

WE PUT
THE BEST OF
CANADA
INTO OUR
BEEF

CANADABEEF.CA



CANADIAN BEEF BUYING AND COOKING GUIDE

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.

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.**

GROUND BEEF



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



LEAN GROUND BEEF
Maximum fat content 17% (83% lean)



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



REGULAR GROUND BEEF
Maximum fat content 30% (70% lean)

Safe Food Handling

be food safe.



www.befoodsafe.ca

THERMOMETER PLACEMENT



CANADA BEEF GRADES

| Canada Prime | Canada AAA | Canada AA | Canada A |
|--------------|-------------|-------------|---------------|
| | | | |
| (US Prime) | (US Choice) | (US Select) | (US Standard) |

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 film. Once opened use or freeze within 1 day.

BUYING AND COOKING CANADIAN BEEF

SIRLOIN / LOIN

TOP SIRLOIN

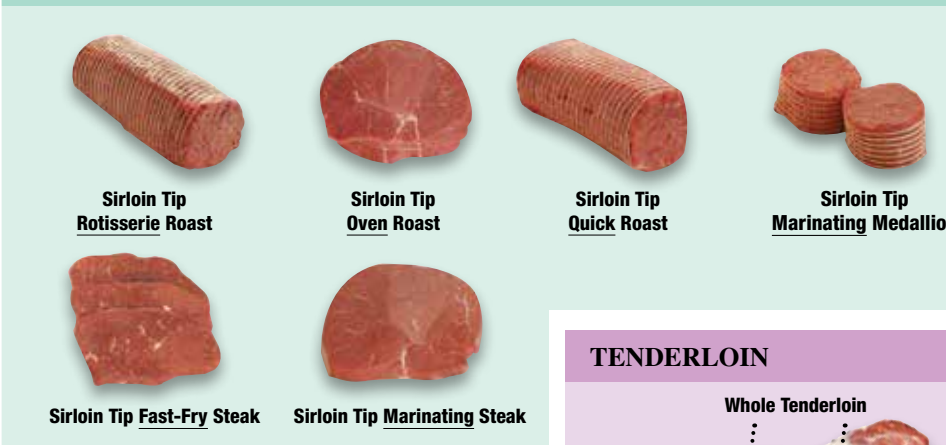


STRIP LOIN

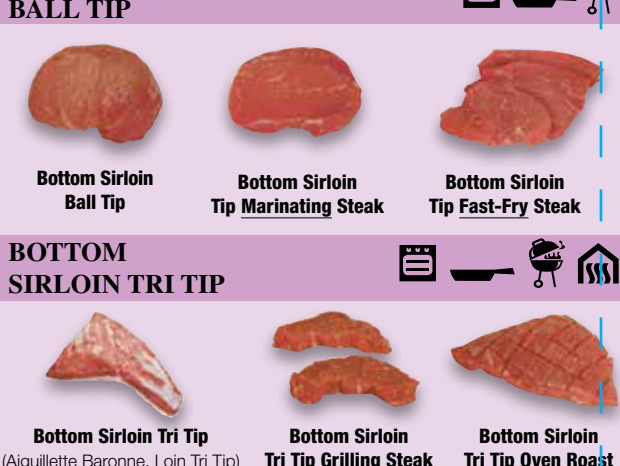


HIP / ROUND

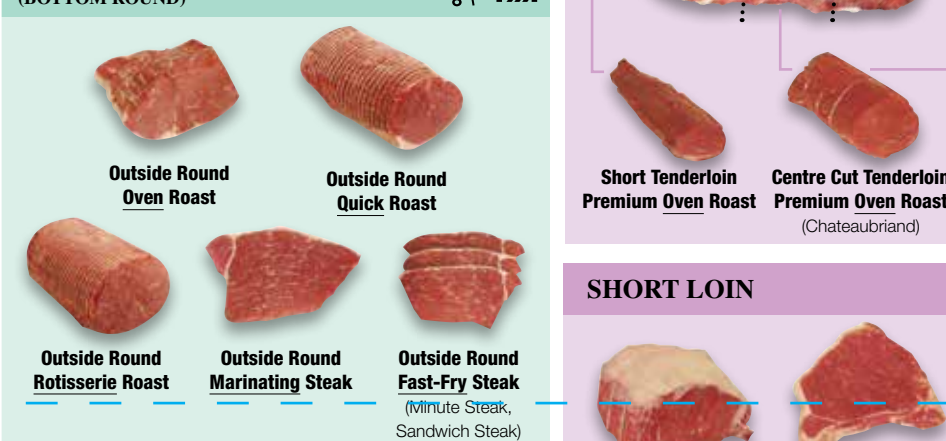
SIRLOIN TIP (KNUCKLE)



BOTTOM SIRLOIN BALL TIP



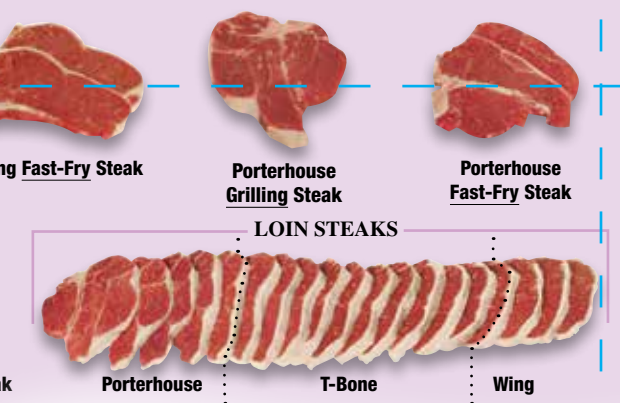
OUTSIDE ROUND (BOTTOM ROUND)



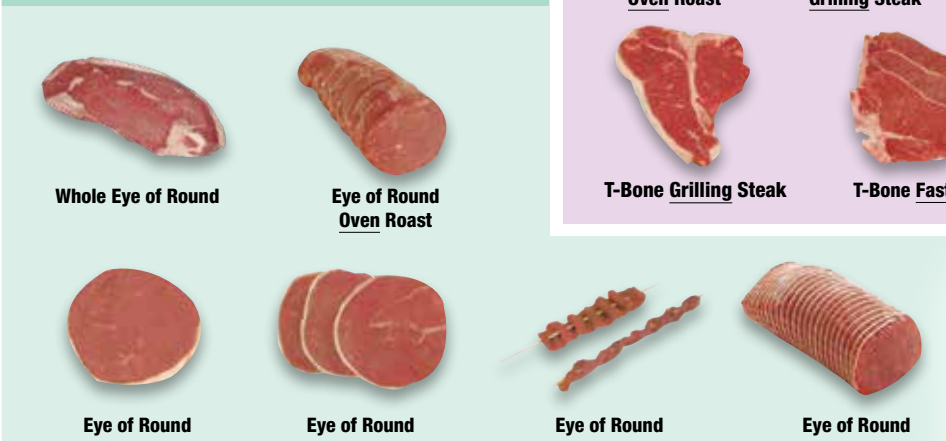
TENDERLOIN



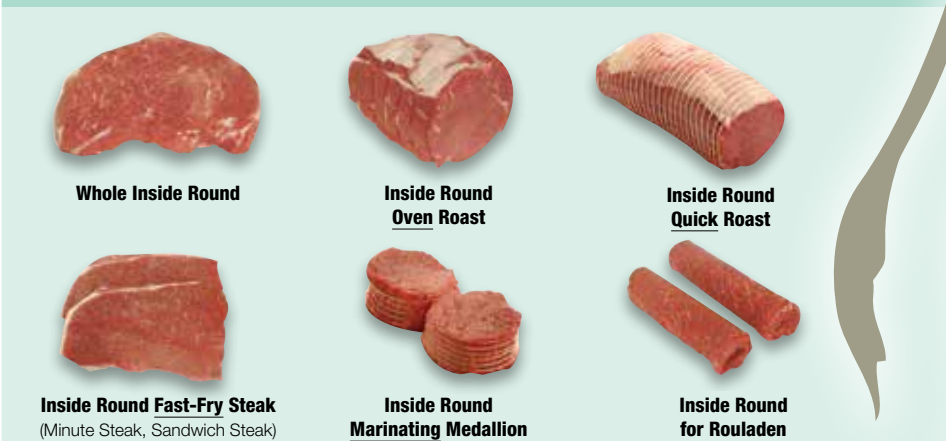
SHORT LOIN



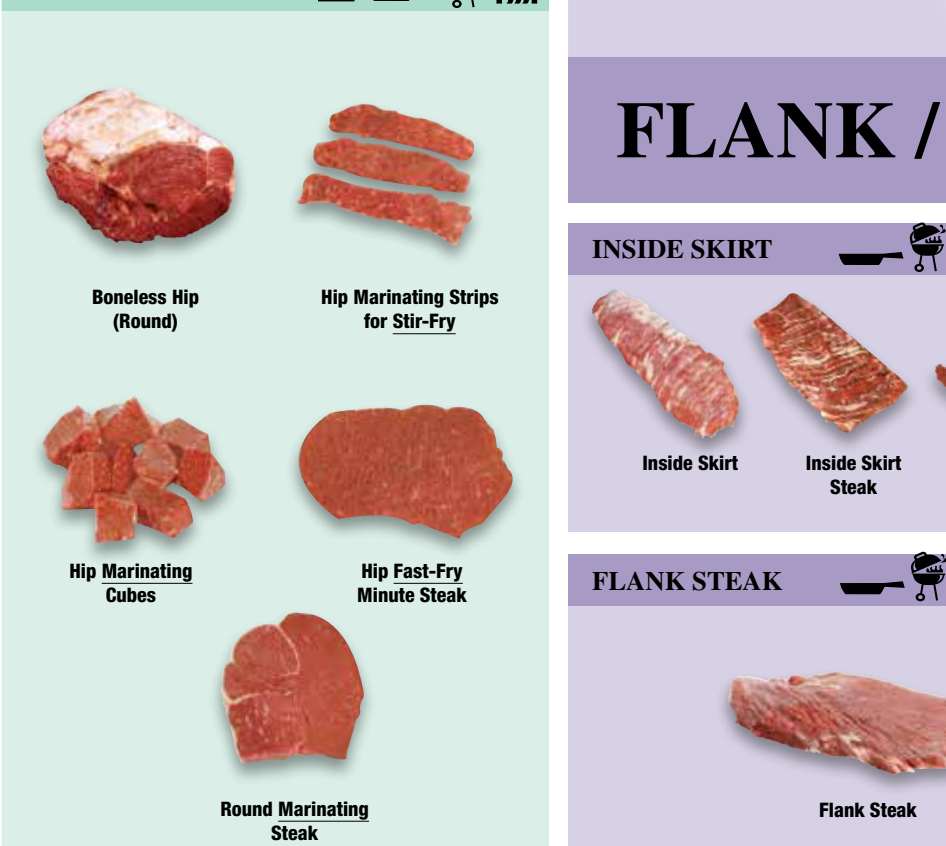
EYE OF ROUND



INSIDE ROUND (TOP ROUND)



HIP



RIB

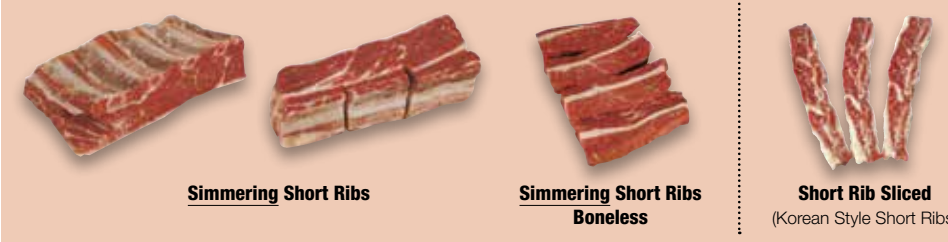
RIB



RIB EYE



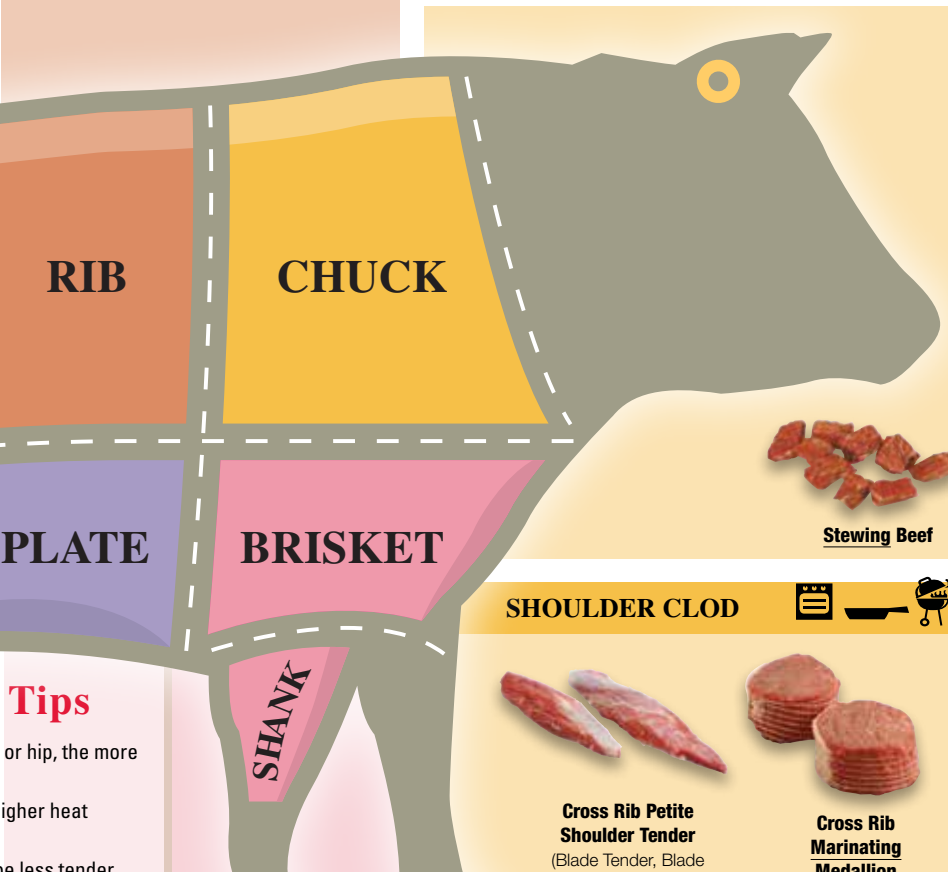
BEEF SHORT RIB



OVEN READY RIB



RIB STEAKS



Tenderness Tips

- The further from the head, hoof or hip, the more tender the meat.
- Tender cuts can be cooked at higher heat in less time.
- Hard working muscles tend to be less tender but very flavourful.

FLANK / PLATE

INSIDE SKIRT



OUTSIDE SKIRT



FLANK STEAK



HANGING TENDER



BRISKET / SHANK

BRISKET



SHANK

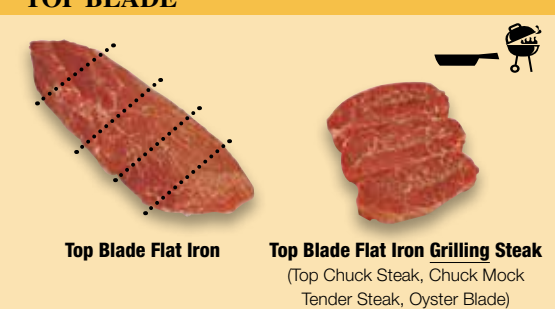


CHUCK

PECTORAL



BONELESS TOP BLADE



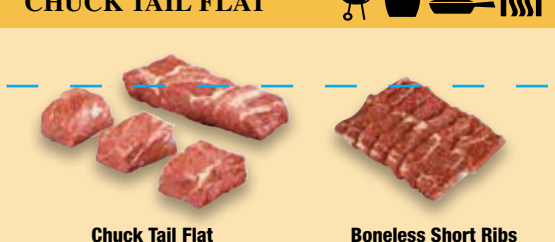
TOP BLADE POT ROAST



CHUCK SHORT RIB



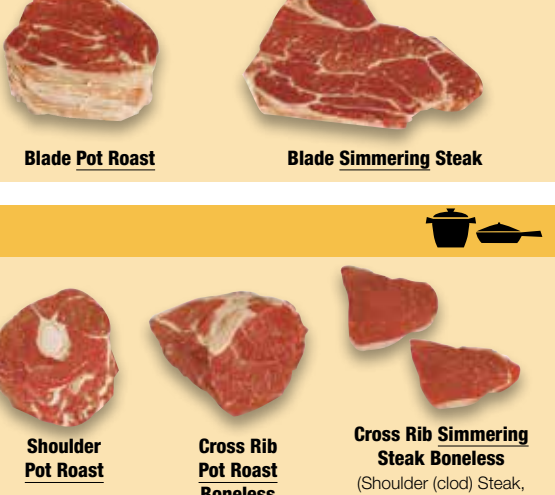
CHUCK TAIL FLAT



CHUCK ROLL



SHOULDER CLOD



Oven Roasting

Sauté / Pan Fry

Grilling

Braising, Stewing or Pot Roasting

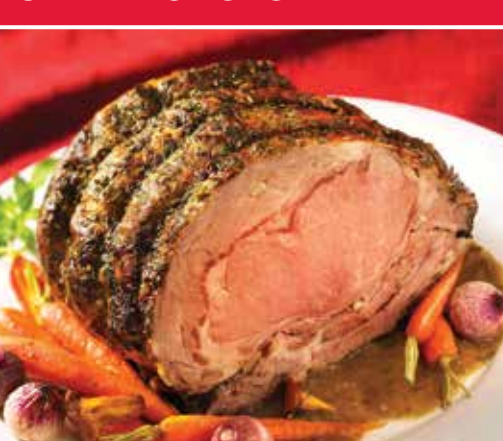
Simmering

Smoking

COOKING GUIDE

| BEEF DONENESS TEMPERATURES | | |
|----------------------------|------------------------|----------------------|
| Med-Rare 145°F (63°C) | Medium 160°F (71°C) | Well 170°F (77°C) |

OVEN ROASTS



1. **Season** roast and place in shallow roasting pan without water and lid. Insert oven proof thermometer into centre of roast, avoiding fat or bone.
2. **Oven-sear** by placing uncovered roast in preheated 450°F oven for 10 minutes.
3. **Reduce heat** to 275°F. Cook to desired doneness.
4. **Remove from oven**, cover loosely with foil and let rest for at least 15 minutes.

POT ROASTS



1. **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.
2. **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.
3. **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.

ROTISSERIE ROASTS



- 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.*
1. **Place** drip pan under grill; add some water to pan; preheat barbecue to 400°F.
 2. **Place** roast on spit rod; insert meat thermometer into middle of roast, avoiding spit rod. Discard marinade (if using).
 3. **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:
cuts are listed in order of tenderness (most to least)

TENDERLOIN • PRIME RIB • STANDING RIB
STRIP LOIN • RIB EYE • TOP SIRLOIN • RIB
SIRLOIN TIP • RUMP • BOTTOM SIRLOIN TRI TIP
INSIDE ROUND • OUTSIDE ROUND • EYE OF ROUND

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

CUT OPTIONS:
TOP SIRLOIN • SIRLOIN TIP • INSIDE ROUND
OUTSIDE ROUND • PRIME RIB • CROSS RIB

GRILLING STEAKS & MEDALLIONS



1. **Season** steak/medallion.
2. **Grill, broil or pan-fry** using medium-high heat, turning twice or more with tongs.
3. **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)

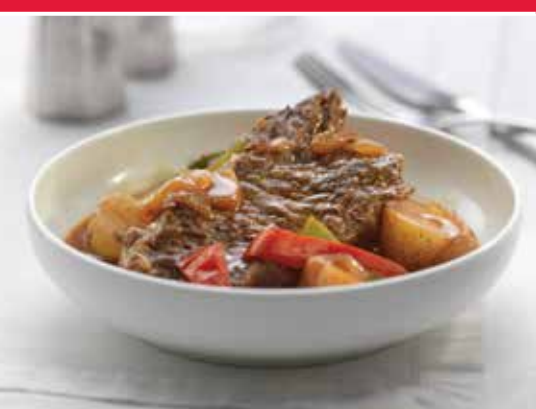
MARINATING STEAKS & MEDALLIONS



1. **Pierce** steak or medallions all over with fork.
2. **Place** in sealable freezer bag with 1 cup (250 mL) marinade (such as teriyaki sauce or salad dressing); refrigerate for 8 to 12 hours.
3. **Discard** marinade. Grill, broil or pan-fry using medium-high heat, turning twice or more with tongs. Cook to at least med-rare 145°F (63°C).

CUT OPTIONS:
SIRLOIN TIP • EYE OF ROUND • INSIDE ROUND
OUTSIDE ROUND • MARINATING STRIPS & CUBES
FLANK • SKIRT • MARINATING SHORT RIBS

SIMMERING STEAKS / STRIPS



1. **Season** steak/strip. Brown all over in hot lightly oiled skillet. Add sliced vegetables (such as onion, sweet green pepper and garlic) if desired.
2. **Add** enough liquid (such as canned soup or tomatoes, broth or red wine) to just cover beef.
3. **Simmer**, covered, in 325°F oven or on stove top approximately 1-1/4 hours or until tender.

CUT OPTIONS:
BLADE • CROSS RIB • BOTTOM BLADE • TOP BLADE
BRISKET

STEWING BEEF



1. **Cut** meat into cubes if necessary. Coat with flour seasoned with salt and pepper; shake off excess flour. In lightly oiled Dutch oven, brown meat in batches. Add minced onions and garlic; cook to soften.
2. **Add** enough liquid, such as broth, tomato juice or red wine, to just cover beef.
3. **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:
STRIP LOIN • SIRLOIN TIP • TOP SIRLOIN STRIP-FRY STEAK
TOP SIRLOIN GRILLING CUBES • FAST-FRY STEAK
INSIDE ROUND • OUTSIDE ROUND • EYE OF ROUND
EYE OF ROUND STRIPS FOR SATAY • RIB EYE

QUICK COOK, FAST FRY & STIR FRY



1. **Season** beef.
2. **Cook** in hot lightly oiled non-stick skillet using medium heat for 2 to 4 minutes per side for steak; 1 minute per side for strips, or until beef is browned, but still pink inside.
3. **Remove from pan**. For steak, serve with steak sauce if desired. For stir-fry strips, add sliced vegetables to skillet and cook for 5 minutes. Add stir-fry sauce and cooked beef strips back to pan; heat through.

CUT OPTIONS:
STRIP LOIN • SIRLOIN TIP • TOP SIRLOIN STRIP-FRY STEAK
TOP SIRLOIN GRILLING CUBES • FAST-FRY STEAK
INSIDE ROUND • OUTSIDE ROUND • EYE OF ROUND
EYE OF ROUND STRIPS FOR SATAY • RIB EYE

GROUND BEEF



1. **Cook** in non-stick skillet over medium-high heat 8 to 10 minutes, breaking into small chunks with back of spoon. Cook thoroughly and until browned.
2. **Drain**.
3. **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



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