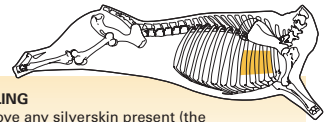


# CHUCK TAIL FLAT

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CHUCK TAIL FLAT

**COMMON NAMES:** Chuck Flat, Chuck Flap, Under Blade, Centre Cut, Chuck Meat Square, Boneless Short Ribs

**MUSCLE COMPOSITION:** Consists of *Serratus ventralis*.

**POINTS REQUIRING SPECIFICATION:**

- The fat coverage should be minimal with all heavy connective tissue removed
- No ragged edges
- Bone-in version is chuck ribs

**WEIGHT RANGE:** 2.2 lb – 4.5 lb / 1 – 2 kg

## CHARACTERISTICS

- Highly marbled with rich flavour similar to short ribs
- Also known as "chuck tail flap" and "Denver cut"
- Size: approximately 2.5 – 3" (50 – 75 mm) thick and 10 – 12" (250 – 300 mm) long
- Size and degree of marbling make cut well suited for foodservice operations
- Tenderness can be enhanced with mechanical tenderizing or marinating

## HANDLING

- Remove any silverskin present (the membranous tissue covering the main body)
- Well suited for any sauté or stir-fry applications, especially quick wok dishes
- Can be long simmered: take care not to overcook to prevent falling apart
- Can be thin sliced and grilled or roasted
- Small size makes it an excellent choice for smoking and traditional southern-style BBQ's

## MERCHANDISING OPTIONS



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CHUCK TAIL FLAT GRILLING STEAKS



BONELESS SHORT RIBS



BEEF MARINATING STRIPS

## SAUTÉING

The chuck flat is particularly well suited for stir-fries due to the strong beef flavour from the chuck as well as the high degree of marbling found in this cut. Correct stir-fry technique is critical to ensure the quality of the finished dish. The steps below outline some hints for excellent results every time.



1. Heat pan well, add garlic and other seasonings if desired, add beef and sear on all sides quickly.



2. Once beef is seared, remove from pan to prevent overcooking. Set aside and place additional oil in pan (if required) and reheat.



3. Heat oil, add garlic and other seasoning, if required. Add vegetables. Sauté quickly until they are tender.



4. Once vegetables are almost cooked, add beef and toss.



5. Add sauce to dish, coat ingredients and remove from heat quickly before they overcook.



6. Add sauté onto rice or noodles, garnish and serve.



## Menu Ideas

Applications for this cut include stir-fry dishes and simmered dishes such as stroganoff, goulash and ginger beef.

*Here are some ideas for interesting ways to serve the chuck tail flat:*

**Asian-style BBQ'd Beef** – A similar application to the traditional BBQ'd pork, the chuck flats are rubbed with Asian seasoning and basted with a sweet, tangy Asian BBQ sauce. Then slow cooked until medium rare. Serve sliced on a spicy noodle dish or in a sandwich.

**Grilled Vietnamese Steak Sandwich** – A twist on the traditional steak sandwich. Portion chuck flats into 5–6 oz (140 – 170 g) pieces and marinate in a ginger soy marinade. When ordered, grill to the desired doneness and then slice and place on a fresh baguette. Garnish the sandwich with red onion and peppers that have been marinated in a rice wine vinegar marinade. Serve with an au jus spiked with hoisin and garnish with pommes frites.

**Traditional Braised Dinner** – This dish takes advantage of the inherent tenderness of this cut to produce a braised-style dish quickly. The chuck flats are trimmed, portioned into 5 oz (140 g) portions, seasoned with cracked pepper, thyme, rosemary and salt and seared then set aside. Sauté traditional root vegetables (carrots, onion, celery), add wine and demi-glace and simmer. Add the chuck flat to the sauce along with quartered mushrooms, pearl onions and peas. Cover and simmer for the last 20 minutes to finish cooking and absorb the flavours of the vegetables. A dish that would traditionally take 2 or more hours can be completed in less than 1 hour. Serve the portions on top of mashed potatoes surrounded with the simmered vegetables and sauce.

### Asian BBQ'd Beef

#### Ingredients

4 cloves		garlic, finely chopped
2 tbsp	60 mL	fresh ginger, grated
1/2 cup	125 mL	soy sauce
1/2 cup	125 mL	tomato ketchup
1/2 cup	125 mL	hoisin sauce
2 tbsp	60 mL	rice wine vinegar
1 oz	28 g	coarse black pepper
2 tbsp	60 mL	honey
6 lb	2.7 kg	chuck flats

#### Method

1. Trim chuck flats of any heavy fat coverage.
2. Mix together garlic, ginger and black pepper and rub into meat working the spices over the surface.

3. Blend the rest of the ingredients together to form a flavourful baste. Brush onto chuck flat and let marinate for 1 hour. Reserve the balance of the sauce for basting.
4. Place the beef on a rack in a roasting pan and roast in a slow oven 250 to 300° F (120° C to 150° C), baste at least twice with sauce and roast until internal temperature reaches 140° F (60° C). Remove from oven and baste once more. Hold in a warming cabinet until service.
5. For service, slice chuck flat across the grain and serve on Asian noodles with stir-fry vegetables.

#### Tips

When made in advance and later reheated and sliced, this can be used as the base of a stir-fry or Asian-style soup.

Recipe serves 10

Created by Marty Carpenter ccc