

Ranch STEAK



Subprimal Name* 114E (IMPS/NAMP) Beef Chuck, Shoulder (Clod), Arm Roast

Portion Cut* 1114E (IMPS/NAMP) Beef Shoulder, Arm Steak
PSO**:.1 Ranch Steak

URMIS* Name** Beef Shoulder Center Steak (Ranch Steak)

U.P.C. 1162 Beef Shoulder Center Steak (Ranch Steak)

*The Meat Buyers Guide, NAMP

**Purchaser Specified Options

***Uniform Retail Meat Identity Standards

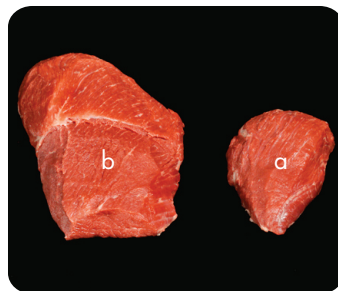
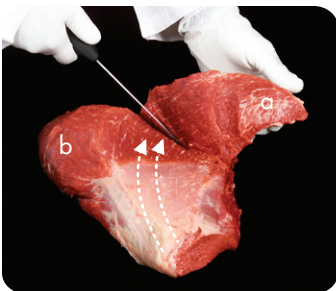
CUTTING GUIDE

1 Start with 114E (IMPS/NAMP) Beef Chuck, Shoulder (Clod), Arm Roast.

2 Remove long muscle located on the side of Shoulder Center. Use for stew or ground beef.

3 Remove all external fat and remove/denude connective tissue.

4 Locate lateral head portion (a) of the Shoulder Center Muscle. Look for the thick connective tissue, just below the muscle. Partially remove the lateral head to expose the heavy connective tissue illustrated in Step 5.



5 Remove exposed thick connective tissue from the long head portion (b) of the Shoulder Center Muscle; angle knife slightly upward to separate the tissue from the lean.

6 Cut steaks from long head portion (b) of the Shoulder Center Muscle. Use separated partial lateral head (a) for kabobs, stir-fry, or butterfly into steaks. Note: A portion of the lateral head remains attached to the long head.

7 Start from the small end and cut Ranch Steaks $\frac{3}{4}$ to 1" thick.

8 Kabobs.



Ranch STEAK

Attributes:

- ◆ Robust beef flavor is complemented by various flavor profiles, such as Asian, Hispanic, Mediterranean and more
- ◆ Juicy, aromatic, and cut from the ninth most tender muscle
- ◆ Cost-effective choice for budget conscious customers
- ◆ Meets NLEA* guidelines for lean

Applications:

- ◆ Cook whole for a classic steak experience
- ◆ Slice into strips for a savory stir-fry
- ◆ Cut into cubes for kabobs with peppers, mushrooms, or onions
- ◆ Marinate or add dry rub to heighten flavors

Preparation:

GRILLING

- ◆ Prepare charcoal or gas grill according to manufacturer's directions for medium heat
- ◆ Season beef (directly from refrigerator) with herbs and spices as desired
- ◆ Grill should remain covered throughout cooking

CHARCOAL GRILLING

- ◆ 3/4 inch thick: Grill for 9 to 11 minutes for medium rare (145°F) to medium (160°F) doneness
- ◆ 1 inch thick: Grill for 11 to 14 minutes for medium rare (145°F) to medium (160°F) doneness

GAS GRILLING

- ◆ 3/4 inch thick: Grill for 8 to 11 minutes for medium rare (145°F) to medium (160°F) doneness
- ◆ 1 inch thick: Grill for 12 to 16 minutes for medium rare (145°F) to medium (160°F) doneness

PAN BROILING

- ◆ Heat heavy nonstick skillet for 5 minutes over medium heat
- ◆ Season beef (directly from refrigerator) with herbs and spices as desired
- ◆ Place beef in preheated skillet. Do not overcrowd or cover. Do not add water or oil.
- ◆ 3/4 inch thick: Broil for 9 to 12 minutes turning only once for medium rare (145°F) to medium (160°F) doneness
- ◆ 1 inch thick: Broil for 13 to 16 minutes turning occasionally for medium rare (145°F) to medium (160°F) doneness

Nutrition:

- ◆ Excellent source of protein, phosphorus, selenium, niacin, vitamin B12, vitamin B6, riboflavin, and zinc
- ◆ Good source of iron
- ◆ Meets NLEA* guidelines for lean

Nutrition Facts

Serving Size 4.0 oz (113g) Uncooked
Servings Per Container Varied

Amount Per Serving		% Daily Value*	
Calories	160	Calories from fat 60	
Total Fat	7g		10%
Saturated Fat	2g		11%
Cholesterol	65mg		22%
Sodium	68mg		3%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		0%
Protein	23g		47%

Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	15%
Riboflavin	16%	Vitamin B6	37%
Vitamin B12	74%	Zinc	42%
Niacin	29%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram:
Fat 9 • Carbohydrate 4 • Protein 4

To learn more about added-value beef cuts, please visit beefinnovationsgroup.com

*Source: US Department of Agriculture, Agricultural Research Service, 2006, USDA Nutrient Database for Standard Reference, Release 19. Based on 4 oz. raw.