

# STARTING LINEUP: Steak

## BEEF SHOULDER TOP BLADE STEAK (FLAT IRON) aka FLAT IRON STEAK



### PLAYER BIO

Secret Weapon

This often under-appreciated steak packs a powerful surprise. Unlike some other steaks from the chuck, the Shoulder Top Blade Steak (Flat Iron) is well marbled, tender and juicy — holding its own against the big hitter steaks from the loin and rib. Second in tenderness only to the tenderloin and at about half the cost, this boneless steak has excellent beef flavor. A popular player on restaurant menus for several years, it's now making an appearance in the meatcase minus its previous shortcoming of a strip of connective tissue. This updated version of the steak is great for grilling or skillet cooking and can be cut into strips for stir-fry or into pieces for kabobs.

Shoulder Top Blade Steaks (Flat Iron) are cut from the Top Blade Roast (IMPS/NAMP 1114D), which is separated into two pieces by cutting horizontally through the middle to remove the thick connective tissue. Each half resembles a small flank steak. These pieces are then cut crosswise into two to three individual steaks with a unique square/rectangle shape.

### 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

Chuck

### MERCHANDISING GAME PLANS

- Affordable Steak Diane
- Skillet Steak Sensations (merchandise with crumbled blue cheese and a selection of red wines)
- Steak Stroganoff (merchandise with pre-sliced mushrooms, sour cream, noodles)
- Cheese Steak Pizza (merchandise with sliced onions and bell peppers, shredded mozzarella cheese and pizza crusts)
- Great on the Grill



## BEEF SHOULDER TOP BLADE STEAK (FLAT IRON)

### PLAY EXECUTION

#### GRILLING

##### Beef Shoulder Top Blade Steaks (Flat Iron)

Grill steaks, covered, over medium, ash-covered coals 10 to 14 minutes for medium rare to medium doneness, turning once.

#### SKILLET COOKING

##### Beef Shoulder Top Blade Steaks (Flat Iron)

Heat heavy nonstick skillet over medium heat until hot. Place steaks in skillet. Do not crowd. Cook, uncovered, 13 to 15 minutes for medium rare to medium doneness, turning twice.

### PLAY TACTICS

- Pat raw steaks dry with paper towels to promote browning.
- To add flavor, season steaks with a rub just before cooking, or marinate very briefly.
- 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.
- Remove excess drippings from skillet as they accumulate during cooking.

### END ZONE

For best results, cook steaks to medium rare (145°F) or medium (160°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

Medium = light pink in center, brown toward exterior

