

Back-to-Basics

Beef – Common a-la-carte cuts

Actions:	This is how we do it:
1. What is a beef fillet 	<p>A beef tenderloin, known as an eye fillet in New Zealand and Australia, filet in France and Germany and fillet in the United Kingdom, is cut from the loin of beef. A common misconception is that the tenderloin is also called a Chateaubriand steak. Can be cut for either roasts or steaks. The tenderloin sits beneath the ribs, next to the backbone. Whole tenderloins are sold as either "unpeeled" (meaning the fat and silver skins remain) since the fat and trimmings have already been removed. We can cook Rare, Medium rare, Medium, Medium well done, well done. shorter cooking times retain more juice</p>
2. What is a beef Striploin 	<p>The sirloin steak is a steak cut from the rear back portion of the animal, continuing off the short loin from which T-bone, porterhouse, and club steaks are cut. The sirloin is actually divided into several types of steak. Top sirloin is a cut of meat from the primal loin, subprimal sirloin, of a beef carcass. The bottom sirloin is less tender, much larger can roast. We can cook Rare, Medium rare, Medium, Medium well done, well done. Sirloin can be roasted on or off the bone.</p>
3 What is a prime rib 	<p>A standing rib roast is a cut of beef from the primal rib, which is one of the eight primal cuts of beef. A standing rib roast can comprise anywhere from two to seven ribs. Because it is most often roasted in a standing position. Alternative is to cook with the rib bones on the bottom and the vertebral processes removed for easier carving. Rib roast is to rub the outside of the roast with salt and seasonings and slow-roast. Rib roast at low heat for two to three hours before dry roasting. Yorkshire pudding is frequently served as a side dish with prime rib and has to cook Medium.</p>
4 What is a top side 	<p>Top side, Silver side, aitchbone cut, top rump- These four cuts compose the upper hind leg. Fine grain cut from the inside leg Topside is a lean, fine grain cut from the inside leg Topside beef joints are mostly used can be slow roasted or braised , beef pot ,mince beef.</p>