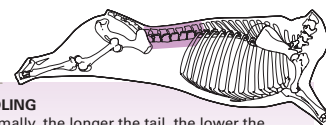


# STRIP LOIN

KNOW  
YOUR  
BEEF



**COMMON NAMES:** Strip Loin Boneless

**MUSCLE COMPOSITION:** Comes from the short loin consisting of the *Longissimus dorsi*, *Multifidus dorsi*, *Gluteus medius*, *Longissimus costarum*, *Intercostales externus* and *internus* depending on the length of the tail.

**POINTS REQUIRING SPECIFICATION:**

- Fat coverage 1/4" (6 mm) standard
- Tail lengths (a measure from the end of the eye of the strip to the end of the cut) must be specified
- Back strap on or off
- Finger meat (*intercostales*) on or off
- Chain meat on or off
- Centre cut – all muscle excluding the tissue/vein end

**WEIGHT RANGE:** 12 – 14 lb / 5.4 – 6.4 kg

## CHARACTERISTICS

- Cut from the long loin, with the tenderloin and chine bone removed
- Tail is trimmed leaving a predetermined tail extending from the eye of the strip to the edge of the loin. Common tail lengths are measured in inches with the first number representing the length at the rib end and the second number the length at the sirloin end, for example: 0x0 (no tail) 0x1, 1x1, 1x2, 2x2, 2x3
- Often broken into weight range categories: 10-12 lb (4.5 – 5.4 kg); 12–14 lb (5.4 – 6.3 kg); 14 lb up (6.3 kg up)
- Weight range is important as it dictates the thickness of the steaks that can be cut from the piece, affecting doneness
- Lighter strip loins that can be cut into thicker steaks generally command a premium price
- Fat coverage is normally 1/4" (6 mm), 1/2" (12 mm) is also acceptable, but should not exceed 3/4" (19 mm)
- Also available portion cut as either end to end or centre cut (no tissue/vein end steaks)

## HANDLING

- Normally, the longer the tail, the lower the price as a longer tail results in a product with less yield

180

STRIP LOIN BONELESS

## CLASSIC CUTS



STRIP LOIN BONELESS



1180A

STRIP LOIN STEAK SHORTCUT



TISSUE END OR VEIN STEAK



1180B

STRIP LOIN MEDALLION

## CUTTING



1. Trim any excess fat to reach 1/4" (6 mm) trim.



2. Trim backstrap between 2-3" (5-7.5 cm) dependent on individual specifications.



3. Trim any gristle, cartilage and fat on the underside.



4. Remove tissue end cut to achieve a centre cut.

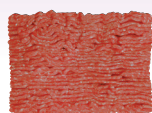
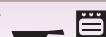


5. Square off the opposite end to allow for a straight cut.



6. Portion centre cut steaks.

## TRIM UTILIZATION



LEAN GROUND BEEF/SOURCE GROUND SIRLOIN



STEWING BEEF



KEBOBS

# Merchandising Options



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PRODUCT DESCRIPTION	CUTTING SPECIFICATIONS	CHARACTERISTICS	MARKETABILITY
 <p><b>STRIP LOIN PREMIUM OVEN ROAST</b></p>	<p><b>PORTION SIZE:</b> 1 lb and up (450 g and up)</p> <p><b>PRESENTATION:</b> Trim external fat</p>	<ul style="list-style-type: none"> <li>• Tender and flavourful</li> <li>• Good marbling in AA/Select AAA/Choice, Prime</li> </ul>	<ul style="list-style-type: none"> <li>• Popular festive roast</li> <li>• Premium roast for upscale recipes</li> <li>• Whole or half strip loin is excellent for “Slice &amp; Save” cut at home program</li> </ul>
 <p><b>STRIP LOIN GRILLING STEAK 1180</b></p>	<p><b>THICKNESS:</b> 1”– 2” (2.5 – 5 cm)</p> <p><b>PRESENTATION:</b> Trim external fat to desired thickness</p>	<ul style="list-style-type: none"> <li>• Tender and flavourful</li> <li>• Good marbling in AA/Select AAA/Choice, Prime</li> </ul>	<ul style="list-style-type: none"> <li>• Popular steakhouse item</li> <li>• Positive consumer perception</li> <li>• Seasonal favourite</li> </ul>
 <p><b>STRIP LOIN PREMIUM QUICK ROAST</b></p>	<p><b>SIZE:</b> 1 – 1 1/2 lb (450 – 700 g) max</p> <p><b>PRESENTATION:</b> Jet-net or string tie Consistent oval shape</p>	<ul style="list-style-type: none"> <li>• Tender and flavourful</li> <li>• Good marbling in AA/Select AAA/Choice, Prime</li> </ul>	<ul style="list-style-type: none"> <li>• Premium small portion roast</li> <li>• Quick cooking</li> <li>• Service case application</li> </ul>
 <p><b>STRIP LOIN GRILLING MEDALLIONS 1180B</b></p>	<p><b>THICKNESS:</b> 1 1/2”– 2” (3.8 – 5 cm)</p> <p><b>SIZE:</b> 8 – 12 oz portions (225 g – 340 g)</p> <p><b>PRESENTATION:</b> Jet-net or string tie for shaping</p>	<ul style="list-style-type: none"> <li>• Tender and flavourful</li> <li>• Good marbling in AA/Select AAA/Choice, Prime</li> <li>• Thicker cut provides enhanced cooking control</li> </ul>	<ul style="list-style-type: none"> <li>• Smaller thick cut portion</li> <li>• Price point control</li> <li>• Service case application</li> <li>• Medallion cuts are a perfect choice for changing appetites and lifestyle choices</li> <li>• Excellent signature steak item</li> </ul>

### Strip Loin Glossary

**Back Strap** – The elastin type connective tissue found in the neck, blade, rib and loin section. Must be removed before steaking or roasting a strip loin.

**Chain Meat** – The small muscle underneath the back bone in the short loin and runs the length of the strip loin. Often removed from strip loin before steaking.

**Centre Cut** – In the strip loin it refers to the rib end of the strip loin that does not include the tissue/vein end portion.

**Saddle** – A naturally occurring indentation or dip in the strip loin.

**Tail** – The portion of meat and fat that extends from the eye to the end of the strip loin. Tail lengths vary based on the specification.

**Tissue / Vein End** – The sirloin end of the strip loin that contains a half moon shaped piece of connective tissue. This is removed to create a centre cut strip loin.

**Intercostals (Finger Meat)** – Meat that is found in the underside of a strip loin.

**Degree of Pre-trimming** – You may have the option to buy strip loins with varying degrees of pre-trimming. Some options include:

- Whole Strip loins – no pre-trimming done, fat coverage needs to be specified
- Centre Cut – this item has had the tissue/vein end removed – back strap, chain meat and finger meat are still attached
- Steak Ready Strip – the back strap, chain meat and finger meat is removed
- Steak Ready Strip Centre Cut – Same specification as a steak ready but the tissue/vein end is removed

**Portioning Options** – There are a number of options when purchasing portioned strip loins. The fat cover should average 1/4” (6 mm) and not exceed 1/2” (12 mm). Tail lengths are commonly trimmed to 1” (25 mm) and should not exceed 2” (50 mm). Some options for portioned products include:

- End to end steaks – Back strap, any cartilage and finger meat removed – contain tissue/vein end steaks as well
- Centre Cut Steaks – Back strap, any cartilage and finger meat removed – all tissue/vein end steaks excluded
- Tissue/Vein Steaks – Back strap, any cartilage and finger meat removed. Contains just the tissue/vein end portions

**Understanding Yield** – One of the most important concepts when purchasing protein at foodservice is “usable yield”. This takes into account the cost of the meat purchased, minus the purge, trim and portioning loss of the raw cut. To establish the finished cost of a protein item, you must also consider your labor costs for cutting. For strip loins, raw costs can vary based on a variety of factors:

**Raw Product Weights** – The heavier the strip loin, the less expensive it is. However, portion cutting these larger strips accurately is challenging, especially for 8 oz (225 g) and lighter portions.

**Fresh or Frozen** – Frozen product maintains the quality of fresh if proper temperatures are maintained. However, they will also lose up to 8% of their weight (or more) through purge loss when thawed.

**Accurate Portion Cutting** – This is often challenging and many operators opt for portion-controlled products to maintain consistent cost controls and portion sizes. To fully analyze your portion program and yield costs, go to [www.meatfinancialtools.info](http://www.meatfinancialtools.info).

**Cooking Options** – Strip loin steaks are a favourite for the broiler or grill, and the majority of strip loins are prepared this way. However, roasting is another way to prepare the strip loin and is often used when presenting a high-end buffet or reception. Crust with herbs, coarse salt and pepper and then roast for a wonderful flavour and a unique menu opportunity.