



Flat Iron Fact Sheet



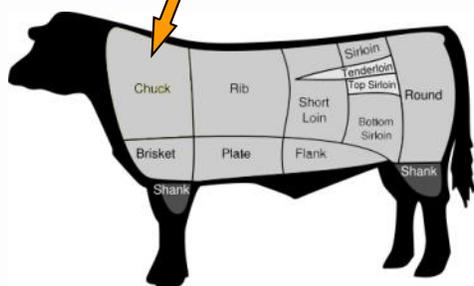
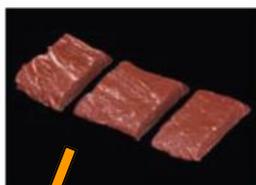
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Flat Iron (Beef Shoulder Top Blade Steak) is the second most tender beef muscle. This steak is cut from the Beef Chuck Shoulder Clod Top Blade Roast, by cutting along the thick internal connective tissue. This cutting results in two halves which each resemble a small Flank steak. These pieces are then cut into individual steaks. The Flat Iron name is used only in reference to steaks cut using this innovative new method and are typically labeled as Shoulder Top Blade Steaks (Flat Iron) in the meat case.

These rectangular steaks average 8 ounces each. The thickness of each Flat Iron varies from 3/4 inch to 1-1/4 inches. For this reason, in recipes, this cut is called for by weight, not by thickness. Flat Iron steaks can also be cut into strips for stir-fry or cubes for kabobs.



Flat Iron Steaks with Grilled Corn and Cumin-Lime Butter



Nutrition Information

An excellent source of protein, zinc, vitamin B₁₂, selenium, niacin, and vitamin B₆, and a good source of phosphorus, choline, iron, and riboflavin.

Nutrition information per 3-ounce cooked serving:
189 calories; 11 g fat (4 g saturated fat;
5 g monounsaturated fat); 21 g protein;
0.3 mg vitamin B₆; 5.0 mcg vitamin B₁₂;
2.5 mg iron; 7.7 mg zinc.



Characteristics

Well-marbled, ready-to-cook and considered the second most tender cut of beef after the tenderloin. Because the Flat Iron is so tender, it does not require a marinade to tenderize.

Great for casual entertaining or quick family meals. The Flat Iron can be grilled, pan-broiled, broiled, stir-fried or cut into cubes for kabobs.

Classic Substitutions

Substitute Tenderloin or Ribeye Steak if the Beef Shoulder Top Blade Steak (Flat Iron) is not available.

Note: Cooking times will need to be adjusted according to the steak that is substituted.

Simple Meal Ideas

- Grill steaks with lime zest and garlic rub; carve and serve fajita-style.
- Pan-broil steaks with a cumin-chili rub and serve with a tangy corn relish.
- Cut into thin strips, season and thread onto skewers for grilled satay.
- Cut into cubed pieces for your favorite kabobs and grill or broil.