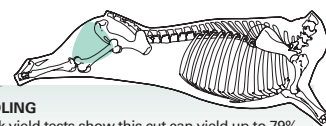




# INSIDE ROUND (TOP ROUND)



<p><b>168</b> INSIDE ROUND</p> <p><b>169A</b> INSIDE ROUND (DENUDED)</p>	<p><b>COMMON NAMES:</b> Top Round, Topside</p> <p><b>MUSCLE COMPOSITION:</b> Boneless item consisting of the <i>Semimembranosus</i>, <i>Gracilis</i>, <i>Adductor femoris</i>, <i>Pectineus</i>, <i>Sartorius</i>, <i>Obdurator externus</i>. May contain the <i>Iliopsoas</i>.</p> <p><b>POINTS REQUIRING SPECIFICATION:</b></p> <ul style="list-style-type: none"> <li>• Removal or retention of exterior fat and membrane (denuded)</li> <li>• Removal or retention of cap muscle (<i>gracilis</i>)</li> <li>• Removal or retention of the <i>pectineus</i> and/or <i>sartorius</i></li> <li>• Depth of fat cover</li> </ul> <p><b>WEIGHT RANGE:</b> 20–23 lb / 9–10.4 kg</p>	<p><b>CHARACTERISTICS</b></p> <ul style="list-style-type: none"> <li>• Comprised of three muscles with grain running in various directions, so consistently cutting across grain needs to be monitored during carving</li> <li>• A medium tender cut more marbled and tender than outside/bottom round</li> <li>• Fat coverage on the outside helps maintain maximum juiciness and presents well at a buffet carving station</li> <li>• As with all hip cuts, yield and juiciness remain high when roasted under optimal low temperature roasting conditions</li> <li>• This cut can be purchased in a split format to keep size manageable for smaller operators</li> </ul>	<p><b>HANDLING</b></p> <ul style="list-style-type: none"> <li>• Cook yield tests show this cut can yield up to 79% when roasted to medium rare in a conventional oven at no more than 300°F (150°C)</li> <li>• Carve across grain to ensure tenderness and juiciness</li> <li>• Lack of major connective seams and large fat pockets contribute to high yield</li> <li>• Remember, meat will continue to cook after it has been removed from the oven, so cook until internal temperature is 5–10°F (3–6°C) below desired doneness</li> <li>• Slow cook, remove from oven and allow to rest for at least 20 minutes before carving. This allows the internal temperature to rise to the desired doneness and the moisture to work back into the tissue</li> </ul>
INSIDE/TOP ROUND			

## CLASSIC CUTS

<p>INSIDE/TOP ROUND OVEN ROAST</p>	<p>INSIDE/TOP ROUND ROAST</p>	<p><b>1169</b> INSIDE/TOP ROUND MARINATING STEAK</p>	<p>INSIDE/TOP ROUND MINUTE STEAK</p>	<p>INSIDE/TOP ROUND MARINATING STRIPS</p>	<p>INSIDE/TOP ROUND FOR ROULADEN</p>	<p>INSIDE/TOP ROUND DICED BEEF</p>
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## CUTTING

## MERCHANDISING OPTIONS

<p><b>168</b></p> <p>1. For smaller cuts, cut into two pieces. 2. Tie into a roast or cut into steaks, strips or diced beef.</p> <p>--- CUT LINE</p>	<p>INSIDE/TOP ROUND ROTISSERIE STYLE ROAST</p>	<p>INSIDE/TOP ROUND QUICK ROAST</p>
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## MERCHANDISING OPTIONS

<p>INSIDE/TOP ROUND FRENCH ROAST WITH PORK FAT</p>	<p>INSIDE/TOP ROUND FRENCH CUT GRILLING STEAK</p>	<p>INSIDE/TOP ROUND GRILLING TOURNEDOS INSIDE/TOP ROUND MARINATING MEDALLIONS</p>	<p>INSIDE TOP ROUND CUBES FOR BOURGUIGNON</p>
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## TRIM UTILIZATION

<p>EXTRA LEAN GROUND ROUND</p>	<p>ROUND/HIP MARINATING STIR-FRY STRIPS</p>	<p>ROUND/HIP MARINATING CUBES</p>
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# Merchandising Options



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PRODUCT DESCRIPTION	CUTTING SPECIFICATIONS	CHARACTERISTICS	MARKETABILITY
  <b>INSIDE ROUND OVEN ROAST</b>	<b>SIZE/SHAPE:</b> Oval shaped Tied cross grain <b>PRESENTATION:</b> Tie or net in oval shape for even cooking	<ul style="list-style-type: none"> <li>Visually lean</li> <li>Moderately tender</li> </ul>	<ul style="list-style-type: none"> <li>Good price point item</li> <li>Volume driver</li> <li>Price point driven</li> </ul>
  <b>INSIDE ROUND MARINATING STEAK 1169</b>	<b>THICKNESS:</b> 1/2"– 3/4" (1.3 – 1.9 cm) <b>PRESENTATION:</b> Trim to 1/4" (.6 cm) maximum external fat	<ul style="list-style-type: none"> <li>Lean</li> <li>Moderately tender</li> <li>Best marinated</li> </ul>	<ul style="list-style-type: none"> <li>Leanness</li> <li>Value</li> <li>Good consumer appeal</li> <li>Price point driven</li> </ul>
  <b>INSIDE ROUND ROTISSERIE STYLE ROAST</b>	<b>SIZE/SHAPE</b> Oval shape for consistent cooking Cut to desired portion size <b>PRESENTATION:</b> Net or string tie	<ul style="list-style-type: none"> <li>Visually lean</li> <li>Moderately tender</li> <li>Consistent</li> </ul>	<ul style="list-style-type: none"> <li>Grilling option for seasonal merchandising</li> <li>Not dependent on discounting</li> </ul>
  <b>INSIDE ROUND QUICK ROAST</b>	<b>SIZE:</b> Oval Shaped for consistent cooking 1 – 1 1/2 lb (450 – 700 g) max <b>PRESENTATION</b> Net or string tie	<ul style="list-style-type: none"> <li>Lean</li> <li>Moderately tender</li> </ul>	<ul style="list-style-type: none"> <li>Marketable for small families</li> <li>Quick cooking meal plan</li> <li>Competitive package price point</li> </ul>
  <b>INSIDE ROUND MARINATING MEDALLION</b>	<b>THICKNESS:</b> 1" – 1 1/2" (2.5 – 3.8 cm) <b>PRESENTATION</b> Round in shape	<ul style="list-style-type: none"> <li>Lean</li> <li>Moderately tender</li> </ul>	<ul style="list-style-type: none"> <li>Very tender when marinated</li> <li>Economical grilling option (when marinated)</li> <li>Single portion sizes</li> <li>Medallion cuts are a perfect choice for changing appetites and lifestyle choices</li> </ul>
  <b>INSIDE ROUND MARINATING CUBES</b>	<b>SIZE / SHAPE</b> Kabobs 1" (2.5 cm) cubes, Strips 2" (5 cm) lengths Bourignon cubes when needed	<ul style="list-style-type: none"> <li>Smaller diameter</li> <li>Thicker cut</li> <li>Visually lean and consistent</li> <li>High yield and profit returns</li> </ul>	<ul style="list-style-type: none"> <li>Versatile</li> <li>Fits traditional meal plan</li> </ul>
  <b>INSIDE ROUND MINUTE STEAK</b>	<b>THICKNESS:</b> 1/16" – 1/8" (.16 – .32 cm) <b>PRESENTATION:</b> Shingle 2 – 3 slices cut across grain	<ul style="list-style-type: none"> <li>Visually lean and consistent</li> <li>High yield and profit returns</li> <li>Single portion sizes</li> </ul>	<ul style="list-style-type: none"> <li>High quality sandwich style steak</li> <li>Quick, convenient steak option</li> <li>Tenderize for high quality cubed steak</li> </ul>
  <b>EXTRA LEAN GROUND ROUND</b>	Must be prepared from 100% round trimmings	<ul style="list-style-type: none"> <li>Unique flavour and texture</li> </ul>	<ul style="list-style-type: none"> <li>Premium ground beef option</li> <li>Positive consumer perception</li> </ul>
  <b>INSIDE ROUND FRENCH CUT GRILLING STEAKS / TOURNEDOS</b>	<b>THICKNESS:</b> 1 – 1 1/2" (2.5 – 3.8 cm) <b>PRODUCTION SPECIFICS:</b> Mechanically tenderized (needled)	<ul style="list-style-type: none"> <li>Visually lean and consistent</li> <li>Tender</li> </ul>	<ul style="list-style-type: none"> <li>Smaller portion sizes</li> <li>Competitive price point</li> <li>Economical grilling option</li> </ul>
  <b>INSIDE ROUND FRENCH ROAST</b>	<b>SIZE/SHAPE:</b> Oval Shape for even cooking Cut to desired portion size <b>PRODUCTION SPECIFICS:</b> Mechanically Tenderized (needled)	<ul style="list-style-type: none"> <li>Visually lean</li> <li>Tender</li> </ul>	<ul style="list-style-type: none"> <li>Service case applications</li> <li>Popular regional item</li> <li>Signature roast item</li> </ul>

## Menu Ideas

The inside/top round is versatile and suitable for many menu styles, from a Sunday brunch buffet item to piled high on a sandwich.

*Here are some ideas for interesting ways to serve the inside/top round:*

**Beef LT** – Slow roasted inside/top round, sliced thinly and stacked on toasted sourdough with fresh tomato and butter lettuce topped with a horseradish mayonnaise. Serve with thick cut fries.

**Mini Yorkshire Appetizers** – This item is great for pubs or lounges and is a real crowd pleaser. Thinly shaved inside round is prepared and when ordered, heated in au jus and stuffed into crisp mini Yorkshire puddings that have also been prepared in advance, or use a large Yorkshire and place mashed potato on the bottom topped with sliced inside/top round and gravy.

## Beef Roulade with Fresh Herbs on Greens

### Ingredients

2 lb	900 g	2 cuts of inside/top round
5	5	garlic cloves
1	1	medium onion
1 cup	250 mL	chopped parsley
1 tsp	5 mL	fresh thyme
1 tsp	5 mL	fresh basil
2 oz	60 g	French mustard
6	6	slices of white bread with crusts removed
2 tbsp	30 mL	liquid seasoning
to taste	to taste	salt and pepper
2 oz	60 mL	butter or oil
2 lb	900 g	assorted salad greens and garnishes
10 oz	300 mL	favourite salad dressing

Recipe serves 10

### Method

1. Flatten beef to 1/2" (1cm) thickness.
2. Prepare a paste of the garlic, onion, herbs, mustard, bread, and liquid seasoning in food processor.
3. Place beef on saran wrap and spread with paste.
4. Roll the beef in saran wrap and then wrap in tin foil.
5. Place in 200°F (95°C) oven and cook until roulade reaches a temperature of 140°F (60°C).
6. Let cooked beef rest, refrigerated, for 1 1/2 hours, remove wraps, grill in butter or oil and let rest again.
7. Slice thinly and place on salad greens for presentation.
8. Roulade can also be served hot with garnishes or cold on a buffet or sandwich.

Created by Fred Zimmerman,  
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