

# THE MODERN MENU

# BEEF FLEXIBLE<sup>®</sup>



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## BEEF AND THE MODERN MENU

Menus are changing. They're offering more variety, more flavors and more excitement than ever. How can you keep pace? It's simple. Start with a foundation you know you can rely on. ■ Year after year, trend after trend, a single protein outsells the others in foodservice. There's your foundation: the flavor, the experience, the deep, emotional satisfaction of beef. ■ Beef can take you anywhere—breakfast to dinner, Beijing to Barcelona, hearty to health-conscious. It can be slow food or fast food, fine dining or kids' stuff, classic or cutting edge. And versatile new steak cuts, like the Flat Iron, Ranch Steak and Petite Tender make creativity easier and more profitable than ever. ■ That's today's beef. A constant source of satisfaction in a changing world. The mainstay of the modern menu.

# STARTERS, SMALL PLATES & BAR FOOD



## MODITERRANEAN

### STEAK AND ZUCCHINI RIBBON SALAD

Ribbons of fresh zucchini and yellow squash drizzled with salsa verde, olive oil and pecorino cheese make a classic Tuscan starter. But here's the thing: A few paper-thin slices of grilled Flat Iron steak,\* a little arugula and some roasted cherry tomatoes can transform that simple idea into a world-class light entrée. Perfect for all those customers who want to have their steak and eat it, too.

**Marinated Steak:** Combine 3 cups extra virgin olive oil, 4 oz. chopped garlic, ¼ cup freshly ground fennel seed or fennel pollen, 2 Tbsp. kosher salt and 2 tsp. pepper in large container. Add 9 lb. Flat Iron steaks; turn to coat. Cover and refrigerate 2 hours.

**Salsa Verde:** Place 4 oz. cocktail onions, 2 oz. drained capers, 4 tsp. caper brine, 2 tsp. minced garlic, 3 anchovy fillets and ⅔ cup extra-virgin olive oil in food processor or blender. Cover; process until puréed. Add ⅔ cup chopped fresh parsley. With motor running, slowly add another ⅔ cup oil, processing until emulsified.

*(Yield: 1½ cups)*

\*Beef Flat Iron steaks (IMPS/NAMP 1114D, PSO1) are cut from the second most tender muscle—the Beef Chuck Shoulder Clod, Top Blade, Roast (IMPS/NAMP 114D). The Flat Iron steak is derived from the Top Blade Roast by separating it into two pieces, by cutting horizontally through the middle to remove the thick connective tissue. Each half is cut crosswise into 2 to 3 individual steaks.

## MORE MODERN STARTER AND BAR FOOD IDEAS

**Molcajete Soft Tacos** – Marinate Ranch Steak in Mexican beer with chipotle chile powder. Grill and slice into strips. Pile high in a molcajete (rustic lava-stone mortar); top with chopped onions, cilantro and sliced jalapeños. Serve with fresh tortillas and guacamole.

**Pepper Steak Popovers** – Split popovers and fill with slices of grilled black pepper-coated Flat Iron steak, drizzled with green peppercorn espagnole sauce.

**Tapatatos** – Fill small crispy potato skin boats with shredded lettuce, fire-roasted onions and chopped, grilled Ranch Steak marinated with Spanish paprika, garlic and chiles. Drizzle with two sauces: aioli, and romesco made with bread, blanched almonds, tomatoes, red peppers, garlic and paprika.

**Tapas el Toro** – Marinate chunks of Flat Iron steak in smoked paprika, cumin, garlic and olive oil. Skewer with pequinillo peppers and sweet onions; grill and serve with toasted cumin aioli.

**Churrasco-Style Carved Steak Piadina** – Serve grilled Flat Iron steak Argentine-style on flatbread with chimichurri sauce, provolone cheese, oregano oil and roasted pepper-tomato salsa.

**Bruschetta Bites** – Toast baguette croutons and rub with garlic; top with sun-dried tomato pesto and slices of grilled Ranch Steak. Garnish each serving with a deep-fried zucchini flower.

**Sorrento Steak Salad Rolls** – Slice grilled Flat Iron steak and toss with a tri-color salad mix, creamy balsamic dressing, fresh mozzarella, marinated roasted red peppers, thyme and basil. Wrap in rice paper wrappers and roll up, Vietnamese salad-roll-style.

**Truffle Towers** – Slice rounds of Petite Tender and stack with grilled eggplant slices, top with roasted wild mushrooms and drizzle with white truffle vinaigrette.

**Steak Tagliere** – Create an Italian antipasto sampler by serving warm Flat Iron steak slices, Italian cheeses and marinated vegetables on a small cutting board (tagliere) with crusty bread as a shared first course.

**Steak Farroto** – Use farro (spelt) instead of rice to make a “risotto” with beef broth and porcini mushrooms. Top with slices of grilled Flat Iron steak, a dollop of mascarpone and grated Parmesan.

## BAO WOW

### PEKING STEAK BITES

*(cover photo)*

Seems like steamed Chinese-style bao buns are the hottest news in hand-held. And nothing puts “wow” on a bao like thin slices of grilled five-spice-seasoned Flat Iron steak with creamy hoisin peanut sauce and scallion oil. Looking to serve a small plate that makes a big statement? Slice up some steak and bao down.

**Hoisin Peanut Sauce:** Combine 9 oz. creamy peanut butter, 1 cup water, 1 cup hoisin sauce, 1 oz. grated fresh ginger, 2 Tbsp. honey, 2 Tbsp. oyster sauce, 2 Tbsp. Asian sesame oil, 2 Tbsp. reduced-sodium soy sauce, 4 tsp. red wine vinegar and 2 tsp. Vietnamese chili-garlic sauce in medium saucepan. Bring to a simmer, whisking until smooth; keep warm until ready to use.

*(Yield: 3 cups)*

**Scallion Oil:** Place 3 oz. chopped green onions (green and white parts),  $\frac{3}{8}$  cup canola oil and  $\frac{1}{8}$  tsp. kosher salt in blender. Cover; process until puréed.

*(Yield:  $\frac{2}{3}$  cup)*

**Americanachos** – Layer thin strips of grilled Ranch Steak with waffle-cut fries, diced tomatoes and crumbled blue cheese, drizzle with a warm white Cheddar-horseradish sauce, and sprinkle with chives.

**Nachos alla Romana** – Slice grilled or pan-broiled Ranch Steak into strips and pile onto flatbread crisps, top with a combination of mozzarella and smoked mozzarella cheeses and tomato basil salsa. Melt cheese in salamander, then garnish with mascarpone thinned with lemon juice, and drizzle with pizza sauce.

**Involtini alla Milanese** – Pound a Ranch Steak very thin, top with a mixture of breadcrumbs, mozzarella, herbs, garlic and shallots, and roll up, securing with picks or skewers; grill and serve with a wild mushroom cream sauce.

**Whiskey Steak Kabobs** – Marinate Ranch Steak cubes in a mixture of whiskey, honey and soy sauce. Thread onto skewers with pimiento cheese, sourdough bread, bell peppers and onions, and grill.

**Hawaiian Steak “Poke”** – Grill Ranch Steak, cut into bite-sized pieces, and toss with spicy sake teriyaki, macadamia nuts, fried Maui onions, grilled green onions, butter leaf lettuce and sprouts. Top with kimchee aioli (made with mayonnaise and chopped kimchee).

**Singapore Noodles with Singing Ginger Steak** – Marinate Ranch Steak with ginger, garlic, soy sauce, sugar, lime juice and chiles; slice thin and stir-fry with mi hoon (rice stick noodles), celery, shrimp and yellow curry paste.

**Singapore-Style Steak Satay** – Marinate Ranch Steak in lime, honey and coconut milk. Thread onto lemon-grass skewers, grill and serve with tamarind peanut sauce with a cucumber and cilantro salad.

# SALADS



## SIZZLING COOL

### BLACKENED STEAK WALDORF SALAD

Great ideas don't go out of style. They just come back dressed a little differently. Take the much-loved Waldorf. Dress it up with juicy medallions of blackened Petite Tender\*—the perfect match for spiced walnuts, roasted grapes and a creamy honey-cider dressing. Now you've got an entrée salad that's sweet, sizzling and just a little "off the Waldorf."

Waldorf Dressing: Whisk together 1 cup cider vinegar, ½ cup honey, 3 oz. minced shallots, 2½ Tbsp. Dijon-style mustard, 1 tsp. kosher salt and ¼ tsp. pepper; gradually whisk in 1 cup walnut oil. Whisk in 2 cups mayonnaise to blend. Cover and refrigerate until ready to use.

*(Yield: 4½ cups)*

Spiced Walnuts: Blanch 1½ lb. walnut halves and pieces in boiling water for 2 minutes; drain well. In large bowl combine 1 lb. confectioner's sugar and 2 oz. Cajun seasoning blend. Add walnuts; toss to coat with sugar mixture. Deep-fry walnuts in hot (350°F) vegetable oil for 2 minutes. Remove from oil with skimmer; cool on parchment-lined sheet pan. Separate walnut pieces; store in airtight container until ready to use.

*(Yield: 6 cups)*

Roasted Grapes: Spread 6 lb. red and green seedless grape halves in single layer on parchment-lined sheet pan. Roast in 350°F oven 35 to 40 minutes or until slightly golden, tossing after 20 minutes.

*(Yield: 7 cups)*

\*The Beef Petite Tender Roast (IMPS/NAMP 114F, PSO1 whole, denuded) is cut from the Beef Chuck Shoulder Clod (IMPS/NAMP 114) by separating the *teres major* muscle from the clod by cutting through the natural seam. The individual muscle is sometimes referred to as the "Petite Tender."

## MORE MODERN SALAD IDEAS

**Steak and Tomato Salad** – Grill a Petite Tender, slice into rounds, and layer with heirloom tomatoes and slices of sweet onion. Drizzle with caper, oregano and anchovy vinaigrette and sprinkle with miniature deep-fried croutons.

**Grilled Romaine Steak Salad** – Grill hearts of romaine, lightly seasoned with olive oil, salt and pepper. Drizzle with New Blue dressing (blue cheese dressing with horseradish) and top with warm slices of grilled Flat Iron steak and a generous sprinkling of cracked black pepper.

**Sizzlin’ Steak Spinach Salad** – Grill or pan-broil Ranch Steak and cut into slices. Serve warm over a salad of baby spinach, sliced mushrooms, buttermilk-balsamic ranch dressing, red onion, grilled croutons and roasted peppers.

**Meze Steak Salad** – Top couscous salad made with chopped parsley and mint, tomato, cucumber and tangy lime dressing with grilled Flat Iron steak. Garnish with crispy shallots and serve with grilled pita triangles and cucumber-yogurt sauce.

**Steak Panzanella** – Toss cubes of grilled Ranch Steak with chunks of grilled Italian bread, vinaigrette, capers, tomatoes, olives and basil.

**Ensalada Rodizio** – Toss hearts of romaine in creamy Chimichurri Dressing (made with chimichurri sauce, mayonnaise and sour cream) and top with cubes of marinated churrasco-style Ranch Steak that has been grilled on skewers with cherry tomatoes.

**Beef Barcelona** – Slice grilled Flat Iron steak and serve on a salad “cylinder” of mixed greens, roasted pequillo peppers, Valencia oranges, red onion, cumin vinaigrette, spicy smoked paprika and cilantro.

**Steak Gado Gado** – Serve an Indonesian-style salad of watercress, cucumbers, blanched vegetables (bean sprouts, Chinese long beans, carrots, potatoes, Napa cabbage), fried tofu cubes and hard-boiled eggs, topped with skewers of spicy grilled Ranch Steak.

**Singapore Sweet Glazed Steak & Rice Noodle Salad** – Brush skewered ribbons of Ranch Steak with a glaze made with caramelized sugar, lime juice and fish sauce. Grill satay-style and serve over cold rice vermicelli in a sweet-tangy lime dressing with mint, carrot, chopped peanuts and cilantro.

# SANDWICHES AND HAND-HELD



## GOOD TO GO

### TOSTADA TO GO

How could you possibly improve on a steak tostada salad? How about making it hand-held? Pile slices of grilled Ranch Steak,\* salad greens, roasted poblano salsa, lime cream and guacamole in a crispy taco cone. Then wrap the cone in a soft flour tortilla and it's ready to roll. Today's beef has more than just center-of-the-plate appeal. It's got street smarts.

Roasted Poblano Salsa: Grill 1 lb. 12 oz. onion slices until tender and well browned. Grill 2 poblano peppers and 1 habañero pepper until charred. Stem and seed peppers but do not peel; set aside. Place 1 lb. 12 oz. canned diced tomatoes with juice, 1 oz. minced onion, ¼ cup chopped fresh cilantro, 1 Tbsp. sugar, 1 Tbsp. fresh lime juice, 1 Tbsp. canned jalapeño nacho slices, 1½ tsp. kosher salt, 1 tsp. dried, crumbled oregano leaves, 1 tsp. ground cumin and ¼ tsp. ground black pepper in food processor; process until puréed. Add grilled onions and peppers. Cover; process until roughly puréed.

*(Yield: 3 cups)*

Lime Cream: Place ⅔ cup mayonnaise, ⅔ cup sour cream, 1 oz. chopped shallots, 3 Tbsp. chopped fresh cilantro, 3 Tbsp. fresh lime juice, 4 tsp. sugar and ¼ tsp. kosher salt in food processor or blender. Cover; process until puréed.

*(Yield: 1½ cups)*

\*The Ranch Steak (IMPS/NAMP 1114E, PSO1) is cut from the Beef Chuck Shoulder Clod, Arm Roast (IMPS/NAMP 114E). The steaks are completely trimmed of all fat and connective tissue, and are commonly referred to as "Ranch Steaks."

## MORE MODERN SANDWICH AND HAND-HELD IDEAS

**Steak and Egg Breakfast Sandwich** – Top toasted brioche bread with grilled Flat Iron steak strips and an over-easy egg. Sprinkle with cracked black pepper and a drizzling of spicy ketchup (ketchup seasoned with hot sauce). Serve with grilled tomatoes on the side.

**Steak Bocadillos** – Use small, warm crusty rolls to make three miniature Spanish sandwiches with sliced Petite Tender rounds, goat cheese, onion jam, watercress and sliced cherry tomatoes. Serve with a warm olive-and-cauliflower salad.

**Brazilian Burrito** – Fill a flour tortilla with Brazilian-style black beans, Spanish rice, salsa criolla, shredded provolone cheese and grilled Ranch Steak that has been marinated in oregano, garlic, cilantro and parsley. Serve grilled fruit skewers on the side.

**Tavern Steak Sandwich** – Top a griddled kaiser roll with grilled Petite Tender steak medallions, white Cheddar cheese, grainy-mustard mayonnaise and a relish of onions cooked in beer.

**Beef Sandwich “Dragged Through the Garden”** – Serve thin slices of grilled Flat Iron steak Chicago-style on a poppy seed hot dog roll with all the toppings: chopped onions, sport peppers, giardiniera relish, sweet pickle relish, tomato slices, celery salt and a dill pickle spear.

**Pastrami-Spiced Steak Sandwich** – Marinate Ranch Steak in pastrami spices (coriander seeds, mustard seeds, paprika, ground ginger, ground allspice, brown sugar, garlic, salt and pepper), grill, thinly slice, and serve on marbled rye with 2000 Island dressing (Thousand Island with extra relish, capers and chopped olives) and Swiss cheese.

**Slow-Cooked Delta Steak Dip** – Braise Ranch Steaks in beef stock and beer; chill in the cooking liquid, then thinly slice steaks and reheat in the liquid. Drizzle bread with some of the jus and spread with Cajun mayo (mayonnaise with blackening spices and hot sauce). Layer on the sliced steak, and serve with maque choux (sautéed corn) salsa and spicy Creole fries.

**Steak Rocket Pocket** – Top an unopened pita bread with slices of seared marinated Flat Iron steak, arugula, halved grape tomatoes and shaved Parmesan. Sprinkle with oil and vinegar, then roll up and secure with a pick.

**Steak ’n’ Lettuce & Tomato** – Cut Flat Iron steak into long, paper-thin strips and quickly sear on a charcoal grill; pile high on toasted sourdough bread with mayonnaise, slabs of red and gold heirloom tomatoes, and limestone lettuce.

**Sicilian Steak Melt** – Top grilled ciabatta with grilled Flat Iron steak, and add smoked provolone, Sicilian aioli, marinated Italian tomatoes and Parmesan rosemary fries; serve open-faced.

**Bruschetta Steak Sandwich** – Layer thin slices of Flat Iron steak on grilled Italian country bread that has been rubbed with garlic and drizzled with olive oil, salt and pepper; add halved Sweet 100 cherry tomatoes marinated with olive oil and fresh basil chiffonade, and serve with a side of pesto mayonnaise and oven-roasted Yukon Gold potato wedges.

**Tuscan Tostada** – Top crispy flatbread with melted mozzarella, marinated Tuscan beans, red onion, chopped hearts of romaine, creamy balsamic dressing, tomato basil salsa, crumbled Gorgonzola, avocado and garlic-oil-marinated sliced grilled Ranch Steak.

# ENTRÉES



## DESIGNER CARPETBAG

### CARPETBAG STEAK

Ever since the '50s, steak stuffed with oysters has been affectionately known as the Carpetbag Steak. Here's a modern redesign: Butterfly a Petite Tender—one of the most versatile new beef cuts—spread it with a stuffing of smoked oysters, cornbread and pancetta, roll up spiral-style, and roast. See what we're saying? Beef's got a brand new bag.

**Cornbread and Smoked Oyster Stuffing:** Heat  $\frac{3}{8}$  cup canola oil in large sauté pan over medium heat. Add 1 lb. chopped pancetta; cook about 5 minutes or until golden brown. Add 1 lb. diced onions, 10 oz. diced celery and  $2\frac{1}{2}$  tsp. dried thyme; cook about 5 minutes or until onions are tender. Remove from heat; fold in 16 cups cubed day-old cornbread, 1 lb. rinsed and drained smoked oysters,  $\frac{1}{2}$  cup beef broth and 1 tsp. pepper, crushing cornbread slightly with flat side of spatula.

*(Yield: 6 quarts)*

## MORE MODERN ENTRÉE IDEAS

**Steak 'n' Chips** – Serve skewers of grilled Ranch Steak with thick-cut fries in a paper cone, drizzled with malt vinegar mayonnaise.

**Steakubano** – Marinate Ranch Steak in garlic, cilantro, chilis, oregano and beer. Grill and serve sliced with tomatillo salsa (griddled tomatillos, onion, bell pepper, cilantro, jalapeños) over a bed of Spanish rice.

**Nasi Goreng Beef** – Criss-cross skewers of grilled Ranch Steak over Indonesian rice fried with chili-shrimp paste; top with peanut-coconut sauce and toasted coconut.

**“Steak and Cheese” Tortellini** – Toss cubes of tender grilled Flat Iron steak, caramelized onions and pan-seared cherry tomatoes with four-cheese tortellini in herb brown butter sauce.

**Club Car Horseradish-Crusted Flat Iron** – Pan-broil steak crusted with a mixture of whole-grain mustard, grated fresh horseradish, prepared horseradish and black pepper. Serve with buttermilk mashed parsnips and potatoes.

**Surf 'n' Turf Mediterraneo** – Thread strips of garlic-oil-marinated Flat Iron steak onto skewers; add jumbo prawns marinated with garlic, lemon zest and parsley, and grill to order; top with funghi trifolati (mushrooms sautéed with lemon, parsley, garlic and minced anchovies).

**Steak Kiev** – Butterfly Flat Iron steak and roll around chilled herb butter; dredge in flour, egg and bread-crumbs, fasten with a pick, and pan-broil to order. Slice for presentation.

**Steak Rockefeller** – Top grilled Ranch Steak with a creamy purée of spinach and oysters, a dollop of béchamel, and a sprinkling of garlic breadcrumbs. Place under salamander for a few seconds to brown the top of the béchamel.

**On Top of Old Smokey** – Top wedges of pan-crisped smoked polenta with slices of grilled Petite Tender steak and a creamy ragout of wild and cremini mushrooms.

**Singapore Sweet Glazed Steak** – Brush Flat Iron steak with a glaze made from caramelized sugar, lime juice and fish sauce; grill and serve whole, topped with a salad of mint, carrot, chopped peanuts and cilantro in a sweet-tangy lime dressing.

**Braised Steak Espelette** – Quickly sear Ranch Steak in a skillet, then simmer in a piperade sauce made with piment d’Espelette (Basque chile powder), sweet red peppers, onions and garlic. Slice pot-roast-style and serve in a deep bowl over saffron rice.

**Texas Two-Step** – Serve Tex-Mex-style grilled, sliced Ranch Steak over a braised short rib sauce; top with shredded jack cheese, yellow and red pepper slaw, and spicy chipotle barbecue sauce.

**Steak Rioja Brava** – Sear Petite Tender, slice and serve with a Rioja (Spanish red wine) reduction sauce and potatoes a la brava (Spanish-style potatoes braised in a spicy tomato wine sauce).

**Flat Iron Flatbread** – Top flatbread with grilled Flat Iron steak strips, grilled Roma tomatoes, balsamic marinated onions, roasted peppers, fresh mozzarella and basil.

**Smokin’ Steak Palermo** – Marinate Flat Iron steak in garlic. Pan-smoke, slice and serve with Palermo potatoes (potato wedges roasted with baby peas, tomatoes, rosemary, olive oil and stock) and balsamic barbecue sauce.

**Singapore-Style “Beef on a Leaf”** – Slice marinated, grilled Ranch Steak and warm in a light curry sauce; serve on a banana leaf with griddled flatbreads, tomato-ginger chutney and basmati rice.

**New South Succotash Steak** – Serve slices of grilled marinated Ranch Steak on a bed of fresh succotash made with beans, corn, squash, tomatoes, peppers and herbs. Accompany with grilled glazed peach kabobs.

**Purple Glaze** – Serve spicy Peruvian-style Flat Iron steak, grilled with sugarcane glaze, with purple Peruvian potatoes, grilled skewers of giant Peruvian corn kernels and a spicy aji amarillo (yellow chile) sauce.

**Romesco Steak** – Grill and slice Petite Tender marinated in garlic and olive oil. Serve with a pine nut and roasted pepper romesco sauce, garlic chips, and pisto manchego (a Spanish-style ratatouille).

**Caesar-Glazed Steak with Corn “Risotto”** – Marinate Petite Tender with parsley and thyme; brush with a lemon-Parmesan Caesar glaze and broil; serve sliced and fanned over a “risotto” made with fresh corn, onions, garlic, stock, cream, Parmesan and shiitake mushrooms. Garnish with fried parsley.

# KIDS' MENU



## KID HEAVEN

### STEAK SUNDAE

I scream, you scream, we all scream for steak and mashed potatoes—even those tough-to-please kids! That's the power of the Steak Sundae: kid-friendly cubes of grilled steak, layered with cheesy mashed potatoes and warm barbecue sauce. And just for giggles, a surprise sprinkling of Pop Rocks®. Want to win over kids and their parents? Remember, nothing rocks like beef.

**Cheddar & Green Onion Mashed Potatoes:** Combine 24 cups prepared mashed potatoes, 12 oz. shredded sharp Cheddar cheese and 6 oz. chopped green onions. Cover; keep warm until ready to use.

*(Yield: 24 cups)*

## MORE MODERN KIDS' MENU IDEAS

**Steak “Stockade”** – Form a “stockade” log-cabin-style with grilled Ranch Steak strips, fill with curly french fries and drizzle with barbecue sauce.

**Hide ‘n’ Steak** – Tuck slices of grilled Flat Iron steak into a quesadilla with cheese, jalapeños and cilantro. Slice into wedges and serve with a mild pico de gallo salsa.

**Steak in a Blanket** – Bake strips of grilled Ranch Steak in biscuit dough (with ends of steak visible) until golden brown and serve in a paper-lined basket with pickle relish and other kid-friendly condiments.

**Steak ‘n’ Potato Nuggets** – Grill lightly seasoned Flat Iron steak, chill and cut into bite-sized pieces; roll in cheddar mashed potatoes and panko crumbs and deep-fry; serve in a paper-lined comic-book-page cone with cowboy ketchup (ketchup and steak sauce).

**Tater Tacos** – Stuff potato skins with shredded lettuce, diced tomatoes and carne asada (diced grilled fajita-marinated Ranch Steak) and top with guacamole, shredded cheese, salsa and sour cream.

**Steak ‘n’ Spaghetti Cakes** – Toss spaghetti with pizza sauce and shredded cheese, press into a ring mold, and bake till crispy on the outside. To order, top with thin strips of griddled Flat Iron steak and shredded mozzarella, and melt in the oven or salamander.

**Mini-Meat Steak Biscuits** – Cut a Flat Iron steak in half lengthwise to make 2 thin steaks. Then cut into 1½-inch-square mini-steaks. Cook three steaks on the griddle. Top each with a square of American cheese and serve on 3 small buttermilk biscuits with a side of shoestring potatoes.

**Waffos** – Layer waffle-cut fries with griddled Ranch Steak strips and warm nacho sauce; top with salsa ketchup (tomatillo salsa and ketchup).

**Taco Stix** – Season Ranch Steak “fingers” with fajita spices, thread lengthwise onto bamboo skewers and grill. Serve skewers in an edible container – a crispy taco shell with salsa and guacamole on the side for dipping.

**Steak Pazzos** – Top a golden hash brown patty with marinara sauce, strips of griddled Flat Iron steak and melted mozzarella.

**Philly Chili** – Fill a hot dog bun with griddled Ranch Steak strips, top with chili and shredded Cheddar cheese, and serve in a paper hot dog boat with corn chips on the side.

**Steak Melt Squares** – Broil slices of buttered sour-dough topped with strips of griddled Ranch Steak and sliced Jack cheese. To serve, cut into bite-sized squares and pile into a checkered take-out boat with a paper cup of Thousand Island dressing for dipping.

**Mac ‘n’ Steak ‘n’ Cheese Cupcake** – Toss cavatappi pasta with diced Flat Iron steak and creamy cheese sauce, top with breadcrumbs, and bake in a large paper cupcake wrapper.

**Bambino Bento** – Grill Ranch Steak teriyaki-style and serve with a small green salad, applesauce garnished with hot cinnamon candies, and sweet sesame vegetables in a bento box.

**Steak and Tater Dippers** – Thread skewers with cubes of grilled Ranch Steak and crispy potato nuggets; serve with cheese sauce.

**“Steak Zone” Slider** – Serve thinly sliced and griddled Petite Tender in a “slider bun” with cheese, minced caramelized onions and “steak zone” sauce (ketchup, steak sauce and mayo).

## CUT INFORMATION

- Second most tender muscle in beef carcass
- Juicy, flavorful and well-marbled
- Grill or pan-broil just as you would a Strip or Ribeye steak
- Resembles a flank steak in shape
- Slice into strips and marinate for ingredient use
- Grill and slice thin for salads, sandwiches, fajitas and tacos
- Best when cooked to medium rare to medium doneness

### FLAT IRON STEAK



IMPS/NAMP 1114D, PSO1  
Beef Shoulder, Top Blade  
“Flat Iron” steak

- Similar in flavor and texture to Top Sirloin
- Ideal as a breakfast or luncheon steak
- Quick-cooking and great on the grill
- Slice into strips for stir-fries or skewers
- Cut into cubes and marinate for kabobs
- Best when cooked to medium rare to medium doneness

### RANCH STEAK



IMPS/NAMP 1114E, PSO1  
Beef Shoulder, Arm  
“Ranch” Steak

- A tender, juicy muscle that rests on the shoulder near the top blade.
- Prepare and serve whole, cut across the grain into medallions, or slice for ingredient use
- Portion as medallions and grill, pan-broil, or sauté like Filet Mignon
- Best when cooked to medium rare to medium doneness

### PETITE TENDER



\*IMPS/NAMP 114F, PSO1  
Beef Shoulder “Petite”  
Tender (whole, denuded)

## BEEF. A NUTRITION POWERHOUSE.

Healthy menu options are here to stay. That’s great news for beef, because it’s packed with important nutrients and can be part of a healthy diet.

ZIP + B

This acronym is an easy way to remember the most important nutrients found in beef: Zinc, Iron, Protein and B vitamins.

Beef Nutrient Equivalents

Zinc: 3 oz. Beef = 45 oz. salmon

B<sub>12</sub>: 3 oz. Beef = 22½ oz. skinless chicken breast

Iron: 3 oz. Beef = 2¾ cups raw spinach

Riboflavin: 3 oz. Beef = 13½ oz. tuna meat

B<sub>6</sub>: 3 oz. Beef = 6½ cups raw spinach

For more beef nutrition information visit [www.beefnutrition.org](http://www.beefnutrition.org)

\*Note: 114F Purchasing Specification Option 1 is a code change that will be reflected in the 2006 edition of the “Meat Buyers’ Guide” published by the North American Meat Processors Association (NAMP).

For more beef recipes and information,  
visit [www.beeffoodservice.com](http://www.beeffoodservice.com)



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