

HIP

- Sirloin Tip: Sirloin Tip Rotisserie Roast, Sirloin Tip Oven Roast, Sirloin Tip Fast-Fry Steak, Sirloin Tip Marinating Steak
- Eye of Round: Eye of Round Oven Roast, Eye of Round Marinating Steak, Eye of Round Fast-Fry Steak, Eye of Round Strips for Satay
- Outside Round: Outside Round Oven Roast, Outside Round Marinating Steak, Outside Round Fast-Fry Steak
- Inside Round: Inside Round Oven Roast, Inside Round Marinating Steak, Inside Round Fast-Fry Steak, Inside Round for Rouladen
- Boneless Hip: Round Marinating Steak, Hip Fast-Fry Minute Steak, Hip Marinating Strips for Stir-Fry, Hip Marinating Cubes

LOIN

- Bottom Sirloin Tri-Tip: Bottom Sirloin Tri-Tip Oven Roast, Bottom Sirloin Tri-Tip Grilling Steak
- Bottom Sirloin Ball Tip: Bottom Sirloin Tip Fast-Fry Steak, Bottom Sirloin Tip Marinating Steak
- Top Sirloin Cap: Top Sirloin Cap Grilling Steak, Top Sirloin Cap Fast-Fry Steak, Top Sirloin Cap Fast-Fry Strips, Top Sirloin Cap Grilling Cubes
- Top Sirloin - Cap Off: Top Sirloin Cap Off Grilling Steak, Top Sirloin Cap Grilling Medallion
- Top Sirloin: Top Sirloin Premium Oven Roast, Sirloin Grilling Steak, Top Sirloin Grilling Steak
- Tenderloin: Short Tenderloin, Butt Tenderloin, Tenderloin Premium Oven Roast, Tenderloin Grilling Steak
- Strip Loin: Strip Loin Premium Oven Roast, Strip Loin Grilling Steak, Strip Loin Grilling Medallion, Strip Loin Fast-Fry Steak
- Short Loin: Wing Premium Oven Roast, Bone-in Strip Loin Grilling Steak, Porterhouse Grilling Steak, T-Bone Grilling Steak, Wing Fast-Fry Steak

RIB

- Rib: Short Ribs, Simmering Short Ribs, Simmering Short Ribs Boneless, Beef Grilling Back Ribs
- Rib Eye: Rib Eye Premium Oven Roast, Rib Eye Grilling Steak, Rib Eye Fast-Fry Steak
- Oven Ready Rib: Rib Premium Rib Roast, Prime Rib Premium Oven Roast Boneless, Prime Rib Premium Oven Roast, Prime Rib Grilling Steak, Prime Rib Premium Oven Roast, Rib Cap Off Grilling Steak

CHUCK

- Shoulder: Shoulder Pot Roast, Shoulder Pot Roast Boneless
- Pectoral: Beef Marinating Strips, Stewing Beef
- Shoulder Clod: Cross Rib Pot Roast Boneless, Cross Rib Shoulder Tender (Teres Major), Cross Rib Simmering Steak Boneless
- Cross Rib: Cross Rib Simmering Steak, Cross Rib Pot Roast
- Boneless Top Blade: Top Blade Flat Iron, Top Blade Pot Roast, Top Blade Simmering Steak
- Boneless Bottom Blade: Bottom Blade Pot Roast Boneless, Bottom Blade Simmering Steak Boneless, Stewing Beef
- Blade: Blade Pot Roast, Blade Simmering Steak

FLANK/PLATE

- Flank: Flank Marinating Steak, Flank Steak Seasoned Ground Beef - London Broil, Bottom Sirloin Flap
- Plate: Inside Skirt, Outside Skirt, Skirt Marinating Steak

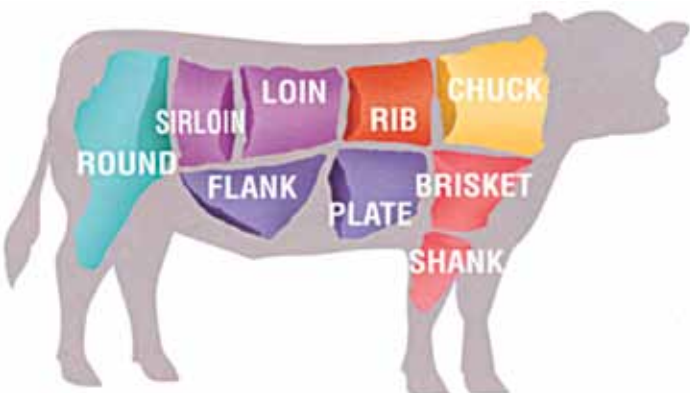
BRISKET/SHANK

- Brisket: Boneless Brisket, Brisket Simmering Strips
- Shank: Centre Cuts Stewing Beef, Shank Spur Stewing Beef, Shank Centre Cut Stewing Beef Boneless

SUGGESTED COOKING METHODS



WHERE CUTS COME FROM ...



BUYING QUALITY BEEF

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.

GRADING

Grading is a quality designation based on several characteristics, including marbling. The top Canadian Grade is Canada Prime, found mainly at fine restaurants. In stores, Canada AAA is generally the premium grade, with the most marbling, followed by Canada AA and Canada A.

MARBLING

Marbling can enhance beef juiciness and flavour. It refers to the amount of fine white flecks of fat that you can 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. Premium beef is aged at least 10 to 14 days. Beef cannot be safely aged in a home refrigerator.

BRAND-NAME BEEF

A brand name on pack is a signal of quality and consistency. Each brand of beef will set specific standards for things such as the length of aging and amount of marbling. Buying a brand of beef helps you enjoy the same flavour, tenderness and juiciness, time after time.

QUALITY GRADES

Standards Used for Quality Grade Determination

Grade	Marbling*	Maturity**	Meat Colour	Fat Colour	Muscling	Meat Texture
CANADA***						
Prime	Slightly abundant	Youthful	Bright red only	White or amber	Good Muscling or better	Firm only
AAA	Small	Youthful	Bright red only	White or amber	Good Muscling or better	Firm only
AA	Slight	Youthful	Bright red only	White or amber	Good Muscling or better	Firm only
A	Trace	Youthful	Bright red only	White or amber	Good Muscling or better	Firm only

** The Canadian marbling standards were changed in 1996 to mirror the copyrighted marbling standards of the United States.
 *** Maturity is based on approximate ages determined by physiological criteria.
 **** Standards as of September 2007

The Yield Grades

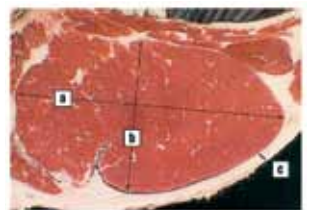
When a carcass qualifies for Canada Prime or any of the Canada A grades a prediction of lean yield is also made. Lean yield is not dressing percentage.

Estimated Yield (%)

Canada 1 (Y1)	59% or more
Canada 2 (Y2)	54% to 58%
Canada 3 (Y3)	53% or less

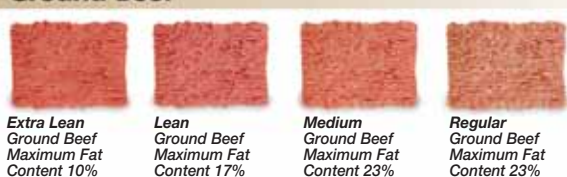
Three measurements are used to determine yield:

- rib-eye length
- rib-eye width
- fat depth on the rib-eye



These values are then inserted into a lean yield prediction equation. Yield grades 1, 2 or 3 are assigned in accordance with the lean yield percentages calculated.

Ground Beef



Behind the Beef www.behindthebeef.ca



Disclaimer: This information has been compiled from sources and documents believed to be reliable. The accuracy of the information presented is not guaranteed, nor is any responsibility assumed or implied by the Beef Information Centre and their partners for any damages or loss resulting from inaccuracies or omissions.



CANADIAN BEEF: BUYING & COOKING GUIDE

OVEN ROASTS*



*INCLUDES PREMIUM OVEN ROASTS

- Season** roast. Place on rack in shallow roasting pan. Insert meat thermometer into centre of roast. **Oven-Sear** in preheated 450°F (230°C) oven for 10 minutes.
- Reduce heat** to 275°F (140°C); cook uncovered to desired doneness, removing from oven when 5°F (3°C) below finished temperature. (Bone-in roast can take 30 to 45 minutes longer. Tenderloin can take 30 to 60 minutes less.)
- Cover** with foil and let stand for at least 15 minutes before carving into thin slices.

*ESTIMATED COOK TIME (HOURS)

WEIGHT (KG)	MEDIUM-RARE 145°F (63°C)	MEDIUM TO WELL-DONE 160°F (71°C) OR +	WEIGHT (LB)
1	1-3/4 to 2-1/4	2 to 2-1/2	2
1.5	2 to 2-1/2	1-1/4 to 2-3/4	3
2	2-1/4 to 2-3/4	2-1/2 to 3	4
2.5	2-1/2 to 3	2-3/4 to 4-1/4	5.5

*Cook Times are guidelines only and vary with oven and roast shape - roasts may be done up to 30 minutes sooner or later than estimated. Use a meat thermometer to know doneness.

TENDERNESS RATING

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

POT ROASTS



- Season** roast. In lightly oiled Dutch oven or stockpot, brown roast using medium-high heat.
- Add** 1 to 2 cups (250 to 500 mL) liquid (such as red wine, broth, canned tomatoes or soup).
- Simmer (braised/pot roast)**, covered, on stove top or in 325°F (160°C) oven for 3 hours or until fork tender. Add chunks of vegetables for final 45 minutes, if desired. Skim fat from sauce and season to taste.

BLADE • SHOULDER • CROSS RIB • BRISKET

ROTISSERIE ROASTS*



*INCLUDES PREMIUM ROTISSERIE ROASTS

- For **Premium Rotisserie Roast**, season roast or marinate for 2 to 4 hours. For **Rotisserie Roast** marinate for 4 to 12 hours. **To marinate:** Pierce roast all over with fork. Place in large sealable freezer bag with 2 cups (500 mL) marinade (such as teriyaki sauce or salad dressing); refrigerate. Discard marinade before cooking.
- Place** drip pan containing 1/2 inch (1 cm) water under grill. Preheat barbecue to medium-high 400°F (200°C). **To Cook with Rotisserie:** insert spit rod lengthwise through centre of roast; secure with holding forks and place roast over drip pan. **To Cook without Rotisserie:** Place roast on grill over drip pan moved to one side; turn heat off under just the roast.

- Insert** meat thermometer into middle of roast avoiding spit rod (if using). Cook at constant heat, in closed barbecue, until thermometer reads 155°F (68°C) for medium (about 30 minutes per lb (500 g)).

- Remove** roast to cutting board; cover with foil for 10 to 15 minutes. Carve across the grain.

TOP SIRLOIN • PRIME RIB • SIRLOIN TIP
 INSIDE ROUND • OUTSIDE ROUND • CROSS RIB

STEWING BEEF



- Coat** beef pieces in a mixture of flour, salt and pepper. In lightly oiled Dutch oven or stock pot, brown meat in batches. Add onions and other seasonings, as desired.
- Add** enough liquid (such as broth, tomato juice or red wine) to just cover beef.
- Simmer (braise/stew)**, covered, on stove top or in 325°F (160°C) oven about 1 hour or until fork tender. Add chunks of vegetables and cook an additional 30 minutes until vegetables are tender.

SHORT RIBS • STEWING BEEF • SHANK

SAFE FOOD HANDLING



STORAGE CHART (FROM PACKAGES ON DATE OR DATE FROM BUTCHER)

TYPE OF BEEF	REFRIGERATOR	FREEZER
*Ground Beef	1 day	2 to 3 months
Variety Meats (i.e. liver, kidney, heart, etc.)	1 to 2 days	3 to 4 months
Stewing Beef, Ribs, Stir-Fry Strips, Kabobs	2 days	3 to 6 months
Steaks	3 days	6 to 9 months
Roasts	3 days	9 to 12 months
Cooked Meats, Cold Cuts	3 to 4 days	2 to 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.

MINI QUICK ROASTS*



*INCLUDES PREMIUM QUICK ROASTS

- Season** roast. Insert meat thermometer lengthwise into the centre of roast so that shaft is not visible. Place on rack in ovenproof skillet or shallow pan.
- Cook (roast)** 1 lb (500 g) roast, uncovered, in 350°F (180°C) oven for 50 to 60 minutes until thermometer reads 155°F (68°C) for medium.
- Remove** roast to cutting board; cover with foil for 5 minutes. Carve across the grain into thin slices.

SIRLOIN LOIN • TOP SIRLOIN • RIB EYE • SIRLOIN TIP
 EYE OF ROUND • INSIDE ROUND • OUTSIDE ROUND

SIMMERING STEAKS*



*INCLUDES SIMMERING STRIPS

- Season** steak/strips. In hot, lightly oiled skillet, brown all over using medium-high heat. Add sliced onion, green pepper, garlic, etc., if desired.
- Add** enough liquid (such as canned soup or tomatoes, broth or red wine) to just cover beef.
- Simmer (braise)**, covered on stove top or in 325°F (160°C) oven approximately 1-1/4 hours or until fork tender.

BLADE • BRISKET • CROSS RIB

GRILLING STEAKS*



*INCLUDES MEDALLIONS

- Season** steak.*
- Grill, broil** or **pan-fry** using medium-high heat, turning only once with tongs.
- Cook** to desired doneness.

*For improved tenderness, Tri-Tip and Top Sirloin steaks are best marinated for 8 to 12 hours before grilling.

THICKNESS	MINUTES / SIDE		
	MEDIUM-RARE 145°F (63°C)	MEDIUM 160°F (71°C)	WELL DONE 170°F (77°C)
1/2 - 3/4 inch (1-2 cm)	3-4	4-5	5-6
1 inch (2.5 cm)	5-6	6-7	7-9
1-1/2 inches (4 cm)	9-10	10-14	15-18
2 inches (5 cm)	11-14	14-18	18-22

TENDERLOIN • RIB • RIB EYE • STRIP LOIN
 TOP SIRLOIN • TRI-TIP • T-BONE • WING

MARINATING STEAKS



- Pierce** meat all over with fork.
- Place** in sealable freezer bag with 1 cup (250 mL) marinade (such as teriyaki sauce); refrigerate for 4 to 12 hours. Discard marinade.
- Grill, broil** or **pan-fry** using medium-high heat, turning only once with tongs.

THICKNESS	MINUTES / SIDE	
	MEDIUM-RARE 145°F (63°C)	MEDIUM 160°F (71°C)
1/2 - 3/4 inch (1-2 cm)	3-4	4-5
1 inch (2.5 cm)	5-6	6-7
1-1/2 inches (4 cm)	9-10	10-14
2 inches (5 cm)	11-14	14-18

SIRLOIN TIP • EYE OF ROUND • INSIDE ROUND • OUTSIDE ROUND
 TOP SIRLOIN • FLANK • SKIRT

BEEF STIR-FRY STRIPS*



*INCLUDES FAST-FRY STEAK & KABOB CUBES

- Season** steak/strip/kabob cubes.
- For strips/steaks: **Cook** beef in hot, lightly oiled, nonstick skillet, using medium heat for 2 to 4 minutes per side for fast-fry steak, 1 minute per side for strips, or until browned, but still pink inside. Beef is best cooked only to medium. **For Kabobs:** Grill or broil 5 minutes per side.
- Remove** from pan. For **steak/kabobs**, serve with steak or dipping sauce if desired. For **stir-fry strips**, add sliced vegetables to skillet and cook 5 minutes. Add 1 cup (250 mL) stir-fry sauce and cooked beef strips; heat through.

FAST-FRY STEAKS • STIR-FRY STRIPS • GRILLING CUBES

GROUND BEEF



Browned Ground Beef: Cook in nonstick skillet, over medium-high heat for 8 to 10 minutes, breaking into small chunks with back of spoon while cooking. Cook until browned and completely cooked. Drain if necessary. Use in pasta sauce, chili, casseroles, etc., seasoning as desired.

Patties: Combine 1 lb (50 g) ground beef, 1 beaten egg and 1/4 cup (50 mL) dry bread crumbs; season and mix lightly. **Shape** into four to six, 3/4 inch (2 cm) thick patties. Lightly oil pan or grill. **Grill, broil** or **pan-fry** using medium-high heat for 5 to 7 minutes per side or until digital rapid-read thermometer inserted sideways into centre of each patty reads at least 160°F (71°C). **Patties are completely cooked at 160°F (71°C), regardless of colour.**

GROUND SIRLOIN • GROUND ROUND
 GROUND CHUCK • EXTRA LEAN • LEAN • MEDIUM • REGULAR

