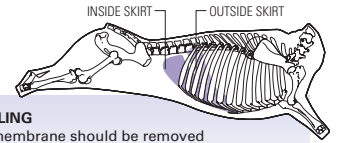




# SKIRT MEAT



**INSIDE SKIRT**  
**COMMON NAMES:** Inside Skirt Steak  
**OUTSIDE SKIRT**  
**COMMON NAMES:** Thin Skirt  
**MUSCLE COMPOSITION:** Consists of the *Inside skirt*, the *Transversus abdominis* and the *Outside skirt*, the *costal* muscular portion of the diaphragm.  
**POINTS REQUIRING SPECIFICATION:**  
 • Hindquarter and/or navel end portion included  
 • Removal or retention of membrane  
**WEIGHT RANGE:** Inside skirt 2 lb / 0.9 kg;  
 Outside skirt 1.75 lb / 0.8 kg

**CHARACTERISTICS**

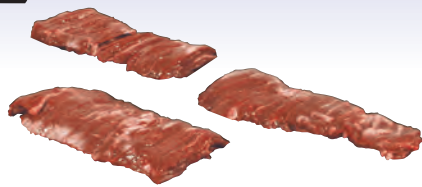
- Long, flat muscles located in the plate area of the carcass (see diagram above)
- Two distinct muscles: the inside and outside skirt
- Well marbled and coarse grain
- Both cuts are suitable for foodservices but the outside skirt is more popular because of its size and consistency
- Inside skirt: approximately 2 lb / 0.9 kg
- Outside skirt is specified as skinned: approximately 1.75 lb / 0.8 kg
- Often associated with Latin style dishes, this cut would also be well suited for Asian-style stir-fry and other quick sautéing dishes in which marinades are used

**HANDLING**

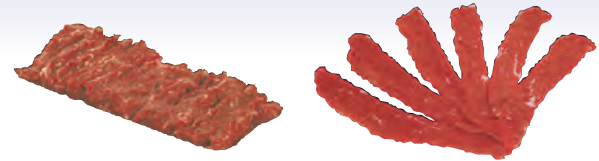
- All membrane should be removed and the lean surface should be fat free
- Cut is small and thin, so cutting into strips is easy
- Minimal trimming required
- High yield and little waste
- Effective price and versatility of cut makes it an excellent choice for operators looking for options
- Cut across grain for steaks or strips
- Coarse grain makes it ideal for marinating, sautéing and stir-frying
- Drain marinade well to ensure product sears properly when cooking
- If preparing as a steak, rest meat a minute or two before cutting to relax steak and maintain juiciness

INSIDE SKIRT AND OUTSIDE SKIRT MEMBRANE OFF

## CLASSIC CUTS

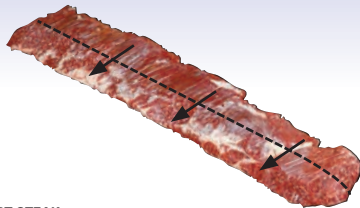


1121D 1121E SKIRT STEAKS



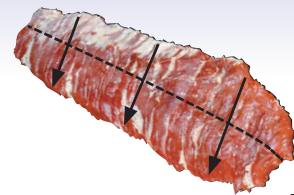
SKIRT MARINATING STRIPS

## CUTTING



**OUTSIDE SKIRT STEAK**  
1. Cut steaks across the direction of the grain.

--- CUT LINE  
← GRAIN DIRECTION



**INSIDE SKIRT STEAK**  
2. Cut steaks across the direction of the grain.

--- CUT LINE  
← GRAIN DIRECTION



# Merchandising Options



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### PRODUCT DESCRIPTION



**SKIRT MARINATING STEAKS**  
1121D 1121E



### CUTTING SPECIFICATIONS

**THICKNESS:**  
As purchased  
**PRESENTATION:**  
Whole or half, remove all membrane

### CHARACTERISTICS

- Tender and flavourful
- Loose texture
- Versatile

### MARKETABILITY

- Popular ethnic item
- Takes marinades well
- Great for value added

**SKIRT MARINATING STRIPS**



**THICKNESS:**  
3" strips (7.5 cm)  
**PRESENTATION:**  
Trim all external fat

- Tender and flavourful
- Loose texture
- Versatile

- Great for value added
- Versatile

## Menu Ideas

Skirt steak is widely used in fajitas. It is also a great option for stir-fries. Some restaurants use seasoned skirt steak strips threaded on a skewer and grilled for a flavourful, cost effective menu item.

*Here are some ideas for interesting ways to serve the skirt meat*

**Traditional Southwestern Fajitas** – Prepare inside or outside skirts by cutting skirt into long strips across the direction of the grain. Toss in a marinade of lime and spices and marinate refrigerated overnight. Drain well and sauté with garlic, peppers and onion. Serve with tortillas for wrapping, and grated cheese, sour cream and salsa to garnish.

**Spanish Skirt Steak Skewers** – Cut skirt steak into 1 3/4 – 2" (4 – 5cm) strips. Marinate, refrigerated for at least 4 hours in red wine and herbs. Thread on a skewer and grill to medium rare. Serve with Spanish rice and spicy cucumber relish.

### Marinated Skirt Steak focaccia with Red Onion Relish

#### Ingredients

3 3/4 lb	1.7 kg	beef skirt steak
6 oz	170 g	spanish onion, chopped
2 tbsp	30 mL	rosemary sprigs
2	2	cloves garlic, smashed
1 tbsp	15 mL	mustard seed
1 tbsp	15 mL	black pepper, cracked
2 tbsp	30 mL	olive oil, divided
4 oz	110 mL	red wine
2 oz	60 mL	teriyaki sauce
2 lb	900 g	red onion, sliced
6 oz	170 mL	red wine vinegar
10 oz	300 mL	honey
2	2	beefsteak tomatoes, sliced, broiled
10	10	focaccia steak buns

Recipe serves 10

#### Method

1. Marinate the skirt steak in the refrigerator overnight or at least 4 hours with the spanish onion, rosemary, garlic, mustard seed, black pepper, half of the olive oil, red wine and teriyaki sauce.
2. In a saucepan, sauté the red onion in the remaining olive oil until softened. Add the red wine vinegar and reduce the liquid by half. Add the honey and cook until the honey coats the onion and remains glossy. Cool and reserve.
3. Remove the skirt steak from the marinade, dry well and grill to desired doneness.
4. To serve, slice thinly across the grain and serve on a focaccia steak bun with broiled tomatoes and topped with the onion relish.

Created by Jud Simpson,  
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