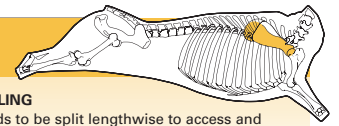




TOP BLADE (FLAT IRON), CHUCK ROLL, MOCK TENDER



TOP BLADE (FLAT IRON)



COMMON NAMES: Top Blade, Oyster Blade
MUSCLE COMPOSITION: Consists of the *Infraspinatus* muscle. May have the internal connective tissue removed (central tendon).
POINTS REQUIRING SPECIFICATION:

- Can be purchased split (central tendon removed)
- Can be purchased in pre-portioned format
- Tail length at scapular end
- Removal or retention of bone skin
- Packaging requirements

WEIGHT RANGE: 6–7 lb / 2.7–3.2 kg

CHARACTERISTICS

- The majority of the flat iron comes from the top of the shoulder blade; a small portion will be part of the long cut shoulder clod
- Highly tender, comparable to tenderloin
- Aging is important to maximize tenderness
- A band of connective tissue runs the length of the cut in the centre of the muscle and must be removed to obtain the maximum usage from this cut
- Strong beef flavour due to the location in the chuck
- Recommended that this cut be purchased from the purveyor in a portioned format
- Makes an excellent steak for casual menus and operations looking for a steak that can meet aggressive price points

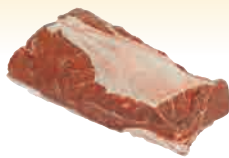
HANDLING

- Needs to be split lengthwise to access and remove a strand of connective tissue running through the length of the cut, thereby allowing for easy portioning into steaks or cubes
- Coarse grain makes it ideal for marinating
- Perfect as flat iron steaks, stir-fries and kebobs

114D

CLASSIC CUTS (FLAT IRON)

CUTTING



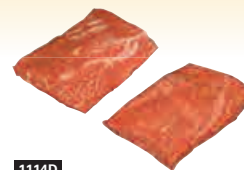
114D
TOP BLADE FLAT IRON



TOP BLADE POT ROAST



1. Remove central tendon.
 2. Cut steaks or strips across the direction of the grain.



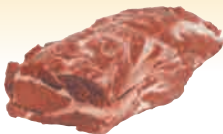
1114D
TOP BLADE GRILLING STEAKS



TOP BLADE MARINATING STRIPS

CHUCK ROLL

CLASSIC CUTS



116A

COMMON NAMES: Boneless blade, Bottom blade, Blade roll
MUSCLE COMPOSITION: Consists of the *Longissimus dorsi*, *Spinalis dorsi*, *Subscapularis*, *Rhomboideus*, *Complexus*, *Serratus ventralis*, *Serratus dorsalis*, *Longissimus costarum*, *Internal intercostals*.
POINTS REQUIRING SPECIFICATION:

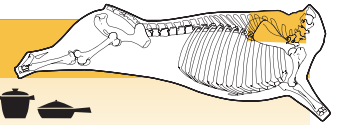
- Width: distance of cutting line from ventral edge



BONELESS BOTTOM BLADE POT ROAST

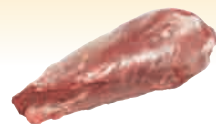


1116D
BOTTOM BLADE SIMMERING STEAK



MOCK TENDER

CLASSIC CUTS



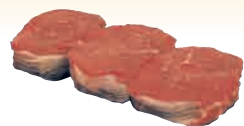
116B

COMMON NAMES: Chuck tender, Scotch tender, Top blade, Chuck filet
MUSCLE COMPOSITION: Consists of the *Supraspinatus*.
POINTS REQUIRING SPECIFICATION:

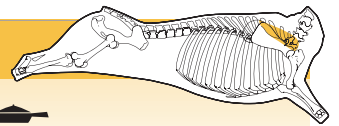
- Removal or retention of connective tissue
- Packaging requirements



TOP BLADE POT ROAST



TOP BLADE SIMMERING STEAK



TRIM UTILIZATION



LEAN GROUND CHUCK



BONELESS BLADE STEWING BEEF



GROUND CHUCK STEAK ROAST

Merchandising Options



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PRODUCT DESCRIPTION	CUTTING SPECIFICATIONS	CHARACTERISTICS	MARKETABILITY
 <p>BONELESS BOTTOM BLADE POT ROAST</p>	<p>SIZE/SHAPE: Cut to desired portion sizes</p> <p>PRESENTATION: Even shaped, face up</p>	<ul style="list-style-type: none"> • Visually lean • Good beefy flavour • Tender when prepared as pot roast 	<ul style="list-style-type: none"> • Affordable • Traditional favourite meal • Easy to prepare
 <p>BONELESS BOTTOM BLADE SIMMERING STEAK 1116D</p>	<p>THICKNESS: 1/2" – 3/4" (1.3 – 1.9 cm)</p> <p>PRESENTATION: Full or half portion</p>	<ul style="list-style-type: none"> • Visually lean • Moderately tender as simmering steak • Good beefy flavour 	<ul style="list-style-type: none"> • Affordable • Traditional favourite • Grilling option when marinated
 <p>TOP BLADE GRILLING STEAKS 1114D</p>	<p>THICKNESS: 3/4 – 1" (1.9 – 2.5 cm)</p> <p>PRESENTATION: Butterfly lengthwise and remove connective tissue, or slice until connective tissue becomes too dense</p>	<ul style="list-style-type: none"> • Tender and flavourful • Versatile for grilling or sautéing • Intense flavour profile 	<ul style="list-style-type: none"> • Economical grilling cut • Attractive portion size • Popular steak for casual dining restaurants
 <p>TOP BLADE POT ROAST</p>	<p>SIZE/SHAPE: Full top blade mock tender</p> <p>PRESENTATION: Jet-net adds consistent look</p>	<ul style="list-style-type: none"> • Moderately tender when prepared as pot roast • Visually lean • Good beefy flavour 	<ul style="list-style-type: none"> • Affordable • Positive consumer perception • Usable portion sizes
 <p>BONELESS BLADE STEWING BEEF</p>	<p>SIZE/SHAPE: Maximum 1" (2.5 cm) cubes</p> <p>PRESENTATION: Cubes trimmed of all external fat and connective tissue</p>	<ul style="list-style-type: none"> • Good beefy flavour • Tender in moist heat dishes • Visually lean 	<ul style="list-style-type: none"> • Affordable • Easy to use • Traditional favourite
 <p>LEAN GROUND CHUCK</p>	<p>PRODUCTION SPECIFICATIONS:</p> <ul style="list-style-type: none"> • Must be produced, 100% from chuck specific primal • Produce to desired lean point content 	<ul style="list-style-type: none"> • Distinctive flavour and texture 	<ul style="list-style-type: none"> • Positive consumer perception • Premium product for ground beef category
 <p>GROUND CHUCK STEAK ROAST</p>	<p>PRODUCTION SPECIFICATIONS:</p> <ul style="list-style-type: none"> • 100% chuck • 80% coarse grind • 20% fine grind 	<ul style="list-style-type: none"> • Flavour profiles can add value • Solid profile • Commercial binders can enhance flavour and texture 	<ul style="list-style-type: none"> • Premium ground beef product • Sold as roasting product • Priced between grinds and muscle roasts • Flexible flavour profiles

Menu Ideas

Top blade works well for menus in sport bars or pubs that are looking for a cut that meets the needs of the guest for great taste and tenderness.

Here are some ideas for interesting ways to serve the top blade:

Black and Blue – Take a top blade steak and grill, then top with flavourful blue cheese to give this steak a unique flavour. Serve on a toasted, garlic infused baguette with marinated tomatoes to complete this classic.

9 Iron Steak – This steak is well suited for your golfing guests. Take a 9 oz (250 g) steak and season with coarse salt and pepper, grill and serve with shoestring fries and a side of "in the rough" green salad.

South of the Border Steak – The top blade fits many flavour themes, and Mexican is a favourite. Serve a grilled top blade steak on a fajita iron with fresh tomato salsa, rice and beans along with some tortillas to wrap it all up – a new twist to the old fajitas.

Flat Iron Steak Sandwich with Baby Greens, Vine-ripened Tomatoes and Creamy Horseradish Dipping Sauce

Ingredients

10 x 5 oz	10 x 140 g	flat iron steaks
1/2 cup	125 mL	dry red wine
1/4 cup	60 mL	extra virgin olive oil
1 tsp	5 mL	dried thyme
2	2	garlic cloves, crushed
1 tsp	5 mL	coarsely cracked black pepper
1/2 tsp	2 mL	sugar
2 1/2 cups	625 mL	sour cream
1 1/4 cups	310 mL	light cream
1 cup	250 mL	horseradish
to taste	to taste	salt
1/4 cup	60 mL	fresh parsley, chopped
10	10	6-inch pieces baguette
5 cups	1.25 L	baby salad greens
5	5	medium red tomatoes, thinly sliced
5	5	medium yellow tomatoes, thinly sliced

Recipe serves 10

Method

1. Place the steaks in a hotel pan just large enough to hold them in a single layer. Combine the next 6 ingredients in a bowl; pour over the steaks and turn them to coat. Marinate the steaks 4 hours or overnight in the refrigerator.
2. Combine the sour cream, light cream, horseradish, salt and parsley in a bowl. Store in the fridge until needed.
3. Preheat the grill to medium-high. Remove the steaks from the marinade; discard marinade. Season the steaks with salt. Lightly oil the grill and then grill steaks to desired doneness. While this occurs, split the baguette pieces in half lengthwise. Lightly grill on the cut side.
4. Spread the cut sides of the baguette pieces with some of the horseradish sauce. Divide and top the bottom pieces of baguette with baby greens and tomato slices. Slice each steak into 1/2-inch (1.3 cm) slices and fan out on top of the tomatoes. Set on the top pieces of bread. Slice the sandwiches in 2 at a slight angle and serve.

Cook's Notes:

Softer baguettes are the best to use in this recipe – it will be easier for your clientele to eat this hearty sandwich without it falling apart. Fresh cut fries or a potato and asparagus salad vinaigrette would nicely complement this sandwich.

Created by Eric Akis

