America's Beef Roast

Subprimal Name* 116D (IMPS/NAMP) Beef Chuck, Chuck Eye Roll or remove the Chuck Eye from the whole 116A (IMPS/NAMP) Beef Chuck, Chuck Roll

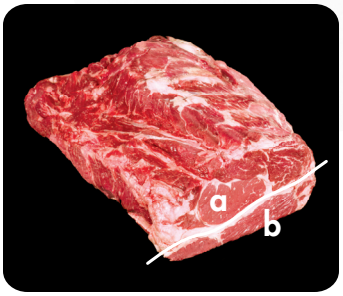
URMIS Name** Beef Chuck Eye Roast Boneless

U.P.C. 1095 Beef Chuck Eye Roast Boneless

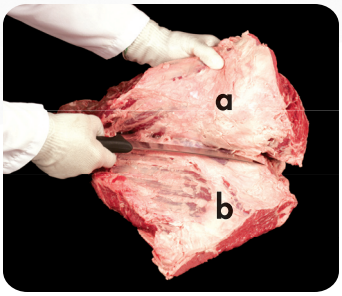
*The Meat Buyers Guide, NAMP
**Uniform Retail Meat Identity Standards

CUTTING GUIDE

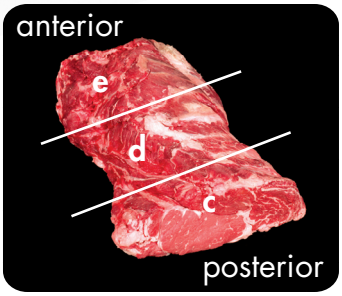
1 Start with the 116A (IMPS/NAMP) Beef Chuck, Chuck Roll. The Chuck Roll can be further divided into two components, the Chuck Eye Roll (IMPS/NAMP) 116D (a) and the Under Blade Roast (IMPS/NAMP) 116E (b).



2 Separate the Chuck Eye Roll (a) from the Under Blade (b).

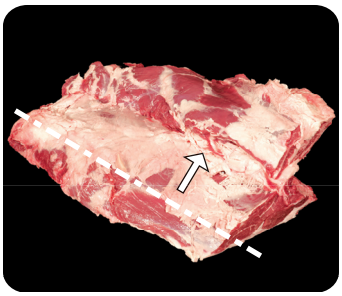


3 116D Beef Chuck Eye Roll. Seperate section c from the posterior end. This can be used to generate three, 3/4 inch to 1-inch Chuck Eye Steaks.



4 From the remaining Chuck Eye Roll, remove unwanted fat and heavy connective tissue to generate a single Chuck Eye Roast.

5 Or, cut in half to generate two smaller America's Beef Roasts.



6 For a leaner option, refer to step 4. Starting at the posterior end, locate the natural seam (indicated by dotted line) and partially separate to expose internal fat. Remove internal fat and return top section to original position.

7 With internal fat removed, net or tie the Chuck Eye Roast.

8 Or, cut the Chuck Eye Roast in half to generate two smaller America's Beef Roasts.

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BEEF

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America's Beef Roast

Attributes:

- Succulent, impressive and easy to dry-roast in the oven
- A reasonably-priced alternative to Prime Rib
- Versatile enough for serving at a special occasion or as part of the daily routine
- Leftovers make for a special, lunchtime treat

Applications:

- Oven roast for the perfect meal
- Terrific at medium rare to medium doneness
- Center-of-the-plate or perfect for sandwiches

Preparation:

ROASTING

- Heat oven to 350°F
- Directly after removing from refrigerator, place roast, fat side up, on rack in shallow roasting pan
- Season with herbs and spices as desired
- Insert oven-proof meat thermometer so tip is centered in thickest part of beef, not resting in fat (do not add water or cover)
- For a 3 to 4 pound roast, roast 1-1/4 to 1-3/4 hours for medium rare, 1-3/4 to 2-1/4 hours for medium doneness
- Remove roast when meat thermometer registers 135°F for medium rare, 150°F for medium doneness
- Transfer roast to carving board and tent loosely with aluminum foil
- Let stand 15 to 20 minutes before carving (Temperature will continue to rise 5°F to 10°F to reach desired doneness and roast will be easier to carve)

To learn more about value-added beef cuts, please visit beefinnovationsgroup.com

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