

# 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

**U.P.C. 1102** Beef Chuck Eye Steak Boneless

\*The Meat Buyers Guide, NAMP

\*\*Uniform Retail Meat Identity Standards

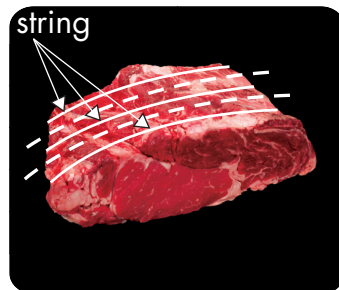
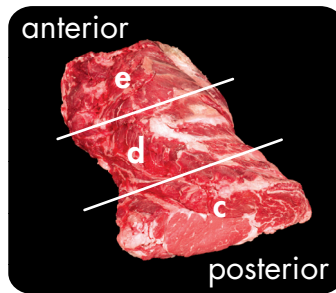
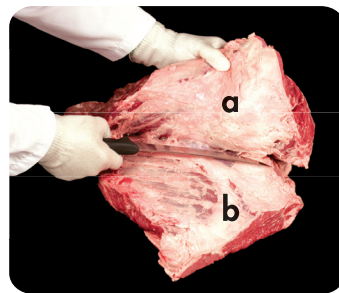
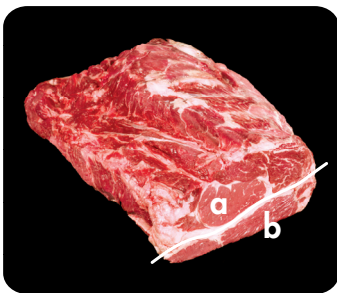
## CUTTING GUIDE

**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 the steaks.

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



**5** **Portion Cut 116D** (IMPS/NAMP)  
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**6** For a more consistent shape, tie Section (c) one inch apart, using light tension. Cut in between strings (indicated by dotted lines) to generate the steaks.

**7** **Beef Chuck Eye Steak Boneless** (tied).

# Beef Chuck Eye Steak Boneless



## 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

To learn more about value-added beef cuts, please visit [beefretail.org](http://beefretail.org)