

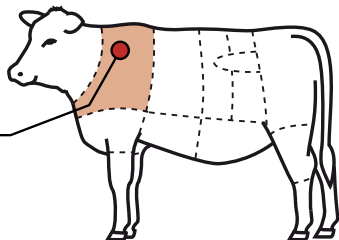


# THE PETITE TENDER

## ATTRIBUTES

- Cut from one of the most tender beef muscles.
- Shape and size comparable to pork tenderloin.
- Performs well sliced into medallions or cooked whole, either roasted or grilled.
- Accepts many flavor and sauce profiles well.
- Lean and nutritious.

Petite Tender  
(Primal: Chuck)



## PREPARATION

### • Oven Roasting

Heat oven to 220°C. Place whole Petite Tender on rack in shallow roasting pan. Do not add water or cover. Roast 20 to 25 minutes. Remove when instant-read thermometer registers 60°C for medium rare before carving.

### • Grilling

Heat nonstick skillet over medium heat until hot. Place steaks in skillet (do not crowd). Cook, uncovered 13 to 15 minutes for medium rare (60°C) to medium (70°C) doneness, turning twice.

## APPLICATIONS

### • Appetizers

Chuck Wagon Steak Potato Skins: Slice Petite Tender into medallions and season with a spicy rub; pan sear to medium rare (60°C) doneness. Place medallions into crisp potato skins and top with cheddar cheese, bacon and green onions.

### • Beef Sandwiches

Steak Sub with Tomato-Olive Relish: Grill Petite Tender to medium rare and carve into slices. Place slices in toasted hoagie roll. Top with rocket leaves, shaved Romano cheese and fresh Mediterranean-style tomato-olive relish.

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### • Beef Entrees

Skillet Seared Tender Medallions: Slice Petite Tender into medallions and sauté in a sizzling skillet to medium rare (60°C) doneness with onions, green bell peppers and mushrooms. Serve with roasted kipfler potatoes and garlic bread.

### • Salads

Roasted Vegetable and Grilled Beef Salad: Grill Petite Tender to medium rare (60°C) doneness and carve. Toss with roasted kipfler potatoes, beets and shallots. Lightly drizzle garlic and herb infused olive oil over beef and vegetables.

\*Beef Innovations Group (2010), Denver, CO. USA

