



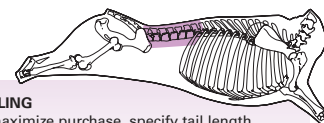
# STRIP LOIN MEDALLIONS



GRILLING



OVEN ROASTING



**COMMON NAMES:** Strip Loin Medallion, Strip Loin Rocky Mountain Medallion, Strip Loin Manhattan Steak

**MUSCLE COMPOSITION:** A boneless cut derived from the short loin consisting of the *Longissimus dorsi*, *Multifidus dorsi*, *Gluteus medius*, *Longissimus costarum*, *Intercostales externus* and *internus* depending on the length of the tail.

**POINTS REQUIRING SPECIFICATION:**

- This cut is designed to utilize heavy 14 lb (6.3 kg) up strips
- Tail lengths should be no more than a 0x1 spec to maximize results
- Yields can be enhanced as the splitting mitigates the connective tissue in the tissue end (vein end) allowing for end-to-end usage
- Retention or removal of *Multifidus dorsi*
- Retention or removal of *Gluteus medius*

**WEIGHT RANGE:** Approx. 5–6.8 kg (11–15 lb)

**CHARACTERISTICS**

- Cut from the boneless Strip Loin
- Product from strip loins that are 14 lb (6.3 kg) and up are suitable and should have a tail length of no more than 0x1" (0x25 mm) 0x0 tail lengths work best for this application
- Split strip loin or strip loin medallion steak utilizes heavier beef to create a thick cut steak that gives cooking staff more control to deliver the right degree of doneness
- Strip loin medallions can be cut from any specification of strip loin but work best with heavier 14 lb and up sizes
- Medallions are an excellent choice for 8–10 oz (225–285 g) steak portion size. This will allow for exceptional cooking control. They are also well suited for banquet service as the "doneness" level can be closely controlled in smaller portion sizes

**HANDLING**

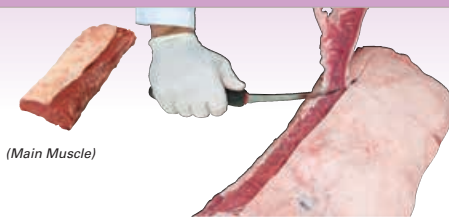
- To maximize purchase, specify tail length and amount of trim to connective tissue (i.e. backstrap on strip loins)
- Tail length is measured in inches and represents the amount of product extending from the eye of the strip loin. The first number is the tail length at the rib end and the second number is the tail length at the sirloin end
- Tail length affects both the cost (short tail = higher cost) and the way the steak will present on the plate (guest's perception of value)
- When split, operators can either cut into steaks or roast whole
- Many operators find they can effectively utilize this cut end to end as the splitting action mitigates the tissue / vein end concerns
- Grill or roast strip loin to degree of doneness requested

STRIP LOIN MEDALLIONS

## CUTTING



- 180**
1. Trim excess fat underneath, trim to 0x0 spec. Remove chain and rib finger meat.



(Main Muscle)

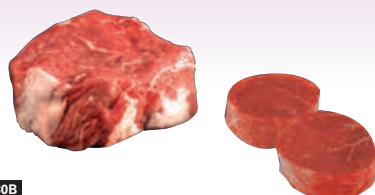
2. Remove backstrap.



(Cut & Split)

- 180B**
3. Cut strip loin just off centre. Steak/roast ready.

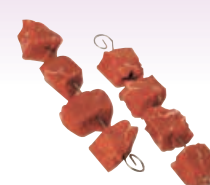
## MERCHANDISING OPTIONS



**1180B**  
STRIP LOIN MEDALLION  
STRIP LOIN GRILLING MEDALLIONS



STRIP LOIN PREMIUM  
QUICK ROAST



STRIP LOIN KEBABS





## Menu Ideas

The strip loin, or New York strip, is one of the foodservice industry's top-selling cuts. The strip loin medallion is a new concept that works well in many foodservice applications. Roasting split strip loins for carving at cocktail receptions works well; the slices are easy to work with and can be easily placed en croute. With steaks, these thicker portions mean you can grill these more accurately and the meat will be more juicy and tender, especially useful for banquet presentation.

*Here are some ideas for interesting ways to serve strip loin medallions:*

**Rocky Mountain Medallion on New Red Potato Mash with a Juniper Demi Glaze** – This thick cut 9 oz (250 g) strip loin is grilled and served on a bed of mashed red spring potatoes with seasonal vegetables and a rich juniper-infused demi glaze.

**Roasted Pepper Strip Loin with Canadian Blue Cheese** – This item is perfect for the hotel that does regionally based menus or cocktail receptions. A split

strip loin is crusted with fresh black pepper and coarse salt, roasted, then sliced to order. Slices are placed on a baguette and topped with finely crumbled Canadian Blue cheese.

**Manhattan Medallion** – This play on the New York steak is presented with roasted vegetables and empire state duchess potatoes blended with cream and sautéed mushrooms.

### Spice Rubs for Strip Loin Medallions

A spice rub is essentially a spice blend that is rubbed directly on to the meat surface. Rubs can be dry or wet—depending on the usage—as wet rubs are best utilized for roasting applications. Dry spice rubs should be applied directly to the steak just prior to cooking to prevent the salt content from drawing moisture away from the meat. Spice rubs give an attractive look and finish to the steak, especially when a blend of coarse spices and salt is used. Here are some unique combinations, but don't be afraid to develop your own signature spice blend.

Instructions – Blend and store in airtight container. To use, rub on steaks to create spice crust, then grill steaks. Brush steaks with a small amount of butter to finish.

#### Barbados Blend

A spice taste of the Islands

1/2 cup	125 mL	dried thyme leaves
1/4 cup	60 mL	ground ginger
1/4 cup	60 mL	granulated garlic
1/4 cup	60 mL	ground allspice
1/4 cup	60 mL	ground cloves
1/4 cup	60 mL	coarse salt
1/4 cup	60 mL	coarse ground pepper
Makes 2 cups (500 mL)		

#### South of the Border Seasoning

A spicy blend that goes great with a beverage

1 cup	250 mL	chili powder
1/4 cup	60 mL	ground cumin
1/4 cup	60 mL	granulated garlic
1/4 cup	60 mL	coarse margarita salt
2 tbsp	30 mL	oregano
2 tbsp	30 mL	lemon zest
2 tbsp	30 mL	coarse ground pepper
Makes 2 cups (500 mL)		

#### Szechwan Rub

A great blend for an Asian touch

1 cup	250 mL	Chinese 5 spice blend
1/2 cup	125 mL	granulated garlic
1/3 cup	80 mL	coarse salt
1/4 cup	60 mL	red pepper flakes
Makes 2 cups (500 mL)		

#### Provençal Blend

A powerful blend of Mediterranean seasonings

1/4 cup	60 mL	whole rosemary
1/4 cup	60 mL	whole thyme
1/4 cup	60 mL	coarse salt
1/4 cup	60 mL	coarse ground pepper
1/4 cup	60 mL	fennel seed
1/4 cup	60 mL	dry basil leaves
1/4 cup	60 mL	granulated garlic
3 tbsp	45 mL	lemon zest
2 tbsp	30 mL	orange zest
Makes 2 cups (500 mL)		

