

Meat Fact Sheet

Eat Well. Live Free.

TMZ Farm

www.tmzfarm.com

Burger

Our burger is ground extra lean. In fact our beef burger is 95% fat free and our buffalo is 97%-99% fat free. Most store beef burger ranges from 13% to 30% fat. We never add any fat to our meat, it is simply unhealthy and not needed. In fact, we have every bit of fat we can carved off the meat prior to grinding into burger. An average pound of TMZ Farm beef burger will generally yield less than one tablespoon of fat if cooked in a pan. Our buffalo burger will generally yield about ½ a teaspoon of fat if cooked in a pan.

Always extra-lean at TMZ Farm.

Meat is Muscle.

All meat is a muscle. Some meat when cooked has a strong, meaty flavor and is tender. The relative condition of the muscle determines the meat's flavor and tenderness. Well-used muscles, like the shoulder muscles, will have a very strong flavor but will be very tough, so these meats are not good for grilling. Little-used muscles, like the tenderloin, have a milder meat flavor, but they are tender. Most steak veterans prefer a steak that is not as mild flavored as the tenderloin and not as tough as a sirloin.

What is a Steak?

Many people do not have a clear understanding of the word "steak", so they misuse it. A "steak" simply means any meat which is cut across the muscle into a thick slice, with or without bone, and which is intended to be cooked quickly by broiling or otherwise. Most often, the word refers to a high-quality cut of meat, such as prime- or choice-grade tenderloin or rib-eye cut.

The word steak is often used to refer to beef, although lamb and other meat may also be used for steak. In Texas, throughout most of the United States and the Americas, and in Europe, however, the word steak means beef, and only beef.

What is Roast?

The word "roast" is usually used to denote any cut of meat which is intended to be cooked as a whole, to serve more than one person, and often at roasting temperatures (about 350F).

Roasts by definition are intended to be "roasted", which is the method of dry oven-cooking. In contrast, tougher cuts of meat require a moist cooking method, such as braising.

NY Strip Steak

The New Your Strip steak is generally the most popular cut of meat for many steak lovers. This steak is cut from the center of the loin meat and provides excellent taste for grilling and works well with marinades.

Tenderloin Filets – Also known as Filet Mignon

The tenderloin steak comes from the wholesale cut of beef known as the short loin. When cut into steaks, the tenderloin steaks include the cuts which are called filet mignon and the tournedo. This can also be cut as a whole tenderloin for roasting.

T-Bone Steak

The T-Bone steak is cut from the center of the short loin and includes the T-shaped bone. It contains meat from both the top loin and the smaller tenderloin and, to be a T-Bone, the tenderloin muscle must be at least 1/2" across.

Porterhouse Steak

Like the T-Bone steak is cut from the center of the short loin and includes the T-shaped bone. It contains meat from both the top loin and the smaller tenderloin and, to be a Porterhouse, the tenderloin muscle must be at least 1 1/4" across. The name "porterhouse" is derived from English taverns which served porter beer. Around 1814, a New York porterhouse proprietor, Martin Morrison, gave the name to the steak. John Mariani,

Delmonico Steak (also known as Boneless RibEye, Kansas City RibEye, Spencer Steak, Market Steak, Fillet Steak, and Beauty Steak)

The boneless rib-eye steak comes from the rib-eye muscle that runs from the rib, top loin and top sirloin, just inside the ribs. Therefore, the rib-eye steak is one of the most tender, flavorful and desirable steaks. The rib-eye steak is the boneless cut of beef from the rib section, between the short loin and chuck

Flank Steak

Unlike the naturally tender "middle meats" (rib and short loin), flank steak is a well-exercised, naturally lean muscle from the underside of the animal. Easily recognizable by its flat, oblong shape and its distinctive grain that runs lengthwise along the muscle, flank may lack tenderness, but it more than makes up for it in flavor. To prepare good flank steak, never cook it beyond medium and always slice it thinly across the grain to make it more chewable. Skirt steak, sometimes confused with flank steak, is a long, thin muscle that's fattier and tenderer than flank; it comes from the plate

Sirloin Steak

Sirloin steak comes from the sirloin, located in the mid part of the hindquarters. According to legend, King Henry VIII of England so loved this steak he dubbed it "Sir Loin." Sirloin is a tender steak, perfect for broiling and grilling. This cut is not quite so buttery-tender as higher-end steaks, but the trade-off is its deep, rich flavor; sirloin also has a more affordable price.

Sirloin Tip Steak (Also known as the Tri-Tip Steak)

Tri-tip steak comes from the bottom of the sirloin and has a robust flavor. This is the leanest part of the sirloin, so be careful not to overcook it. For more detailed description – see Sirloin Steak.

Standing Rib Roast

Includes the entire roast and at least three ribs. There are 7 ribs in total. Butchers will often cut the bones from the roast and then tie them together for cooking, so that carving the roast is easier. The standing rib roast should be roasted with the ribs on the bottom (this position is called "standing"), so that the top layer of fat melts and bastes the meat.

Chuck Roasts – Excellent for Pot Roasts and Amish style roasts

English Round

The boneless shoulder roast is also known as the English roast and is located right behind the arm roast. Since it is from the chuck primal, it is very flavorful, but it is a bit tougher than cuts from the Round section. Excellent for Pot Roasts and Amish style roasts and is the best of the roasts cut of the Chuck meat.

Round Bone Roast

The main part of the upper arm is the location where the arm roast is obtained. The arm roast is also called: Also excellent for pot roasts and very flavorful.

Arm Pot Roast

Arm Chuck Roast

Round Bone Pot Roast

Blade Roast

This large roast contains many small muscles and is easily identified by the blade bone located in the upper center of this cut. Note also that rib bones and a portion of the backbone are located along the lower left portion of the cut.

Round Roasts – The top of the line roasts

Rolled Rump Roast

Top of the line roast. A perfect roast for any family or guest meal. It is boned, rolled, wrapped, and tied to hold shape and is great seasoned with a little olive oil and your favorite herb season rub. Excellent when cooked with a dry heat.

Sirloin Tip Roast

Sirloin steak comes from the sirloin, located in the mid part of the hindquarters. This cut has a rich flavor and is a trade of when cutting with Sirloin Steaks and Sirloin Tip Steaks.

Round Steak

This steak is identified by the round leg bone and three muscles. At the top of the is the top round, at the lower left is the bottom round, and lower right is the eye of the round. The round steak has all three of these cuts in a single flat steak that cooks more like a roast. Great in the crockpot.

Brisket

Brisket is a cut of beef — taken from the breast and foreshank of the animal below the first five ribs. Brisket is usually sold without the bone, and comes in one of two sections: flat cut, with less fat and a higher price, and the fattier point cut. Because it is a tough piece of meat, brisket requires long, slow cooking to break down the connective tissue that makes it tough. The flavor makes it worth the wait. Corned beef, which has been cured in brine, is generally made from the brisket.

Stew Meat

Lean cuts of meat that add excellent flavor to your vegetables for an excellent stew.

Soup Bones

Meaty Beef shank bones