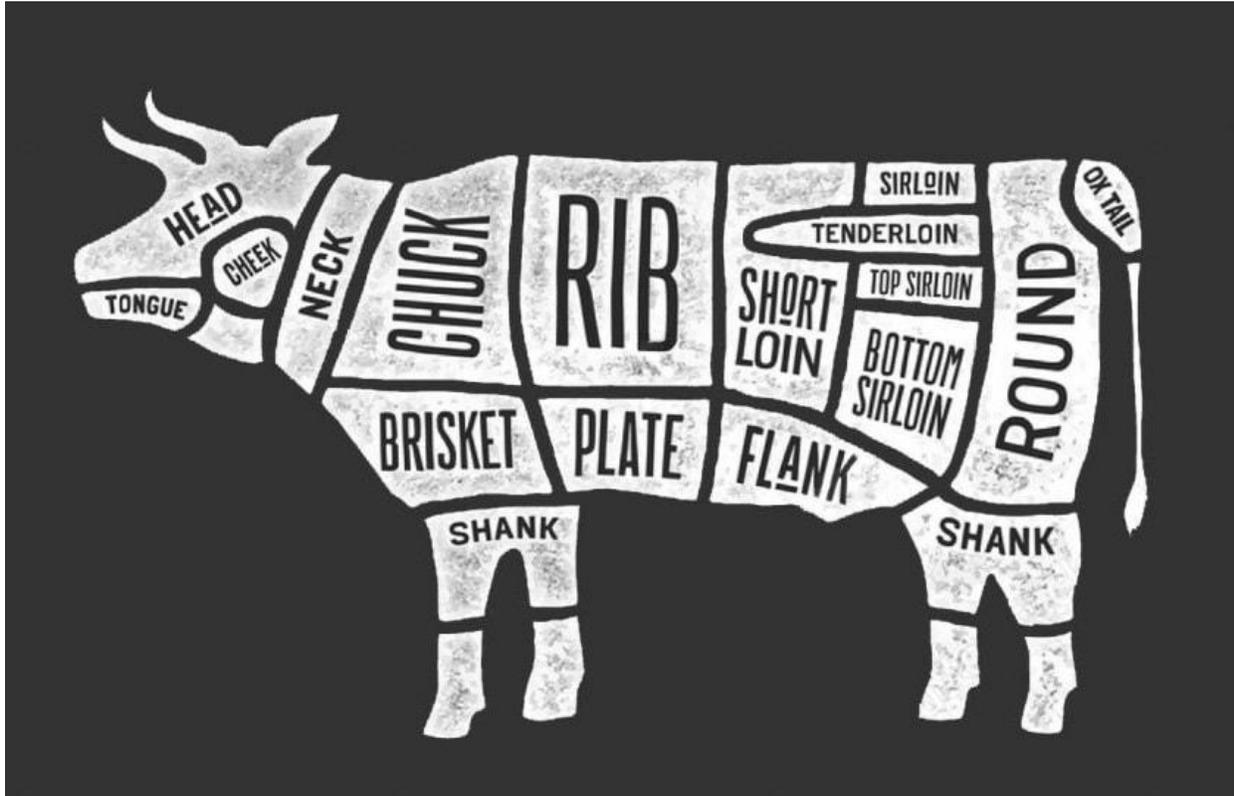


Rainshadow Beef

In each cow there are hundreds of pounds of beef split into all sorts of cuts. Many you have heard of and some might be new. Take a look at this little primer of sorts to learn a small bit about most of our cuts. Some are missing from the list, but I will keep adding as I learn more. We are also here to answer questions about cuts when you come to pick up.



Ground Beef: The classic! 40% to 50% of every beef is ground. You will get ground beef with every CSA share. Our ground beef is leaner than most ground beef, about 80/20, because of the nature of our cows. Pasture raised beef are lean and Corriente's are a lean cow anyway. Ground beef is great for burgers, meatloaf, taco meat, beef sausage, pasta sauces, etc.

Chuck Roast: This muscle group is the largest on the animal and we get quite a few of these with each beef. This cut is best when cooked low and slow: in the crockpot overnight with spices, onions, garlic, and other veggies such as potatoes or carrots; in the oven for about 4-5 hours at 250F; or in a pressure cooker or instapot in 90 minutes. This is a great cut to cook ahead of time and make barbacoa beef tacos or BBQ beef sandwiches or reheated with vegetables and pan gravy. It also makes an excellent pot roast.

Short Ribs: This cut is on the bone and encased and is known for its flavor. Braise your short ribs in the oven, crockpot, pressure cooker, or instapot. What this cut lacks in quantity of meat when cooked it by far makes up for it in flavor. When preparing this cut you should think dark robust flavors such as red wine, garlic, thyme, rosemary, and a deep beef stock reduction. We don't get many of these from the butcher so they are an infrequent member of our Meat CSAs.

T-Bone Steak: Also infrequent in our CSA, T-bones are the best of both worlds in terms of flavor and tenderness. This cut consists of the New York steak and the filet. This cut is best cooked quickly either on the grill or pan seared with foamy butter, garlic and thyme.

Top Sirloin Steak: A flavorful and affordable option for the grill. Marinate overnight with herbs, garlic and olive oil and fire up the grill or rub with spices or a seasoned salt and pan fry.

Cubed Round Steak: This cut is off the sirloin and has a great beef flavor and is mechanically tenderized twice. The best method for this cut is breaded and pan fried (think chicken fried steak) in either lard or beef tallow until at least medium done. Top this tasty cut with your favorite gravy or pan sauce and enjoy.

Skirt Steak: This cut is one of the tastiest and is known for its flavor rather than tenderness. Unfortunately there are only four per animal and this cut is best only enjoyed once in a while. This cut is best marinated and quickly grilled to medium rare to medium, sliced and served on salads, sandwiches, fajitas, or killer tacos.

Tenderloin Steak: This cut is prized for its tenderness and considered the best by many. You almost can't screw this one up. Either grilled or pan seared with foamy butter or olive oil, garlic and thyme to whatever temperature you like from rare to shoe leather. Best served with a pan sauce of garlic and beef stock reduction or just on its own.

Rib Steak: This is Chef's favorite cut for flavor. A rib steak is a bone in ribeye steak with great intramuscular fat. In the words of Chef, "fat is true flavor." Pan seared is the preferred method for cooking this one but the grill is a very close second choice. Quick cook rib steaks to medium rare to medium for the best results. Top with a red wine, shallot, and herb compound butter. Enjoy!

Flank Steak: This cut is made up of long fibrous muscles and is best marinated then grilled to medium and thinly sliced for salads, sandwiches, or tacos. Very tasty with a chimichurri and grilled vegetables. There are only two of these cuts per animal.

Hanger Steak: The hanger steak is the diaphragm muscle and gets worked a lot. Muscles that work a lot have a great flavor profile. This is also known as the Butcher's Cut because there is only one per animal so the butcher would usually take it home! We are lucky and we bring them back to the farm for you to enjoy. This cut is great marinated and grilled to medium rare to medium.

Flat Iron: This is the top muscle of the sirloin, has good intramuscular fat and is perfect for the grill. There are only two of these per animal. It marinates well and is best thinly sliced and served medium. Saute up some mushrooms, garlic and onions for a topper and enjoy.

Beef Shank: This cut is flavor country! Beef shanks are best slow braised, start off by seasoning, then quickly pan searing to form a light brown crust and then into the crock pot with vegetables, herbs, wine and beef stock and cook until tender and falling off the bone. You can also knock this out in a pressure cooker or insta pot on high pressure in about 70-80 minutes! Once cooked remove the beef and pick and clean all bones and unwanted fat from the meat, strain the liquid and reduce and season to taste. True home cooking comfort food.

Tri Tip: This cut comes off the bottom of the sirloin. It is delicious on the grill, but can also be pan-seared and oven roasted as well. If oven roasting you can marinate with your favorite spices, herbs, and vinegars overnight. Then you can sear in a hot, well-oiled pan for about 4 minutes, fat side down. Then flip over and toss in the oven (about 425 degrees) until the internal temp is 145 degrees. This takes about 10-15 minutes.