

# Beef Chuck Under Blade Center Steak Boneless

**Subprimal Name\*** 116G (IMPS/NAMP)  
Beef Chuck, Under Blade, Center (IM) or  
remove Under Blade from the whole 116A  
(IMPS/NAMP) Beef Chuck, Chuck Roll

**URMIS Name\*\*** Beef Chuck Under Blade  
Center Steak Boneless

**U.P.C. 1098** Beef Chuck Under Blade  
Center Steak Boneless

\*The Meat Buyers Guide, NAMP

\*\*Uniform Retail Meat Identity Standards



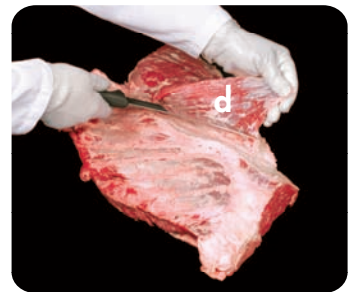
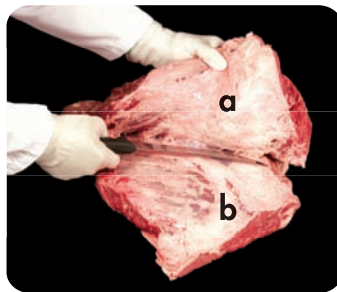
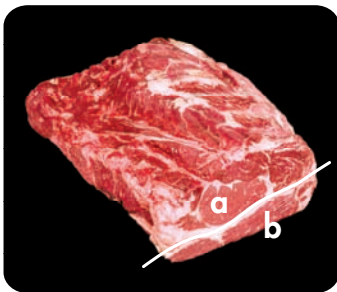
## CUTTING GUIDE

**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** 116E Beef Chuck Under Blade Roast. The Under Blade is comprised of three muscles: Rhomboideus (c), Splenius (d) and Serratus Ventralis (e). Remove (c) from the Under Blade by following the natural seam. This muscle (c) can be used for stew or cubed steak.

**4** Remove Splenius (d) from the Under Blade following the natural seam. This muscle can be used as an alternative to flank steak.



**5** 116G Beef Chuck, Under Blade, Center (IM) untrimmed.

**6** Remove all surface fat and connective tissue. Then, remove any internal fat pockets exceeding 1/4 inch in diameter.

**7** Starting at the posterior (thickest) end, cut steaks end-to-end, 3/4 to 1-inch thick.

**8** Beef Chuck Under Blade Center Steak Boneless.

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## Attributes:

- ◆ Generously marbled, juicy and tender
- ◆ Great beef flavor
- ◆ Versatile cut suitable for any occasion
- ◆ Cut from the fourth most tender muscle

## Applications:

- ◆ Perfect for grilling
- ◆ Marinate or dry rub to heighten flavors
- ◆ Cook whole for a classic, center-of-the-plate steak experience
- ◆ Slice into strips for a savory stir-fry
- ◆ Cut into cubes for kabobs with peppers, mushrooms or onions

## Preparation:

### GRILLING

- ◆ Prepare charcoal or gas grill according to manufacturer's directions for medium heat
- ◆ Season beef (directly from the refrigerator) with herbs and spices as desired
- ◆ Grill should remain covered throughout cooking

### CHARCOAL GRILLING

- ◆ 3/4 inch thick: Grill for 7 to 10 minutes turning occasionally for medium rare (145°F) to medium (160°F) doneness
- ◆ 1 inch thick: Grill for 10 to 14 minutes turning occasionally for medium rare (145°F) to medium (160°F) doneness

### GAS GRILLING

- ◆ 3/4 inch thick: Grill for 8 to 11 minutes turning occasionally for medium rare (145°F) to medium (160°F) doneness
- ◆ 1 inch thick: Grill for 12 to 17 minutes turning occasionally for medium rare (145°F) to medium (160°F) doneness

### PAN-BROILING

- ◆ Heat heavy, nonstick skillet over medium heat until hot
- ◆ Season beef (directly from refrigerator) with herbs and spices as desired
- ◆ Place beef in preheated skillet. Do not overcrowd or cover. Do not add water or oil.
- ◆ 3/4 inch thick: Pan-Broil for 10 to 14 minutes turning occasionally for medium rare (145°F) to medium (160°F) doneness
- ◆ 1 inch thick: Pan-Broil for 14 to 18 minutes turning occasionally for medium rare (145°F) to medium (160°F) doneness

### BROILING

- ◆ Preheat broiler for 10 minutes
- ◆ Season beef (directly from refrigerator) with herbs and spices as desired
- ◆ Place beef on rack of broiler pan so that surface of beef is within specified distance from heat
- ◆ 3/4 inch thick: Broil 2 to 3 inches from heat for 10 to 13 minutes turning once for medium rare (145°F) to medium (160°F) doneness
- ◆ 1 inch thick: Broil 3 to 4 inches from heat for 13 to 16 minutes turning once for medium rare (145°F) to medium (160°F) doneness

To learn more about value-added beef cuts, please visit [beefretail.org](http://beefretail.org)