

Beef Tenderloin Steak Recipe

Different countries and cuisines have varying definitions for cuts of meat and their names, and sometimes the same name is used for different cuts. For instance, the cut described as "brisket" in the United States comes from a different part of the carcass from the "brisket" referred to in the United Kingdom. Cuts typically refer narrowly to skeletal muscle (sometimes attached to bone), but they can also include other edible parts such as offal (organ meats) or bones that are not attached to significant muscle.

For example, beef tenderloin is the most tender, while A steak is a cut of meat sliced across muscle fibers, sometimes including a bone. Beefsteak is graded for quality, with higher prices for higher quality. In some cases, like in the dish steak tartare, the meat is eaten raw. tenderized (e. It is normally grilled or fried, and can be diced or cooked in sauce. , cube steak).

Finger steaks are purported to have been first served in a restaurant setting at Boise, Idaho's "Torch Lounge" (aka The Torch) in 1957. Milo Bybee claimed to have invented finger steaks while wondering what to do with leftover tenderloin scraps when he was working as a butcher for the U.S. Forest Service in McCall, Idaho. Bybee went to work as a chef at the Torch in 1946.

Steak de Burgo famous by Johnny and Kay's Restaurant. The dish usually consists of a beef tenderloin either topped with butter, garlic, and Italian herbs, or served in a sauce consisting of those same ingredients. The dish usually consists of a beef tenderloin either topped with butter, garlic, and Italian herbs, or served in Steak de Burgo is a steak dish and a regional specialty in the Midwest, specifically Des Moines, Iowa. This traditional dish was originally made famous

by Johnny and Kay's Restaurant

The dish is presumably named after Arthur Wellesley, 1st Duke of Wellington, but the precise origin of the name is unclear and the connection between them is unknown.

Etymology

Naming

History

According to a local lifestyle reporter, Milo's claim of inventing finger steaks is questioned. It may have been passed onto him by the original owners of The Torch, Floyd & Elnora (Shorty) Johnson. Opposing claims have been made that finger steaks were first created near Lewiston, Idaho during the log drives as a method of thoroughly cooking potentially spoiled beef while still remaining palatable. Either way, their origin is so closely tied to Idaho that one suggestion for the Idaho state quarter design was to "do something..."

Shoulder tender

Beef tenderloin (US English), known as an eye fillet in Australasia and fillet in the United Kingdom and South Africa, is cut from the loin of beef. A beef tenderloin (US English), known as an eye fillet in Australasia and fillet in the United Kingdom and South Africa, is cut from the loin of beef

It is also sometimes incorrectly referred to as flap steak or flap meat, which is a distinctly different cut from the bottom sirloin in the rear quarter of the animal.

Cut of beef

Since the animal's legs and neck muscles do the most work, they are the toughest; the meat becomes more tender as distance from hoof and horn increases. These are basic sections from which steaks and other subdivisions are cut.

Filetto (beef tenderloin) Controfiletto or roast beef (sirloin) Veal Carré (spare ribs) Costolette Nodini Loin (schiena) Costata (T-bone steak) Coste della

During butchering, beef is first divided into primal cuts, pieces of meat initially separated from the carcass. These sides then can be further halved into forequarters and hindquarters. Firstly it is split into left and right 'sides'

Beefsteak

In common restaurant service A beefsteak, often

called just steak, is a flat cut of beef with parallel faces, usually cut perpendicular to the muscle fibers. A beefsteak, often called just steak, is a flat cut of beef with parallel faces, usually cut perpendicular to the muscle fibers. The more tender cuts from the loin and rib are cooked quickly, using dry heat, and served whole. In common restaurant service a single serving has a raw mass ranging from 120 to 600 grams (4 to 21 oz). Beef steaks are usually pan-seared, grilled, broiled, or cooked sous vide. Less tender cuts from the chuck or round are cooked with moist heat or are mechanically tenderized (as with, for example, cube steak) b5c0aacba4

== Description == b5c0aacba4 Beef clod, along with beef brisket, is historically the foundation of Central Texas-style barbecue, as epitomized by Kreuz Market in Lockhart, Texas, where the clod has been prepared since 1900 by long, slow smoking. Beef clod may also be prepared with moist heat or braising. b5c0aacba4

Beef clod The clod's composition is mainly three muscles: the shoulder tender, the top blade and the clod heart and is one of two chuck subprimal cuts. It is one of the tenderest beef muscles and is The beef clod or shoulder clod is one of the least expensive cuts of beef and is taken from the shoulder (chuck) region of the animal. Beef clod is a large muscle system, with some fat that covers the muscles. It is often divided into its three separate muscle cuts for retail sale. teres major steak is a US cut of beef of the teres major muscle from the blade of the shoulder (chuck) b5c0aacba4

== Regional variations == b5c0aacba4 == Description == b5c0aacba4 Leah Hyslop observed that by the time Wellington became famous, meat baked in pastry was a well-established part of English cuisine, and that the dish's similarity to the French filet de bœuf en croûte (fillet of beef in pastry) might imply that "beef Wellington" was a "timely patriotic rebranding of a trendy continental dish". b5c0aacba4 == American and Canadian == b5c0aacba4

Strip steak It consists of a muscle that does little work, the longissimus, making the meat particularly tender, although not as tender as the nearby psoas major or tenderloin. Strip steaks

may be substituted for most recipes calling for T-bone The strip steak (also known as sirloin steak in Britain, Canada, South Africa, Australia and New Zealand, also porterhouse steak in Australia and New Zealand) is a cut of beef steaks from the short loin of cattle. Unlike the tenderloin, the longissimus is a sizable muscle, allowing it to be cut into larger portions. larger portion of tenderloin included. The strip steak may be sold with or without the bone b5c0aacba4

A whole fillet may be wrapped and baked, and then sliced for serving, or the fillet may be sliced into individual portions before wrapping and baking. b5c0aacba4

Hangar steak This cut is taken from the plate, which is the upper belly of the animal. In the past it was among several cuts of beef sometimes known as "butcher's steak", because butchers would often keep it for themselves rather than offer it for sale. This is because the general populace believed this to be a crude cut of meat, although it is actually one of the most tender and flavoursome. A hangar steak (US), also known as butcher's steak, hanging tenderloin, skirt (UK), or onglet, is a cut of beef steak prized for its flavor and tenderness A hangar steak (US), also known as butcher's steak, hanging tenderloin, skirt (UK), or onglet, is a cut of beef steak prized for its flavor and tenderness b5c0aacba4

== See also == b5c0aacba4

Beef Wellington Some recipes include wrapping the contents in prosciutto, or Beef Wellington is a baked dish made of beef fillet and duxelles wrapped in puff pastry. Beef Wellington is a baked dish made of beef fillet and duxelles wrapped in puff pastry. Classical recipes may include pâté in place of duxelles, or use of crêpes in place of prosciutto. Some recipes include wrapping the contents in prosciutto, or dry-cured ham, which helps retain moisture while preventing the pastry from becoming soggy; coating the beef in mustard; or substituting shortcrust pastry for puff b5c0aacba4

A shoulder tender also called beef shoulder petite tender, beef shoulder tender petite roast, bistro filet, rat or teres major steak is a US cut of beef of the teres major muscle from the

blade of the shoulder (chuck). It is one of the tenderest beef muscles and is said to be "white-tablecloth quality", being a similar quality to filet mignon, but cheaper. It is rarely used, as it requires skill to extract. It is known as petite tender medallion, petite tender or tender medallions... b5c0aacba4 Hanger steak resembles flank steak in texture and flavor. It is a vaguely V-shaped pair of muscles with a long, inedible membrane running down the middle. b5c0aacba4

Finger steaks | Our Towns | Idaho Statesman Finger steaks are strips of steak (usually top sirloin), battered with a tempura-like or flour batter, and deep-fried in oil. They are commonly found in restaurants and bars in the Pacific Northwest. steak List of deep fried foods Steak Beef What's a Finger Steak. They are typically served with French fries and a buttered piece of Texas toast. Boise State Public Radio Ask Tim: Got a finger steak recipe b5c0aacba4

Grilled portobello mushroom may be called mushroom steak, and similarly for other vegetarian dishes. Imitation steak is a food product that is formed into a steak shape from various pieces of meat. Grilled fruits such as watermelon have been used as vegetarian steak alternatives. b5c0aacba4 Steaks are most commonly cut from cattle (beefsteak), but can also be cut from bison, buffalo, camel, goat, horse, kangaroo, sheep, ostrich, pigs, turkey, and deer, as well as various types of fish, especially salmon and large fish such as swordfish, shark, and marlin. Some cured meat, such as gammon, is commonly served as steak. Some cuts are categorized as steaks not because they are cut across the muscle fibers, but because they are relatively thin and cooked over a grill, such as skirt steak and flank steak. b5c0aacba4 == Other names == b5c0aacba4 The word steak was written steke in Middle English, and comes from the mid-15th century Scandinavian word steik, related to the Old Norse steikja 'to roast on a stake... b5c0aacba4

https://folhadepagamentossocial2017.socorro.se.gov.br/mirror/fp/607936P0F1260831/morris__minor_cars_for-sale
https://folhadepagamentossocial2017.socorro.se.gov.br/go/ts312608/2542S0T771142100/2015-chrysler-town_and_country

https://folhadepagamentossocial2017.socorro.se.gov.br/slug/L64190G/142100310826/2024-camaro_zl1_for_sale
https://folhadepagamentossocial2017.socorro.se.gov.br/niche/310826/54Z46675I5/how_much_to_tint_windows
https://folhadepagamentossocial2017.socorro.se.gov.br/upload/W76050U/142100310826/t-roc_volkswagen-suv
https://folhadepagamentossocial2017.socorro.se.gov.br/find/dw312608/3W567D5888142100/cla-45-amg_for_sale
https://folhadepagamentossocial2017.socorro.se.gov.br/link/310826/849887M32L/clasifica_moto_gp-hoy
<https://folhadepagamentossocial2017.socorro.se.gov.br/upload/53124KO/142100310826/prix-du-ford-ranger>
https://folhadepagamentossocial2017.socorro.se.gov.br/mirror/hp312608/77H7336P09142100/harley_and-the_davidsons_series
https://folhadepagamentossocial2017.socorro.se.gov.br/upload/D69914M/142100310826/forest_river_travel-trailers
https://folhadepagamentossocial2017.socorro.se.gov.br/niche/737S91P/310826/09_ford_focus_hatchback
<https://folhadepagamentossocial2017.socorro.se.gov.br/niche/67884KQ/82158K926Q/what-are-hybrid-vehicles>
https://folhadepagamentossocial2017.socorro.se.gov.br/file/ec/906C43E/vw_suv_tiguan_2017