



100% Grass Fed Beef and Natural Vegetables
Yoder, WY
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Using Cuts of Grassfed Beef

Cuts not discussed here:

- Premium Steaks - Tenderloin Steak, Ribeye, New York Strip and Sirloin - see *Cooking Premium Grass Fed Beef Steaks*.
- Premium Roasts - Tenderloin Roast and Rib Roast - see *Oven Roast Beef*.

Ground Beef: Before we start on the cuts, I'll just briefly mention ground beef. Meadow Maid Foods ground beef is lean, so you should never need to "drain the fat" after browning or worry about flare-ups on the grill. Some of our recipes for ground beef include: *Tex Mex Beef and Bean Chili, Italian Meatball Soup, Meatballs, and Steamed Beef Balls*.

Cuts discussed here include:

Round and Rump, Sirloin Tip, Chuck, Brisket, Flank and Skirt, Stew Meat, Shank, and Ribs.

Not all beef cuts have the same properties or should be cooked in the same manner. Know your cuts before you cook.

Roast vs. Steak. The difference between a roast and a steak is the size of the piece of meat. Roasts are thicker, generally 2-6" thick, and therefore larger than steaks. Roasts may be cut into thinner pieces called steaks, or even smaller, into stew meat, to accommodate the recipe desired.

Round (top round, eye of round, bottom round) and Rump Roast

All the various forms of "Round" and Sirloin Tip, whether cut into roasts or steaks, are lean cuts taken from the rump and upper back leg of the animal. All Meadow Maid® Foods stew meat is cut from top round. Some meat books use cuts from the round for dry roasting, but I find the leaner grass-fed round to be a bit too lean for reliable dry-cooked roasting.

Two approaches work well for these lean cuts:

- Moist heat, low cooking temperatures, and long cooking times - braising or stewing. Think crock pot, or covered casserole in a 225° oven, or a very low, long simmer on the stove.
- Or, a tenderizing step (either with a marinade or by pounding the meat thin), and then either flash grill, or briefly pan-fry or stir-fry.

Recipes and Methods for Grassfed Round:

Pan-fry or Grill: Start with thin steak cuts of top round, bottom round, eye of round, or sirloin tip. Apply a tenderizing marinade, or pound the steaks with a heavy meat mallet until very thin. Many tasty recipes may be created with this approach, from steak salads to stir-fries, but be sure to include the long tenderizing step. Marinades also add great flavor. See recipes and tips for *Marinades, Fajitas, Korean BBQ, Oriental Beef Stir-Fry*.

Chicken Fried Steak: this is one of my family’s favorite recipes, although not a very healthy dish. Start with sirloin tip or eye of round. Cut the meat into thin, small steaks, about 4” across and as thin as you can cut them. Then pound even thinner with a mallet to tenderize. Dip pounded steaks in seasoned flour, then in beaten egg, and again in seasoned flour, and fry in butter, tallow, or bacon fat. Top fried steaks with a cream gravy, and serve with hash browned or mashed potatoes. Yummy, but don’t do it very often!

Stew: Cut eye of round, top round, bottom round, sirloin tip, or rump into stew size pieces, or use Meadow Maid® Foods stew meat, which is cut from top round. Browning the meat before simmering enhances the depth of flavor in a stew, so is highly recommended but not required. Once assembled, a stew should barely simmer (on the stove, in a crock pot, or tightly covered in the oven) for several hours, or all day. Use your favorite stew recipe, or try our *Beef in Stout, Beef and Black Bean Chili, and Wild West Cassoulet* recipes.

Slow Cooked: Slow cooking in moist heat (braising) is an excellent way to prepare various cuts of round, rump, or sirloin tip. The flavor and ingredient combinations are almost endless, and a good Dutch oven or crock pot is an invaluable tool for braising. *Slow Cooked Round Steak* merges Swiss Steak with Oriental flavors for a rich-tasting, savory dish. Round can also be used for the *Oriental Beef with Potatoes* recipe.

Rump Roasts: I find rump roast to be a bit too lean for reliable crock-pot roasts. I do however, find the rump roast to make a very nice slicing roast by cooking to temperature in a cool oven, tightly covered with moist heat. See *Oven Roast Recipe*.

Sirloin Tip (top sirloin, ball tip)

The sirloin tip is cut from the round, close to the top round. The sirloin tip contains a bit more fat than the other, leaner “round” cuts, thus making it suitable for *pot roast* and other braising and roasting recipes, as well as *Oven Roast Recipe*.

For a slicing, leaner pot roast, this is your cut. (If you like the fall-off-the-bone, fall apart pot roast, then chuck is your cut).

Sirloin tip steaks are very similar in quality to top round steaks; thus make great *Fajitas*, chicken fried steak, *Slow Cooked Round Steak, Oriental Beef Stir-Fry, Beef in Stout, Beef and Black Bean Chili*, and other “round steak” or stew recipes.

Important note on the name “Top Sirloin”:

At Meadow Maid® Foods, we avoid using the common name “top sirloin” when talking about sirloin tip. We have found that “top sirloin” is a name often used in the marketplace to confuse the consumer (many people think “top sirloin” is the best cut of sirloin). “Top

sirloin” is often sold as steak-sized cuts at prices comparable to or exceeding the price of “sirloin”, when in fact sirloin is actually a superior cut of meat. So, we stick with the name sirloin tip, whether we cut it into steak-sized or roast-sized pieces.

Chuck

The Chuck is cut from the shoulder of the animal. Bands of fat and connective tissues run through the cut. Don't stress the fat - remember, the fat contains most of the health benefits of grassfed beef (omega-3 fats, vitamin E, and CLA).

The chuck is one of the most flavorful cuts of beef but can be difficult to chew unless the connective tissues are tenderized or dissolved by long, slow cooking (braising) or by tenderizing marinades. Although chuck starts out tough, it becomes fork-tender and delicious when properly cooked. Cook a chuck roast slowly under moist heat for good results.

Chuck makes the classic, fall-apart, fork tender pot roast, but you must cook it slowly under moist heat to achieve good results - see *No Fail Pot Roast* for the basic recipe and ideas for left-over roast. Pot roast also provides great beef stock for making nutritious soups, and chuck releases nutritious gelatin into the stock. Pot roast can also be a starting point for making beef BBQ sandwiches, shredded beef burritos, or roast beef sandwiches. *Oriental Beef with Potatoes* or *Italian Chuck Roast with Pasta* provides a tasty diversion from standard roast fare.

Brisket

Although brisket is included in the economy cuts due to price, it is one of my favorite cuts of beef. Very similar to the chuck, brisket is cut from the lower shoulder/upper leg area just below the chuck. Brisket contains bands of fat and connective tissue similar to the chuck. These tissues give the meat a wonderful flavor, but can be difficult to chew unless the meat is cooked slowly. Brisket, like chuck, becomes fork tender when braised on low heat for 8-10 hours or tightly wrapped in foil and baked at 250 for about 8 hours.

Use brisket in any pot roast recipe, *Easy Day Brisket*, or make my favorite: *Home-made Corned Beef Brisket* without the chemical additives of store-bought versions!

Smoking Brisket

Brisket is delicious smoked, too. Our grass fed brisket does not contain the thick layer of fat (fat cap) of grain-fed brisket. Therefore, one must take care that the brisket does not dry out during smoking. Some suggestions: lay strips of bacon over the brisket while smoking to provide the fat; foil-wrap the brisket and cook until almost done in the oven at 250, then open the foil and smoke the brisket at the end; or be very diligent about regularly basting the brisket while smoking.

Flank (London Broil, hanger steak) and Skirt Steak (Plate Steak)

I group these steaks together because they both come from below the rib area - flank from the front, skirt from the rear. Each side of beef yields only 1-2 pounds of each cut, and they may be used interchangeably in any recipe. Both steaks are very flavorful; the flank is slightly higher in quality than the skirt, although differences between animals may make that distinction hard to make.

(London Broil is actually a recipe, not a cut, but flank is often called by that name.)

Both the flank and the skirt may be cooked briefly over high heat, after first being marinated. Once cooked, slice these steaks thinly into strips to serve. You may wish to top with a savory sauce. Be sure to cook only to medium-rare, or they may get very dry. These cuts are excellent choices for recipes such as *Fajitas*, *Skirt Steak with Compound Butter*, or *Oriental Beef Stir-fry*, and *Beef Noodle Bowl*.

Flank can also be slow-cooked in the crock pot or Dutch oven, often after being layered with something savory like mushrooms, ricotta cheese and spinach, then rolled like a jelly-roll and tied, and then covered with a sauce (marinara or other) prior to cooking.

Shank

Shank is cut from the leg of the animal. Each piece contains a central round bone filled with marrow, surrounded by shank meat. The shank is one of my favorite cuts, full of nutritious marrow and connective tissues. The meat itself becomes meltingly tender, but only when cooked using moist heat for several hours (braising or poaching).

Use shank to make delicious beef vegetable soups, meaty bone broth, and *Beef Osso Buco*. Almost any braised-beef recipe is suitable for shank. (Don't forget to eat the marrow!)

For more on making soups and soup stock, see *Soup Stock and Bone Broth*.

Stew

All Meadow Maid® Foods stew meat is cut from quality top round, not scrap meat. Other cuts may also be used for stew, including chuck, brisket, top round, sirloin tip, flank, and skirt. Cut the meat into stew-size pieces, about 1" cubes, before starting the stew recipe. Be sure to braise your stew meat for at least several hours to obtain tender meat.

Stewing is a process of cooking meat slowly, covered in liquid, for at least a couple of hours, or all day. The best flavors are achieved when the stew is cooked at 200-225 degrees, (really a poaching) which is difficult to achieve on a stove-top. Stews may be cooked in a tightly-covered pot in the oven or in a crock pot to achieve these low temperatures. Other ingredients are added for enhanced flavor and texture.

The stewing process itself improves tenderness in the meat. Tenderness may be further enhanced by first marinating the pieces of stew meat in red wine or other tenderizing marinade overnight, and/or browning the meat to seal in juices and enhance flavor prior to

stewing. For the most flavorful stews, all stew meat should be browned first before adding to the stew. Marinades may be reserved to add to the stew with other liquids. Use your favorite stew recipe and enjoy! Some of our favorite stew recipes include *Beef in Stout*, *Wild West Cassoulet*, and *Beef and Black Bean Chili*.

Short Ribs and Back Ribs

Short ribs are cut from the plate, or lower chuck. The meat is very similar to chuck, and should be cooked long, cool and moist, until the meat falls from the bone. Think crock pot for 8-10 hours, or tightly covered pan in a 225-250° oven for 6-8 hours. Recipe: *Korean BBQ*.

Perhaps the simplest crowd-pleasing short-rib recipe is this: Generously season 3-4 pounds of short ribs with salt and pepper. Place ribs into a crock pot or large Dutch oven, tightly packed on their side, preferably in a single layer. Pour a bottle (about 24 oz.) of your favorite BBQ sauce over all. Cover and cook until tender: about 8-10 hours on low heat in the crock pot, or 6-8 hours at 225° in the oven. Enjoy!

Back Ribs are cut from the ribeye steak or rib roast. Bone-in ribeye steaks or standing rib roasts contain the rib bone. When steaks or roasts are cut boneless, the rib portion that remains is a rack of back ribs. So, you may cook these much as you would a ribeye steak - on the grill, smoked, or under the broiler, using dry, hot heat.

However, I like to cook back ribs long and slow, wrapped in foil to keep them moist, until the meat falls from the bones.

My Favorite Easy-Day Back-Rib Recipe: Press a generous amount of BBQ-style rub into the rack of ribs. I like a rub that contains plenty of garlic, salt, cracked black pepper, smoked paprika, a sprinkling of other spices, plus a touch of sugar (see *Flavor Rubs*). Then, wrap the ribs tightly in foil, and place wrapped ribs on a shallow pan to catch juices. Bake in a warm oven, 250-275°, until done, about 3-4 hours. Remove from oven and allow to rest for 10 minutes before opening foil. Meanwhile, turn oven to hot broil (about 450). Loosen foil, and place under broiler, meat side up, for just a few minutes until top is browned (optional - brush with BBQ sauce before placing under broiler).