

Bohaty's Gourmet Grass Fed Beef

June 2009

We're on the web at www.gourmetgrassfedbeef.com

The Grass Fed Gourmet

Tender New Steaks from the Chuck & Round Bring Economical Choices to Consumers By Diane Bohaty, our Daughter the Chef

When you hear talk of beef chucks and rounds, you might think of a cold winter night with the aroma of a fragrant pot roast coming from the oven. The University of Nebraska and the University of Florida are working in conjunction with the National Cattlemen's Beef Association to change the way you think about these cuts of beef.

The University of Nebraska's own, Dr. Chris Calkins, has been working since the mid 1990's exploring the various muscles located in the chuck primal. The goal is to pinpoint the tender muscles in the chuck and shoulder clod to increase the value of meat products from this area. Dr Dwain Johnson of the University of Florida is charged with the same task examining the muscles of the round primal. Instead of chuck and round cuts being thrown into a grinder to produce hamburger and sausages, consumers now have more economical choices to buying good quality steaks.

Eleven new cuts of beef were identified in the chuck and round. The Flat Iron Steak, Petite Tender, and Ranch Steak are found in the shoulder clod. The Flat Iron Steak has been a big seller on steak house menus for the last few years. It is well marbled and great grilled. The Petite Tender is one of the more tender muscles in the animal and also a very lean cut of meat. Sirloin Tip Center Steak and Sirloin Tip Side Steak are found in the knuckle. These cuts are easy on the pocket book as well as great on the grill. Good to eat as a steak or in stir fries, fajitas, or kabobs. Western Griller and Western Tip are from the bottom round. For best results, marinate these steaks and grill up to medium rare. The next cuts going to market in the near future are: America's beef roast, boneless country-style beef chuck ribs, Delmonico steak, Denver cut, and Sierra cut steaks. These new cuts are located in the chuck roll.

On the next page you'll find a beef cuts chart with wholesale & retail cuts displayed. When I asked Diane where the knuckle and the shoulder clod were she sent this response by email.

"Technically, the knuckle is part of the round - it is one of the four major groups of muscles taken from the round. The shoulder clod is the chuck. It sits on the top of what is commonly called the chuck. You won't find these on a primal chart. You would need a subprimal chart. "

Farm Notes

Spring is here again and the steers have been out on fresh grass since the middle of April.

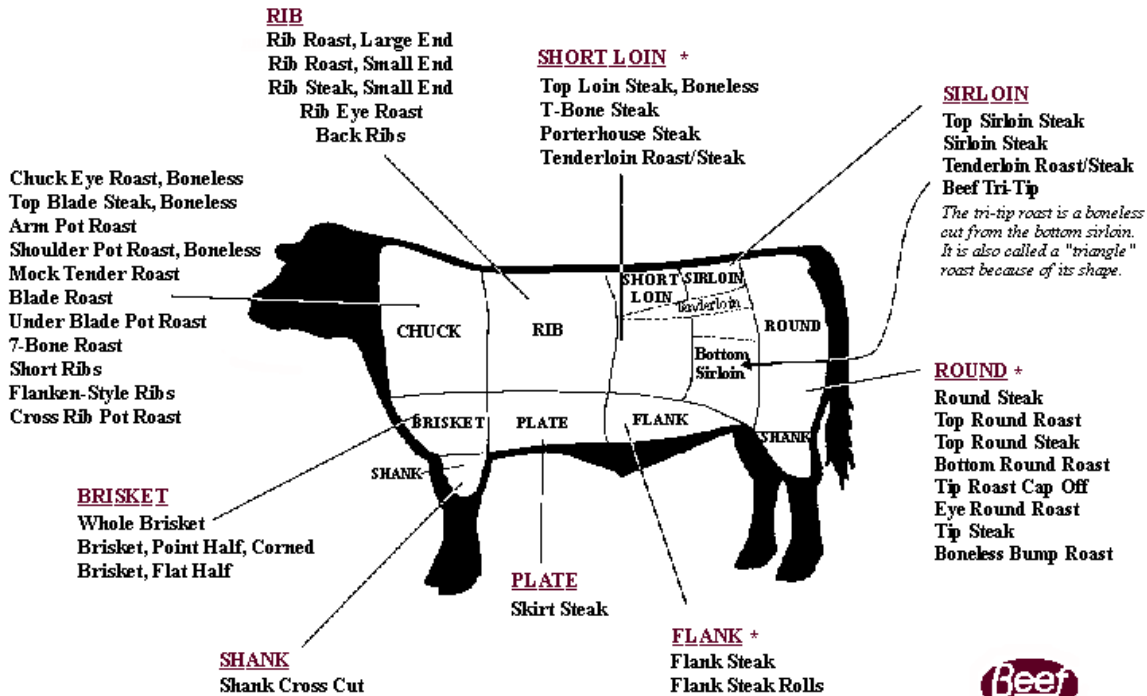
We have planted some new forages for them to graze on this coming summer.

Spring rains have been few with less moisture than we'd like, so the center pivot has already been put to use watering the forages so they will get a good start on the season.

Our beef price will be \$1.10 per pound of live weight as in the past.

Contact us with your grassfed beef orders.

-BEEF CUTS- Where They Come From



* Beef primals that feature cuts lowest in fat.



Cumin-Orange Beef Kabobs

Serves 24 as an appetizer or 4-6 as a main dish

- 1 teaspoon cumin
- 1/4 cup orange juice concentrate
- 1/2 cup olive oil
- 3 cloves garlic
- 1 teaspoon oregano
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon cinnamon
- 1 pound beef Sirloin Tip Center Steak
- 1 red bell pepper
- Whole Mushrooms
- 1 red onion

Mix cumin, orange juice, oil, garlic, oregano, salt, pepper, & cinnamon. Use as marinade. Cut sirloin into 2 inch strips. Place in marinade for 1 hour (up to 24 hours in advance.) Soak wooden skewers in cold water to prevent burning. Meanwhile, cut red bell pepper into 2 inch pieces. Quarter the mushrooms. Cut red onion into 2 inch pieces. Alternately put sirloin, red pepper, mushrooms, & onion onto skewers. Grill 6-8 minutes.

Recipe by Diane Bohaty

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