Product Information: Roasts

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**Definition of a Roast**

- A cut of beef more than two inches thick and larger than a steak. It may contain bone and is often comprised of more than one major muscle.
- Tender roasts from the rib and loin are recommended for dry heat cooking (oven roast or in a covered grill using indirect heat)
- Less tender beef roasts from the chuck and round are called pot roasts and are recommended for moist heat cooking (slow cooker or braising)

**General Oven Roast Info**

Oven roasting is a way of cooking by dry heat, resulting in a beautiful outside and tender, juicy inside. Typically, the most tender beef cuts are those that are prepared using this dry heat cooking method, with Beef Rib being the most popular, followed by Beef Tenderloin.

Both of these popular cuts offer a choice in portion size and can be sliced to different thickness, which means your menu can have a range of portion sizes to satisfy varying patron tastes. It also allows you to offer large portion specials when needed, making your menu flexible and versatile.

Oven roasts are ideal for dishes prepared with a special rub, sauce or seasoning. Customers are often willing to pay a premium for a "signature" items, and oven-roasted beef roasts provide the stunning presentation and memorable experience that consumers crave.

Another benefit to oven roasts is the multitude of ways in which they can be used. In addition to traditional applications, surprise and delight your customers with a variety of menu additions utilizing roasts:

- Beef up breakfast with dishes like Roast Beef Hash, South-of-the-Border Scramble, Beef Biscuits and Gravy, or a Breakfast Beef Burrito
- Add to appetizers with Roast Beef Sliders, Beef and Asparagus Roll-Ups or Beef and Sun-Dried Tomato Toasts
- Extend soups like Beef & Barley or Minestrone with the addition of diced roast beef
- Create salad specials like a Greek Beef Salad, Roast Beef Caesar, Cowboy Cobb, Thai Beef Salad or Roast Nicoise
- Offer entrée specials using roast beef: pasta, pizza, Santa Fe-Style Roast Beef with southwestern spices, or Kung Pao Beef

**Cooking a Perfect Oven Roast**

- Season with an herb rub
- Roast or grill
- Place on rack in shallow roasting pan when preparing in an oven
- Do not add water and do not cover
- Cook between 325°F and 425°F depending on roast
- Use an ovenproof meat thermometer to check doneness
**Premium vs. Value**

**Premium Roasts**
- Tenderloin Roast
- Rib Roast
- Ribeye Roast
- Strip Roast

**Value Roasts**
- Top Sirloin Roast
- Tri-Tip Roast
- Round Roast
- Round Rump (Steamship, Baron of Beef)
- Sirloin Tip Roast
- Outside Round (Flat)

**Tenderness Ranking—Oven Roasts**
The most tender beef oven roasts, in order from most tender, are:
- Tenderloin
- Strip Roast
- Ribeye Roast

**Nutrition Lean List—Oven Roasts**
The leanest beef oven roasts, in order from most lean, are:
- Round Roast
- Top (Inside) Round Roast
- Top Sirloin Roast
- Brisket Flat
- Sirloin Tip Center Roast
- Round Rump Roast (Steamship, Baron of Beef)
- Arm Chuck Roast
- Outside Round (Flat) Roast
- Tri-Tip Roast
- Tenderloin Roast

**Individual Cut Information—Oven Roasts**

**Chuck**
116H Beef Chuck, Chuck Eye (IM)
- This muscle group is an extension of the Ribeye
- Sometimes referred to as the “mock Ribeye”

**Rib—Bone In**
(Beef Standing Rib, Beef “Prime” Rib)
107 Beef Rib, Oven-Prepared
109 Beef Rib, Roast-Ready
109A Beef Rib, Roast-Ready, Special (feather bones removed)
109D Beef Rib, Roast-Ready, Cover Off, Short-Cut (Export Style)

109E Beef Rib, Ribeye Roll, Lip-On, Bone In (Export Style)
- Most regal and classic of beef roasts, ranging from 14 to 22 pounds
- Flavorful, bone-in cut offers dramatic appearance
- Exceptional taste and tenderness
- “Prime Rib” signifies the first seven beef ribs between the chuck and the short loin; most popular menuing application for the beef rib cut
- The term “prime” used with this cut many times does not indicate the grade U.S. Prime
- Another impressive application involves cutting off a portion from the roast, adding a dry rub and then grilling to order, creating 2 menu items when you offer “Prime” Rib and Cowboy Steak

Rib—Boneless
(Beef Ribeye Roast, Boneless Beef “Prime” Rib, Boneless Beef Rib Roast)
110 Beef Rib, Roast-Ready, Boneless
112A Beef Rib, Ribeye, Lip On
112 Beef Rib, Ribeye Roll
112C Beef Rib, Ribeye (IM)
- Most often used for “Prime” Rib menu options because this boneless item is easier to vary portion size
- Convenient and versatile
- Perfect for menuing several portion sizes and varying degrees of doneness
- Excellent for buffet service or carving at the guest table
- Boneless cut can be sliced into steaks of any thickness or served as a hot buffet roast

Loin
(Beef Tenderloin Roast, Chateaubriand, Filet Mignon Roast)
189, 189A Beef Loin, Tenderloin, Full
190, 190A Beef Loin, Tenderloin, Full, Side Muscle Off, Defatted
191, 191A, 191B Beef Loin, Tenderloin, Butt

192 Beef Loin, Tenderloin, Short
- A menu superstar
- The most tender beef cut
- Premium, classic, well-loved
- Easy to portion and prepare, weighing from 2 to 7 pounds
- Perfect for carving stations
- PSMO: another name for the full tenderloin with the side muscle on and all outside fat removed (IMPS/NAMP 189A)
- Silver Skin: connective tissue that surrounds the major tenderloin muscle
- Peeled: all outside fat and connective tissue removed

Loin
(Beef Strip Loin)
175 Beef Loin, Strip Loin, Bone In
180 Beef Loin, Strip Loin, Boneless
• Typically cut into steaks, but can also be roasted
• Range from 8 to 14 pounds
• Among the top five most tender beef cuts
• Highly valued cuts

Sirloin
(Beef Sirloin, Beef Top Butt)
184, 184A Beef Loin, Top Sirloin Butt, Boneless
184B Beef Loin, Top Sirloin Butt, Center-Cut, Boneless, Cap Off (IM)
184D Beef Loin, Top Sirloin, Cap (IM)
184E Beef Loin, Top Sirloin Butt, Boneless, 2-piece (184B +184D)
184F Beef Loin, Top Sirloin Butt, Center Cut, Boneless, Seamed, 2-Piece (smaller piece referred to as Baseball Cut)
  • Boneless cut located between the short loin and round, separated from the Bottom Sirloin through a natural seam
  • Cooked as a roast for sandwiches and sliced beef salad

185B Beef Loin, Bottom Sirloin Butt, Ball Tip, Boneless (IM) (Beef Ball Tip, Beef Sirloin)
  • Less tender than Top Sirloin

185C, 185D Beef Loin, Bottom Sirloin Butt, Tri-Tip, Boneless (IM) (Beef Tri-Tip)
  • A west coast favorite and one of the "best kept secrets"
  • Classic cut grilled in the Santa Maria BBQ
  • Triangular shape provides varying degrees of doneness
  • Can be roasted, grilled, broiled or done on the rotisserie
  • A multitude of serving ideas: sliced with sauce or relish, in sandwiches, as London Broil, as beef hash, or sliced in BBQ

Round
166B Beef Round, Rump and Shank Partially Off, Handle On (Baron of Beef, Steamship Round)
  • A classic
  • Impressive for carving stations or hot buffets

168 Beef Round, Top (Inside), untrimmed
169 Beef Round, Top (Inside)
169A Beef Round, Top (Inside), Cap Off
  • Buffet carving classic
  • Leftovers great for use in sandwiches or salads

167 Beef Round, Knuckle (Tip)
167A Beef Round, Knuckle (Tip), Peeled
167D Beef Round, Knuckle (Tip), Peeled, 2-Piece (167E +167F)
167E Beef Round, Knuckle (Tip), Center Roast (IM)
  • One of the three major muscle groups in the round
  • Works with dry or moist heat cooking methods
  • Great when thinly sliced for sandwiches
  • More economical cut
171B Beef Round, Outside Round (Flat)
171D Beef Round, Outside Round, Side Muscle Removed (IM)
- Works well with slow roasting/barbecue or moist heat cooking
- Great for stews, shredded for tamales, hash and cassoulet
- Tenderizing is recommended
- More economical cut

171C Beef Round, Eye of Round (IM) (Beef Eye Round)
- Works with dry or moist heat cooking methods
- A smaller roast, great when sliced for sandwiches
- More economical cut

**General Pot Roast Info**
“Cooking under cover, “also known as braising or stewing, relies on the steam from simming liquid to turn less tender cuts of beef into richly flavored, fork-tender favorites. It’s a time-tested tradition of cooking that’s making a comeback as part of the comfort foods trend.

Less tender cuts are ideal for braising or stewing. To determine a cut’s tenderness, first look at the amount of connective tissue—less tender cuts have a larger amount of connective tissue. Next, look at the location of the cut. Cuts that have been taken from the front and rear of the animal, such as the chuck and the round, have been more heavily exercised and, therefore, can be less tender.

The key to successful braising or stewing is gentle simmering with a cover. Using a low temperature over the proper length of time converts the collagen (a type of connective tissue) into tender gelatin. Brown beef in a heavy bottomed pan to add flavor. Add liquid: broth, water, juice, beer or wine. Cook in a tightly covered pan for 2 to 3 hours in oven, on low heat, on stove top or in slow cooker. Use braising juices to create gravy. Use a fork to test if the meat is done to perfection.

Here are some benefits to cooking under cover:

- A large supply of economical beef cuts that are easy to prepare in large volumes make it both convenient and appropriate for regular and takeout menus
- It’s easy to create “signature dishes” that have a great presentation and are unique
- The complex, intense flavors of the cooking liquid are ideal for full-bodied, rich sauces
- By varying your technique, you can create a host of dishes: Mexican shredded beef to Italian Braciola to Yankee Pot Roast
- Customers crave the unbeatable, rich flavor and taste of “home cooked” meals
- Nothing evokes memories like a good, old-fashioned pot roast—right on trend with comfort foods
- Braised beef holds and reheats well for leftovers
Nutrition Lean List—Pot Roasts
The leanest beef pot roasts, listed in order from most lean, are:

- Eye of Round Roast
- Beef Round, Bottom Round, Heel
- Beef Round, Knuckle (Tip)
- Beef Round, Outside Round
- Arm Chuck Roast

Individual Cut Information—Pot Roasts
Chuck
114, 114C Beef Chuck, Shoulder (Clod)
114E Beef Chuck, Shoulder (Clod), Arm Roast PSO1 (Beef Clod Heart or Beef Shoulder Center Roast)
- Weighs 13 to 21 pounds; contains two major muscle groups that are among the top five most tender muscles in the entire carcass
- 114E consists of the large muscle system of the thick end of the clod; menu as mock brisket or pot roast
- Offers operators value because it’s an economical cut that can be used in a variety of entrees: pot roasts, stews, soups, stroganoff, shredded fillings for tacos and sandwiches

116A Beef Chuck, Chuck Roll
116B Beef Chuck, Chuck Tender (Beef Chuck Mock Tender)
116D Beef Chuck, Chuck Eye Roll (Beef Chuck Eye Roast)
116E Beef Chuck, Under Blade Roast
116G Beef Chuck, Edge Roast (IM)
- Great taste at an economical price; provides good profit opportunities
- Perfectly suited to today’s comfort foods and ethnic trends
- Less tender, require long, slow simmering
- Great for high-volume cooking; reheats well

Round
171B Beef Round, Outside Round (Flat)
171D Beef Round, Outside Round, Side Muscle Removed (IM)
171E Beef Round, Outside Round, Side Roast (IM)
- Perfectly suited to today’s comfort foods and ethnic trends

General Brisket Info
- Delicious, affordable and ideal for a variety of profitable dishes
- Popular barbecue and ethnic comfort food
- Boneless cut perfect for popular sandwiches and value entrees
- Adapts well to dry rubs, mops or marinades
- Ideal for slow cooking or braising
- Deckle is the fat and lean between the bone and the main muscle of the brisket
- Corned Beef Brisket is made by pickling or curing fresh brisket; the name is derived from the “corns” or coarse grains of salt, traditionally used to preserve beef
• Store fresh roast in the refrigerator for 3 to 4 days. Store frozen roast in the freezer for 6 to 12 months
• Always defrost frozen roast slowly in the refrigerator
• Before cooking, pat roasts dry with a paper towel for better browning
• When roasting, place roast on a rack in a roasting pan to allow fat to drip away during cooking

Individual Cut Information
120 Beef Brisket, Deckle-Off, Boneless (Whole Beef Brisket)
120A Beef Brisket, Flat Cut, Boneless (IM) (Beef Brisket Flat Cut, Beef Brisket First Cut, Beef Brisket Thin Cut)
120B Beef Brisket, Point Cut, Boneless (IM) (Beef Brisket, Point)
120C Beef Brisket, 2-Piece, Boneless (120A+120B)
• Only two briskets per beef carcass, located in the breast section beneath the chuck, under the first five ribs
• IMPS/NAMP 120: deckle removed at natural seam; lean surface below closely trimmed
• IMPS/NAMP 120A: deep pectoral muscle from boneless brisket; no less than ½ inch thick at any point; trimmed practically free of fat
• IMPS/NAMP 120B: superficial pectoral muscle from a boneless brisket; no less than ½ inch thick at any point; trimmed practically free of fat
• IMPS/NAMP 120C: No. 120A and 120B packaged together

Traditional Preparation Styles
• Texas-Style: Traditionally, Texas Barbecued Beef Brisket is rubbed with a dry rub consisting of sugar, salt, pepper, paprika and ground red pepper. It’s quickly seared, then smoked at a low temperature for hours. A simple mop sauce is applied during smoking.
• Jewish-Style: First, the brisket is dry-rubbed with spices like salt, pepper and paprika. It’s then braised, generally with garlic, onions, tomatoes and other seasonings, until tender.
• St. Patty’s-Style Corned Beef: Covered with liquid, then simmered slow until tender. After the fat is trimmed, it’s typically finished with a simple apple jelly glaze and served with steamed vegetables, like cabbage, potatoes, onions and carrots.

Resources
For more information on roasts, visit:

• Roast cut finder
  http://www.beeffoodservice.com/cutsearch.aspx
• Roast recipes and images

• Retail Sales Data – Roasts
  www.BeefRetail.org/SalesData.aspx

• Beef cut charts
  http://beefretail.org/beefcutcharts.aspx

• Beef Culinary Innovation Center
  http://www.culinaryinnovationcenter.com/

• NAMP Meat Buyer’s Guide
  www.MeatBuyersGuide.com