Petite Tender

Subprimal Name* 114F (IMPS/NAMP) Beef Chuck, Shoulder Tender (Individual Muscle)

Portion Cut* 1114F (IMPS/NAMP) Beef Shoulder Tender, Portioned, 1114F (IMPS/NAMP) Beef Shoulder Tender, Portioned PSO**:1 Petite Tender Medallion

URMIS* Names** Beef Shoulder Petite Tender, Beef Shoulder Petite Tender Medallions

U.P.C. 1030 Beef Shoulder Petite Tender

U.P.C. 1164 Shoulder Petite Tender Medallions

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

CUTTING GUIDE

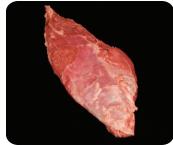
The Shoulder Petite Tender is a small muscle located on the internal portion of the Shoulder Clod.







Purchase the Shoulder Tender muscle individually or, if attached, remove from the whole Shoulder Clod.



3 114F (IMPS/NAMP) Beef Chuck, Shoulder Tender (individual muscle).



4 Denude/remove all fat and heavy white connective tissue. Leave whole to generate Beef Shoulder Petite Tender Roast.



Or slice into Petite Tender medallions, butterflied medallions or kabobs.





Petite Tender ROAST



Attributes:

- Very juicy and cut from the sixth most tender muscle
- Versatile with ample plate coverage
- Classic beef flavor is complemented by a variety of profiles, such as Asian, Hispanic, Mediterranean and more
- → Meets NLEA* guidelines for lean

Applications:

- Always grill or roast as whole steak
- Cook whole for a classic steak experience
- Slice into medallions for an enticing presentation
- Cut into cubes for tasty kabobs

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

 ◆ 8-12 ounces: Grill for 14 to 18 minutes for medium rare (145°F) to medium (160°F) doneness

GAS GRILLING

◆ 8-12 ounces: Grill for 14 to 19 minutes for medium rare (145°F) to medium (160°F) doneness

ROASTING

- ♦ Heat oven to 425°F
- Directly after removing from refrigerator, place 8 – 12 ounce roast on rack in shallow roasting pan (do not add water or cover)

- Season with herbs and spices as desired
- Roast 20 to 25 minutes
- Remove when instant read thermometer registers 145°F for medium rare or 160°F for medium doneness
- Let stand 5 minutes before carving

PAN BROILING

- ◆ Pan broil beef in medallion form
- 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.
- ↑ 1/2 to 3/4 inch thick: Pan broil for 5 to 6 minutes to achieve medium rare (145°F) to medium (160°F) doneness

Nutrition:

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

Nutrition Facts

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

Amount Per Servi	ng	
Calories 163	Calorie	es from fat 63
		% Daily Value*
Total Fat 7g		11%
Saturated Fat 2g		12%
Cholesterol 65r	ng	22%
Sodium 66mg		3%
Total Carbohyd	0%	
Dietary Fiber	0g	0%
Sugars 0g		0%
Protein 23g		47%
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%		Iron 12%

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Calcium 0%	•	Iron 12%
Riboflavin 18%	•	Vitamin B6 29%
Vitamin B12 75%	•	Zinc 28%
Niacin 26%	•	

*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.



