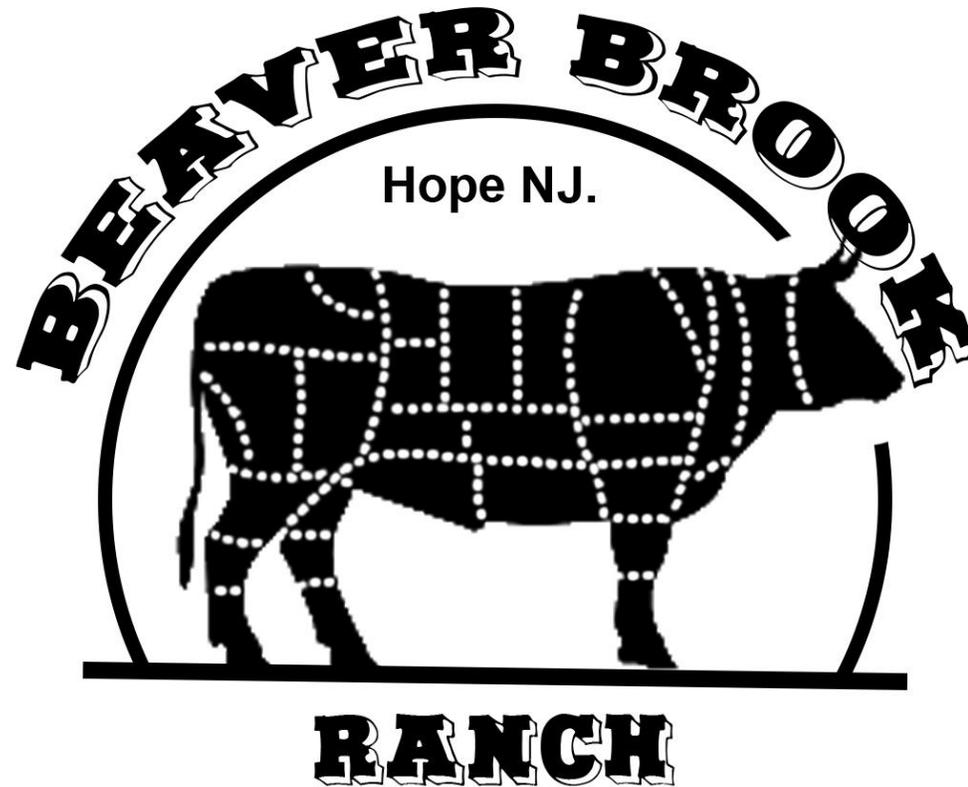
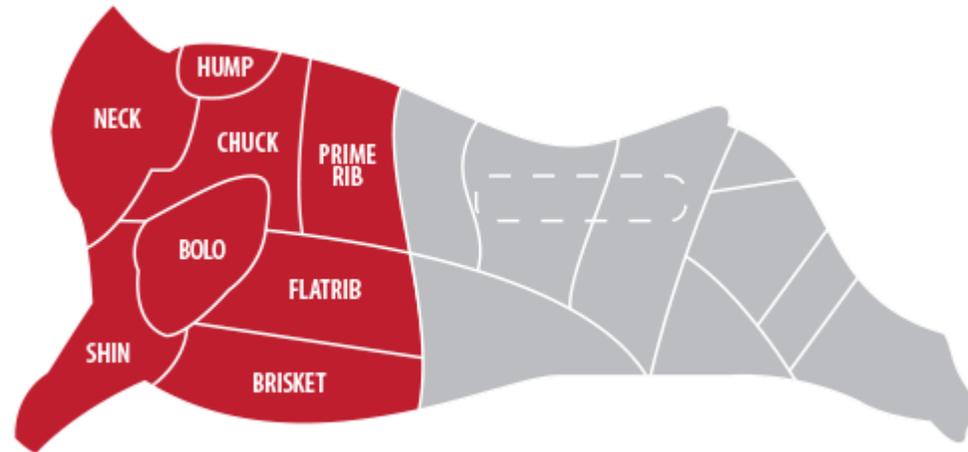


Your Guide to Selecting Your custom ¼ Share Package



Forequarter Cuts

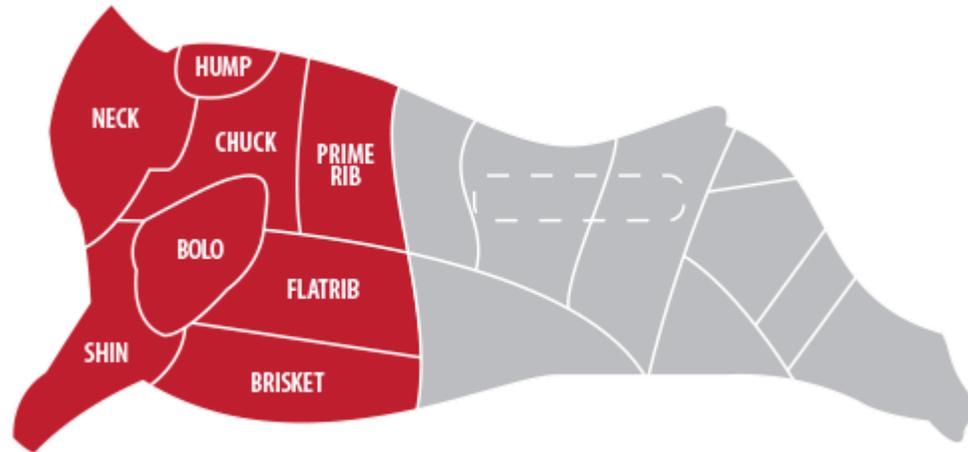


Cuts	Alternative Names	Recommended Thickness	Recommended Weight	Recommended Cooking Method	Description of Cut
Chuck Steak	Braising Steak	1"	8-16oz	Braised Slow Cook	Commonly referred to as braising steak. Rich in flavor.
Chuck Roast	Chuck Eye or Pot Roast	3"	48 oz – 64oz	Braised Slow Cook	This is the classic pot roast, becoming moist and tender when braised and full of rich, beef flavor.
Rib Eye (Bone out)*	Beauty Steak or Delmonico	1.5-2"	8-16oz	Grilled or Sautéed	This boneless steak is rich, tender, juicy and full-flavored, with generous marbling throughout
Rib Eye (Bone in)*	Beauty Steak or Delmonico	1.5-2"	8-16oz	Grilled or Sautéed	This steak is rich, tender, juicy and full-flavored, with generous marbling throughout
Ribeye Roast*	Prime Rib		48oz-60oz	Roasting	Rich flavor, juicy tenderness and majestic appearance. The grand champion of beef roasts. One of the most tender beef cuts. Fine-grained with generous marbling throughout.
Cross Rib Roast			32oz	Braised Slow Cook	
Brisket (Half)	Beef Brisket or Whole Brisket		32 oz	Braised Slow Cook	A flavorful cut that becomes tender when cooked slowly at low temperatures. The traditional cut used for corned beef, and popular as smoked barbecue.
Short Ribs			32 oz	Braised or Grilled	
Skirt Steaks		1"	8oz	Grilled	Boasts deep, rich, beefy flavor. Best when marinated before grilling; when slicing, cut against the grain.

*Your choice between Ribeye Roast or Ribeye steak and Bone in vs Bone out Rib Eye



Hindquarter Cuts



Cuts	Alternative Names	Recommend Thickness	Recommended Weight	Cooking Method	Description of Cut
New York Strip*	Kansas City or Manhattan Steak	1-1.5"	12-16oz	Grilled or Sautéed	This premium steak is a steakhouse classic, known for its marbling, tenderness, and flavor
Filet Mignon*	Tenderloin Steak or Tenderloin Filet	2" and larger	4-8oz	Grilled or Sautéed	The most tender beef cut. Lean yet succulent and elegant. Melt-in-your-mouth texture, subtle flavor and compact shape.
T-Bone*	Chuck Eye or Pot Roast	1.5- 3"	8-16oz	Grilled or Sautéed	This well-marbled cut consists of two lean, tender steaks - the strip and filet/tenderloin - connected by the signature T-shaped bone. In a T-Bone, the tenderloin is between 1/2 and 1 1/4 inches in diameter.
Porterhouse*	Cowboy Steak	1.5-3"	8-16oz	Grilled or Sautéed	Similar to T-Bone except filet has a thickness of at least 1 ¼ inches thick
Top Sirloin Steak**		1"	8 oz	Grilled, Sautéed or Broiled	This lean steak is versatile, juicy, tender and flavorful.
Top Sirloin Roast**	Center-Cust Top Sirloin Roast		32-48oz	Roasted	Lean, juicy and tender, it boasts good flavor.
London Broil	Top Round Steak	1"	16oz	Marinate before Grilling	An economical and full-flavored cut. Best when marinated and sliced thinly against the grain.
Bottom Round Roast	Rump or Round Oven Roast		48-60oz	Braised or Roasted	Lean and economical, this cut is best enjoyed braised. When roasted in the oven, slice thin against the grain to maximize tenderness.
Eye Round Steak or Roast	Round Steak or Roast	1-2"		Braised	A lean and economical cut. Best when marinated and cooked to medium rare.

*You can select either Porterhouse/T-Bone (Filet is included) or NY Strip/Filet Mignon

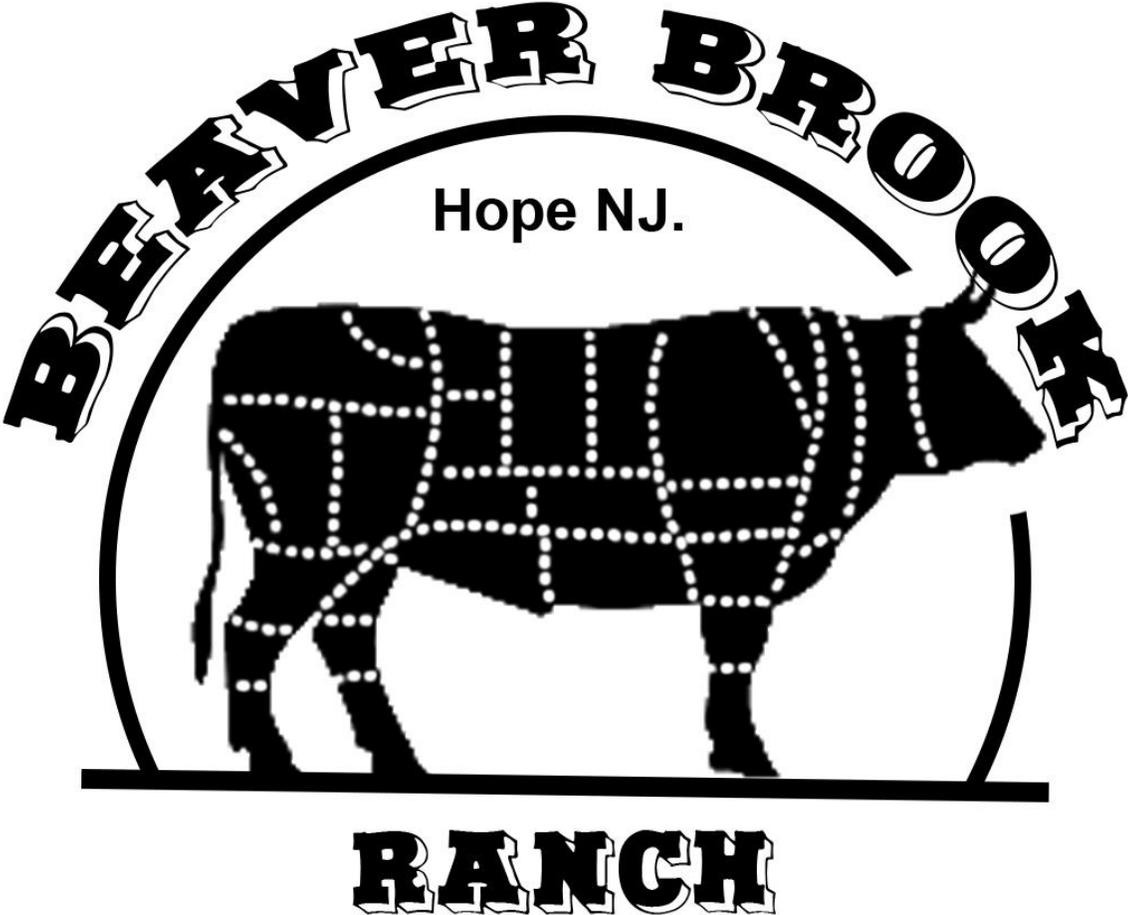
**Top Sirloin Steaks or Roasts or both



Cuts	Alternative Names	Recommend Thickness	Recommended Weight	Cooking Method	Description of Cut
Sirloin Steak	Not to be mistaken for Top Sirloin	1"	8-16oz	Grilled or Sautéed	Lean, well-flavored and moderately tender beef at an affordable every day price. Convenient and a great value with no bones and little fat. Versatile, juicy and delicious.
Beef Shank (Optional)	Beef Shin			Braised Slow Cooked	
Flank Steak		1"	8-16oz	Grilled	Lean and flavorful, and should be thinly sliced against the grain when carving. An ideal choice to marinate.
Hanger Steak	Butcher's Steak or Hanging Tender	1"	16oz	Grilled or Sautéed	Traditionally found in restaurants, this cut offers a very robust flavor. Best when cooked to medium rare or medium doneness.
Flat Iron Steak	Top Blade Filet	1"	8oz	Grilled or Sautéed	Second in tenderness to the tenderloin steak, the flat iron is well-marbled, richly flavored and juicy. Best when cooked to no more than medium doneness.
Ground Beef	Ground Chuck, Round or Sirloin		1 lb packages	Baked, Broiled, Grilled, Sautéed	



Cooking Guide



Grilling Guide for Prime Cuts

PREP

- Thaw the steak in the refrigerator. **DO NOT** thaw the steak by placing in hot water or at room temperature. Once thawed, let the steak rest at room temperature for at least 30 minutes. Pat the steak dry with a paper towel.

SEASONING

- A high-quality steak, needs very little seasoning. We recommend seasoning the steak with salt and pepper, 15-20 minutes before grilling. Do not put oil on the steak.

PRE-HEAT

- Pre-heat your Gas Grill. Turn all burners on high until temperature reaches above 500 degrees. The higher the better.

BUTTER & SEAR

- Lightly butter the top of the steak prior to searing and again when you flip the steak. Sear over high heat **EACH SIDE** for 1 minute with lid closed. Then transfer steak to indirect heat (turn off one of the burners, and place over top). **Close lid and cook according to the times and temperatures below.**

DO NOT OVERCOOK

- Times are organized by thickness and temperature for easy grilling. Grill times are suggested guidelines only, actual times may vary depending upon your grill type and temperature.

WAIT FIVE MINUTES

- Always let steaks rest 5 minutes before slicing. Pull the meat off the grill and let it rest in a pan, covered with foil, this will help the meat absorb the delicious juices. Slice the meat across the grain.



Grilling Time Table

FILET MIGNON & CENTER-CUT RIBEYES			
Thickness	Rare (110° to 120° F)	Medium Rare (120° to 130° F)	Medium (130°-140° F)
1.5"	3 mins each side	3.5 mins each side	4 mins each side
1.75"	3.5 mins each side	4 mins each side	4.5 mins each side
2"	4 mins each side	4.5 mins each side	5 mins each side

SIRLOIN STRIP, T-BONE, PORTERHOUSE & RIBEYE STEAKS (INDIRECT HEAT AFTER SEARING)			
Thickness	Rare (110° to 120° F)	Medium Rare (120° to 130° F)	Medium (130°-140° F)
1.25"	2 mins each side	2.5 mins each side	3 mins each side
1.5"	2.5 mins each side	3 mins each side	3.5 mins each side
1.75"	3 mins each side	3.5 mins each side	4 mins each side
2"	3.5 mins each side	4 mins each side	4.5 mins each side



Braising for Roasts

Preheat heavy-bottomed stockpot or Dutch oven over medium-high heat on stovetop.

- Season roast with salt and freshly ground black pepper, or as desired.

Add a thin layer of oil to pot.

- When oil shimmers, place roast in pot with tongs. Sear on all sides, including ends.

Remove seared roast from pot.

- Add roughly cut carrots, celery and onion to pan, and allow to caramelize, stirring occasionally.

When vegetables have browned and softened, stir in a few tablespoons of tomato paste and cook 2-3 minutes.

- Stir in red wine to deglaze pan, loosening up the browned bits; cook another 2-3 minutes.

Return roast to pot. Place on top of vegetables, and add fresh herbs like thyme and a bay leaf. Pour beef stock or broth over roast, submerging the bottom third to half.

- Cover pot with tight-fitting lid and place in low oven (preheated to approximately 175°F).

Based on the provided Time Table, remove roast from oven when it is fork-tender and pulls apart easily.



Braising Time Table

Beef Cut	Approx Weight and Thickness	Approx Total Cooking Time Hours
Chuck Roast	3 -5 lbs	2 to 3 hrs
Brisket	2-3 lbs	2.5 – 3 hrs
Bottom Round Roast	4-5 lbs	3 – 4 hrs
Round Steak	1” –2”	1 – 2.5 hrs
Short Ribs	2 x 2 x 4”	1.5 – 2.5 hrs



Sautéing for Prime Cuts

Preheat large sauté pan or frying pan over medium-high heat.

- Season steak with salt and pepper, or desired seasonings.

Add a small amount of oil to the pan and heat.

- When oil shimmers, use tongs to gently place steaks in pan, without overcrowding.

When juices begin to rise to the surface of the meat, about 2-3 minutes, flip steaks with tongs.

- Cook steaks another couple minutes and check doneness with an instant-read thermometer.

When steaks reach desired doneness, remove from pan onto clean serving plate and rest approximately 5 minutes before serving.



Roasting

Preheat oven to 450°F.

- Season roast heavily with salt and pepper, or as desired.

Place roast on a wire rack in roasting pan, fat side up.

- Place uncovered pan and roast into preheated oven.

After about 15 minutes, reduce oven temperature to 325°F.

- Continue to cook until roast reaches desired doneness, checking with an instant-read thermometer for accuracy.

Remove roast from oven and tent with aluminum foil. Allow roast to rest approximately 10-15 minutes before serving to redistribute the juices.

- Slice roast across the grain and serve.

