

GLOBAL
EDITION



On Cooking

A Textbook of Culinary Fundamentals

SIXTH EDITION

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Procedure for Cutting a New York Steak from a Boneless Strip Loin



1 Square up the strip loin by trimming off the lip so it extends 1–2 inches (2.5–5 centimeters) from the eye muscle.



2 Turn the strip over and trim off any fat or connective tissue.



3 Turn the strip back over and trim the fat covering to a uniform thickness of 1/4 inch (6 millimeters).



4 Cut the steaks to the thickness or weight desired.



5 The eye meat of steaks located on the sirloin end of the strip is divided by a strip of connective tissue. Steaks cut from this area are called **vein steaks** and are inferior to steaks cut from the rib end of the strip.

Procedure for Trimming a Full Beef Tenderloin and Cutting It into Châteaubriand, Filet Mignon and Tender Tips



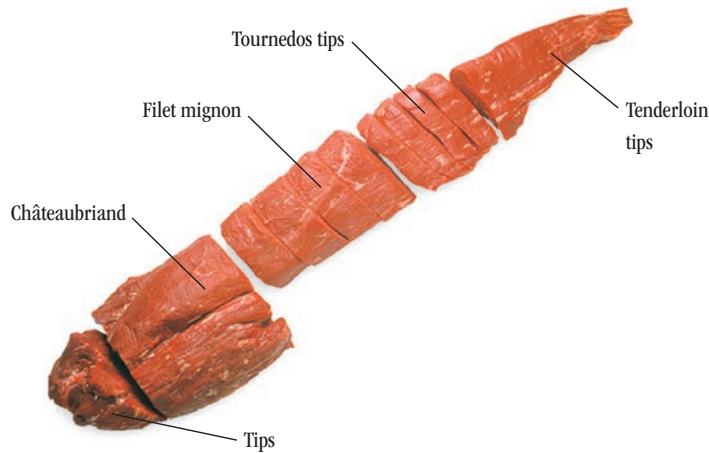
1 Cut and pull the excess fat from the entire tenderloin to expose the meat.



2 Remove the chain muscle from the side of the tenderloin. Although it contains much connective tissue, the chain muscle may be trimmed and the meat used in soups, stews or ground.



3 Trim away all of the fat and silverskin. Do so by loosening a small piece of silverskin; then, holding the loosened silverskin tightly with one hand, cut it away in long strips, angling the knife up toward the silverskin slightly so that only the silverskin is removed and no meat is wasted.



The completely portioned beef tenderloin producing (from left to right) tips, châteaubriand, filet mignon, tournedos tips and tenderloin tips.

Procedure for Butterflying Meats

Many cuts of boneless meats such as tenderloin steaks and boneless pork chops can be butterflied to create a thinner cut that has a greater surface area and cooks more quickly.



1 Make the first cut nearly all the way through the meat, keeping it attached by leaving approximately $\frac{1}{4}$ inch (6 millimeters) uncut.



2 Make a second cut, this time cutting all the way through, completely removing the steak from the tenderloin.

Kobe Beef

Kobe beef is an exclusive type of beef traditionally produced in Kobe, Japan, from specific Japanese breeds of cattle (Jp. *wagyu*). These animals are fed a special diet, which includes beer to stimulate the animal's appetite during summer months. The animals are massaged with sake to relieve stress and muscle stiffness in the belief that calm, contented cattle produce better-quality meat. This special treatment produces meat with generous and uniform marbling. It is extraordinarily tender and full-flavored, and extraordinarily expensive. Kobe Beef America introduced Wagyu cattle to the United States in 1976. KBA's cattle are raised without hormones and the meat is dry-aged for 21 days prior to sale.



USING COMMON CUTS OF BEEF

TABLE 14.1

PRIMAL	SUBPRIMAL OR FABRICATED CUT	IMPS	COOKING METHODS	SERVING SUGGESTIONS
Chuck	Top blade (flat iron)	114D	Dry heat (broil or grill; sauté)	Steak; fajitas
	Beef chuck, boneless	115	Dry heat (barbecue)	Barbecued beef chuck
	Stew meat	135A	Combination (braise; stew)	Pot roast; beef stew
	Ground beef	136	Combination (stew)	Beef stew
Brisket and shank	Brisket	120	Dry heat (broil or grill; roast)	Hamburger; meatloaf
			Combination (braise; stew)	Chili con carne; beef stew
	Shank	117	Dry heat (barbecue)	Barbecued brisket
Rib	Oven-ready rib roast	109	Moist heat (simmer)	Corned beef; New England boiled dinner
	Rib eye	112A	Combination (braise)	Pot roast
	Rib eye steak	1112	Combination (braise)	Shredded beef for tamales or hash
Short plate	Skirt steak	121D	Dry heat (roast)	Roast prime rib
	Short ribs	123A	Dry heat (broil or grill; sauté)	Roast prime rib
			Dry heat (barbecue)	Steak; bone-in rib eye steak; Delmonico steak,
			Combination (braise)	
Short loin	Porterhouse or T-bone steaks	1173, 1174	Dry heat (broil or grill; sauté)	Steaks
	Strip loin	180	Dry heat (broil or grill; roast; sauté)	New York steak; minute steak; entrecôte bordelaise
	Tenderloin	189B	Dry heat (broil or grill; roast; sauté)	Tournedos Rossini; beef Wellington
	Hanging tender steak	1140	Dry heat (broil or grill; sauté)	Steak
Sirloin	Top sirloin butt	184	Dry heat (broil or grill; roast)	Steak; roast beef
	Tri tip	185C	Dry heat (broil or grill; roast)	Steak; stir-fry; fajitas
Flank	Flank steak	193	Dry heat (broil or grill; sauté)	London broil
			Combination (braise)	Braised stuffed flank steak
Round	Steamship round	166B	Dry heat (roast)	Roast beef
	Top (inside) round	168	Dry heat (roast)	Roast beef
			Combination (braise)	Braised beef roulade
Organ meats	Liver	1724	Dry heat (broil or grill; sauté)	Broiled or sautéed liver with onions
	Oxtail	1791	Combination (braise; stew)	Soup; stew
	Tongue	1710	Combination (braise; stew)	Simmered; sliced sandwich meat
	Tripe	1739	Combination (braise; stew)	Stew; simmered with stock, tomatoes

QUESTIONS FOR DISCUSSION

- 1 List each beef primal cut and describe its location on the carcass. For each primal cut, identify two subprimal or fabricated cuts taken from it.
- 2 Would it be better to use the chuck for grilling or stewing? Explain your answer.
- 3 Which fabricated cuts contain a portion of the tenderloin? Explain which cooking methods are best suited for these cuts.
- 4 Most steaks are cut from the hindquarter. What popular steak is cut from the forequarter? Discuss why it is tender when other cuts from the forequarter are relatively tough?
- 5 Describe where organ meats come from on a cow and how to prepare them.
- 6 Visit the National Cattleman's Beef Association website to learn more. Does cooking method affect the fat and cholesterol content of a beef steak? How has consumer demand for beef products changed over the past year?
- 7 Learn about the breeds of cattle being raised for beef around the world. Describe how the breeds differ in terms of fat content and finished weight. Have other countries evolved different techniques for fabricating beef?

Beef Recipes

Flat Iron Steak with Coffee Beans

YIELD 6 Servings, 10 oz. (300 g) each

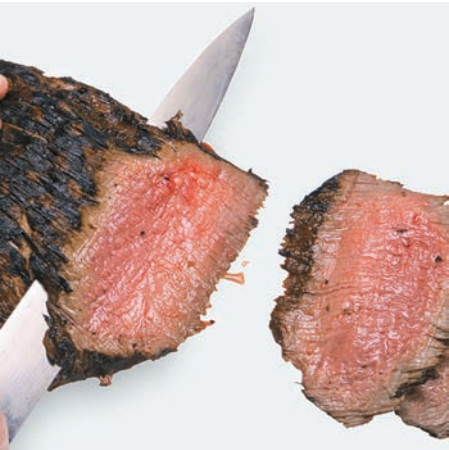
METHOD Grilling

Flat iron steaks, 8 oz. (240 g) each	6	6
Kosher salt	2 tsp.	10 ml
Black pepper	1 tsp.	5 ml
Coffee beans, ground very fine	2 Tbsp.	30 ml
Cocoa powder	1 Tbsp.	15 ml
Cinnamon, ground	⅛ tsp.	0.5 ml
Olive oil	1 fl. oz.	30 ml
Pasilla chile broth:		
Whole butter	½ oz.	15 g
White onions, roughly chopped	8 oz.	240 g
Garlic cloves, whole, peeled	6	6
Pasilla chiles, stemmed, seeded, torn into large pieces	½ oz.	15 g
White corn tortilla, shredded	¾ oz.	22 g
Chicken stock	20 fl. oz.	600 ml
Heavy cream	2 fl. oz.	60 ml
Kosher salt	1 tsp.	5 ml
Brown sugar	1 tsp.	5 ml
Cooked chard or other vegetables	as needed for garnish	



- 1 Season the steaks with salt and pepper on both sides.
- 2 Grind the coffee, cocoa powder and cinnamon together. Brush the steaks with olive oil on all sides and rub them with the coffee mixture. Allow the steaks to marinate for approximately 30 minutes.
- 3 To prepare the pasilla chile broth, heat a medium saucepan over medium-high heat. Add the butter and sauté the onions and garlic until browned. Add the pasilla chiles and tortilla pieces and sauté until golden brown.
- 4 Add the stock to the pasilla chile broth and bring to a boil. Reduce to a simmer, cover loosely and cook for 10 minutes. Remove from the heat and cool. Purée the chile broth in a blender until smooth and strain through a china cap. Add the cream, salt and brown sugar and stir to combine. The chile broth should not be very thick; thin it with additional stock or water if necessary. Hold for service.
- 5 Grill the steaks to the desired doneness. Allow the steaks to rest for 2 minutes, then cut them across the grain and plate with a portion of the sauce and vegetables.

Approximate values per 10-oz. (300-g) serving: **Calories** 440, **Total fat** 25 g, **Saturated fat** 10 g, **Cholesterol** 155 mg, **Sodium** 730 mg, **Total carbohydrates** 11 g, **Protein** 44 g, **Vitamin A** 20%, **Iron** 30%



Marinated London Broil

YIELD 1 Flank Steak, 6 Servings,
5–8 oz. (150–240 g) each

METHOD Grilling

Marinade:		
Olive oil	4 fl. oz.	120 ml
Balsamic vinegar	4 fl. oz.	120 ml
Fresh rosemary, chopped	2 Tbsp.	30 ml
Garlic, minced	2 oz.	60 g
Black pepper	1 tsp.	5 ml
Salt	1 Tbsp.	15 ml
Beef flank steak, 2–3 lb. (1–1½ kg)	1	1

- 1 Combine the marinade ingredients in a hotel pan.
- 2 Add the flank steak to the marinade and coat completely. Allow the meat to marinate for at least 4 hours.
- 3 Grill the steak rare to medium rare. If cooked further, the meat will become extremely tough.
- 4 Carve into ¼-inch- (6-millimeter-) thick slices, cutting diagonally across the grain.

Approximate values per 8-oz. (240-g) serving: **Calories** 310, **Total fat** 16 g, **Saturated fat** 5 g, **Cholesterol** 75 mg, **Sodium** 370 mg, **Total carbohydrates** 2 g, **Protein** 38 g, **Iron** 15%

Châteaubriand

French chefs of the late 19th century began referring to the classic filet de boeuf (a very thick steak cut from the best part of the filet) as Châteaubriand in reference to the 19th-century statesman and author of the same name. As traditionally prepared by his chef, the dish is served with béarnaise sauce, a bouquetière of vegetables and château potatoes.



YIELD 1 Tenderloin, 2–4 Servings

METHOD Roasting

Beef filet, cut from the large (butt) end of the tenderloin, 16 oz. (480 g)	1	1
Salt and pepper	TT	TT
Clarified butter	as needed	as needed
Béarnaise sauce (page 263)	4 fl. oz.	120 ml

- 1 Tie the beef with butcher's twine and season with salt and pepper.
- 2 Sauté the beef in clarified butter until it is well browned.
- 3 Transfer the beef to a 450°F (230°C) oven and roast until done, approximately 10–12 minutes for rare (internal temperature of 125°F/52°C), or 15–18 minutes for medium (140°F/60°C).
- 4 Remove the beef from the oven and allow it to rest for at least 5 minutes before carving.
- 5 At service time, slice the beef evenly on a slight diagonal bias. Serve lightly coated (napped) with the béarnaise sauce. Or present the sliced beef with a bouquetière of vegetables such as roasted baby carrots, sautéed cherry tomatoes, roasted potatoes and steamed green cauliflower with the sauce on the side.

Approximate values per 10-oz. (300-g) serving: **Calories** 705, **Total fat** 40 g, **Saturated fat** 18 g, **Cholesterol** 270 mg, **Sodium** 1350 mg, **Total carbohydrates** 1 g, **Protein** 80 g, **Vitamin A** 13%, **Iron** 66%

Beef Wellington

YIELD 1 Tenderloin, 10 Servings

METHOD Roasting

Beef tenderloin, trimmed, 4 lb.–4 lb. 8 oz. (1.9–2.1 kg)	1	1
Salt and pepper	TT	TT
Vegetable oil	as needed	as needed
Pâté de foie gras (page 451)	8 oz.	240 g
Truffle peelings, chopped fine	1 oz.	30 g
Puff Pastry (page 1025)	2 lb.	960 g
Egg wash	as needed	as needed
Madeira sauce (page 259)	20 fl. oz.	600 ml

- 1 Trim 3–4 inches (7.5–10 centimeters) of the tail from the tenderloin. (The small tail portion can be used in a stir-fry or other preparation.) Season the tenderloin with salt and pepper and sear in a small amount of oil in a large rondeau. Remove from the pan and cool.
- 2 Spread the surface of the tenderloin with the pâté de foie gras. Sprinkle the truffles over the pâté.
- 3 Roll the puff pastry dough into a rectangle approximately $\frac{3}{16}$ inch (5 millimeters) thick and large enough to wrap around the entire tenderloin.
- 4 Turn the tenderloin over and place it lengthwise, pâté side down, in the center of the pastry. Fold the pastry ends over the meat and wrap the pastry around the tenderloin, sealing it with egg wash and trimming off any excess.
- 5 Transfer the Wellington to a baking sheet, placing the seam side down. Brush the surface with egg wash.
- 6 Bake the Wellington in a 350°F (180°C) oven until the center reaches 125–130°F (52–54°C), approximately 40 minutes. Do not overcook; the crust holds in steam and heat, thus enhancing the effects of carryover cooking.
- 7 Allow the meat to rest 5 minutes after baking. Carve the Wellington tableside or on a buffet with Madeira sauce served on the side.

Variation:

Individual Wellingtons can be made by cutting the tenderloin into 4- to 5-ounce (120- to 150-gram) filet mignons, using smaller pieces of puff pastry and reducing the cooking time to approximately 20 minutes.

Approximate values per $\frac{1}{10}$ -tenderloin serving: **Calories** 720, **Total fat** 44 g, **Saturated fat** 14 g, **Cholesterol** 160 mg, **Sodium** 700 mg, **Total carbohydrates** 29 g, **Protein** 48 g, **Vitamin A** 15%, **Iron** 40%



1 Spreading the browned tenderloin with pâté de foie gras.



2 Wrapping the pastry around the seared tenderloin.



3 Slicing the cooked Beef Wellington.