



MAIDEN CREEK BEEF
WHERE HEALTH MEETS SAVINGS

CUTS		Whole	Half	Quarter	Eighth	
Flank steak	A relatively long and flat cut, can be grilled, pan-fried, broiled, or braised for increased tenderness	4	2	1	1	Cuts
		3	2	1	0	LBS.
Skirt Steak	Skirt steak is the cut of choice for making fajitas, ranchera, Chinese stir-fry, churrasco, and in Cornish pasties.	4	2	1	1	Cuts
		2	1	0	0	LBS.
Sirloin Steak	the steak is cut from the rear back portion of the animal, continuing off the short loin from which T-bone, porterhouse, and club steaks are cut	10	5	3	1	Cuts
		17	8	4	2	LBS.
Filet Mignon	he most tender cut of beef and is also arguably the most desirable	7	4	2	1	Cuts
		5	2	1	1	LBS.
T-Bone Steak	ulted to fast, dry heat cooking methods, such as grilling or broiling. Since they contain a small amount of collagen relative to other cuts, longer cooking times are not	5	3	1	1	Cuts
		6	3	2	1	LBS.
Ribs Steak	It is considered a more flavorful cut than other steaks, such as the filet, due to the muscle being exercised by the animal during its life. Its marbling of fat makes this suitable for slow	14	7	4	2	Cuts
		15	8	4	2	LBS.
Delmonico	Delmonico steak that comes from the chuck should be marinated or pounded to tenderize it	14	7	4	2	Cuts
		12	6	3	1	LBS.
NY Strip	Strip steaks are easy to cook on the grill, under the broiler, or on a cast-iron skillet	12	6	3	2	Cuts
		7	3	2	1	LBS.
Porterhouse	When grilling or broiling, just make sure you position the steak such that the tenderloin is further away from the heat source than the strip	6	3	2	1	Cuts
		8	4	2	1	LBS.
Chuck Roast	This is the classic pot roast, becoming moist and tender when braised	6	3	2	1	Cuts
		17	8	4	2	LBS.
Sirloin Tip Roast	A cut away from the sirloin section, this roast is tender enough to be oven roasted or used as kabobs.	6	3	2	1	Cuts
		18	9	5	2	LBS.
Beef Cubes	Chuck or round—tough cuts that become tender and flavorful when slowly simmered in liquid. Beef round cuts (bottom and eye) are generally leaner than chuck	12	6	3	2	Cuts
		12	6	3	2	LBS.
London Broil/ Round Steak	Round steak is commonly prepared with slow moist-heat methods, including braising, to tenderize the meat and maintain moisture. The cut is often sliced thin, then dried or	8	4	2	1	Cuts
		24	12	6	3	LBS.
Brisket	Brisket is a cut of meat from the breast or lower chest of beef or veal. The beef brisket is one of the nine beef primal cuts	4	2	1	1	Cuts
		16	8	4	2	LBS.
Oxtail	Oxtail is the culinary name for the tail of cattle. Formerly, it referred only to the tail of an ox or steer, a bullock.	1	1	0	0	Cuts
		3	1	0	0	LBS.
Short Ribs	Short ribs are a cut of beef taken from the brisket, chuck, plate, or rib areas of beef cattle. They consist of a short portion of the rib bone	6	3	2	1	Cuts
		9	5	2	1	LBS.
Ground Beef	Versatile, flavorful and economical. Shape into burger patties, meatballs or meatloaf; or brown and crumble for a variety of dishes	254	127	64	32	LBS.
TOTALS		75	38	19	9	Cuts
						10
		379	189	94	47	LBS.
						10

Grocery Store Comparison					
	Whole	Half	Quarter	Eighth	
Their Comparable Price	\$2,500.00	\$1,300.00	\$700.00	\$365.00	
My Price	\$1,900.00	\$1,100.00	\$574.00	\$289.00	
Savings	\$600.00	\$200.00	\$126.00	\$76.00	
Freezer Space Needed	12	6	3	2	Cubic Feet