

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 (Flap)

RIB

RIB EYE

Tip Fast-Fry Steak

Premium Oven Roast

OVEN READY RIB

Prime Rib Premiun

Oven Roast

(Rib Roast, Standing Rib Roast)

RIB

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

Fast-Fry Steak

SHOULDER CLOD

Shoulder Tender

(Blade Tender, Blade



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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.



SIRLOIN / LOIN

HIP / ROUND

SIRLOIN TIP (KNUCKLE)

Top Sirloin Cap Grilling Steak

TENDERLOIN

SHORT LOIN

Fast-Fry Steak

Eye of Round

INSIDE ROUND (TOP ROUND)

Inside Round Fast-Fry Steak

Top Sirloin Cap

Fast-Fry Steak

Centre Cut Tenderloin

T-Bone Fast-Fry Steak

Premium Oven Roast Premium Oven Roast

Quick Roast

TOP SIRLOIN

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
PRIME	ÇÂNADA A A A	CANADA	CANADA
(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









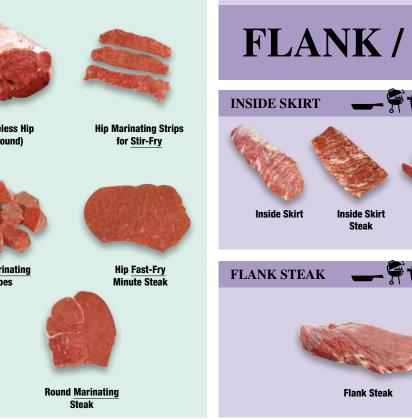
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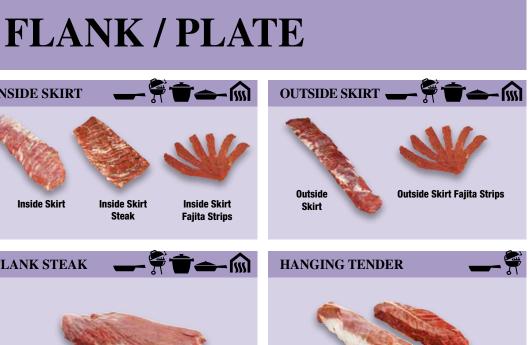


Type of Beef	Refrigerator	Freezer	
*Ground Beef	1 Day	2-3 Months	
Variety Meats .e. liver, kidney, heart, etc.)	1-2 Days	3-4 Months	
Stewing Beef, Ribs, Stir-Fry Strips, Kabobs	2 Days	3-6 Months	
Steaks	3 Days	6-9 Months	
Roasts	3 Days	9-12 Months	
Cooked Meats Cold Cuts	3-4 Days	2-3 Months	

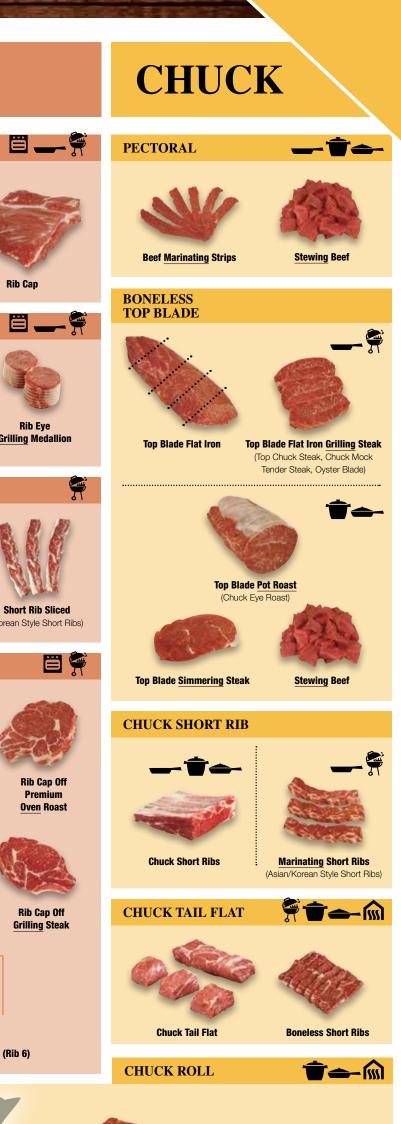
(BOTTOM ROUND) **EYE OF ROUND BEEF STORAGE** (FROM PACKAGED ON DATE OR DATE FROM BUTCHER)













Grilling

Pot Roast Boneless





MEDIUM MEDIUM

EXTRA LEAN GROUND BEEF Maximum fat content 10% (90% lean)

GROUND BEEF

Maximum fat

content 23%

(77% lean)















GROUND BEEF

COOKING GUIDE

ROTISSERIE ROASTS

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

SIMMERING STEAKS /

STRIPS

Season steak/strips. Brown all over in hot

lightly oiled skillet. Add sliced vegetables

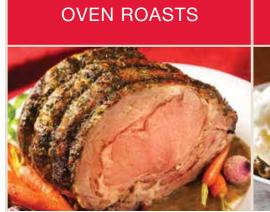
Add enough liquid (such as canned soup

or tomatoes, broth or red wine) to just

Simmer, covered, in 325°F oven

(such as onion, sweet green pepper

Well 170°F (77°C)





- **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.

CUT OPTIONS: TENDERLOIN • PRIME RIB **STANDING RIB • STRIP LOIN RIB EYE • TOP SIRLOIN • RIB** SIRLOIN TIP • RUMP

BOTTOM SIRLOIN TRI TIP

EYE OF ROUND

INSIDE ROUND • OUTSIDE 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 to taste.

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

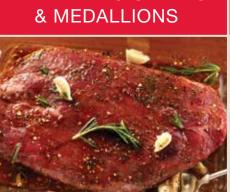


- Place drip pan under grill; add some water to pan; preheat barbecue to 400°F. thermometer into middle of roast, avoiding
- Cook roast over drip pan using medium heat, in closed barbecue, to desired doneness. Move roast to cutting board and let stand 15 minutes before carving.
 - a drip pan, that has 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**





- 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). **CUT OPTIONS:**
- **TENDERLOIN STRIP LOIN BOTTOM SIRLOIN TRI TIP T-BONE • WING • PORTERHOUSE TOP SIRLOIN GRILLING BACK RIBS** RIB • RIB EYE **BOTTOM SIRLOIN BAVETTE (FLAP)**













Cut meat into cubes if necessary. Coat with flour seasoned with salt and pepper; shake off excess flour. In lightly oiled Dutch oven, brown meain batches. Add minced onions and garlic; cook to soften.

STEWING BEEF

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



Season beef.

but still pink inside.



Cook in hot lightly oiled non-stick skillet

using medium heat for 2 to 4 minutes

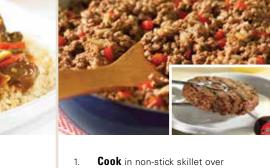
per side for steak, 1 minute per side

Remove from pan. For steak, serve

for strips, or until beef is browned.

QUICK COOK, FAST FRY

& STIR FRY



- medium-high heat 8 to 10 minutes, breaking into small chunks with back of spoon. Cook thoroughly and until browned.
- 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





- spit rod. Discard marinade (if using).
- No Rotisserie? Use indirect heat to barbecue roast: place roast on grill over
- Season steak/medallion.

Discard marinade. Grill, broil or pan-fry

using medium-high heat, turning twice or

refrigerate for 8 to 12 hours.

MARINATING SHORT RIBS

or on stove top approximately nore with tongs.Cook to at least med-rare 145°F (63°C). 1-1/4 hours or until tender. **CUT OPTIONS: CUT OPTIONS: SIRLOIN TIP • EYE OF ROUND BLADE • CROSS RIB INSIDE ROUND • OUTSIDE ROUND BOTTOM BLADE • TOP BLADE MARINATING STRIPS & CUBES BRISKET** FLANK • SKIRT

to pan; heat through. **CUT OPTIONS: STRIP LOIN • SIRLOIN TIP TOP SIRLOIN STIR-FRY STRIPS TOP SIRLOIN GRILLING CUBES**

RIB EYE