

Flat Iron

STEAK



Subprimal Name* 114D (IMPS/NAMP) Beef Chuck Shoulder (Clod), Top Blade or remove the Top Blade muscle from the whole 114 (IMPS/NAMP) Beef Chuck Shoulder (Clod)

Portion Cut* 1114D (IMPS/NAMP) Beef Shoulder, Top Blade Steak (Individual Muscle) PSO**: 1 Flat Iron Steak

URMIS* Name** Beef Shoulder Top Blade Steak (Flat Iron)

U.P.C. 1166 Beef Shoulder Top Blade Steak (Flat Iron)

*The Meat Buyers Guide, NAMP **Purchaser Specified Options ***Uniform Retail Meat Identity Standards

CUTTING GUIDE

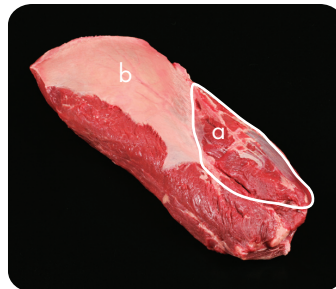
1 Start with the 114D (IMPS/NAMP) Beef Chuck Shoulder (Clod), Top Blade individual muscle or remove from the whole Shoulder Clod.



2 Place the Top Blade fat side up. Completely remove all fat and external connective tissue from the Top Blade muscle.



3 Turn Top Blade over. Locate the small group of muscles towards the thick end (a) and the smooth connective tissue (b). Slide knife under the smooth connective tissue, slightly behind the small muscles and separate connective tissue, leaving partially attached. Do not completely remove the tissue.



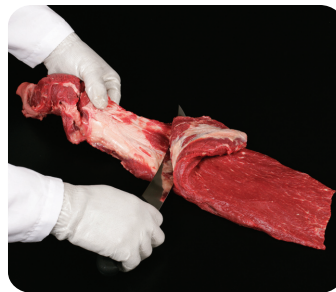
4 Pull smooth connective tissue back and partially separate the small group of muscles towards the thick end. Do not completely remove group. Use remaining portion as a handle to begin the "filet-style" technique illustrated in step 6.



5 Cut halfway through the muscle to expose the thick internal tendon that runs the length of the muscle. Do not cut through the tendon, notice the tendon lies on an angle.



6 While holding the small group of muscle place knife on top of the tendon and slide knife down the angle of the tendon to complete the "filet-style" process. Do not force the knife—the pull and seam method will not work due to the tenderness of the muscle.



7 Turn Top Blade over and repeat the process. Remove any remaining fat or connective tissue. Leave whole for a Flat Iron Steak.



8 Or, portion Flat Iron into 6 to 8 oz. steaks.

Flat Iron

STEAK



Attributes:

- ◆ Well-marbled and extra juicy with rich beef flavor
- ◆ Cut from the second most moderately tender muscle
- ◆ Remains tender even when cooked to well done (170°F) and does not require tenderizing marinade
- ◆ Complemented by various flavor profiles, such as Asian, Hispanic, Mediterranean and more
- ◆ Flavor can be enhanced with marinades and spice rubs
- ◆ Portion size is easily controlled

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

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

- ◆ 8 ounce portion: Grill for 10 to 14 minutes for medium rare (145°F) to medium (160°F) doneness

GAS GRILLING

- ◆ 8 ounce portion: 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 meat in preheated skillet. Do not overcrowd or cover. Do not add water or oil.
- ◆ 8 ounce portion: Broil for 13 to 15 minutes for medium rare (145°F) to medium (160°F) doneness

BROILING

- ◆ Set oven for broiling. Preheat for 10 minutes (consult owner's manual for specific instructions).
- ◆ Season beef (directly from refrigerator), with herbs and spices as desired
- ◆ Place on rack of broiler pan
- ◆ 8 ounce portion: Should be 3 to 4 inches from heat and should broil 15 to 20 minutes turning once to achieve medium rare (145°F) to medium (160°F) doneness

Nutrition:

- ◆ Excellent source of protein, phosphorus, selenium, vitamin B12, and zinc
- ◆ Good source of iron, niacin, riboflavin, and vitamin B6

Nutrition Facts

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

Amount Per Serving
Calories 200 **Calories from fat** 107

% Daily Value*

| | |
|------------------------------|------------|
| Total Fat 12g | 18% |
| Saturated Fat 5g | 22% |
| Cholesterol 75mg | 25% |
| Sodium 84mg | 4% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | 0% |
| Protein 22g | 43% |

| | |
|-----------------|----------------|
| Vitamin A 0% | Vitamin C 0% |
| Calcium 0% | Iron 15% |
| Riboflavin 15% | Vitamin B6 21% |
| Vitamin B12 96% | Zinc 52% |
| Niacin 19% | |

*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

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