

**STARTING LINEUP: Steak****BEEF BOTTOM ROUND STEAK  
(WESTERN GRILLER)****PLAYER BIO**

Up-and-Coming Rookie

Relatively new to the marketplace, this steak shows promise as an everyday affordable value steak. It's lean, convenient, boneless and quick-cooking. This steak should be marinated 6 to 24 hours in a tenderizing marinade before grilling or broiling. Steaks 1 inch thick or less can be skillet-cooked. For best eating quality, cook only to medium rare and carve into thin slices.

Beef Bottom Round Steaks (Western Griller) are cut from the Beef Outside Round (Flat) (IMPS/NAMP 171B). Following the natural seam, the triangular-shaped muscle is removed and usually sold as pot roast. The remaining muscle is completely trimmed and then cut across the grain into 3/4-, 1-, or 1-1/4-inch thick steaks. These larger steaks are then cut in half for more manageable family-size steaks.

**PLAYER STATS**

Peak Performance
Refrigerator Storage (35°F to 40°F)
3 to 4 days
Freezer Storage (0°F or colder)
6 to 12 months

How much?
1 pound yield
4 (3-ounce) cooked, trimmed servings

**RANK**

Everyday (boneless)

**SOURCE**

Round

**MERCHANDISING GAME PLANS**

- Great Steak Value — Marinate and Grill (merchandise with bottled marinades)
- Family Barbecues
- Skillet Steak Sensations



## BEEF BOTTOM ROUND STEAK (WESTERN GRILLER)

### PLAY EXECUTION

#### GRILLING

##### **Beef Bottom Round Steaks (Western Griller), marinate (3/4 thick)**

Grill steaks, covered, over medium, ash-covered coals 8 to 10 minutes for medium rare doneness, turning once. Do not overcook.

##### **Beef Bottom Round Steaks (Western Griller), marinate (1 thick)**

Grill steaks, covered, over medium, ash-covered coals 12 to 15 minutes for medium rare doneness, turning once or twice. Do not overcook.

##### **Beef Bottom Round Steaks (Western Griller), marinate (1-1/4 inches thick)**

Grill steaks, covered, over medium, ash-covered coals 18 to 20 minutes for medium rare doneness, turning 2 to 3 times. Do not overcook.

#### BROILING

##### **Beef Bottom Round Steaks (Western Griller), marinate (1-1/4 inches thick)**

Place steaks on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 18 to 20 minutes for medium rare doneness, turning once. Let stand 5 minutes. Do not overcook.

#### SKILLET COOKING

##### **Beef Bottom Round Steaks (Western Griller), marinate (3/4 to 1 inch thick)**

Heat heavy nonstick skillet over medium heat until hot. Place steaks in skillet. Do not crowd. Cook steak (3/4 inch thick), uncovered, 11 to 14 minutes (steak 1 inch thick, 16 to 22 minutes) for medium rare doneness, turning occasionally. Do not overcook.

### PLAY TACTICS

- Marinate 6 to 24 hours in tenderizing marinade. A tenderizing marinade contains a food acid, such as lemon juice, vinegar, Italian dressing, salsa or wine.
- Allow 1/4 to 1/2 cup marinade for each 1 to 2 pounds of steak.
- Marinate in food-safe plastic bag or glass or stainless steel container in refrigerator. Turn steak occasionally for even exposure to marinade.
- Reserve a portion of the marinade before adding the beef to use later to baste or serve as a sauce. Marinades that have been in contact with raw meat must be brought to a full rolling boil before being served.
- Never save and reuse marinade.
- Pat raw steaks dry with paper towels to promote browning.
- Cook over medium heat; high heat chars the outside before the inside is done.
- Turn with tongs or spatula; piercing causes loss of flavorful juices.
- Recommend cooking to medium rare doneness for best eating quality.
- Remove excess drippings from skillet as they accumulate during cooking.
- Carve bottom round steaks into thin slices.

### END ZONE

For best results, cook steaks to medium rare (145°F) doneness. Do not overcook.

- Use instant-read thermometer for the most accurate method. Insert thermometer horizontally from side of steak into center.



- To judge doneness visually, make a small slit near center of steak and check color.

Medium rare = pink in center, slightly brown toward exterior

