New Cuts of Beef

The beef business has been developing several new cuts of beef for American families. These cuts of beef offer comvience in terms of preparation,

These cuts of beef are:

Petite Tender Medallions

Flat Iron Steak

Petite Tender

Ranch Steak

Sirloin Tip Steak

Sirloin Tip Center Steak

Western Griller

Western Tip

America’s Beef Roast

Boneless Country Style Ribs

Delmonico Steak

Denver Cut

Sierra Cut

Vegas Strip Steak

These cuts of beef are in addition to cuts American families are familiar with; Top Sirloin, ribeyes and Top loins. These are larger cuts of beef but can be cut into smaller serving size for a reduced cost per serving.

We also offer seven cuts of beef that qualify for the American Heart Association’s “Heart Check” program:

Boneless Top Sirloin Petite Roast

Top Sirloin Fillet

Top Sirloin Kabob

Top Sirloin Stir’ Fry

Sirloin Tip Steak

Bottom Round Steak

Top Sirloin Steak

The Beef Grades include:

PRIME- having the most marbling

CHOICE- tends to have a little less marbling

SELECT- has the least amount of marbling, making it leaner and a little less

 Juicy and flavorful than the other two grades

The leaner cuts (select) of beef should be cooked a shorter amount of time. Marbling is defined as the small amount of white specks/flakes of fat within the red muscle. Marbling primarily determines the quality of flavor, juiciness and taste of the beef.

Cuts of beef with the words rib and loin in their name are naturally are the most tender than the chuck and round.

The chuck and round cuts of beef maybe tenderized using marinades. Tenderizing requires from 6-24 hours. The key to tenderization is cuts of beef, time and ingredients.

A tenderizing marinade should contain an acidic ingredient such as lemon juice, vinegar, wine or natural tenderizing enzyme such as papaya, ginger, kiwi, figo or pineapple.

If you are looking to add flavor to an already tender steak like T-bone or Ribeye; the marinade need only be for 15 minutes to 2 hours. Flavor enhancing marinades may include fresh herbs, oils and spices.

The Tennessee Beef Industry Council has a leaflet “Lean Beef Flavor Boosters” containing several recipes for flavors and marinades. Also, a booklet Confident Cooking with Beef with suggestions from what to look for in the store (meat counter) to putting the best beef on your family’s table. Call 615-896-5811 for your personal copy.

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