

BUYING AND COOKING CANADIAN BEEF

Top Sirloin Cap Grilling Steak

Top Sirloin Cap

Fast-Fry Steak

T-Bone Fast-Fry Steak

STRIP LOIN

Strip Loin Grilling Steak

BOTTOM SIRLOIN

BOTTOM

SIRLOIN TRI TIP

Bottom Sirloin Tri Tip

(Aiguillette Baronne, Loin Tri Tip) Tri Tip Grilling Steak Tri Tip Oven Roast

Fast-Fry Steak

BOTTOM SIRLOIN FLAP

Bottom Sirloin Bayette (Flan)

RIB

RIB EYE

Tip Fast-Fry Steak

Premium Oven Roast

OVEN READY RIB

Prime Rib Premiun

Oven Roast

(Rib Roast, Standing Rib Roast)

PLATE

FLANK

tender the meat.

but very flavourful.

in less time.

Tenderness Tips • The further from the head, hoof or hip, the more

• Tender cuts can be cooked at higher heat

• Hard working muscles tend to be less tender

Grilling Steak

CHUCK

BRISKET



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CHUCK

PECTORAL

BONELESS TOP BLADE

CHUCK SHORT RIB

CHUCK TAIL FLAT

Fast-Fry Steak

Fast-Fry Steak

SHOULDER CLOD

Shoulder Tender

(Blade Tender, Blade

Petite Tender, Teres Majo

Short Rib Sliced

Rib Cap Off

MODIFICIO APP ON Google Play Search

The Roundup

Top Blade Flat Iron Grilling Steak

(Top Chuck Steak, Chuck Mock

Tender Steak, Oyster Blade)

Buying Guide

There is a lot to choose from when buying Canadian beef, with cuts that slow-simmer or others that are ready in minutes. Whatever your schedule, beef's got a cut to fit!

Buying simplified: Ideally, each cut is organized by cooking method and has the Method as its middle name. For example, a Sirloin Tip Marinating Steak, should be marinated. This makes it easy to know how to cook and also how to swap one cut for another: Can't find a Strip Loin Grilling Steak - then buy a Rib Eye Grilling Steak instead.



Beef Basics

INSPECTION

Canada's inspection system helps to ensure Canadians have a safe and wholesome food supply. The Canadian meat inspection stamp means the meat has met both Canadian and international standards for food safety. Inspection is mandatory.

GRADING

Grading is a quality designation based on several characteristics, including marbling. The top Canadian Grade with the most marbling is Canada Prime, found mainly at fine restaurants. Canada AAA is generally the premium grade followed by Canada AA and Canada A. Grading is not mandatory.

CANADA BEEF GRADES				
Canada Prime	Canada AAA	Canada AA	Canada A	
(US Prime)	(US Choice)	(US Select)	(US Standard)	

MARBLING

Marbling can enhance beef juiciness and flavour. It refers to the fine white flecks of fat that you see running through the lean beef. The amount of marbling helps determine the grade of beef.

AGING

Aging can dramatically improve beef tenderness and flavour. It is a carefully controlled process where beef is held at specific temperature and humidity for a set period of time. Beef is best aged at least 10 to 14 days. Beef CANNOT be safely aged in a home refrigerator.

Safe Food Handling







www.befoodsafe.ca



BEEF STORAGE	BEEF STORAGE (FROM PACKAGED ON DATE OR DATE FROM BUTCHER)			
Type of Beef	Refrigerator	Freezer		
*Ground Beef	1 Day	2-3 Months		
Variety Meats (i.e. liver, kidney, heart, etc.)	1-2 Days	3-4 Months		
Stewing Beef, Ribs, Stir-Fry Strips, Kabobs	2 Days	3-6 Months		
Steaks	3 Days	6-9 Months		
Roasts	3 Days	9-12 Months		
Cooked Meats Cold Cuts	3-4 Days	2-3 Months		
For ground meats with longer storage time, look for packs that have a "best before" date. These come in tube-like packs or deeper plastic trays sealed with a plastic				

GROUND BEEF EXTRA LEAN GROUND BEEF



MEDIUM **GROUND BEEF** Maximum fat content 23% (77% lean)

GROUND BEEF

Maximum fat

content 10% (90% lean)

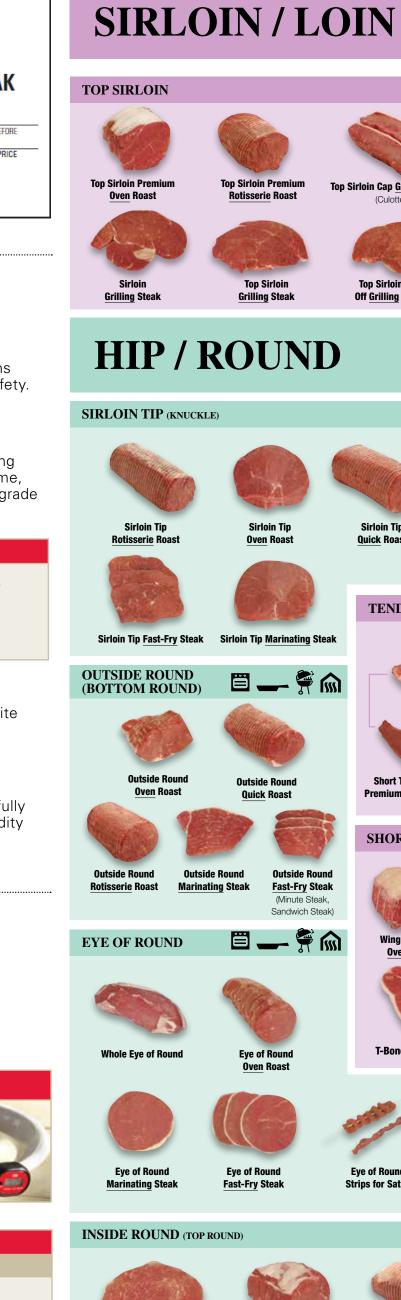


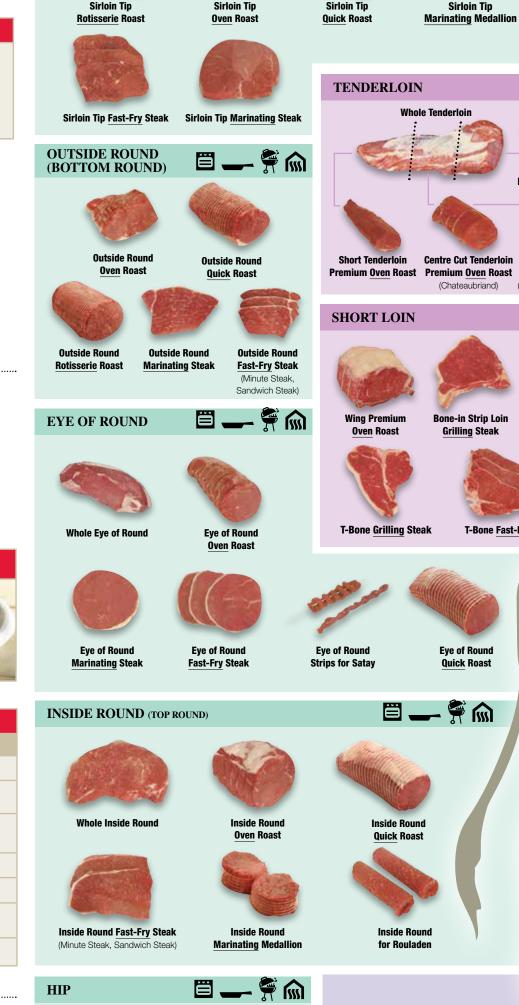


Maximum fat

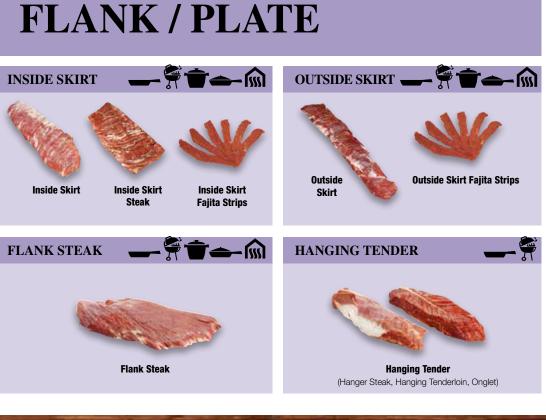
content 17%

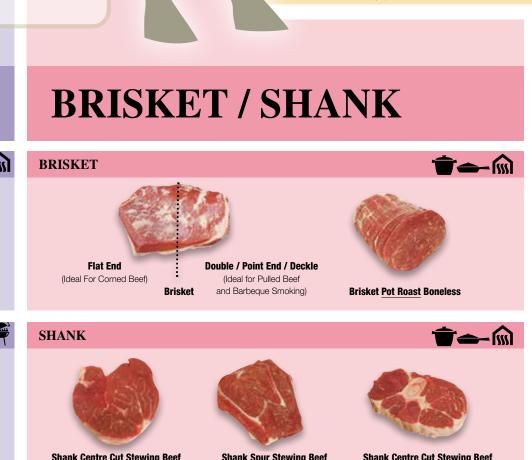
(83% lean)



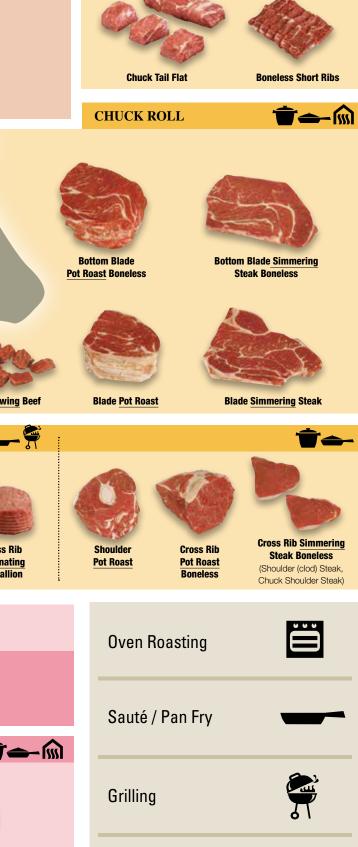








Well



Braising, Stewing

or Pot Roasting

Simmering

Smoking

COOKING GUIDE

ROTISSERIE ROASTS

BEEF DONENESS TEMPERATURES Medium-Rare Medium 145°F (63°C) 160°F (71°C)

STRIPS



STEWING BEEF

QUICK COOK, FAST FRY **GROUND BEEF** & STIR FRY

Season roast and place in shallow roasting pan without water and lid. Insert oven proof thermometer into centre of roast, avoiding

OVEN ROASTS

- **Oven-sear** by placing uncovered roast in preheated 450°F oven for 10 minutes.
- Reduce heat to 275°F. Cook to desired
- Remove from oven, cover loosely with foil and let rest for at least 15 minutes.

TENDERLOIN • PRIME RIB **STANDING RIB • STRIP LOIN RIB EYE • TOP SIRLOIN • RIB** SIRLOIN TIP • RUMP **BOTTOM SIRLOIN TRI TIP**

INSIDE ROUND • OUTSIDE ROUND

CUT OPTIONS:

EYE OF ROUND

Heat 2 tbsp vegetable oil in Dutch oven or heavy stockpot over medium-high heat. Season roast; brown all over in hot oil. Remove roast; set aside. Add 1 cup diced vegetables, such as carrot, onion and garlic. Cook until lightly browned, adding more oil if necessary.

POT ROASTS

- **Stir in** 1 to 2 cups liquid, such as red wine, broth, canned tomatoes or tomato or mushroom soup, stirring up browned bits. Return roast to pot.
- Simmer, covered tightly, in 325°F oven or on stovetop over low heat for about 3 hours or until fork-tender. Add 3 cups vegetable chunks during final 45 minutes, if desired. Skim fat from sauce and season

CUT OPTIONS: BLADE • SHOULDER • CROSS RIB TOP BLADE • CHUCK EYE BOTTOM BLADE BONELESS BRISKET BONELESS

to taste.

- Before cooking, season or marinate Top Sirloin or Prime Rib 2 to 4 hours. For all others, marinate 12 to 24 hours before cooking. To marinate: Pierce roast all over with fork; place in sealable freezer bag with marinade.
- Place drip pan under grill; add some water to pan; preheat barbecue to 400°F.
- thermometer into middle of roast, avoiding spit rod. Discard marinade (if using).
- Cook roast over drip pan using medium heat, in closed barbecue, to desired doneness. Move roast to cutting board and let stand 15 minutes before carving.
 - No Rotisserie? Use indirect heat to barbecue roast: place roast on grill over a drip pan, that has been placed on one side of barbecue, under the grill, Turn heat off under the roast. Cook in closed barbecue at constant heat of 400°F.
- **CUT OPTIONS: TOP SIRLOIN • SIRLOIN TIP INSIDE ROUND • OUTSIDE ROUND PRIME RIB • CROSS RIB**

& MEDALLIONS

Grill, broil or pan-fry using medium-high

neat, turning twice or more with tongs.

Cook to at least med-rare 145°F (63°C).

Season steak/medallion.

CUT OPTIONS:

GRILLING BACK RIBS

TOP SIRLOIN

RIB • RIB EYE

TENDERLOIN • STRIP LOIN

T-BONE • WING • PORTERHOUSE

BOTTOM SIRLOIN BAVETTE (FLAP)

BOTTOM SIRLOIN TRI TIP

GRILLING STEAKS



Place in sealable freezer bag with

I cup (250 mL) marinade (such as

Discard marinade. Grill, broil or pan-fry

using medium-high heat, turning twice or

nore with tongs.Cook to at least med-rare

terivaki sauce or salad dressing):

refrigerate for 8 to 12 hours.

145°F (63°C).

FLANK • SKIRT

CUT OPTIONS:

SIRLOIN TIP • EYE OF ROUND

MARINATING SHORT RIBS

INSIDE ROUND • OUTSIDE ROUND

MARINATING STRIPS & CUBES

MARINATING STEAKS

& MEDALLIONS



Pierce steak or medallions all over







Season steak/strips. Brown all over in hot

lightly oiled skillet. Add sliced vegetables

Add enough liquid (such as canned soup

or tomatoes, broth or red wine) to just

Simmer, covered, in 325°F oven

or on stove top approximately

BOTTOM BLADE • TOP BLADE

1-1/4 hours or until tender.

CUT OPTIONS:

BLADE • CROSS RIB

BRISKET

(such as onion, sweet green pepper







cook to soften. Add enough liquid, such as broth, tomato juice or red wine, to just cover beef. Simmer, covered tightly, in 325°F oven or on stove top for at least 1 hour or until fork-tender. Add chunks of vegetables and cook 30 minutes longer or until vegetables are tender.

CUT OPTIONS: SIMMERING SHORT RIBS **STEWING BEEF CUBES CHUCK TAIL FLAT SHANK CENTRE CUT** SHANK SPUR



for strips, or until beef is browned.

sauce and cooked beef strips back

but still pink inside.

to pan; heat through.

CUT OPTIONS:

RIB EYE

STRIP LOIN • SIRLOIN TIP

TOP SIRLOIN STIR-FRY STRIPS

TOP SIRLOIN GRILLING CUBES

FAST FRY STEAK • INSIDE ROUND

OUTSIDE ROUND • EYE OF ROUND

EYE OF ROUND STRIPS FOR SATAY



Remove from pan. For steak, serve with steak sauce if desired. For stir-fry and cook for 5 minutes. Add stir-fry

Add to pasta sauce, chili, casserole, etc., seasoning to taste. BURGERS: Cook 3/4-inch thick patties

using medium-high heat on lightly oiled grill or skillet 10 to 14 minutes, turning twice or more with tongs until thermometer reads 160°F (71°C).

CUT OPTIONS: GROUND SIRLOIN GROUND ROUND GROUND CHUCK • EXTRA LEAN LEAN • MEDIUM • REGULAR



