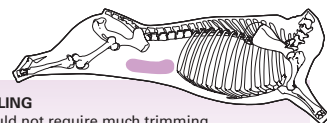





BOTTOM SIRLOIN FLAP MEAT

- GRILLING
- SAUTÉ / PAN FRY
- OVEN ROASTING
- BRAISING, STEWING, OR POT ROASTING
- ROTISSERIE
- SIMMERING




 <p>185A</p>	<p>COMMON NAMES: Steak Tails, Bavette</p> <p>MUSCLE COMPOSITION: Consists of the <i>Obliquus externus abdominis</i>, <i>Obliquus internus abdominis</i>, <i>Transversus abdominis</i> muscle from the bottom sirloin butt.</p> <p>POINTS REQUIRING SPECIFICATION:</p> <ul style="list-style-type: none"> • No external fat, no connective tissue • Clean of any ragged edges • Options to purchase portioned <p>WEIGHT RANGE: 3–6 lb / 1.4–2.7 kg</p>	<p>CHARACTERISTICS</p> <ul style="list-style-type: none"> • Cut originates from the bottom sirloin and has similar flavour characteristics as other sirloin cuts • Long, thin muscle with consistent grain running across the meat • Well marbled with coarse grain, suitable for marinating • Should have little or no external fat or connective tissue • Offers high yield when cut for steaks and any trim can be used in sautés or stir-fries • Ideal for operators looking for smaller cuts • A non-traditional option for steak sandwiches or other casual menu applications 	<p>HANDLING</p> <ul style="list-style-type: none"> • Should not require much trimming • Cut across grain when cutting into steaks for maximum tenderness • Can also easily be cut into strips or cubes • For roasting, season with BBQ sauce or other topping, cook low and slow in a conventional or “cook and hold” oven • Create innovative menu items by grilling or sautéing steaks, strips or diced beef • Always cut across the grain of the meat for maximum tenderness
<p>BOTTOM SIRLOIN BUTT FLAP</p>			

CLASSIC CUTS

 <p>1185A</p> <p>BOTTOM SIRLOIN FLAP STEAK</p>	 <p>FLAP MARINATING STRIPS</p>	 <p>FLAP DICED BEEF</p>
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CUTTING



1. Cut across the direction of the grain.

--- CUT LINE
← GRAIN DIRECTION

MERCHANDISING OPTIONS

 <p>BOTTOM SIRLOIN GRILLING STEAKS</p>	 <p>BOTTOM SIRLOIN GRILLING CUBES</p>
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Merchandising Options



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PRODUCT DESCRIPTION

CUTTING SPECIFICATIONS

CHARACTERISTICS

MARKETABILITY



BOTTOM SIRLOIN GRILLING STEAKS
1185A

THICKNESS:
1/2"– 3/4" (1.3 – 1.9 cm)
PRESENTATION:
Trim all external fat

- Tender and flavourful
- Loose texture
- Versatile

- Popular ethnic item
- Positive consumer appeal
- Competitive price point



BOTTOM SIRLOIN GRILLING CUBES

THICKNESS:
1" cubes (2.5 cm)
PRESENTATION:
Trim all external fat

- Tender and flavourful
- Loose texture
- Versatile

- Great for kabobs
- Versatile
- Great for marinades

Menu Ideas

The versatility of this cut makes it an excellent choice for operators looking for many options at an effective price.

Here are some ideas for interesting ways to serve the flap meat:

Southern Style Pulled Beef Sandwich – Coat the flap meat with spicy BBQ sauce and roast on a rack in a slow oven or smoker. The beef should shred easily. Bind beef with additional BBQ sauce and serve on a poor boy style roll with coleslaw and potato salad.

Spice Crusted Sirloin Sandwich – Cut flap meat into sandwich sized portions, rub with coarse salt, cracked pepper and garlic. Grill and serve on toasted focaccia bread with grilled peppers and onions

Summer Satay – Cut flap into strips and marinate in soy, garlic, grated ginger and Vietnamese hot sauce. Thread onto satay sticks and grill. Serve on crisp Asian noodles or basmati rice and a cool yogurt based dressing.

Tuscan Steak Sandwich – Cut flap into portions and marinate in olive oil, garlic and chopped basil. Grill, seasoning with garlic, black pepper and coarse salt. Serve on grilled focaccia with roasted peppers and sun-dried tomato relish.

Grilled Flat Bread with Charred Beef, Goat Cheese, Roasted Peppers and Pesto

Ingredients

10x5 oz	10x140 g	flap meat steaks
1/2 cup	125 mL	balsamic vinegar
1/4 cup	60 mL	extra virgin olive oil
1 tsp	5 mL	sugar
2	2	garlic cloves, finely chopped
2 tsp	10 mL	oregano
1 tsp	5 mL	coarsely cracked black pepper
to taste	to taste	sea salt
10	10	6-inch Greek-style (pocket-less) pita
1 cup	250 mL	extra virgin olive oil
1 1/2 cups	375 mL	pesto
2/3 lb	300 g	soft goat cheese, crumbled
5	5	roasted red bell peppers, sliced
for garnish		chopped fresh basil or parsley

Recipe serves 10
Created by Eric Akis

Method

1. Place the steaks in a hotel pan just large enough to hold them in a single layer. Combine the next 7 ingredients in a bowl; pour over the steaks and turn them to coat. Marinate the steaks 4 hours or overnight in the refrigerator.
2. Preheat the grill to medium-high. Remove the steaks from marinade; discard marinade. Lightly oil the grill and then cook the steaks rare, about 2 to 3 minutes per side. Cool to room temperature and then slice each steak into thin slices.
3. Brush the pita bread lightly with olive oil. Grill lightly on both sides. Spread one side with pesto. Artfully arrange and divide the slices of steak on the pesto. Divide and set the goat cheese and roasted peppers in around the beef. Drizzle with a little extra virgin olive oil and bake in a 400°F (200°C) oven 8 to 10 minutes, or until just heated through. Sprinkle with a little basil or parsley and serve.

Cook's Notes

For quick a la carte service, have the meat cooked and sliced and the goat cheese and roasted peppers prepped and ready to go before service. Grill and top the pita as the orders come in. Serve the pita with a Caesar or mixed green salad.

