, Top (Inside) Round Steak (*Beef Top Round Steak, London Broil*)
- Beef Round, Bottom (Gooseneck) Round Steak (*Beef Bottom Round Steak*)
- Beef Flank Steak
- Beef Inside Skirt Steak (*Beef Skirt Steak, Fajita Meat*)

Tenderness Ranking

The most tender beef steaks, in order from most tender, are:

- Beef Tenderloin Steak
- Beef Shoulder, Top Blade Steak (*Flat Iron*)
- Beef Ribeye Cap
- Beef Shoulder Tender (*Petite Tender*)
- Beef Loin, Strip Loin Steak (*NY Strip Steak, Kansas City Steak*)
- Beef T-Bone and Porterhouse Steaks
- Beef Rib Steak
- Beef Ribeye Steak
- Beef Shoulder, Arm Steak (*Ranch Steak*)
- Beef Flank Steak
- Beef Round, Knuckle (Tip) Steak (*Sirloin Tip Steak, Sirloin Steak*)
- Beef Round, Top (Inside) Round Steak (*Top Round Steak, London Broil*)
- Beef Top Sirloin Butt Steak (*Top Butt Steak, Top Sirloin Steak*)

Nutrition Lean List

The leanest beef steaks, in order from most lean, are:

- Beef Top (Inside) Round Steak
- Beef Loin, Top Sirloin Butt Steak
- Beef Round, Knuckle (Tip) Steak
- Beef Shoulder, Arm Steak (*Ranch Steak*)
- Beef Strip Loin Steak (*New York Strip Steak, Kansas City Steak*)
- Beef Chuck, Shoulder Tender (*Petite Tender*)
- Beef Flank Steak
- Beef Loin, Bottom Sirloin Butt, Tri-Tip Steak
- Beef Loin, Tenderloin Steak (*Filet Mignon*)
- Beef Loin, T-Bone Steak



User's Guide/Grid

Classic Beef Dishes	Beef Tenderloin Steak: 1189	Beef Porterhouse/T-Bone Steak: 1173, 1174	Beef Strip Loin Steak: 1179, 1179A, 1180, 1180A	Beef Rib & Ribeye Steak: 1103, 1103B, 1112, 1112A,B,C	Beef Top Sirloin Butt Steak: 1184, 1184A,B,F	Beef Shoulder Top Blade Steak (Flat Iron): 114D PSO1, 1114D PSO1	Beef Shoulder Tender (Petite Tender): 114F PSO1, 1114F	Beef Flank Steak: 193	Beef Skirt Steak: 1121D,E	Beef Top Round (Inside) Steak: 1169	Beef Shoulder, Arm Steak (Ranch Steak): 1114E PSO1
Steakhouse Steaks	X	X	X	X	X	X	X				
Filet Mignon	X										
London Broil								X		X	
Steak Diane, Steak Au Poivre, Surf & Turf	X	X	X	X	X	X					X
Steak & Eggs	X				X	X	X		X		X
Carne Asada			X	X	X	X		X	X		X
Beef Wellington, Chateaubriand	X						X				
Cheese Steak Sandwich				X	X				X	X	X
Fajitas					X	X		X	X	X	X
Italian Braciola, Roulade					X			X			
Asian Stir-Fries					X	X	X	X		X	X
Beef Tournedos	X						X				
Beef Milanese (Schnitzel)							X				X
Kabobs, Brochette	X				X	X	X				
Ribbon Kabobs, Satays					X	X		X		X	
Salad Toppers			X		X	X	X	X		X	X



Individual Cut Information

Chuck

1114D, PSO1 Beef Shoulder, Top Blade Steak (*Flat Iron Steak*)

114D, PSO1 Beef Chuck, Shoulder (Clod), Top Blade (*Flat Iron Steak, London Broil-style*)

- A new favorite
- The second-most-tender beef muscle
- Thickness varies naturally; available in 6-to-14-ounce portion sizes for a variety of uses (individual steaks average about 7 oz.)
- Can be ordered by weight only
- Grill and feature just as you would a strip or ribeye steak
- 114D PSO1 resembles a flank steak in shape; grill and slice thin for fajitas, sandwiches and salads
- Slice into strips for stir-fries, skewers and pastas, or cut into cubes for kabobs
- Suitable for any operation for casual to white tablecloth

1114E Beef Shoulder, Arm Steak (*Ranch Steak*)

- Affordable new steak cut
- Similar in flavor and texture to top sirloin; shaped like a NY strip
- Ideal as a breakfast or lunch steak in sandwiches and salads, or on a dinner combo plate
- Slice into strips for stir-fries, skewers and pastas
- Ideal for kabobs; marinate for added flavor
- Use as you would a boneless, skinless chicken breast: whole or sliced

114F PSO1 Beef Chuck, Shoulder Tender (IM) (*Petite Tender*)

1114F Beef Shoulder Tender, Portioned (*Petite Tender Medallions*)

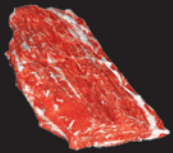
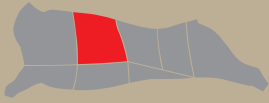
- Newly discovered tender cut
- 2 of these muscles per animal, so it's available in limited quantities
- The whole muscle is similar in shape and size to pork tenderloin, ranging from 8 to 12 ounces
- Use whole and menu as a steak similar to Hanging Tender Steak
- Carve tableside

1116D Beef Chuck, Chuck Eye Roll Steak, Boneless (*Beef Chuck Eye Steak*)

- The extension of the ribeye muscle, sometimes called "mock ribeye"



1116D



112D PSO1



Rib

1103 Beef Rib, Rib Steak, Bone In *(Beef Rib Steak)*

1103B Beef Rib, Rib Steak, Bone In, Frenched *(Bone-in Ribeye Steak, Cowboy Steak)*

- Prepared from any bone-in rib subprimal
- Bone-in = dramatic presentation plus an extra flavor boost
- Rib steaks are sometimes “Frenched” with all fat and lean trimmed from the bone end to expose 1 to 3 inches of bone

1112, 1112A&B Beef Rib, Ribeye Roll Steak, Boneless *(Beef Delmonico Steak, Beef Ribeye Steak)*

1112C Beef Rib, Ribeye *(Beef Ribeye Steak)*

112D PSO1, 1112D Beef Rib, Ribeye Cap

- A steakhouse classic
- Small end is a term used to describe steaks cut from the loin end; large end is reference to steaks cut from the chuck end and have more muscles
- The Ribeye Cap is a tender cut and lends to a variety of menu applications

Short Loin

1173 Beef Loin, Porterhouse Steak *(Beef Porterhouse Steak)*

- Cut from the sirloin (large) end of the short loin
- T-shaped bone
- Contains both the strip and the tenderloin
- Tenderloin muscle must be at least 1-1/4 inches when measure across center; larger than a golf ball
- Perfect sweetheart steak for Valentine’s Day – carve tableside

1174 Beef Loin, T-Bone Steak *(Beef T-Bone Steak)*

- Cut from the center of the short loin
- T-shaped bone
- Contains the strip and (smaller) tenderloin
- Tenderloin muscle must be at least 1/2 inch when measured across center, but smaller than a golf ball



1179, 1179A Beef Loin, Strip Loin Steak, Bone In *(Beef Strip Steak, Beef Shell Steak)*

- Cut from the rib (small) end of the short loin
- Bone-In means more plate coverage plus extra flavor boost
- Contains same vertical bone as the Porterhouse and T-Bone, but no backbone and no tenderloin muscle

1180, 1180A Beef Loin, Strip Loin Steak, Boneless *(Kansas City Steak, New York Strip Steak, Top Loin (Strip) Steak, Ambassador Steak, Boneless Club)*

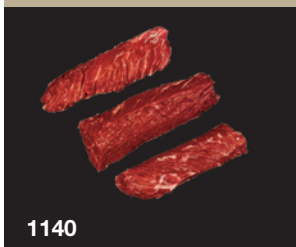
- Excellent for flavorful, dry-heat cooking methods such as smoking or grilling with aromatic woods and roasting
- Versatility makes it excellent for seasonings, sauces and accompaniments
- Can be cut in half for petite steaks

1189 Beef Loin, Tenderloin Steak *(Beef Filet Mignon, Beef Tenderloin Steak)*

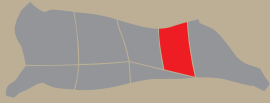
- Advantages of portion cuts; uniform, consistent product, cost control, safe and efficient storage
- Beef Tenderloin menus well in several portion sizes, offering patrons a variety of size and price options
- It's suitable for a wide range of traditional as well as unique menu applications
- Chateaubriand – a recipe for a thick-cut tenderloin steak large enough for 2 people – was created during Napoleon's time for the French author and statesman, Francois Chateaubriand
- O. Henry first used the term Filet Mignon in his 1906 book, *The Four Million*; the literal meaning is small (mignon) boneless meat (filet)

1140 Hanging Tender Steak *(Hanger Steak, Onglet Steak)*

- Only one per carcass, so limited supplies available
- Portion of the diaphragm muscle that is attached to the back section of the last rib
- Soft, grainy textured, elliptical-shaped muscle approximately 7 inches long
- Found between the 12th and 13th ribs of the carcass close to the backbone
- One of its most popular uses is being menued as the Bistro Steak
- Can be ordered by weight only



1140



Sirloin

1184, 1184A&B Beef Loin, Top Sirloin Butt Steak, Boneless (*Beef Top Butt Steak, Beef Top Sirloin Steak*)

1184F Beef Loin, Top Sirloin Butt Steak, Center-Cut, Boneless, Seamed (*Beef Top Butt Steak, Beef Top Sirloin Steak*)

1184D Beef Loin, Top Sirloin Cap Steak, Boneless (*Beef Sirloin Steak, Culotte Steak*)

- Moderately priced
- Leaner dining option
- All boneless
- Center-cut sirloin steaks (1184B) have only one muscle
- Made into specified portion size or thickness by slicing pieces at a right angle to the grain (muscle fibers)
- Portion cuts offer consistent product with uniform appearance and cost control
- Provides plenty of creative options for expanding menus because one cut can be used for multiple menu items – steaks, cubes, strips, kabobs or in salads, soups and sandwiches
- Wide range of portion sizes satisfies varying patron tastes and price points
- Culotte Steak (1184D) is a boneless, flavorful steak consisting of the bicep femoris muscle in the sirloin

1185D&C Beef Loin, Bottom Sirloin Butt, Tri-Tip Steak, Defatted (*Beef Tri-Tip Steak*)

- A west coast favorite
- Versatility at a moderate price
- Named for its triangular shape; comes from the bottom sirloin
- Tender cut, does not require marinating for tenderization

Round

1167E Beef Round, Knuckle (Tip) Center Steak (*Beef Sirloin Tip Steak, Beef Sirloin Steak*)

1167, 1167A&D Beef Round, Knuckle (Tip) Steak (*Beef Sirloin Tip Steak, Beef Sirloin Steak*)

- Value steaks
- Lean
- Benefit from tenderizing marinade
- Premium of the three is the center steak

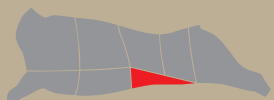


1169 Beef Round, Top (Inside) Round Steak (*Beef Top Round Steak, London Broil*)

- Less expensive beef cut
- Good profit opportunities
- Not recommended for moist heat cookery
- The versatile top round is perfect for both classic favorites and flavorful ethnic preparations
- Its great value is enhanced with marinades, sauces, accompaniments and side dishes
- Its strong nutrition profile makes this cut ideal for lighter menus

1170A Beef Round, Bottom (Gooseneck) Round Steak (*Beef Bottom Round Steak*)

- Value steak
- Needs to be tenderized
- Good braise steak



Flank

193 Beef Flank, Flank Steak (*Beef Flank Steak*)

- Single muscle cut from the flank region
- Prepared practically free of fat; thick connective tissue membrane removed
- Great natural flavor, easy to handle
- All-season cut, from grilling in summer to roulades in winter
- Can be ordered by weight only; typically 1 to 2 pounds



Plate

1121D&E Beef Plate, Inside Skirt Steak, Boneless (*Beef Skirt Steak, Fajita Meat*)

- Ideal cut for offering a variety of profitable entrees
- Marinate for tenderness flavor
- Grill, broil or stir-fry
- A Texas-born favorite; the original cut for fajitas, one of America's best-selling ethnic entrees
- Can be ordered by weight only