

Meat Basics

Everything you need to know about buying and cooking meat

We here at Scotch Mountain Meats produce and sell 3 different types of Meats. They are **Beef**, **Lamb** and **Pork**. To get a better understanding of the various types, cuts and general cooking guidelines we are doing a monthly segment on any one of our meats, randomly selected.

This month segment will be about **Steaks**.

There are a few things you should know so you can have that perfect steak experience!

We hope you enjoy this very useful information!

Beef

Beef is broken down into 4 main categories:

Roasts

- ~ Oven Roasts
- ~ Pot Roasts
- ~ ~~Mini Quick Roasts~~
- ~ Rotisserie Roasts

Steaks

- ~ Grilling Steaks & Medallions
- ~ Marinating Steaks & Medallions
- ~ Simmering Steaks & Strips
- ~ Fast-fry Steaks (Minute Steaks)

~~Ground Beef~~

- ~ ~~Extra Lean and Lean Ground Beef~~
- ~ ~~Medium and Regular Beef~~

Stir Fry, Kabobs & Stews

- ~ Stir-fry Strips
- ~ Kabobs/Satay
- ~ Stew Beef

Steaks

“What is the best cut?” and “What is the difference between all those cuts?” are two of the most asked questions we get quizzed on at the various farmer’s markets where we sell our product. To answer those questions, the first thing you need to think about is the cooking method you have in mind before picking a steak. Steaks are broken down into 4 categories.



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- ◆ **Grilling Steaks & Medallions**
- ◆ **Marinating Steaks & Medallions**
- ◆ **Simmering Steaks & Strips**
- ◆ **Fast-fry Steaks (Minute Steaks)**

What is a Medallion?

The term Medallions refers to smaller diameter steaks, which can be cut thick without the excessive portion sizes and uncompetitive unit costs vs. other proteins. Thicker cut steaks can deliver the eating satisfaction that beef consumers crave. Medallions can be cut from many sub-primal cuts that appeal to the consumer who wants to limit portion sizes.

Grilling Steaks & Medallions

Grilling Steaks: T-Bone ~ Porterhouse ~ Top Sirloin ~ Strip Loin ~ Wing ~ Tenderloin ~ Tri-Tip ~ Rib Eye ~ Rib

Grilling Medallions: Strip Loin ~ Rib Eye ~ Top Sirloin ~ Tri Tip

Cooking Directions:

1. **Season** steak/medallion
2. **Grill, broil** or **pan fry** using medium-high heat, turning only once with tongs.
3. **Cook** to desired doneness

Doneness Timing (using medium-high heat)

THICKNESS	MINUTES PER SIDE		
	MED-RARE 145°F (63°C)	MEDIUM 160°F (71°C)	WELL-DONE 170°F (77°C)
½ - ¾ inch (1-2cm)	3 – 4	4 – 5	5 - 6
1 inch (2.5 cm)	5 – 6	6 – 7	7 - 9
1 ½ inch (4 cm)	9 – 10	10 – 14	15 - 18
2 inches (5 cm)	11 – 14	14 – 18	18 - 22

Note: For seasoning Grilling Steaks or Medallions, simpler is better. Just rub meat all over with a sliced garlic glove, freshly ground coarse pepper and coarse or kosher salt before cooking. When grilling, lightly oil grill and preheat BBQ to about 400°F (200°C).



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Marinating Steaks & Medallions

Marinating Steaks: Sirloin Tip ~ Inside Round ~ Eye of Round ~ Outside Round ~ Flank

Marinating Medallions: Inside Round ~ Sirloin Tip

Cooking Directions:

1. **Pierce** meat all over with fork
2. **Place** meat in a sealable freezer bag with 1 cup (250 ml) marinade; refrigerate 8 – 24 hours. Discard marinade.
3. **Grill, broil** or **pan fry** using medium-high heat, turning only once with tongs. Best cooked only to medium.

Doneness Timing (using medium-high heat)

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Note: For the most effective marinade and minimal cleanup, use zipper-top freezer bags to marinate, squeezing out as much air as possible when sealing the bag.

Simmering Steaks and Strips

Simmering Steaks: Blade ~ Top Blade ~ Bottom Blade Boneless ~ Brisket

Brisket Simmering Strips: Cross Rib ~ Cross Rib Boneless

Cooking Directions:

1. **Season** steaks/strips. In hot lightly oiled skillet, brown all over. Add sliced vegetables such as onion, sweet green pepper and garlic, if desired.
2. **Add** enough liquid (such as canned soup or tomatoes, broth or red wine) to just cover beef.
3. **Simmer**, covered on stove-top or in 325°F (160°C) oven for at least 1 hour or until tender. Serve with cooked rice, noodles or mashed potatoes.



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Note: Cook simmering steaks, pot roasts and stews in the oven rather than on the stovetop for constant simmer with less chance of scorching. Make sure the heat is low enough that the meat is simmering not boiling.

Fast-fry Steaks (Minute Steaks)

Inside Round ~ Outside Round ~ Eye of Round ~ Strip Loin ~ Rib Eye ~ Sirloin Tip ~ T-Bone ~ Wing ~ Porterhouse ~ Tenderloin

Cooking Directions:

1. **Season** steak/strips.
2. **Cook** beef in hot lightly oiled nonstick skillet using medium heat for 2 to 4 minutes/side for steak, 1 min/side for strips or until browned, but pink inside. Beef is best cooked only to medium.
3. **Remove** beef from pan. For steak: serve with steak sauce, if desired. For Stir-fry strips: add sliced vegetables to skillet and cook 5 min. Add 1 cup (250ml) sauce and cooked beef strips; heat through. Serve with rice or noodles.

Flavor & Seasonings:

Few things in life beat the flavor of a grilled steak. It's that smoky beef flavor, tender and juicy and with just a hint of that sweet fatty taste. But there is so much more you can do with a steak. Seasonings from **rubs**, **marinades** or **sauces** can turn a mediocre steak into a great steak. Rubs can be as simple as fresh ground black pepper or a complex mixture of a dozen spices and herbs. Marinades can make a tough steak tender and a plain steak spectacular. Sauces added after the grilling can finish a meal and fix any flavor.

Rubs

Rubs come in two varieties, wet rubs and dry rubs. A dry rub is made of herbs and spices and can be either sprinkled over meat or actually rubbed in. A wet rub contains a liquid ingredient, usually oil and is coated over the surface of the meat. Beyond this, practically anything goes. What you want to use for your rub is really a matter of personal taste. You want a good rub to add flavor and color but you don't want it to overpower the flavor of the meats you are rubbing.

Marinades

Marinades are a mixture of wet and dry ingredients that you soak raw foods in to flavor and tenderize. Acidic substances like vinegars and citrus juices make meats tender by permeating the meat and break down the connective tissues. These provide a flavor of their own and may be all you need to make a perfect steak. For instance a great way to



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make fajitas is to soak a flank steak in lime juice for a few hours (or overnight), grill and slice into strips.

Of course some steaks don't need to be tenderized. Good, tender cuts will only go soft in a marinade. You want to preserve as much of the original texture of a steak as you can. This doesn't mean you can't marinate a sirloin, but you don't need it to tenderize. Marinades based on oils will coat steaks and helping to keep them moist if they happen to be extra lean or extra thick (requiring longer cooking times), or if you have a preference for a well done steak. If you decide to use salt (and I suggest you try it) use a coarse or kosher salt. The coarser crystals last through the grilling better.

Sauces

There are many ways to divide up the world of barbecue sauces. Sauces can be sweet or hot. Sauces can be thin or thick. Barbeque sauces are categorized by what they are based on. Most barbecue sauces are based on tomatoes, vinegar or mustard. Sauces are used throughout the barbecue and grilling process, with the exception of tomato based sauces because of their tendency to burn.

Tomato based sauces are by far the most commonly used, but the most avoided by the oldest barbeque traditions. To make a great tomato barbeque sauce, cook the sauce thoroughly to break down the tomato flavor and to blend with the other ingredients. In fact, it is better to make it a day or two before you plan to serve it. This way the flavors will be well diffused into the sauce making it much better.

The vinegar based sauce is the creation of traditional North Carolina barbecue. These thin sauces can be used throughout the cooking process and aid in the tenderization of foods. Also, since vinegar is acidic it has the power to carry flavors deep into the meat. Try mixing up a sauce of cider vinegar with red pepper to make a hot, flavorful, yet simple barbeque sauce.

If you head south of North Carolina you will find the mustard based sauces. These wonderful sauces are perfect for pork whether you plan on smoking a whole hog or grilling up some pork chops.

The great secret of sauces is finding what you like and what works for you. So all you need to do is to get tasting and experimenting!

Grilling Perfection:

Grilling the perfect steak is an art form. It takes practice and patience to master it. Follow these simple steps and you will have no trouble grilling a great steak.

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1. Trim the steak of excess fat. Any strips of fat should be about ¼" thick. Also cut through the fat strip about every 1½". When grilling, fat shrinks faster than the meat and this can cause your steaks to curl.
2. Preheat the grill. As hot as it will go for a gas grill or a single layer of ashy white coals for a charcoal grill.
3. Oil the grate. An easy way to do this is to take a piece of trimmed fat, hold it tightly in a pair of tongs and rub it on the hot grate.
4. Grill each steak on the grill for one minute. Turn with tongue and grill on the second side for an additional minute. Turn and rotate 45 degrees and grill for half the remaining cooking time. Turn again. If you do it right you will get a nice diamond pattern of grill marks.
5. Remove when done. Use the pressure test to check your steaks – When you are getting close to having a done steak press it with your index finger or the flat side of a grilling fork to get a feel for it. A rare steak will be soft. A medium steak will be firm but yielding. A well steak will be firm. Once you get the hang of this trick you will be able to remove steaks from the grill at just the right second.
6. Let steaks rest for 5 minutes before serving. This will let the juices flow out from the center so the whole steak is nice and juicy.

ENJOY!

Prairie-Style BBQ Beef Steak

1½ lb (750g)	Beef Marinating Grilling Steaks 1 inch (2.5cm) thick (approx 4 steaks)
¼ cup (50 ml)	Rye whiskey, brandy or apple juice
2 Tbsp (30 ml)	EACH soy sauce and vegetable oil
2	cloves garlic, minced
2 Tsp (10 ml)	brown sugar
1 Tsp (5 ml)	EACH chili powder, dried thyme & coarsely crushed black peppercorns

1. Combine whiskey, soy sauce, oil, garlic, sugar, chili powder, thyme and peppercorns in sealable freezer bag. Add steaks to bag and refrigerate for 8 to 12 hours.
2. Discard marinade. Grill over medium-high heat for 6 to 7 minutes per side for medium doneness.
3. Serve with grilled vegetables and mashed potatoes.



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Tip: *Just half the recipe if you are cooking for two.*



Information Provided by:

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SCOTCH MOUNTAIN MEATS

BEEF • LAMB • PORK