



## Steak & Roast Cooking Recommendations

### Preparing Steak for Grilling:

**For premium cuts of meat**, season the steak with herbs and spices. Just before grilling, sprinkle it with coarse salt and cracked pepper. This will give it a savory crust and classic steak house flavor. Remember to salt the meat right before grilling. If you do it too far ahead of time, the salt will draw out the juices and the steak will be too dry.

**For less tender cuts**, marinate the meat in the refrigerator, using your favorite recipe. Marinades should include some sort of acid (tomato, vinegar or fruit juice, for example) to help tenderize the meat. A tasty marinade also adds flavor to the meat as it absorbs the liquid around it. Use an impervious container such as glass, glazed ceramic or stainless steel. The container should be just large enough to contain the meat and the liquid. Plan to soak small pieces of meat 2-3 hours. A large (5+ pound) piece may be soaked overnight. Don't marinate it too long, or the meat can get soft.

### General Steak Grilling Tips:

- Thaw meat thoroughly in the refrigerator.
- Most chefs recommend taking the steak out of the refrigerator about 20 minutes before grilling. It will cook more evenly if it's not ice cold (but keep food safety in mind and don't ever let it get too warm).
- Follow the manufacturer's instructions to allow your grill to reach the proper temperature before grilling.
- Don't pierce the steak; this will drain the juices. Use tongs to turn the meat.
- Turn it only once while grilling. This creates a nice crust. To get nice grill marks, divide the total grilling time by four and rotate 90 degrees before and after flipping the steak or burger.
- Times listed below are total cooking times.
- When you think the steak is done, use a quick read thermometer to find the internal temperature. You'll notice some variation in the internal temperature in the following recipes, depending on the cut of meat.
- With a little practice, you won't need a thermometer. You'll be able to tell doneness just by touching the meat.
- To preserve the succulence of the steak, let it rest for about five minutes before serving or carving. Or wrap it in foil and let it rest for up to 20 minutes.

## Tips for Specific Cuts of Steak:

**Porterhouse, New York strip, and T-bone steaks** are all premium cuts that come from the short loin (top midsection). To grill these tender steaks, follow the above tips and use the following guidelines for grilling.

**Porterhouse and T-bone:** Porterhouse is a large steak that is actually a combination of New York strip and tender filet. T-bone, obviously named for the T-shaped bone, is a juicy steak that is almost identical to Porterhouse.

To grill, heat your gas grill to medium, according to the manufacturer's instructions. If using charcoal, coals should be ready for grilling after about 30 minutes, when they are ash covered and very hot. To grill a  $\frac{3}{4}$  inch Porterhouse or T-bone steak to medium rare/medium using gas, grill for 9-13 minutes. For 1-inch steaks, grill 15-19 minutes. For  $1\frac{1}{2}$  inch steaks, grill 20-25 minutes. On a charcoal grill, take a few minutes off the time. If using a meat thermometer, remove the steak when the internal temperature reaches 140 degrees for medium rare, 155 degrees for medium.

**New York Strip Steak:** This is such a perfect steak for grilling that some grill masters have called it "the ultimate" steak for a barbecue. For a medium rare to medium  $\frac{3}{4}$  inch steak, grill 7-10 minutes on a medium hot charcoal or gas grill. For a 1-inch steak, grill 11-15 minutes on charcoal or gas. (Same internal temps as above)

**Filet Mignon:** The king of steaks, filet mignon is taken from the heart of the beef tenderloin. A prime filet will melt in your mouth, and can literally be cut with a fork. Prepare the steak as recommended in Grilling Tips. Using tongs place the steak on a hot grill and sear in the juices for 2 minutes. After a total of five minutes, flip the steak and cook it for another five minutes. (Leave it on the high setting. If it flares up and the flame lasts more than 30 seconds, spritz a tiny bit of water on the grill.) It's best not to cook a filet beyond medium rare (140 degrees).

### Petite Tender

Petite tender is sometimes known as the "Princess of Steaks" or the Shoulder Filet. It's taken from the shoulder, right next to the Flat Iron steak. The Petite Tender has a delicacy and texture almost equal to Filet Mignon. Prepared correctly, it can also pass as one of the preferred cuts of beef, with exceptional flavor and tenderness. Season and grill over medium heat for 14-20 minutes.

### Delmonico Steak

Our Delmonico steak is the eye of the rib (called "Rib-Eye" in meat circles). The greater quantity of fat, noticeable in the marbling, makes it a rich cut. To prepare these steaks, either marinate them for 1-3 hours, or use your favorite steak rub to bring out the flavor. Marinating is not necessary; these steaks are naturally tender. For medium rare to medium doneness, grill a  $\frac{3}{4}$  inch steak on a gas or charcoal grill for 7-10 minutes for a medium to medium rare steak. Grill a 1 inch steak for 10 -14 minutes, and a  $1\frac{1}{2}$  inch steak for 15-19 minutes. (Internal temperature: 140 degrees for medium rare, 155 degrees for medium)

### Ranch Steaks

These juicy, boneless center-cut sirloin steaks are hand trimmed of excess fat, making them some of our leanest steaks. They have a hearty flavor, and are best when marinated for 2-3 hours. They can be cooked to medium-rare perfection in minutes on a hot grill or broiler. Steaks should sizzle when you put them on the hot grill. When the juices rise to the surface, flip them with tongs. (Steaks are medium rare at 135 degrees; medium at 150.)

## **Flat Iron Steak**

The Flat Iron Steak is a flavorful and relatively tender cut from the shoulder. Uniform in thickness and rectangular in shape, it is nearly a perfect steak for the grill. Like any non-loin steak, the flat iron is best when marinated, grilled over medium heat, and not cooked beyond medium (150 degrees). Flat irons have a deep, rich flavor, which makes them perfect on their own, but can also be used in any recipe calling for skirt or flank steak.

## **Sirloin.**

Sirloin is a little bit tougher than cuts from the loin or rib. Marinating it for 2-3 hours will make it tender and savory.

## **Top sirloin**

This is a juicy cut taken from the most tender part of the sirloin. Just before grilling, rub the steaks with olive oil and sprinkle with your favorite steak rub. Or just use coarse salt and pepper.

To grill sirloin steaks, preheat your gas grill to high. Place the steaks on very hot grill and close the lid. This will sear in the juices and help the sirloin cook evenly.

Grill the steak with lid down for 4-5 minutes, depending on thickness. After 4-5 minutes, lift the lid and flip the steaks using tongs. Close the lid and grill the steaks 3–4 more minutes for medium rare (135 degrees) and about 5–6 minutes for medium. (150 degrees)

## **London Broil**

“London Broil”, is usually a lean cut of **sirloin** or **top round**. When marinated, London broil is tender and tasty, and makes a great meal for a special occasion or dinner party. Marinate the meat for 2 to 3 hours per inch and grill it, but don't cook it past medium. (The internal temperature should not pass 145 degrees.) Timing depends on the thickness of the cut. A  $\frac{3}{4}$  inch London Broil should be grilled 10-11 minutes; 1 inch: 12 to 14 minutes; 1  $\frac{1}{2}$  inches: 20-23 minutes. Carve it into thin slices by cutting diagonally on the grain at a 45 degree angle.

## **Flank Steak**

Flank steak is a lean, flavorful cut. It can be somewhat tough, so it's best to marinate it at least 2 hours. For a 1 to 1  $\frac{1}{2}$  pound steak, grill 7-12 minutes on a hot grill, turning it only once. For a 2-pound steak, cook 12- 16 minutes. It should be medium rare. (140 degrees) Slice it thinly at an angle.

Flank steak can also be braised or simmered in a crockpot.

## **The Hangar Steak**

Also known as the butcher's steak, butcher's tenderloin, or bistro steak, the hangar steak is a small, intensely flavored cut that "hangs" from the diaphragm. Since there is only one hangar steak per animal, butchers have traditionally kept this less well-known cut for themselves. Though not particularly tender, the hanger steak is very flavorful. It is best marinated and cooked quickly over high heat (grilled or broiled). To avoid toughness, serve it rare or medium-rare. It might just be the most delicious steak you have ever tasted!

## **Skirt Steak**

Skirt steak, like its neighbor the hangar steak, is one of the most flavorful steaks. This belt shaped flap of tender meat is called the faja (belt) in Spanish. Authentic fajitas are made with skirt steak, preferably cooked over natural wood or charcoal. Skirt steak is especially delicious when marinated. The loose texture allows it to absorb flavors, and its strong taste also holds up to bold seasonings. We sell this steak rolled into pinwheel-shaped individual steaks.

## **Beef Roasts**

### **General Tips for Roasting Beef**

Thaw meat thoroughly in the refrigerator before cooking. Take it out and let it sit at room temperature for about an hour. (Keep food safety in mind and don't let it sit too long.)

**Oven Roasting:** Some roasts, such as petite tender, tri tip and eye round can be roasted in the oven with dry heat. Basting with melted fat helps retain juiciness. Before roasting, brush the pan with a small amount of fat to prevent charring. Baste the meat with its own juices, starting after the first half hour of roasting, and repeat at intervals of 10 minutes or more.

According to Ochef.com, "There are two schools of thought on roasting: cook the meat from start to finish at a consistent medium temperature, which reduces shrinking and sputtering and produces a juicy, evenly-cooked roast; or put it in a very hot oven to start, and then lower the temperature for the remainder of the cooking time, which helps brown the roast and its juices (contrary to a widely held belief, however, it does not sear the surface and thereby lock in its juices)."

**Braising:** Cuts such as arm, chuck, mock tender, brisket, flank steak, round, and rump roast become more tender and flavorful when braised (cooked slowly in a small amount of liquid in a covered pan). A Dutch oven works well for stove-top or oven braising. If you don't have a Dutch oven, you can oven braise in a roasting pan with a lid or a heavy duty baking dish covered with foil.

Most recipes recommend browning your meat first. Melt a little fat, add the meat, and turn it frequently so it browns slowly.

To tenderize meat naturally, add an ingredient that contains acid to your braising liquid. Tomatoes, vinegar, alcohol and citrus are natural tenderizers that also add flavor.

**Crockpot:** A crockpot, or slow cooker, is another method of braising. It naturally tenderizes tougher cuts, and will do the cooking while you're away from home! The crockpot should be at least half full, but not more than 2/3 full.

#### **Short Ribs**

Short ribs are a deliciously tender cut of bone-in meat that is best when braised. Seared it at a high temperature first and then cover it with liquid while it slow-cooks, either in a crockpot on high for 4-6 hours or in a Dutch oven at 350 degrees for 3 to 3 ½ hours.

#### **Petite Tender Roast**

Petite Tender is a small roast with great flavor. It's a perfect roast for a hot summer day, since it can be grilled outside or roasted in the oven. Sprinkle it with your favorite steak rub. Preheat your grill to medium high and grill your petite tender about 10 minutes per side, until it reaches 140 degrees inside.

Or, oven-sear it in a preheated 450 degree oven for 10 minutes. Then reduce the heat to 275 degrees and cook it to an internal temperature of 140 degrees for medium. This may only take 15-20 minutes, depending on the thickness and weight of the roast.

Cover the meat loosely with foil and let it stand for at least 15 minutes. Then carve it across the grain into thin slices.

### **Tri Tip Roast**

Tri-tip is a very lean, triangular shaped roast, about 2 inches thick that comes from the bottom part of the sirloin. Though it is often ground or cut into cubes, this often overlooked piece of meat is very flavorful. It's best when marinated, and then grilled or oven-roasted. However you prepare it, just remember: do not overcook it! Because it's so lean, it will be too dry if cooked past "medium."

### **Eye Round Roast**

Eye Round can be dry-roasted in the oven or braised using one of the above methods. For oven roasting, remove the meat from the refrigerator about an hour before cooking. Preheat your oven to 400. Rub the roast with olive oil, letting some drip into the bottom of the roasting pan. Add salt, pepper and seasonings. Cook for 30 minutes, basting the roast with drippings. Then reduce the heat to 350 and cook for an hour and 15 minutes, or to an internal temperature of 125-130 degrees for medium rare. Baste every 30 minutes. Let the roast rest for 20 minutes before carving it.

### **Top Round Roast**

Top Round comes from the large, lean muscle of the hind-quarter. Top Round will be most tender if it's braised.. First, season and brown the meat in olive oil over medium high heat. After it has browned, add ¼ cup broth or wine (This is for a four-pound roast. Adjust accordingly.) Keep an eye on it and add a little more liquid if needed while it cooks. Simmer the roast for 2-2 ½ hours. If oven braising, preheat the oven to 350 while you brown the roast. Pour ¼ cup liquid into the roasting pan, add the meat and cover the pan with a lid or foil. Bake for 2- 2 ½ hours. In the crockpot, cook 6-8 hours on low. Some cooks use a little liquid and some just season the roast and let it cook in its own juices.

### **Arm roasts and other chuck roasts**

For a simple dinner you can make in the morning, sprinkle a tasty rub onto the meat. Then put it in the crockpot with ½ cup of water and a chopped onion. When you take it out, you won't even need to slice the roast; it will fall apart. Serve it with potatoes and other vegetables, or make roast beef sandwiches—delicious on Kaiser rolls and served a little horseradish or barbecue sauce and a side of cole slaw.

### **Mock Tender**

This roast is also known as a chuck eye or chuck filet. It's one of the more tender cuts from the chuck section, but is best when cooked in liquid. First, brown the meat in a skillet, searing the exterior. Add ½ cup water, broth, wine or beer to your Dutch oven or crockpot. For a 3-5 pound roast, simmer in a Dutch oven for 3.5-4.5 hours. In a crockpot, cook on low for 6-8 hours.

### **Beef brisket**

Brisket is a cut from the breast section, and must be tenderized by braising. Trim away any extra fat. A 3-3 ½ lb brisket needs to slow-cook for 10-12 hours on low (6-7 on high). Try this simple technique. Cover the bottom of your crockpot with chopped celery and sliced onion. Add the brisket, cover it with your favorite barbecue sauce, let it slow cook all day and you'll have the best tasting beef barbecue this side of Texas.

To roast a 3 -3 ½ lb brisket in the oven, season it with salt, pepper, garlic and onion powder. Place it in a 9 x 13 pan with about ½ inch of water. Cover the pan with foil and bake at 325 for about 3 hours or until tender. After 2 hours, cover the meat with barbecue sauce, if desired.

## **Rump Roast**

Rump roast can be oven roasted at 325 degrees. For rare meat, roast for 25- 30 minutes per pound (120-125 degrees). For medium rare, 28-33 minutes (130-140 degrees). For medium, 31-36 minutes per pound (155-165 degrees). Let the meat rest for about 20 minutes before carving it.

But If you want to make sure your roast is fork tender, braise it. Brown it on all sides, pour off the fat and add half an inch of boiling beef stock to the pan. In a 300 degree oven, cover the roast with foil or put in Dutch oven for 3-4 hours. You may need to add additional stock as the meat cooks.

In the crockpot, cook for 8 to 10 hours with about ½ cup of liquid, salt, pepper, and herbs and spices.

## **Soup Bones**

If you thought bones were for the dog to chomp on, think again! These soup bones will make most savory stew you've ever had. Just add the bone to your favorite beef stew recipe and cook it all day in your crockpot (or simmer 2-3 hours on the stove top). You'll never want to make stew without a soup bone again! You can also simmer the bone with some celery and onions and make your own stock to use for another day.

## **Chip Steak**

Chip steak is meat from the bottom round or loin that is frozen at a low temperature for 24 hours and then sliced paper thin. If you're craving an authentic Philly Cheese Steak, you don't have to contend with city traffic to get one. Sauté some Lone Star chip steak in a little oil with sliced onions. Add a spoonful of steak or marinara sauce. Top it with your favorite cheese, serve on fresh hoagie rolls, and enjoy the taste of Philly in the comfort of your own home!

## **Ground Beef and Beef Patties**

Lone Star ground beef may be leaner than what you're accustomed to using. There will be very little fat when you use it in your favorite recipe.

Our patties are wonderful for picnics and quick summer meals. Just grill add your favorite condiments. Make sure you always cook hamburger thoroughly. Our patties can be grilled frozen, but the internal temperature should reach 160 degrees on any burger.

If you have more time, you might want to design your own tasty burgers with our lean ground beef by adding onions, herbs, spices or sauces. To cook your homemade burgers, preheat your grill to "high". Make sure the grill is hot. Cook the burgers for 4-5 minutes. Flip them and cook for another 4-5 minutes. It's best to turn them only once. Handling the meat too much while it's cooking will make it dry. (Patties will cook in less time than hand formed burgers.)