

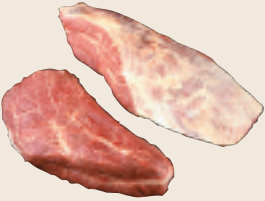
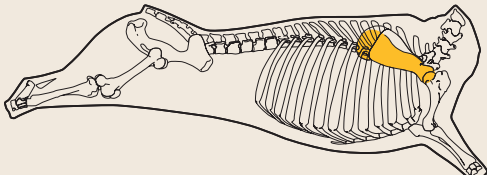




GRILLING	
SAUTÉING	

Top Blade (Flat Iron)

	<p>MUSCLE COMPOSITION: Consists of the <i>infraspinatus</i> muscle. May have the internal connective tissue removed (central tendon)</p> <p>POINTS REQUIRING SPECIFICATION:</p> <ul style="list-style-type: none"> • Can be purchased split (central tendon removed) • Can be purchased in pre-portioned format <p>WEIGHT RANGE: 6-7 lb / 2.7-3.2 kg</p>	
<p>FLAT IRON (COMMON NAMES: BUTLER STEAKS, BOOK STEAK, LIFTER STEAKS, TOP CHUCK STEAK, OYSTER BLADE STEAK)</p>		

CLASSIC CUTS

 <p>TOP BLADE STEAKS</p>	 <p>TOP BLADE MARINATING STRIPS</p>
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CUTTING

 <p>1. REMOVE CENTRAL TENDON. 2. CUT STEAKS OR STRIPS ACROSS THE DIRECTION OF THE GRAIN.</p>
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Characteristics

- The majority of the flat iron comes from the top of the shoulder blade; a small portion will be part of the long cut shoulder clod
- Highly tender, comparable to tenderloin
- Aging is important to maximize tenderness
- A band of connective tissue runs the length of the cut in the center of the muscle and must be removed to obtain the maximum usage from this cut
- Strong beef flavor due to the location in the chuck
- Recommended that this cut be purchased from the purveyor in a portioned format
- Makes an excellent steak for casual menus and operations looking for a steak that can meet aggressive price points

Handling

- Needs to be split lengthwise to access and remove a strand of connective tissue running through the length of the cut, thereby allowing for easy portioning into steaks or cubes
- Coarse grain makes it ideal for marinating
- Perfect as flat iron steaks, stir-fries and kebabs

Menu Ideas

Top blade works well for menus in sport bars or pubs that are looking for a cut that meets the needs of the guest for great taste and tenderness.

Here are some serving suggestions:

Black and Blue – Take a top blade steak and grill, then top with flavorful blue cheese to give this steak a unique flavor. Serve on a toasted, garlic infused baguette with marinated tomatoes to complete this classic.

9 Iron Steak – This steak is well suited for your golfing guests. Take a 9 oz (250 g) steak and season with coarse salt and pepper, grill and serve with shoestring fries and a side of “in the rough” green salad.

South of the Border Steak – The top blade fits many flavor themes, and Mexican is a favorite. Serve a grilled top blade steak on a fajita iron with fresh tomato salsa, rice and beans along with some tortillas to wrap it all up – a new twist to the old fajitas.

Flat Iron Steak Sandwich with Baby Greens, Vine-ripened Tomatoes and Creamy Horseradish Dipping Sauce

Ingredients

10 x 5 oz.	10 x 140 g	flat iron steaks
1/2 cup	125 mL	dry red wine
1/4 cup	60 mL	extra virgin olive oil
1 tsp.	5 mL	dried thyme
2	2	garlic cloves, crushed
1 tsp.	5 mL	coarsely cracked black pepper
1/2 tsp.	2 mL	sugar
2 1/2 cups	625 mL	sour cream
1 1/4 cups	310 mL	light cream
1 cup	250 mL	horseradish
to taste	to taste	salt
1/4 cup	60 mL	fresh parsley, chopped
10	10	6-inch pieces baguette
5 cups	1.25 L	baby salad greens
5	5	medium red tomatoes, thinly sliced
5	5	medium yellow tomatoes, thinly sliced

Method

1. Place the steaks in a hotel pan just large enough to hold them in a single layer. Combine the next 6 ingredients in a bowl; pour over the steaks and turn them to coat. Marinate the steaks 4 hours or overnight in the refrigerator.
2. Combine the sour cream, light cream, horseradish, salt and parsley in a bowl. Store in the fridge until needed.

3. Preheat the grill to medium-high. Remove the steaks from the marinade; discard marinade. Season the steaks with salt. Lightly oil the grill and then grill steaks to desired doneness. While this occurs, split the baguette pieces in half lengthwise. Lightly grill on the cut side.
4. Spread the cut sides of the baguette pieces with some of the horseradish sauce. Divide and top the bottom pieces of baguette with baby greens and tomato slices. Slice each steak into 1/2-inch (1.3 cm) slices and fan out on top of the tomatoes. Set on the top pieces of bread. Slice the sandwiches in 2 at a slight angle and serve.

Recipe serves 10

Created by: Eric Akis

Cook's Notes:

Softer baguettes are the best to use in this recipe – it will be easier for your clientele to eat this hearty sandwich without it falling apart. Fresh cut fries or a potato and asparagus salad vinaigrette would nicely complement this sandwich.

