

Beef- A Primer on Steaks

Most steaks are cut from the hindquarter of the steer. In the first step of cutting steaks, we use a 12-inch butcher knife to cut off the flank, which is used for flank steaks. Next, the short loin is separated from the sirloin. The versatile short loin can be cut into a variety of steaks, including the porterhouse, T-bone, club, Delmonico, shell and fillet. Then we cut a very important section between the hip and rump. All sirloin cuts come from this portion. Finally, we separate the round from the rump and hind shank. Use the rump for long-cooking roasts, and use the hind shank for stews. The round is cut into boneless roast beef, and London broil steaks it is also used for ground beef.

Americans have a passion for grilling and they love to grill steaks, because they're easy to cook. You can also broil steaks, or sauté them in a skillet. Start with Choice, quality beef from Mountain State Meats and you can't go wrong..

Cuts of Beef	
<u>Filet Mignon</u>	<p>Translated, filet mignon means dainty fillet, also known as tenderloin steak. Some customers like to have the filet section removed from their porterhouse steaks, creating the possibility of two steaks from a single cut. Also, we sometimes have requests for a whole tenderloin.</p> <p>Note: <i>The French spelling has one "l," as in filet mignon. The English and American spelling uses a double "l". Both are correct.</i></p> <p>Best cooking method: Grill, broil, sauté.</p>
<u>Whole Tenderloin</u>	<p>The whole tenderloin is removed from the short loin before any other steaks are cut. Sometimes we cut these into individual filets, in whatever thickness the customer wishes. The tenderloin is the most tender of all steaks. But no matter how delicious and tender, some find the texture too soft.</p> <p>Best cooking method: Broil or pan-broil, as in Tournedos of Beef with Béarnaise Sauce. A complete whole tenderloin can be broiled and then cut into individual portions, or the whole strip can be covered with pastry and baked, as in Beef Wellington.</p>
<u>Chateaubriand Roast</u>	<p>This sumptuous roast is carefully cut from the whole tenderloin.</p> <p>Best cooking method: Removing the head and the tail portions from the whole loin leaves only the mouth-watering center portion with no fat.</p>
<u>T-Bone Steak</u>	<p>This steak is easily identified by its T-shaped bone. The T-bone steak comes from the center section of the short loin, between the porterhouse and rib. It is similar to the porterhouse but has a smaller section of tenderloin and a smaller tail, with a fine-grained shell. It should be cut from one to three inches thick.</p> <p>Best cooking method: Broil or grill are best, however, pan broiling is recommended for cuts under one and one-quarter inches thick.</p>
<u>Porterhouse</u>	<p>The porterhouse is one of the most popular steak cuts, perhaps because it includes a generous section of the tenderloin. The</p>

	<p>porterhouse was first served in the drinking houses where porter, ale and stout were featured – thus the name. This is a big, flavorful cut from the short loin, nearest the sirloin. It is fine-grained with a characteristic portion of fat. The porterhouse is usually cut from one and one-quarter to three inches thick. Some customers have the tenderloin removed so that they can serve it separately as filet mignon.</p> <p>Best cooking method: Grill or broil the porterhouse. A thinner cut can be pan broiled.</p>
Strip Steak	<p>When the tenderloin has been removed from the short loin, the remaining meat is then cut into individual steaks. Shell steak is the correct name for such steaks. However, restaurants call them by other names, including New York strip, Kansas City strip or just plain strip steak. Steaks can be cut into any thickness, usually from one to two inches or thicker. Frequently, we remove the bone for customers, resulting in a boneless strip steak, that can be sliced diagonally after broiling.</p> <p>Best cooking method: Grill or broil.</p>
Delmonico Steak	<p>Also called Club Steak, after the famed 19th century New York dining club that served this steak exclusively. The club steak is rectangular in shape. It is smaller than the T-bone but has the same large "eye" section with no tenderloin. The club is cut from the short loin, next to the rib end. This is a delicious and tender steak when properly cut. When you buy a club steak, take a good look at the steak's "eye." The meat should be fine in texture with delicate marbling. If the meat seems coarse and contains fat chunks, you will know this is not the quality you want.</p> <p>Best cooking method: Grill, broil, pan grill.</p>
Sirloin Steak	<p>The sirloin is a large steak, making it suitable for families and parties. A typical sirloin is usually cut two and one half to three and one half inches thick, with a small amount of wedge bone. Sirloins vary in shape and bone size and include the pin bone or hipbone, the flat bone and the round bone. The flat bone is the Tiffany of sirloins. Look for a long, thin bone four to six inches long and about one inch wide. All sirloins are tasty eating, but the flat bone is fullest in body flavor throughout. These can be cut from one to three inches thick.</p> <p>Best cooking method: Grill or broil. Pan broil thinner cuts.</p>
Sirloin Tip Steak (Boneless Sirloin)	<p>This cut comes from the bottom tip of the sirloin section. It is less tender than sirloins with bones, but has delicious flavor. We usually cut it about two inches thick.</p> <p>Best cooking method: Braise for half an hour.</p>
Rib Steak	<p>The rib steak, which comes from the rib section, is similar in appearance to the club steaks. It is sometimes sold as such, even though it is less tender, has more fat, and should be less expensive. Rib steaks have excellent flavor. Since it is from the front portion of the forequarter, this cut is often sold in kosher meat shops.</p> <p>Best cooking method: Grill, broil, pan grill.</p>

<p><u>Entrecôtes</u></p>	<p>Entrecôte is the French term for rib steaks with no fat, just the eye of the rib. Some people prefer to use a boneless strip steak with no fat.</p> <p>Best cooking method: Grill, broil or pan grill.</p>
<p><u>Tournedos</u></p>	<p>Very thick slice from the tenderloin.</p> <p>Best cooking method: Grill, broil or pan grill.</p>
<p>Chuck Steak</p>	<p>Sometimes called blade chuck, chuck steak comes from the shoulder (or chuck) section of beef. It is very economical and has a well-developed flavor, but it varies in tenderness. We consider the first three bones of the chuck section the tenderest. They are adjacent to the rib roast and contain a sizable extension of the rib eye. These cuts are satisfactory for a family barbecue.</p> <p>Best cooking method: Grill cuts from the first three bones of the chuck section. Braise or stew the less tender cuts from farther down.</p>
<p>Round Steak</p>	<p>The round steak is cut from the rump (or round) sections of the hindquarter. It is oval in shape. Round steak has practically no fat, and because it is so lean, it is excellent for steak tartare. It also makes a fine London broil. Because it lacks marbling, round steak is not as flavorful and juicy as other cuts, but it has little waste and is an economical choice.</p> <p>Best cooking method: Broil if from the first three cuts, or roast.</p>
<p>Flank Steak</p>	<p>The flank steak is a lean, flat muscle with no bone at all. The meat fibers run lengthwise. There is only one flank steak to a side of beef. For best results, the flank steak should be broiled quickly. Flank steak has lovely flavor and a tender texture when sliced into thin, slanted strips after cooking. This cut, which comes from the lower section of the short loin, is mainly used for London broil.</p> <p>Best cooking method: Grill or broil.</p>
<p>Ground Beef</p>	<p>We recommend four types of beef for grinding:</p> <p>Round: Round has practically no fat and makes a fine low-fat burger.</p> <p>Chuck: Chuck's high fat content makes tasty, juicy burgers.</p> <p>Sirloin: Because it is well marbled, sirloin makes tender, flavorful, deluxe hamburgers.</p> <p>Tail of porterhouse: A specialty of our New York store, and not widely available. Tail of porterhouse makes delightfully juicy and sweet tasting burgers and meatloaf.</p> <p>Best cooking method: Grill, broil or pan-broil for burgers. Bake for meatloaf.</p>
<p><u>Prime Ribs of Beef</u></p>	<p>Rib roasts are the most desirable and tender of all beef roasts. The ribs are from the rib section of the forequarter. The meat is very juicy and well marbled with a layer of fat on the outside. The size of the roast is flexible, and can be cut to serve a small family</p>

	<p>or a large dinner party.</p> <p>There are four ways we prepare prime ribs:</p> <p>Standing Rib Roast: The roast is slightly trimmed and the short ribs are cracked.</p> <p>Half Standing Rib Roast No. 1: Trimmed lightly with the short ribs completely removed.</p> <p>Half Standing Rib Roast No 2: Trimmed lightly with short ribs removed. All bones are removed from meat and then tied back in place. After roasting, the strings are cut, bones are removed and the roast is sliced with ease.</p> <p>Rolled Rib Roast: The roast is well trimmed and the short ribs are cut off. Then the roast is completely boned and rolled and tied over the outside layer of fat.</p> <p>Best cooking method: Oven roast or grill with indirect heat.</p>
<u>Shell Roast</u>	<p>When the tenderloin has been removed from the short loin, the remaining meat can be cut into individual shell steaks, or it can be cut into larger pieces to become roasts.</p> <p>The shell roast is excellent for parties, and can be cut to serve any number of guests. This is a most desirable boneless roast and very easy to slice.</p> <p>Best cooking method: Oven roast or grill with indirect heat.</p>
Sirloin Roast	<p>Like the sirloin steak, a roast from this section of the steer is tender and delicious. Properly prepared by your butcher, the sirloin is an excellent and less expensive alternative to a prime rib roast.</p> <p>Best cooking method: Oven roast or grill.</p>
Shoulder Roast	<p>The shoulder roast is located at the bottom of the shoulder (chuck) and is normally sold in two sections. The meat is usually lean and dry. The front section has a round bone and is sometimes called arm roast. The back section is boneless.</p> <p>Best cooking method: Both cuts are suitable for pot roasting, although the front cut may be used as an economical roast beef.</p>
Rump roast	<p>The rump roast is cut from the top end of the hindquarter. It is triangular when the bone is left in and usually rolled when the bone is removed. This roast has a moderate amount of fat and is tender.</p> <p>Best cooking method: Pot roasting. May be oven roasted.</p>
<u>Chuck Roast</u>	<p>Chuck roast is available with the bone left in, or boneless. It has some fat, is juicy and well flavored, and comes from the forequarter of beef.</p> <p>Best cooking method: Pot roasting.</p>
Brisket	<p>The brisket is in front of the foreshank and under the shoulder (chuck). There are two cuts of brisket. The first cut is a bit dry, but</p>

	lean. The second cut is much fatter and therefore juicier. Best cooking method: Excellent for pot roast. May be cured for corned beef.
Plate	Even though the plate is comprised of layers of fat and is lean, this cut is quite stringy. It is sold flat or rolled. Best cooking method: Simmer very slowly in water until tender.
Short Ribs	We call this cut by its German name, flanken. The flankens are cut from the ends of the rib roast and the plate. They contain layers of lean and fat with the flat rib bone. Best cooking method: Short ribs make an exquisite boiled beef, enhance the flavor of soups and are excellent for pot roast.

Cuts of Lamb	
Loin Lamb Chops	These are the tenderest chops of all. Loin lamb chops have a small T-bone that separates the tenderloin from the eye. They can also have the kidney inserted, which fits neatly below the tenderloin. The tail is then curved around it and secured with a skewer. When loin lamb chops are boned, trimmed and rolled (sometimes with bacon), they are called noisettes. Best cooking method: Grill, broil, pan grill.
Rib Lamb Chops	These have no tenderloin, but are delicious. Rib lamb chops can be cut into single, double or triple chops and are the same chops that comprise a rack roast. Best cooking method: Grill, broil, pan grill.
English Lamb Chops	These are considered quite a delicacy – perfect for a special dinner. The saddle is simply cut into individual double chops, and then the tails are tucked around to form a circle of meat that involves two T-bones, two tenderloins and two eyes. Best cooking method: Grill, broil, pan grill.
French Rib Lamb Chops	Dainty and delectable little chops. The fat is well trimmed, and the end of the bone is left bare. This leaves a little circle of meat attached to a spare bone. For company meals, the bone can be dressed up with frilly paper “panties” so that it can be held in the fingers for eating. Best cooking method: Grill, broil, pan grill.
Blade Lamb Chops	These come from the beginning of the shoulder, right after the rack. Best cooking method: Broil, grill or braise.
Arm Lamb Chops	These chops are cut from the lower part of the shoulder, near the shank and have a small, round bone.

	Best cooking method: Broil, grill or braise.
Rack of Lamb	This section is at the beginning of the foresaddle, right next to the loin. The rack of lamb has no tenderloin, but the eye is delicious and tender, both for roasts and chops. Best cooking method: Roast.
Crown Roast of Lamb	The crown roast is a circle of rib chops that have been Frenched. The butcher cracks the bones slightly so that the chops can be curved into the classic crown shape. Before roasting, the center is usually filled with a stuffing. Carving and service is easy. The crown roast of lamb is a handsome entrée for a party dinner. Best cooking method: Roast.
Leg of Lamb	The leg of lamb is the last half of the hindsaddle. The hindmost section is called the shank and the front section, the sirloin. The whole leg of lamb includes both the shank and the sirloin. The leg is an excellent roast. If it's larger than a customer's immediate needs, the butcher will cut off a few steaks from the sirloin end to be used for another meal. Best cooking method: Roast, grill.
Shank Half of Lamb	This small attractive roast is popular with small families. Best cooking method: Braise or stew.
Sirloin Half of Leg	A very tender roast that is excellent for a small group. The tip end of the shank is cut off, and the leg is completely boned. The roast can then be rolled and tied, or it can be left open and flattened, creating a "butterfly" leg of lamb. The sirloin half of leg can also be cut into chops, sometimes called sirloin lamb steaks. Best cooking method: Butterfly – grill or broil; steaks – broil, grill or pan grill.
Loin of Lamb	This section lies at the front part of the hindsaddle or leg. The saddle is very tender, and wonderful for roasts and chops. Best cooking method: Roasting.
Rolled Double Roast	An easy to slice roast that is a party favorite. All bones are removed, and the saddle is rolled and tied. Sometimes the lamb kidneys are inserted before the roast is rolled and tied. Best cooking method: Roast.
Lamb Shoulder	The front leg of a lamb is always called the shoulder. This section is less tender than some of the other lamb sections. Some supermarkets use the lamb shoulder for roasts, either with the bone left in, or boned and tied. We use the shoulder for two types of chops . blade and arm. Best cooking method: Braise, stew or pot.
Lamb Shank and Breast	These are cut away from beneath the shoulder and rack in one section and are later divided into smaller cuts. Best cooking method: Braise, stew or pot.
Leg of Lamb Steaks	These steaks or chops are usually quite large and are cut one and one-quarter inches thick. Best cooking method: Broil, grill and pan grill.

Lamb Kebabs	<p>Little cubes of lamb that can be marinated and strung on a skewer with vegetables. The most delicious kebabs are cut from the leg, but they must be dressed first to remove all the hard membranes.</p> <p>Best cooking method: Grill or broil.</p>
Cuts of Lamb for Pot Roast, Stewing and Braising	
Foreshank	<p>This portion resembles a tiny roast, it is not tender enough, however, for roasting.</p> <p>Best cooking method: The foreshank makes an excellent stew. When the bone is removed, it can be ground for lamb burgers.</p>
Riblets	<p>The entire breast cage is a series of ribs. We either cut them into individual riblets or into sections like spareribs.</p> <p>Best cooking method: Barbecue.</p>
Lamb Neck	<p>There is a long line of bones at the bottom of the neck. This section is very sweet. Lamb neck is usually used for stew. It can also be boned and then ground. We usually combine lamb neck with the foreshank before grinding.</p>

Color and Texture

Beef

Look for beef with a minimum of outer fat. The fat should be creamy in color. The bones should be soft looking with a reddish color. The meat should be firm, fine-textured, and a light cherry- red color.

Lamb

Meat from high-quality young lambs is fine-textured, firm and lean. It is pink in color and the cross sections of bones are red, moist and porous. The external fat should be firm and white and not too thick. In older lambs the meat is light red, the fat is apt to be thicker and creamy in color, and the bones may look drier, harder and less red than those of younger lambs.

Marbling

Marbling is the network of fat that runs through a cut of meat. Some people refer to marbling as "graining." The best marbling is distributed through the meat with the fineness of a cobweb. The marble acts as a lubricant, dissolving into the meat as it is cooked. The silky, tiny threads in the best Prime meat dissolve evenly and produce juicy, tender results.

Beef

Prime meat has a delicate interlacing of fat, which assures a high degree of tenderness.

Lamb

Lamb does have a degree of marbling. This is barely perceptible in hothouse or baby lamb but becomes more obvious in older varieties.

Meat To Avoid

MSM recommends that you avoid buying meat with any of these characteristics:

- Fat that is yellowish or gray
- Meat with absolutely no marbling
- Meat that has a deep red color
- Meat that has a two-tone coloration
- Meat with a coarse texture
- Meat with excessive moisture
- Meat that is too fresh because it has not been aged properly