1. Start with the 116A (IMPS/NAMP) Beef Chuck, Chuck Roll. The Chuck Roll can be further divided into two components, the Chuck Eye Roll (IMPS/NAMP) 116D (a) and the Under Blade Roast (IMPS/NAMP) 116E (b).

2. Separate the Chuck Eye Roll (a) from the Under Blade (b).

3. 116D Beef Chuck Eye Roll. Separate section (c) from the posterior end. This can be used to generate three, 3/4 inch to 1-inch Chuck Eye Steaks.

4. From the remaining Chuck Eye Roll, remove unwanted fat and heavy connective tissue to generate a single America’s Beef Roast.

5. Or, cut in half to generate two smaller America’s Beef Roasts.

6. For a leaner option, continue from step 4. Starting at the posterior end, locate the natural seam (indicated by dotted line) and partially separate to expose internal fat. Remove internal fat and return top section to original position.

7. With internal fat removed, net or tie the America’s Beef Roast.

8. You may cut the Chuck Eye Roast in half to generate two smaller America’s Beef Roasts.

**Subprimal Name** 116D (IMPS/NAMP) Beef Chuck, Chuck Eye Roll or remove the Chuck Eye from the whole 116A (IMPS/NAMP) Beef Chuck, Chuck Roll

**URMIS Name** Beef Chuck Eye Roast Boneless

**U.P.C.** 1095 Beef Chuck Eye Roast Boneless

To optimize tenderness, wet age 14 days for Select and Choice.***

*The Meat Buyers Guide, NAMP

**Uniform Retail Meat Identity Standards

***Industry Guide for Aging, 2006
ROASTING

Heat oven to 350°F
Directly after removing from refrigerator, place roast, fat side up, on rack in shallow roasting pan
Season with herbs and spices as desired
Insert oven-proof meat thermometer so tip is centered in thickest part of beef, not resting in fat (do not add water or cover)
For a 3 to 4 pound roast, roast 1-1/4 to 1-3/4 hours for medium rare, 1-3/4 to 2-1/4 hours for medium doneness

Remove roast when meat thermometer registers 135°F for medium rare, 150°F for medium doneness
Transfer roast to carving board and tent loosely with aluminum foil
Let stand 15 to 20 minutes before carving (temperature will continue to rise 5°F to 10°F to reach desired doneness and roast will be easier to carve)

Attributes:

✦ Succulent, impressive and easy to dry-roast in the oven
✦ A reasonably-priced alternative to Prime Rib
✦ Versatile enough for serving at a special occasion or as part of the daily routine
✦ Leftovers make for a special lunchtime treat

Applications:

✦ Oven roast for the perfect meal
✦ Terrific at medium rare to medium doneness
✦ Center-of-the-plate or perfect for sandwiches

Preparation:

To learn more about value-added beef cuts, please visit beefinnovationsgroup.com
GARLIC AND TRI-PEPPER-CRUSTED BEEF ROAST
WITH BALSAMIC SAUCE

Total preparation and cooking time: 1-3/4 to 2-3/4 hours

1 beef chuck eye (America’s) roast, tied if desired (3 to 4 pounds)

Garlic and Tri-Pepper Rub:
2 tablespoons coarsely crushed or cracked mixed peppercorns (black, white, green and pink)
4 cloves garlic, minced
1/2 teaspoon salt

Balsamic Sauce:
1 cup balsamic vinegar
1/4 cup butter, softened
4 teaspoons all-purpose flour
1 cup ready-to-serve beef broth
1/4 teaspoon coarse grind black pepper

1. Heat oven to 350°F. Combine rub ingredients; press rub mixture evenly onto all surfaces of beef roast. Place roast, fat side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of roast, not resting in fat. Do not add water. Do not cover. Roast in 350°F oven 1-1/4 to 1-3/4 hours for medium rare; 1-3/4 to 2-1/4 hours for medium doneness.

2. Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.) Skim fat from drippings.

3. Meanwhile bring vinegar to a boil in small nonreactive saucepan. Cook over medium heat 20 minutes or until reduced to 1/4 cup. Mix butter and flour in small bowl until smooth; set aside. Add broth, reserved drippings and pepper to saucepan. Gradually whisk in butter mixture until smooth; bring to a boil. Reduce heat; simmer 1 minute, stirring constantly. Keep warm.


Makes 6 to 8 servings.
1 Start with the 116A (IMPS/NAMP) Beef Chuck, Chuck Roll. The Chuck Roll can be further divided into two components, the Chuck Eye Roll (IMPS/NAMP) 116D (a) and the Under Blade Roast (IMPS/NAMP) 116E (b).

2 Separate the Chuck Eye Roll (a) from the Under Blade (b).

3 116D Beef Chuck Eye Roll. Separate the Chuck Eye Steak section (c) from the posterior end. This can be used to generate three, 3/4 to 1-inch Chuck Eye Steaks.

4 Generate Boneless Country-Style Ribs from any remaining portion of the Chuck Eye Roll. Cut portions 1-1/4 to 1-1/2 inch thick.

5 With cut surface facing up, cut in half lengthwise to generate two ribs.

6 Any portion of the Chuck Eye Roll can be merchandised as Boneless Country-Style Beef Chuck Ribs.

Subprimal Name: 116D (IMPS/NAMP) Beef Chuck, Chuck Eye Roll or remove the Chuck Eye from the whole 116A (IMPS/NAMP) Beef Chuck, Chuck Roll

URMIS Name: Beef Chuck Eye Country-Style Ribs Boneless

To optimize tenderness, wet age 14 days for Select and Choice.***

*The Meat Buyers Guide, NAMP
**Uniform Retail Meat Identity Standards
***Industry Guide for Aging, 2006

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Boneless Country-Style Beef Chuck Ribs

<table>
<thead>
<tr>
<th>Attributes:</th>
<th>Applications:</th>
<th>Preparation:</th>
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<tr>
<td>Meaty, tender ribs without the bones</td>
<td>Braise, or to heighten flavor, finish on the grill</td>
<td>BRAISING</td>
</tr>
<tr>
<td>Flavorful and juicy</td>
<td>Perfect slow-cooked with vegetables</td>
<td></td>
</tr>
<tr>
<td>Perfectly portioned, pre-cut, right size and shape</td>
<td>Makes great boneless BBQ Beef Ribs</td>
<td></td>
</tr>
<tr>
<td>Leftovers have great robust flavor</td>
<td>Marinate to enhance flavor</td>
<td></td>
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</tbody>
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**Preparation:**

**BRAISING**
- Brown 2 pounds beef on all sides in small amount of oil over medium heat
- Add 1-1/2 cups broth or water, bring to a boil
- Reduce heat, cover tightly and simmer for 1-3/4 to 2 hours or until beef is fork tender

**2-STEP BRAISE THEN GRILL**

**Step #1 – BRAISE:**
- Braise beef as directed above
- Remove from cooking liquid

**Step #2 – GRILL:**
- Prepare charcoal or gas grill according to manufacturer’s directions for medium heat
- Grill should remain covered throughout cooking

**Charcoal Grilling**
- Place cooked ribs on cooking grid
- Grill 4 to 6 minutes turning occasionally and brushing with BBQ or other glaze, if desired

**Gas Grilling**
- Place cooked ribs on cooking grid
- Grill 5 to 8 minutes turning occasionally and brushing with BBQ or other glaze, if desired
CHIPOTLE-BRAISED COUNTRY STYLE BEEF RIBS

*Total preparation and cooking time: 2-1/4 to 2-1/2 hours*

- 2 pounds boneless country style beef chuck eye ribs
- 1 tablespoon vegetable oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup diced white onion
- 1 can (28 ounces) crushed tomatoes, undrained
- 5 medium poblano peppers, seeded, coarsely chopped
- 1 to 2 chipotle peppers in adobo sauce, finely chopped

**Toppings:** Chopped onion, cilantro and lime wedges (optional)

1. Heat oil in large stockpot over medium heat until hot. Brown 1/2 of beef ribs; remove from stockpot. Repeat with remaining beef. Season with salt and black pepper.
2. Add 1 cup onion to stockpot; cook 3 to 5 minutes or until tender, stirring occasionally. Stir in tomatoes, poblano and chipotle peppers. Return beef to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours or until beef is fork-tender.
3. Remove beef; keep warm. Skim fat from cooking liquid.
4. Spoon cooking liquid over beef. Serve with chopped onion, cilantro and lime wedges, if desired.

*Makes 4 to 6 servings.*

**Cook’s Tip:** Country-style ribs can be grilled after braising is complete. Prepare charcoal grill according to manufacturer’s directions for medium heat. Place cooked ribs on grid over medium, ash-covered coals. Grill, covered, 4 to 6 minutes, turning occasionally and brushing with reserved cooking liquid. Season with salt, as desired.
Start with the 116A (IMPS/NAMP*) Beef Chuck, Chuck Roll. The Chuck Roll can be further divided into two components, the 116D (IMPS/NAMP) Chuck Eye Roll (a) and the 116E Under Blade Roast (b). Separate the Chuck Eye Roll from the Under Blade by cutting through the natural seams. Split the anterior (neck; d) and posterior (rib; c) ends of the Chuck Eye Roll by a knife cut through the middle. The posterior end will be more tender than the anterior end.

**Cut Description**

<table>
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<th>COOKING USES</th>
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<tr>
<td>ii. Korean BBQ Application</td>
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<td>iii. Hot Pot Application</td>
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**116A Chuck Roll**

- Cut 3/4” steaks from the anterior (neck) end of the Chuck Eye Roll (d) for a Grilled Steak Application.
- 3/4” anterior (neck) end Chuck Eye Roll steaks for a i. Grilled Steak Application.
- The anterior (neck) end of the Chuck Eye Roll can also be split along its long axis. Cut thin to generate steaks for Korean BBQ (1/4”) and Hot Pot (1/16”) Applications.
- 1/16” anterior (neck) end thin steaks from both split pieces for a iii. Hot Pot Application.

**116A Chuck Roll**

- Cut 3/4” steaks from the posterior (rib) end of the Chuck Eye Roll (c) for a Grilled Steak Application.
- 3/4” posterior (rib) end Chuck Eye Roll steaks for a i. Grilled Steak Application. The first 3-4 steaks can be called Chuck Eye or Delmonico Steaks.
- 1/4” posterior (rib) end thin Chuck Eye Roll steaks for a ii. Korean BBQ Application.
- 1/16” posterior (rib) end thin steaks from both split pieces for a iii. Hot Pot Application.

**116D Chuck Eye Roll**

- The posterior (rib) end of the Chuck Eye Roll (c) can also be cut thin to generate steaks for a Korean BBQ (1/4”) Application.
- 1/4” posterior (rib) end thin Chuck Eye Roll steaks for a ii. Korean BBQ Application.
- 1/16” posterior (rib) end thin steaks from both split pieces for a iii. Hot Pot Application.

*IMPS/NAMP numbers sourced from The Meat Buyers Guide, NAMP © 2010 Cattlemen’s Beef Board beefinnovationsgroup.com
Start with the 116A (IMPS/NAMP®) Beef Chuck, Chuck Roll. The Chuck Roll can be further divided into two components, the 116D (IMPS/NAMP) Chuck Eye Roll and the 116E Under Blade Roast. Separate the Chuck Eye Roll (a) from the Under Blade (b) by cutting through the natural seams.

**MERCHANDISING METHOD**

Remove the Splenius muscle (c) from the top of the Under Blade by cutting through the natural seam.

Remove the Rhomboideus muscle (e) from the remainder of the Under Blade [Serratus Ventralis muscle; (d)] by a straight knife cut as it is fairly tough.

What remains is the Serratus Ventralis muscle (d) of the Under Blade.

**COOKING USES**

**Grilled Steak Application**

Square up pieces necessary and cut 3/4” steaks across the grain for a Grilled Steak Application.

**Korean BBQ Application**

Square up pieces necessary and cut thin steaks across the grain for a Korean BBQ Application.

**Hot Pot Application**

Square up pieces necessary and cut thin steaks across the grain for a Hot Pot Application.

3/4” steaks from both pieces for a Grilled Steak Application. Can be called Denver Cut Steaks.

1/4” steaks from both pieces for a Korean BBQ Application.

1/16” steaks from both pieces for a Hot Pot Application.

*IMPS/NAMP numbers sourced from The Meat Buyers Guide, NAMP.

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Start with the 116A (IMPS/NAMP*) Beef Chuck, Chuck Roll. The Chuck Roll can be further divided into two components, the 116D (IMPS/NAMP) Chuck Eye Roll and the 116E Under Blade Roast. Separate the Chuck Eye Roll (a) from the Under Blade (b) by cutting through the natural seams.

**MERCHANDISING METHOD**

- **b**
  - Remove the Splenius muscle (c) from the top of the Under Blade by cutting through the natural seam.
  - The Splenius muscle (c) can be left whole for a **i. Grilled Steak Application** that can be called the Sierra Cut.

- **d**
  - Remove the Rhomboideus muscle (e) from the remainder of the Under Blade [Serratus Ventralis muscle; (d)] by a straight knife cut.
  - Remove the tips of the Splenius and split it half along the long axis to generate two uniform portions. Cut 1/4” thin steaks across the grain from both pieces for a **Korean BBQ Application**.

- **e**
  - What remains is the Serratus Ventralis muscle (d) of the Under Blade that can be cut across the grain to generate high quality steaks.
  - 1/4” thin steaks cut from both split portions for a **ii. Korean BBQ Application**.

**COOKING USES**

- **116A Chuck Roll**
  - i. Grilled Steak Application
  - ii. Korean BBQ Application

*IMPS/NAMP numbers sourced from The Meat Buyers Guide, NAMP.

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The 184D (IMPS/NAMP) Beef Loin, Top Sirloin Cap consists of the Biceps Femoris muscle. It is removed from the 184 Beef Loin, Top Sirloin Butt by following the natural seam.

**CUT DESCRIPTION**

The 184D (IMPS/NAMP) Beef Loin, Top Sirloin Cap consists of the Biceps Femoris muscle. It is removed from the 184 Beef Loin, Top Sirloin Butt by following the natural seam.

**COOKING USES**

i. Roast Application
ii. Grilled Steak Application
iii. Korean BBQ Application
iv. Hot Pot Application

**MERCHANDISING METHOD**

The Top Sirloin Cap can be left whole and untrimmed for a Roast Application.

Cut 3/4" steaks across the grain for a Grilled Steak Application.

Cut 1/4" thin steaks across the grain for a Korean BBQ Application.

Cut 1/16" thin steaks across the grain for a Hot Pot Application.

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Start with the 171F (IMPS/NAMP) Beef Round, Outside Round, Heel. Separate the Superficial Digital Flexor muscle (a) from the Gastrocnemius muscle (b). The whole Gastrocnemius muscle can be used for roast material or the medical portion of this muscle can be used as a high quality steak item that can be called the Merlot Cut.

**CUT DESCRIPTION**

**COOKING USES**

i. Roast Application

ii. Braised Slice Application

**MERCHANDISING METHOD**

Remove all loose external fat from the Superficial Digital Flexor muscle (a). Can be left whole for a Roast Application.

Can be cut end to end into 1/4" slices or medallions for a Braised Slice Application.

1/4" slices or medallions for a Braised Slice Application.

*IMPS/NAMP numbers sourced from The Meat Buyers Guide, NAMP.
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Start with the 116A (IMPS/NAMP) Beef Chuck, Chuck Roll. The Chuck Roll can be further divided into two components, the Chuck Eye Roll (IMPS/NAMP) 116D (a) and the Under Blade Roast (IMPS/NAMP) 116E (b).

Separate the Chuck Eye Roll (a) from the Under Blade (b).

116D Beef Chuck Eye Roll. Separate the Delmonico Steak section (c) from the posterior end. This can be used to generate Delmonico Steaks.

Starting at the posterior end, generate three, 3/4 to 1-inch Delmonico Steaks.

For a more consistent shape, tie the Delmonico Steak section (c) one inch apart, using light tension. Cut in between strings (indicated by dotted lines) to generate Delmonico Steaks.

Delmonico Steaks (tied).

Delmonico Steaks
Portion Cut 116D (IMPS/NAMP)
UPC 1102 Beef Chuck Eye Steak Boneless

Subprimal Name* 116D (IMPS/NAMP) Beef Chuck, Chuck Eye Roll or remove the Chuck Eye from the whole 116A (IMPS/NAMP) Beef Chuck, Chuck Roll

URMIS Name** Beef Chuck Eye Steak Boneless

To optimize tenderness, wet age 14 days for Select and Choice***

*The Meat Buyers Guide, NAMP
**Uniform Retail Meat Identity Standards
***Industry Guide for Aging, 2006

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Delmonico Steak

Attributes:
- Extremely tender and juicy
- Versatile cut suitable for any occasion
- Exceptional beef flavor
- Affordable new option for the menu or the backyard grill

Applications:
- Perfect for grilling, broiling, or pan broiling
- Tie steak before grilling for a 4-star plate presentation
- Dry rubs and sauces heighten the great beef flavor

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 9 to 11 minutes turning occasionally for medium rare (145°F) to medium (160°F) doneness
- 1 inch thick: Grill for 12 to 14 minutes turning occasionally for medium rare (145°F) to medium (160°F) doneness

**Gas Grilling**
- 3/4 inch thick: Grill for 9 to 12 minutes turning occasionally for medium rare (145°F) to medium (160°F) doneness
- 1 inch thick: Grill for 13 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 9 to 11 minutes turning occasionally for medium rare (145°F) to medium (160°F) doneness
- 1 inch thick: Pan-broil for 12 to 15 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 8 to 11 minutes turning once for medium rare (145°F) to medium (160°F) doneness
- 1 inch thick: Broil 3 to 4 inches from heat for 12 to 15 minutes turning once for medium rare (145°F) to medium (160°F) doneness

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