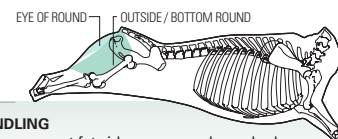
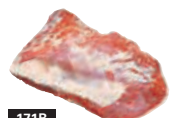




# OUTSIDE ROUND (BOTTOM ROUND)



**170**  
OUTSIDE ROUND



**171B**  
OUTSIDE ROUND FLAT

**COMMON NAMES:** Gooseneck, Silverside, Bottom Round Flat, Flats

**MUSCLE COMPOSITION:** Flats consist of the *Biceps femoris*. May contain the *Gluteus medius*, *Gluteus accessorius* and *Gluteus profundus*. Heel consists of *Gastrocnemius* and *Superficial digital flexor*. EYE OF ROUND: Consists of *Semitendinosus*

**POINTS REQUIRING SPECIFICATION:**

- Removal or retention of exterior fat and membrane (denuded)
- Removal or retention of the strap (sacrospinal ligament)
- Removal or retention of the silver skin (heavy connective tissue)
- Fat coverage 1/4" (6 mm) max
- Free of heavy connective tissue (some silverskin is found on the bottom)

**OUTSIDE FLAT WEIGHT RANGE:** 13 – 16 lb / 6 – 7.3 kg

**CHARACTERISTICS**

- Known for high yield and easy handling
- Has an even thickness, resulting in even roasting and doneness from end to end
- Consistent grain allows for ease of carving end to end without major shifts in direction of grain (slight adjustments by cutting in a semi-circular fashion are required to ensure each cut is across the grain)
- Amount of silverskin (the membranous tissue covering the main body) and connective tissue should be minimal
- As with all beef, ensure product is aged for maximum tenderness and flavour

**HANDLING**

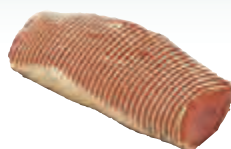
- Always roast fat side up on a rack or a bed of root vegetables
- Season and roast until internal temperature is 5 – 10° F (3 – 6° C) below desired temperature. This allows the internal temperature to rise to the desired doneness and the moisture to work back into the tissue
- Remove from heat and let rest for 20 minutes before carving
- Recommend marinating for up to four hours before using in stir-fry or sauté
- Drain marinade well to ensure product sears properly when cooking

OUTSIDE/BOTTOM ROUND (FLAT)

## CLASSIC CUTS



**171B**  
OUTSIDE BOTTOM ROUND FLAT  
Cut along the natural seam to remove side muscle.



OUTSIDE/BOTTOM ROUND OVEN ROAST  
(SIDE MUSCLE)



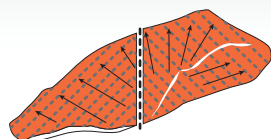
OUTSIDE/BOTTOM ROUND OVEN ROASTS



STIR-FRY STRIPS

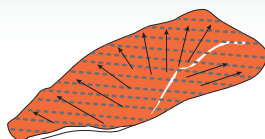
## CUTTING

OPTION 1

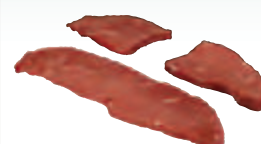


1. Cut along the natural seam to split in two.
2. Cut steaks across the direction of the grain.

OPTION 2



--- CUT LINE  
← GRAIN DIRECTION



**1171D**  
OUTSIDE/BOTTOM ROUND  
MARINATING STEAKS

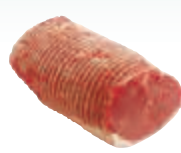


OUTSIDE/BOTTOM ROUND  
FAST-FRY STEAKS

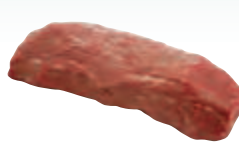
## MERCHANDISING OPTIONS



OUTSIDE/BOTTOM ROUND  
ROTISSERIE STYLE ROAST



OUTSIDE/BOTTOM ROUND  
QUICK ROAST



**171C** Denuded  
WHOLE EYE OF ROUND

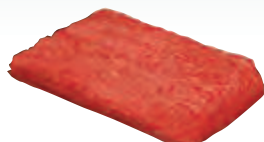


EYE OF ROUND OVEN ROAST

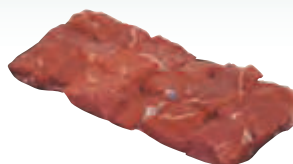


**1171C**  
EYE OF ROUND  
MARINATING STEAKS

## TRIM UTILIZATION



EXTRA LEAN GROUND ROUND



OUTSIDE/BOTTOM ROUND MARINATING CUBES



OUTSIDE/BOTTOM ROUND FAST-FRY MINUTE STEAKS




# Merchandising Options



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PRODUCT DESCRIPTION	CUTTING SPECIFICATIONS	CHARACTERISTICS	MARKETABILITY
  <b>OUTSIDE/BOTTOM ROUND MARINATING STEAKS</b> <b>1171D</b>	<b>THICKNESS:</b> 1/2"– 3/4" (1.3 – 1.9 cm) <b>PRESENTATION:</b> Seamed into single muscles, sliced across the grain	<ul style="list-style-type: none"> <li>Moderately tender</li> <li>Visually lean</li> <li>Positive consumer perception</li> </ul>	<ul style="list-style-type: none"> <li>Economical and convenient grilling option when offered with quick marinade</li> <li>Small portions</li> <li>Grill, broil, pan fry</li> </ul>
  <b>OUTSIDE/BOTTOM ROUND OVEN ROASTS</b>	<b>SIZE/SHAPE:</b> Oval shape for even cooking <b>PRESENTATION:</b> Jet net or string tie	<ul style="list-style-type: none"> <li>Moderately tender</li> <li>Visually lean</li> <li>Traditional favourite</li> </ul>	<ul style="list-style-type: none"> <li>Price point driven</li> <li>Economical for everyday meals</li> </ul>
  <b>OUTSIDE/BOTTOM ROUND ROTISSERIE ROAST</b>	<b>SIZE/SHAPE</b> Oval shaped for even cooking <b>PRESENTATION:</b> Jet-net or string tie for consistent oval shape	<ul style="list-style-type: none"> <li>Moderately tender</li> <li>Visually lean</li> <li>Single muscle improves tenderness</li> </ul>	<ul style="list-style-type: none"> <li>Excitement generator</li> <li>Volume driver in summer months</li> <li>Not price point dependent</li> </ul>
  <b>OUTSIDE/BOTTOM ROUND QUICK ROAST</b>	<b>SIZE/SHAPE:</b> 1– 1 1/2 lb (450 – 700 g) max Oval shaped for quick consistent cooking <b>PRESENTATION:</b> Jet-net or string tie for consistent oval shape	<ul style="list-style-type: none"> <li>Moderately tender</li> <li>Visually lean</li> <li>Single muscle cut</li> </ul>	<ul style="list-style-type: none"> <li>Price point</li> <li>Single muscle improves tenderness</li> <li>Marketable to small families</li> </ul>
  <b>EYE OF ROUND OVEN ROAST</b>	<b>SIZE/SHAPE:</b> Sold as whole or half <b>PRESENTATION:</b> Trimmed of excess fat and silverside	<ul style="list-style-type: none"> <li>Visually lean</li> <li>Moderately tender</li> <li>Versatile meal plan</li> </ul>	<ul style="list-style-type: none"> <li>Competitive price point</li> <li>Positive perception</li> <li>Ideal for whole muscle "Slice and Save" promotion</li> </ul>
  <b>EYE OF ROUND MARINATING STEAKS</b> <b>1171C</b>	<b>THICKNESS:</b> 1/4" – 1/2" (.6 – 1.3 cm) <b>PRESENTATION:</b> Trimmed of excess external fat	<ul style="list-style-type: none"> <li>Visually lean</li> <li>Moderately tender</li> <li>Best when marinated</li> </ul>	<ul style="list-style-type: none"> <li>Competitive price point</li> <li>Attractive portion size</li> <li>Versatile for grill, broil or pan fry</li> </ul>
  <b>OUTSIDE/ROUND FAST-FRY MINUTE STEAKS</b>	<b>THICKNESS:</b> Less than 1/4" (.6 cm) <b>PRESENTATION:</b> Devoid of all fat and connective tissue	<ul style="list-style-type: none"> <li>Visually lean</li> <li>Tender for sandwich steaks</li> <li>Year round applications</li> <li>Trim utilization option</li> </ul>	<ul style="list-style-type: none"> <li>Upsell option to burgers</li> <li>Traditional favourite</li> <li>Convenient meal plan</li> <li>Good for cross promotions</li> </ul>
  <b>OUTSIDE/BOTTOM ROUND MARINATING CUBES / STRIPS</b>	<b>SIZE/SHAPE:</b> Cubes 1/4" square (.6 cm) Strips 2" (5 cm) <b>PRESENTATION:</b> Devoid of all fat and connective tissue	<ul style="list-style-type: none"> <li>Visually lean</li> <li>Moderately tender</li> <li>Versatile meal plan option for all seasons</li> </ul>	<ul style="list-style-type: none"> <li>Economical meal plan</li> <li>Seasonal applications</li> <li>Cross merchandising opportunities for excitement</li> </ul>
  <b>EXTRA LEAN GROUND ROUND</b>	<b>PRODUCTION SPECIFICATIONS:</b> Must be produced from 100% round trimmings. Produce to desired lean point content	<ul style="list-style-type: none"> <li>Distinctive flavour and texture</li> </ul>	<ul style="list-style-type: none"> <li>Marketable for perception of higher quality</li> <li>Less dependent on price point</li> <li>Great for cross promotions</li> </ul>

## Menu Ideas

The outside/bottom round flat is the perfect cut for operators looking for a high yield roasting cut that is easy to handle once cooked. The principal use for this cut is roasting, so merchandising options on your menu for cuts are extensive. It works perfectly for classic beef dip, roast beef sandwiches and roast beef dinners.

*Here are some ideas for interesting ways to serve the outside/bottom round:*

**The Meat and Potato Wrap** – This type of sandwich is great for a quick casual operation that wants to build their menu with the basics. Thin slices of bottom round roast are placed on a tortilla along with horseradish garlic mashed potatoes all rolled in the tortilla. Serve with traditional beef gravy.

**Beef-eater's Sub** – A toasted sub bun stacked with thin slices of roast beef along with fried onions. Top this with jalapeño Jack cheese and you have a new classic sandwich.

**The Italian Beef Panini** – Thin slices of beef with roasted red peppers and mozzarella cheese grilled till crisp in a Panini bun.

## Roast Beef with Fall Root Vegetables

Ingredients			Method
6.5 lb	3 kg	bottom round flat roast	<ol style="list-style-type: none"> <li>1. Rub the roast with the herbs, salt, pepper and garlic.</li> <li>2. Place the roast in a large shallow roasting pan, spread the butter over the top.</li> <li>3. Place in a pre-heated oven at 350°F or 180°C for approximately 1 1/2 hours.</li> <li>4. Turn the roast every 1/2 hour and baste with the meat juices.</li> <li>5. Place the vegetables around the roast and toss them in the pan juice.</li> <li>6. Roast for another 45 minutes, tossing vegetables from time to time.</li> <li>7. Cook until vegetables are done.</li> <li>8. Slice the beef and display the vegetables around, drizzle pan juices over.</li> </ol>
1 oz	30 g	rosemary, fresh, chopped	
1 oz	30 g	thyme, fresh, chopped	
0.5 oz	15 g	salt	
0.5 oz	15 g	pepper, ground	
3	3	garlic cloves, chopped	
4 oz	110 g	butter, unsalted	
5	5	onions, large, peeled, cut into wedges	
5	5	carrots, large, peeled, cut into 2" (5 cm) batons	
4	4	turnips, peeled, cut into 2" (5 cm) batons	
4	4	parsnips, peeled, cut into 2" (5 cm) batons	
2	2	celery root, peeled, cut into wedges	
4	4	Yukon Gold potatoes, cut into wedges	Created by Christophe Luzeux Culinary Team Canada member

Recipe serves 10

