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Buying Guide

There is a lot to choose from when buying Canadian beef, with cuts that slow-simmer or others that are ready in minutes. Whatever your schedule, beef's got a cut to fit! Buying simplified: Ideally, each cut is organized by cooking method and has the Method as its middle name. For example, a Sirloin Tip Marinating Steak, should be marinated. This makes it easy to know how to cook and also how to swap one cut for another: Can't find a Strip Loin Grilling Steak - then buy a Rib Eye Grilling Steak instead.



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Beef Basics

INSPECTION

Canada's inspection system helps to ensure Canadians have a safe and wholesome food supply. The Canadian meat inspection stamp means the meat has met both Canadian and international standards for food safety. Inspection is mandatory.

GRADING

Grading is a quality designation based on several characteristics, including marbling. The top Canadian Grade with the most marbling is Canada Prime, found mainly at fine restaurants. Canada AAA is generally the premium grade followed by Canada AA and Canada A. Grading is not mandatory.

CANADA BEEF GRADES					
Canada Prime CANADA PRIME (US Prime)	Canada AAA (US Choice)	Canada AA CANADA (US Select)	Canada A (US Standard)		

MARBLING

Marbling can enhance beef juiciness and flavour. It refers to the fine white flecks of fat that you see running through the lean beef. The amount of marbling helps determine the grade of beef.

AGING

Aging can dramatically improve beef tenderness and flavour. It is a carefully controlled process where beef is held at specific temperature and humidity for a set period of time. Beef is best aged at least 10 to 14 days. Beef CANNOT be safely aged in a home refrigerator.

Safe Food Handling









www.befoodsafe.ca



BEEF STORAGE (FROM PACKAGED ON DATE OR DATE FROM BUTCHER)				
Type of Beef	Refrigerator	Freezer		
*Ground Beef	1 Day	2-3 Months		
Variety Meats (i.e. liver, kidney, heart, etc.)	1-2 Days	3-4 Months		
Stewing Beef, Ribs, Stir-Fry Strips, Kabobs	2 Days	3-6 Months		
Steaks	3 Days	6-9 Months		
Roasts	3 Days	9-12 Months		
Cooked Meats Cold Cuts	3-4 Days	2-3 Months		
For ground meats with longer storage time, look for packs	that have a "hest before" date. These come in tube-lik	e nacks or deener plastic travs sealed with a plastic		

GROUND BEEF



film. Once opened use or freeze within 1 day

GROUND BEEF Maximum fat content 17% (83% lean)







SIRLOIN / LOIN **TOP SIRLOIN**

SIRLOIN TIP (KNUCKLE)

(BOTTOM ROUND)

EYE OF ROUND

Eye of Round

INSIDE ROUND (TOP ROUND)

Inside Round Fast-Fry Steak

Sirloin Tip Fast-Fry Steak Sirloin Tip Marinating Steak



Top Sirloin Premium Oven Roast	Top Sirloin Premium Rotisserie Roast	Top Sirloin Cap Grilling Steak (Culotte)	Top Sirloin Cap <u>Fast-Fry</u> Steak		
Sirloin Grilling Steak	Top Sirloin Grilling Steak	Top Sirloin Cap Off Grilling Steak	Top Sirloin Grilling Medallion		
HIP / ROUND					

TENDERLOIN

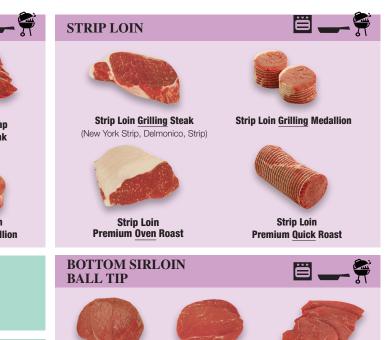
SHORT LOIN

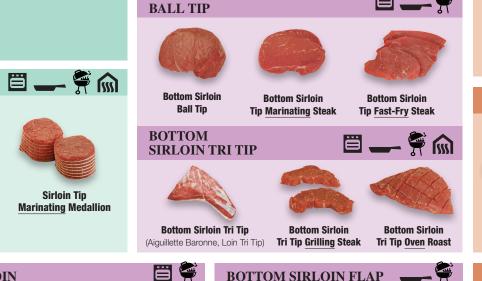
Fast-Fry Steak

Eye of Round

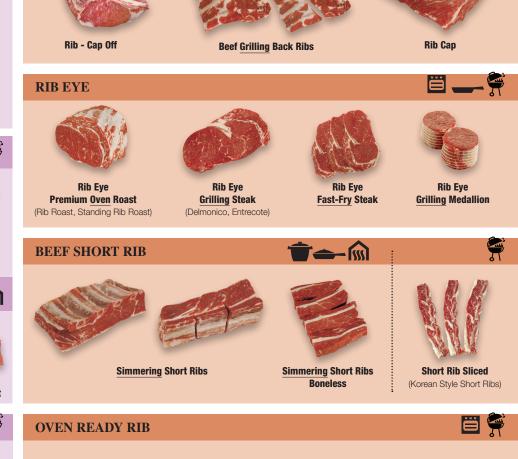
Fast-Fry Steak

Hip Marinating Strip

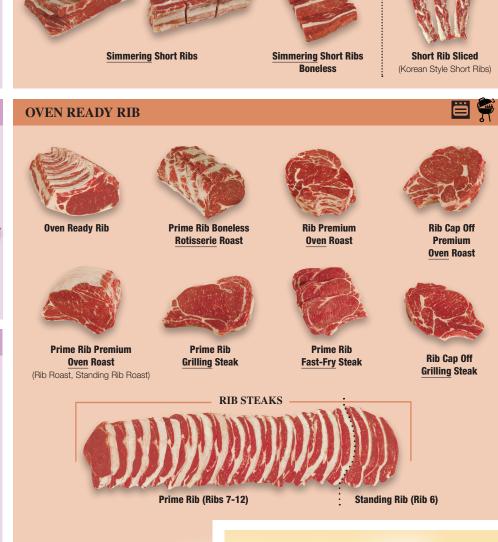






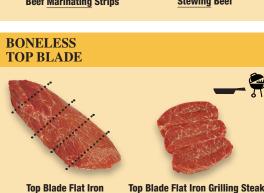


RIB







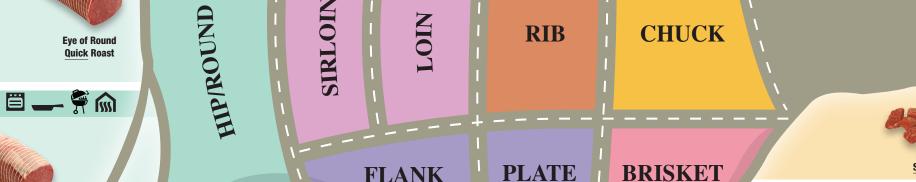


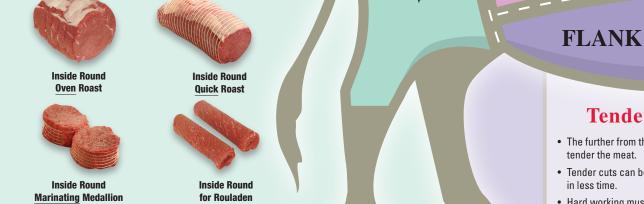








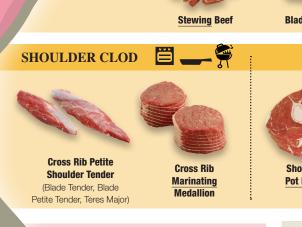


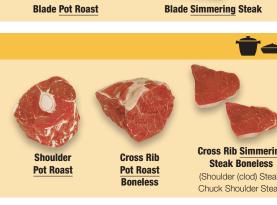


T-Bone Fast-Fry Steak











Pot Roast Boneless















(Hanger Steak, Hanging Tenderloin, Onglet)











Medium-Rare 145°F (63°C)

BEEF DONENESS TEMPERATURES Medium

160°F (71°C)

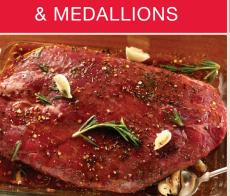
Well

170°F (77°C)

Smoking	m
Simmering	
or Pot Roasting	

ROTISSERIE ROASTS

& MEDALLIONS



MARINATING STEAKS

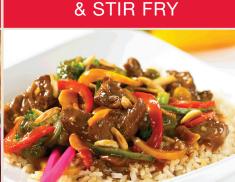


SIMMERING STEAKS /

STRIPS



STEWING BEEF





Season roast and place in shallow roasting pan without water and lid. Insert oven proo thermometer into centre of roast, avoiding

OVEN ROASTS

2. **Oven-sear** by placing uncovered roast in preheated 450°F oven for 10 minutes. Reduce heat to 275°F. Cook to desired doneness.

and let rest for at least 15 minutes

CUT OPTIONS:

Remove from oven, cover loosely with foil

- **TENDERLOIN PRIME RIB STANDING RIB • STRIP LOIN** RIB EYE • TOP SIRLOIN • RIB **SIRLOIN TIP • RUMP BOTTOM SIRLOIN TRI TIP INSIDE ROUND • OUTSIDE ROUND** EYE OF ROUND
- Heat 2 tbsp vegetable oil in Dutch oven or heavy stockpot over medium-high heat. Season roast; brown all over in hot oil. Remove roast; set aside. Add 1 cup diced vegetables, such as carrot, onion and garlic. Cook until lightly browned. adding more oil if necessary.

vegetable chunks during final 45 minutes,

if desired. Skim fat from sauce and season

POT ROASTS

- Stir in 1 to 2 cups liquid, such as red wine, broth, canned tomatoes up browned bits. Return roast to pot. Simmer, covered tightly, in 325°F oven or on stovetop over low heat for about 3 hours or until fork-tender. Add 3 cups
- to taste. **CUT OPTIONS: BLADE • SHOULDER • CROSS RIB TOP BLADE • CHUCK EYE BOTTOM BLADE BONELESS BRISKET BONELESS**
- Before cooking, season or marinate Top Sirloin or Prime Rib 2 to 4 hours. For all others, marinate 12 to 24 hours before cooking. To marinate: Pierce roast all over with fork; place in sealable freezer bag with marinade.
- Place drip pan under grill; add some water to pan; preheat barbecue to 400°F. Place roast on spit rod; insert meat hermometer into middle of roast, avoiding spit rod. Discard marinade (if using). **Cook** roast over drip pan using medium

heat, in closed barbecue, to desired

doneness. Move roast to cutting board

and let stand 15 minutes before carving.

- No Rotisserie? Use indirect heat to barbecue roast: place roast on grill over a drip pan, that has been placed on one side of barbecue, under the grill, Turn heat off under the roast. Cook in closed barbecue at constant heat of 400°F.
- **CUT OPTIONS:** TOP SIRLOIN • SIRLOIN TIP **INSIDE ROUND • OUTSIDE ROUND** PRIME RIB • CROSS RIB

GRILLING STEAKS

- Grill, broil or pan-fry using medium-high heat, turning twice or more with tongs. Cook to at least med-rare 145°F (63°C)
- **CUT OPTIONS:** TENDERLOIN • STRIP LOIN **BOTTOM SIRLOIN TRI TIP** T-BONE • WING • PORTERHOUSE **TOP SIRLOIN GRILLING BACK RIBS RIB • RIB EYE BOTTOM SIRLOIN BAVETTE (FLAP)**
- Pierce steak or medallions all over Place in sealable freezer bag with 1 cup (250 mL) marinade (such as teriyaki sauce or salad dressing); refrigerate for 8 to 12 hours.

Discard marinade. Grill, broil or pan-fry

using medium-high heat, turning twice or

more with tongs.Cook to at least med-rare

- 145°F (63°C). **CUT OPTIONS: SIRLOIN TIP • EYE OF ROUND INSIDE ROUND • OUTSIDE ROUND MARINATING STRIPS & CUBES** FLANK • SKIRT **MARINATING SHORT RIBS**
- Season steak/strips. Brown all over in hot lightly oiled skillet. Add sliced vegetables
- Add enough liquid (such as canned soup or tomatoes, broth or red wine) to just Simmer, covered, in 325°F oven or on stove top approximately 1-1/4 hours or until tender.

(such as onion, sweet green pepper

and garlic) if desired.

- **CUT OPTIONS: BLADE • CROSS RIB BOTTOM BLADE • TOP BLADE** BRISKET
- Cut meat into cubes if necessary. Coat with flour seasoned with salt and pepper; shake off excess flour. n lightly oiled Dutch oven, brown meat in batches. Add minced onions and garlic; cook to soften.

Add enough liquid, such as broth, tomato

- juice or red wine, to just cover beef. Simmer, covered tightly, in 325°F oven or on stove top for at least 1 hour or until fork-tender. Add chunks of vegetables and cook 30 minutes longer or until vegetables are tender.
- **CUT OPTIONS:** SIMMERING SHORT RIBS **STEWING BEEF CUBES CHUCK TAIL FLAT SHANK CENTRE CUT** SHANK SPUR
- Cook in hot lightly oiled non-stick skillet using medium heat for 2 to 4 minutes per side for steak, 1 minute per side for strips, or until beef is browned. but still pink inside.
- Remove from pan. For steak, serve with steak sauce if desired. For stir-fry strips, add sliced vegetables to skillet and cook for 5 minutes. Add stir-fry sauce and cooked beef strips back to pan; heat through. **CUT OPTIONS:**
- STRIP LOIN SIRLOIN TIP **TOP SIRLOIN STIR-FRY STRIPS** TOP SIRLOIN GRILLING CUBES **FAST FRY STEAK • INSIDE ROUND OUTSIDE ROUND • EYE OF ROUND EYE OF ROUND STRIPS FOR SATAY**



- medium-high heat 8 to 10 minutes, breaking into small chunks with back of spoon. Cook thoroughly and until browned.
 - Add to pasta sauce, chili, casserole, etc., seasoning to taste. BURGERS: Cook 3/4-inch thick patties
 - **CUT OPTIONS: GROUND SIRLOIN** GROUND ROUND **GROUND CHUCK • EXTRA LEAN LEAN • MEDIUM • REGULAR**

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grill or skillet 10 to 14 minutes, turning

twice or more with tongs until

thermometer reads 160°F (71°C).

