

# The Denver Cut



## Attributes:

- ◆ Generously marbled, juicy and tender
- ◆ Great beef flavor
- ◆ Versatile cut suitable for any occasion
- ◆ Cut from the fourth most tender muscle

## Applications:

- ◆ Perfect for grilling
- ◆ Marinate or dry rub to heighten flavor
- ◆ Cook whole for a classic, center-of-the-plate steak experience
- ◆ Slice into strips for a savory stir-fry
- ◆ Cut into cubes for kabobs with peppers, mushrooms or onions

## Preparation:

### GRILLING

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

#### Charcoal Grilling

- ◆ 3/4-inch thick: Grill for 7 to 10 minutes, turning occasionally, for medium rare (145°F) to medium (160°F) doneness
- ◆ 1-inch thick: Grill for 10 to 14 minutes, turning occasionally, for medium rare (145°F) to medium (160°F) doneness

#### Gas Grilling

- ◆ 3/4-inch thick: Grill for 8 to 11 minutes, turning occasionally, for medium rare (145°F) to medium (160°F) doneness
- ◆ 1-inch thick: Grill for 12 to 17 minutes, turning occasionally, for medium rare (145°F) to medium (160°F) doneness

### PAN-BROILING

- ◆ Heat heavy, nonstick skillet over medium heat until hot
- ◆ 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: Pan-broil for 10 to 14 minutes, turning occasionally, for medium rare (145°F) to medium (160°F) doneness
- ◆ 1-inch thick: Pan-broil for 14 to 18 minutes, turning occasionally, for medium rare (145°F) to medium (160°F) doneness

### BROILING

- ◆ Preheat broiler for 10 minutes
- ◆ Season beef (directly from refrigerator) with herbs and spices as desired
- ◆ Place beef on rack of broiler pan so that surface of beef is within specified distance from heat
- ◆ 3/4-inch thick: Broil 2 to 3 inches from heat for 10 to 13 minutes, turning once, for medium rare (145°F) to medium (160°F) doneness
- ◆ 1-inch thick: Broil 3 to 4 inches from heat for 13 to 16 minutes, turning once, for medium rare (145°F) to medium (160°F) doneness

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