

MAKE ANY CUT OF BEEF MELT-IN-YOUR-MOUTH TENDER

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With a bit of planning and preparation, any cut of beef can be an absolute masterpiece. Try one or more of these tips for melt-in-your-mouth, tender beef.

Tip #1 - Slice the meat into smaller pieces or strips before marinating. This helps break up the long muscle fibers that can make beef “chewy”.

If you're preparing a roast, you can score the outside of the cut about 1/4" deep, cross-grain or in a cross-hatch pattern, for excellent results. Fact - this also will produce a more savoury flavoured, crispier crust during searing due to the “Maillard” reaction where amino acids and sugars react to create complex flavours. Science!

Tip #2 - Marinade the meat in a liquid for (ideally) 8 to 24 hours. The kind of marinade we use at home is based on the flavour profile of the final dish, but a few good options are:

- A dry red wine or dark, malty beer. You can never go wrong with these two for classic roasts! Excellent when served with a rich Bordelaise sauce.
- Pineapple juice, or slices of fresh pineapple (with the core) in an off-dry white wine. Pineapple contains the enzyme Bromelain which works to break down connective tissues. This is especially delicious in Mexican or Thai dishes where the sweetness of the pineapple will subtly complement the other ingredients.
- Buttermilk - a great all around choice, but it is especially complementary if you're serving a Bearnaise, Bechamel, or Horseradish based sauce.

Tip #3 - Tenderizing. Place the beef between two sheets of parchment paper. Using a mallet, rolling pin, or the blunt side of a large knife, pound the meat evenly into thinner steaks. This also serves to break down connective tissue and is great for stir-fry, Parmigiana and Schnitzel dishes.

Tip #4 - Braising is the tried and true cooking method for any cut that is ribboned with connective tissue. Cuts from the Chuck primal lend themselves well to this method and produce impressively fork-tender results. A slow cooker makes this method effortless. See our “How To” on braising for the full run-down!