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**CHUCK** 

The Roundup

### **Buying Guide**

**Beef Basics** 

INSPECTION

MARBLING

Safe Food Handling

wing Beef, Ribs, Fry Strips, Kabebs

There is a lot to choose from when buying Canadian beef, with outs that slow-simmer or others that are easy in minutes. Whatev your schedule, beefs got a cut for lift is created by the control of the schedule beefs got a cut for lift is created by cooking method and has the Method as its middle name. For example, sclinds in planning Seale, should be maintained. This makes it easy to know how to cook and also how to swap one out for cooking the cooking of the cooking the cook

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AGING
Aging can dramatically improve beef tenderness and flavour. It is a ca
controlled process where beef is held at specific temperature and hus
for a set period of time. Beef is best aged at least 10 to 14 days.

Beef CANNOT be safely aged in a home refrigerator.

## STRIP LOIN

MOSSOW		(8.57:80-00)
HOWIDS	UNIFRICE	191AL PRICE

Pics

## SIRLOIN/LOIN







RIB





















Oven Roasting



UNIFRICE	191A; PRICE
	I.
EEP REFRIGE	eumo.
ALD PLOTON	70760

3

3-6 Months 6-9 Mo

9-12 Months

## HIP / ROUND



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EYE OF ROUND

















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## **GROUND BEEF**



2 Days











Well 170°F (77°C)

(111)	_	
	Grilling	
	Braising, Stewing or Pot Roasting	
	Simmering	,
g Boef	Smoking	

## COOKING GUIDE







Medium 160°F (71°C)







- Remove from oven, cover loosely with full and let rest for at least 15 minutes.

- - Grill, broil or pan dry using medium-heat, turning twice or more with tangs Place roast on spit rod; insert meat thermometer into middle of roast, avoiding spit rod. Discard marinade (if using).

For information on beef cuts, recipes, and more, go to www.canadabeef.ca or download The RoundUp app