Product Information: Roasts
Definition of a Roast

- A cut of beef more than two inches thick and larger than a steak. It may contain bone and is often comprised of more than one major muscle.
- Tender roasts from the rib and loin are recommended for dry heat cooking (*oven roast* or in a covered grill using indirect heat).
- Less tender beef roasts from the chuck and round are called *pot roasts* and are recommended for moist heat cooking (slow cooker or braising).
Where Oven Roasts Come From

CHUCK
Shoulder Clod
Arm Chuck Roast
Chuck Eye Roast
Chuck Eye (IM)

RIB–Bone In
(Standing Ribeye, "Prime" Ribeye)
Oven-Prepared
Roast-Ready
Roast-Ready, Special (feather bones removed)
Roast-Ready, Cover Off, Short-Cut (Export Style)
Ribeye Roll, Lip-On, Bone In (Export Style)

RIB–Boneless
(Ribeye Roast, Boneless "Prime" Ribeye,
Boneless Ribeye Roast)
Roast-Ready, Boneless
Ribeye, Lip On
Ribeye Roll
Ribeye (IM)

LOIN
(Tenderloin Roast,
Chateaubriand, Filet
Mignon Roast)
Tenderloin, Full
Beef Loin, Tenderloin, Full,
Side Muscle Off, Defatted
Tenderloin, Butt
Tenderloin, Short
LOIN
(Strip Roast)
Strip Roast, Bone In
Strip Roast, Boneless

SIRLOIN
(Beef Sirloin, Beef Top Butt)
Top Sirloin Butt, Boneless
Top Sirloin Butt, Center-Cut, Boneless,
Cap Off (IM)
Top Sirloin, Cap (IM)
Top Sirloin Butt, Boneless, 2-Piece
Top Sirloin Butt, Center Cut, Boneless,
Seamed, 2-Piece (smaller piece
referred to as Baseball Cut)
Bottom Sirloin Butt, Ball Tip, Boneless
(Beef Ball Tip, Beef Sirloin)
Bottom Sirloin Butt, Tri-Tip, Boneless (IM)
(Beef Tri-Tip)

ROUND
Rump and Shank Partially
Off, Handle On (Baron of
Beef, Steamship Round)
Top (Inside), Untrimmed
Top (Inside)
Top (Inside), Cap Off
Knuckle (Tip)
Knuckle (Tip), Peeled
Knuckle (Tip), Center
Roast (IM)
Outside Round (Flat)
Outside Round, Side
Muscle Removed (IM)
Outside Round, Side
Roast (IM)
Eye of Round (IM)
Oven Roasts

- Dry heat
  - Beautiful brown outside
  - Tender, juicy inside
- Ribeye Roast, most popular; Tenderloin Roast, close second
- Flexible, versatile
- Ideal for signature dishes (special rub, sauce, seasoning)
- Stunning presentation and memorable experience
Tips for Cooking a Perfect Oven Roast

- Season with an herb rub
- Roast or grill
- Place on rack in shallow roasting pan when preparing in an oven
- Do not add water and do not cover
- Cook between 325°F and 425°F depending on roast
- Use an ovenproof meat thermometer to check doneness
Degrees of Doneness

- Remove when 5°F to 10°F below desired doneness
- Recommended doneness:
  - Medium rare (145°F)
  - Medium (160°F)
- Use ovenproof meat thermometer
- Let stand 15 to 20 minutes before carving
  - Temperature will continue to rise 5°F to 10°F to reach desired doneness and roast will be easier to carve
OVEN ROASTS:
Creative Uses

- Beef up breakfast
- Add to appetizers
- Extend soups
- Create salad specials
- Offer entrée specials
- Include in seasonal merchandising plans (e.g. weekly featuring, cooking tips at the point-of-sale, packaging with “pop up timers”, etc.)
<table>
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The most tender beef oven roasts (listed in order of tenderness)

- Tenderloin Roast
- Strip Roast
- Ribeye Roast
The leanest beef oven roasts (listed in order of leaness)
- Round Roast
- Top Sirloin Roast
- Brisket Flat
- Sirloin Tip Roast
- Round Rump Roast (Steamship, Baron of Beef)
- Arm Chuck Roast
- Outside Round (Flat)
- Tri-Tip Roast
- Tenderloin Roast
OVEN ROASTS:

User’s Guide

- Prime Rib or Standing Rib Roast
  - Beef Rib, Beef Ribeye
- Roast Beef
  - Beef Tenderloin, Beef Rib, Beef Ribeye, Beef Strip
- Steamship Round
  - Rump & Shank Partially Off, Handle On (Steamship)
- Beef Wellington, Chateaubriand
  - Beef Tenderloin
- Santa Maria BBQ
  - Beef Bottom Sirloin Tri-Tip
Where Pot Roasts Come From

**CHUCK**
- Shoulder Clod
- Top Blade Roast
- Arm Chuck Roast
- Chuck Roll
- Chuck Tender Roast
- Chuck Eye Roast
- Under Blade Roast
- Edge Roast (IM)
- Chuck Eye (IM)

**ROUND**
- Knuckle (Tip)
- Knuckle (Tip), Peeled
- Knuckle (Tip), Center Roast (IM)
- Outside Round (Flat)
- Outside Round, Side Muscle Removed (IM)
- Outside Round, Side Roast (IM)
- Eye of Round (IM)
- Bottom Round, Heel

**BRISKET**
- Deckle-Off, Boneless (Whole Beef Brisket)
- Flat Cut, Boneless (IM)
- (Beef Brisket Flat Cut, Beef
- Brisket First Cut
- Beef Brisket Thin Cut
- Beef Brisket Half Point (IM)
Pot Roasts

- Braising or stewing
- Steam from simmering liquid to tenderize less tender cuts
- Richly flavored, fork-tender favorites
  - Time-tested tradition
- Comfort food, on trend
- Less tender cuts are ideal
- Key to successful braising or stewing is gentle simmering with a cover
  - Using a low temperature over the proper length of time converts the collagen (a type of connective tissue) into tender gelatin
Braising Steps

- Brown beef in a heavy bottomed pan to add flavor
- Add liquid: broth, water, juice, beer or wine
- Cook in a tightly covered pan for 2 to 3 hours in oven, on low heat, on stove top or in slow cooker
- Use braising juices to create gravy
Done to Perfection

Follow these simple steps to determine doneness:

- Insert fork into thickest part of pot roast
- If fork gives little resistance and releases easily, then the roast is done!
General Info

- Benefits to operators
  - Build profits with more economical beef cuts
  - Easy to prepare in large volumes
  - Convenient, appropriate for regular and takeout menus, and in fresh prepared foods department at retail
  - Easy to create signature dishes
  - Complex, intense flavors ideal for full-bodied, rich sauces

Funded by the Beef Checkoff.
POT ROASTS: Cut List

Chuck Pot Roasts
- Shoulder Roast
- Arm Chuck Roast
- Blade Chuck Roast

Brisket Pot Roasts
- Fresh Brisket
- Brisket Flat

Round Pot Roasts
- Bottom Round Rump
- Bottom Round

Funded by the Beef Checkoff.
The leanest beef pot roasts (listed in order of leanness)

- Eye of Round
- Bottom Round, Heel
- Round, Knuckle (Tip)
- Outside Round Roast
- Arm Chuck Roast
POT ROASTS:

User’s Guide

- Brisket: Jewish-Style, BBQ
  - Brisket
- Pot Au Feu, New England Boiled Dinner, Yankee Pot Roast, Beef En Daube
  - Round Knuckle, Eye of Round, Bottom Round (Gooseneck), Beef Bottom Round (Flat), Chuck Eye, Beef, Short Ribs
Briskets

- A brisket is a boneless beef cut taken from the breast section under the first five ribs. It is sold both fresh and cured as corned beef.

*Flat Half qualifies for lean
Delicious, affordable and ideal for a variety of profitable dishes

Popular barbecue and ethnic comfort food

Boneless cut perfect for popular sandwiches and value entrees

Adapts well to dry rubs, mops or marinades

Ideal for moist, slow cooking methods like braising

Deckle is the fat and lean between the bone and the main muscle of the brisket

Corned Beef Brisket is made by pickling or curing fresh brisket; the name is derived from the “corns” or coarse grains of salt, traditionally used to preserve beef
Briskets

Traditional Preparation Styles

- **Texas-Style**
  - Dry-rubbed with sugar, salt, pepper, paprika and ground red pepper
  - Quickly seared and smoked at low temp
  - Simple mop sauce applied during smoking

- **Jewish-Style**
  - Dry-rubbed with spices like salt, pepper and paprika
  - Braised until tender, generally with garlic, onions, tomatoes and other seasonings

- **St. Patty’s-Style Corned Beef**
  - Covered with liquid and simmered slow until tender
  - Trim fat and finish with simple apple jelly glaze
  - Serve with steamed vegetables like cabbage, potatoes, onions and carrots
Storage & Handling

Storage
- Store fresh roast in the refrigerator for 3 to 4 days. Store frozen roast in the freezer for 6 to 12 months.

Handling
- Always defrost frozen roast slowly in the refrigerator.
- Before cooking, pat roasts dry with a paper towel for better browning.
- When roasting, place roast on a rack in a roasting pan to allow fat to drip away during cooking.
Summary

Oven Roasts
- Cooks wonderfully with indirect, dry heat
- Very flexible and versatile
- Can be used in non-traditional dishes

Pot Roasts
- Braising or stewing creates comfort food diners crave
- Profitable
- Easy for take-out menus

Briskets
- Boneless cuts perfect for sandwiches and value entrees
- Ideal for slow cooking or braising
- The cut for traditional favorites
Roasts: QUIZ

1. Which of the following is a defining quality of the beef roast?
   A. It’s a cut more than 2 inches thick and larger than a steak
   B. It must be cooked with moist heat
   C. It must contain a bone
   D. It must be composed of only one muscle
2. Which of the following are popular characteristics of oven roasts?
   A. They create a beautiful brown outer layer when cooked.
   B. They remain tender and juicy inside.
   C. They come in a variety of sizes and price ranges
   D. All of the above
3. Which of the following is *not* a helpful tip for cooking a perfect oven roast?

A. Judge doneness by feel, not with an ovenproof meat thermometer
B. Don’t add water or cover the roast
C. Let the roast stand 15 to 20 minutes before carving
D. Remove the roast from the oven while it’s 5°F to 10°F below the target temperature
4. A consumer is looking for a value-priced everyday roast. Which of the following would you recommend?

A. Ribeye  
B. Eye of round  
C. Tenderloin  
D. Strip loin
5. Rank the following beef oven roasts in order of least to most tender:
   A. Ribeye
   B. Rib
   C. Strip
   D. Tenderloin
6. True or false: One reason to braise pot roasts is to use a low temperature and moist heat to slowly convert tough collagen to tender gelatin.

7. Which of the following is the leanest beef pot roast?
   A. Beef round, knuckle (tip)
   B. Beef eye of round
   C. Beef outside round
   D. Beef shoulder (clod), arm roast
1. A. It’s a cut more than 2 inches thick and larger than a steak (See slide 2)
2. D. All of the above (See slide 4)
3. A. Judge doneness by feel, not with an ovenproof meat thermometer (See slide 6)
4. B. Eye of round (See slide 8)
5. Rank the following beef oven roasts in order of least to most tenderness (See slide 9):
   a. Ribeye
   b. Rib
   c. Strip
   d. Tenderloin
6. True (See slide 13)
7. B. Beef eye of round (See slide 17)
Resources

- Roast cut finder
  http://www.beeffoodservice.com/cutsearch.aspx

- Roast recipes and images

- Retail Sales Data – Roasts
  www.BeefRetail.org/SalesData.aspx

- Beef cut charts
  http://beefretail.org/beefcutcharts.aspx

- Beef Culinary Innovation Center
  http://www.culinaryinnovationcenter.com/

- NAMP Meat Buyer’s Guide
  www.Meat BuyersGuide.com