



A Guide To Your
meat
Destination



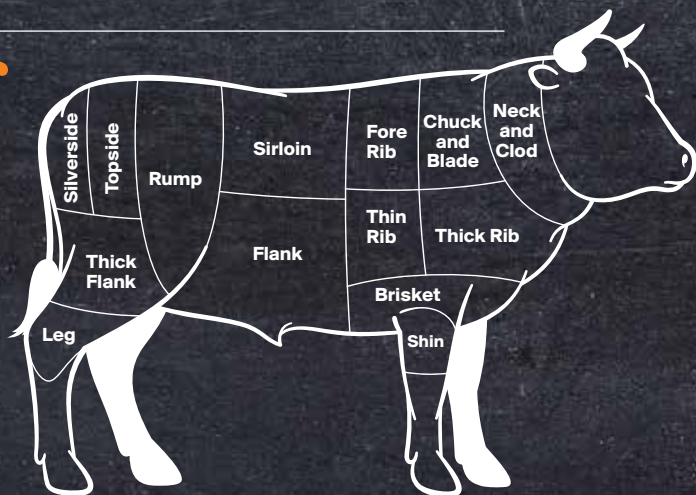
Our family serving your family

www.massystorestt.com

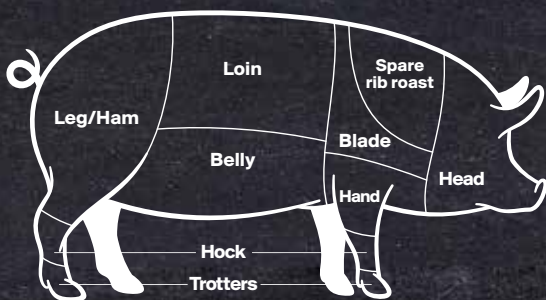
A **cut** above the rest

An illustrated guide to the best cuts of meat

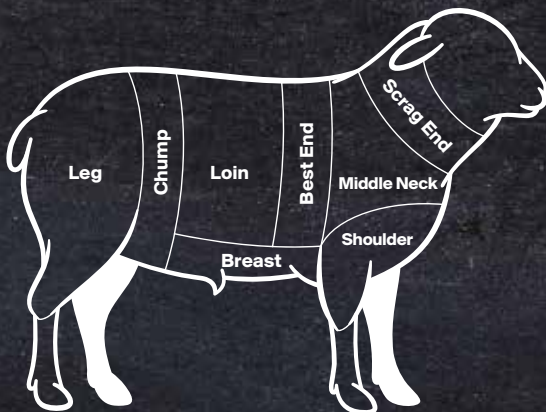
Beef



Pork



Lamb



We're raising the steaks

All about the Angus

What is Angus?

The Certified Angus Beef® brand defines the standard by which all beef is measured. No shortcuts and with a virtual obsession with flavor and juiciness. The Certified Angus Beef® brand has 10 exacting standards that every cut must meet for unrivalled flavour, juiciness and tenderness.



Marbling and Maturity

- Modest or higher marbling – for the taste that ensures customer satisfaction
- Medium or fine marbling texture – the white “flecks of flavor” in the beef that ensure consistent flavor and juiciness in every bite
- Only the youngest classification of product qualifies as “A” maturity – for superior color, texture and tenderness

Consistent Sizing

- 10- to 16-square-inch ribeye area
- Less than 1-inch fat thickness

Quality Appearance and Tenderness

- Superior muscling
- Practically free of capillary ruptures
- No dark cutters
- No neck hump exceeding 2 inches



As your steak comes sizzling off the grill, you are often tempted to slice right into it to take a bite. However, for your steak to achieve its juiciest potential it needs time to rest. Most chefs recommend that you let your steak rest 5 mins for every inch of thickness OR 10 mins for each pound of meat. Either way, for a standard 1.5” thick steak, you’d need to let it rest for 7-8 mins.

From frozen to fantas-steak!

Massy Stores can perfectly meet all your needs, and has steaks to match your taste and budget. Our range of frozen steaks deliver consistently delicious flavour every time.

A fabulous array of convenient, classic cuts and prepared specialty steaks are available for you to enjoy:



- Great American Steak Company**
- Ribeye Steaks
 - Fillet of Sirloin
 - Strip Steaks
 - Bacon Wrapped Beef Tenderloin



- Greater Omaha**
- T-Bone
 - Bone-in Ribeye
 - Boneless Ribeye

Butcher TIP

COOKING FROZEN STEAKS

Big news, hot off the grill! Thawing your frozen steak before cooking might be a “mis-steak”. Cooking with fresh beef will always be the ultimate way to prepare a steak, but it turns out that

using a frozen steak is a delicious next-best option. According to Cook’s Illustrated Senior Editor Dan Souza and the tasting team from Test Kitchen, cooking frozen steaks makes for a

“hands down” tastier, juicier meal than cooking defrosted ones. Whether it’s rare or well done, the best done frozen steak is one straight out of the freezer and into the frying pan.



Hang on...

racks of ribs & chops!

Cook them low and slow, or grill them just the way you like them. There's nothing like a rack of ribs or a pork chop done right. Fresh or frozen, if you're a pork lover, we've got local and foreign cuts that will rock your world.



Hormel

- Baby Back Ribs



Today's Cut

- Baby Back Ribs

Butcher TIP

PORK CHOP COOKING TIPS

Thicker is better.

Nowadays, pork is bred to be quite lean and can be very easy to overcook. Thicker pork chops are more forgiving.

Brine.

Brining helps to keep the meat moist and offer a bigger buffer against overcooking. Plus, it injects flavor into this mild-tasting meat!

Don't overcook.

For the quick-cooking loin and rib chops, be very careful not to overcook and dry out the meat. The USDA says to cook the chops between 145 and 160°F and let them rest a few minutes before serving.

Go for bone-in.

The bone helps provide some protection from overcooking and also has some fat around it that keeps the pork juicier and tastier, so we prefer the bone-in chops.

Massy has a lotta lamb

Lamb devotees rejoice, for here you will find just what your heart desires. Grass fed, Grade A Lamb, sourced from New Zealand or Australia. Tender, flavourful. From Leg of lamb to Lamb shoulder chops and French cut racks, behold - The Lamb of astonishment.

List of available cuts TBD

Butcher TIP

For roasts, the best cuts include leg, breast, best end of neck (also known as rack of lamb), shoulder, saddle, rump and loin. For quick cooking, choose fillet, chump chops, loin chops, leg steaks, best end cutlets and butterflied leg. For slow cooking, leg, shoulder, shank, neck and chump chops are among the best options.

Tip courtesy BBC Good Food



Ready Gourmet

Dazzle your guests (or your family) with an array of ready to cook prepared meat dishes. Perfectly seasoned, restaurant quality kebabs, pork and lamb chops, stuffed rolls, meatballs and more. Oh yes! Dinner was never this easy and exciting.

Kebabs (All local HALAL beef)

- Stuffed pork medallions
- Stuffed pork medallions

Butcher TIP

Quiatur mi, secabore nonserore nienit ad quassequi te velicaborro omnimi, sunt aliqui doluptatate volorecupam exceptratint laborit rem que volente voratibust mos cus eos evendel laccus, odionsequiae lacere, offic tem.



Blue Rare

Rare

Medium Rare

Medium

Medium Well

Well Done

Stick a fork in it!

it's done!

*Guide on how to know
when meat's done*

How do you know how well your steak is done?

People can be very particular about how their steaks done. Some like it well done, and some like it as rare as possible! Checking the steak's doneness works by cutting it can work, but doing so lets out precious juices and moisture that help keep the steak juicy. Here's a little trick to help you gauge how well-cooked your steak is.

Make an "OK" sign with your thumb and forefinger, and then press the fleshy part of your palm below the thumb with your other hand. That's the way rare steak feels when you press it.

Now touch your other fingers to your thumb, one at a time. As you move from your index finger to your pinky, the pad of your thumb will get progressively more firm and resistant. This feels similar to steak as it cooks, moving from rare (index finger) to medium-rare (middle finger) to medium (ring finger) to well-done (pinky).

As your steak is cooking, occasionally press its center and then compare it against this finger test, taking the steak off the heat as soon as it feels as done as you like it. Try it for yourself!

Steak Au Poivre

Ingredients

6 filet mignon, cut 1 1/4 inches thick
Kosher salt
2 tablespoons coarsely ground black pepper
3 1/2 tablespoons unsalted butter, divided
1 1/2 tablespoons olive oil
3/4 cup chopped shallots (3 to 4 shallots)
1 cup canned beef broth
1/2 cup good Cognac or brandy

Directions

Place the filets on a board and pat them dry with paper towels. Sprinkle the filets with salt and then press the black pepper evenly on both sides. Allow to rest at room temperature for 15 minutes.

Heat 1 1/2 tablespoons of the butter and the oil in a large saute pan over medium-high heat until the butter almost smokes. Place the steaks in the pan and lower the heat to medium. Saute the steaks for 4 minutes on 1 side and then for 3 minutes on the other side, for medium rare. Remove the steaks to a serving platter and cover tightly with aluminum foil.

Meanwhile, pour all but 1 tablespoon of fat from the saute pan. Add the shallots and cook over medium heat for 2 minutes. Add the beef broth and cook over high heat for 4 to 6 minutes, until reduced by half, scraping the brown bits from the bottom of the pan. Add the Cognac and cook for 2 more minutes. Off the heat, swirl in the remaining 2 tablespoons of butter and 1/2 teaspoon salt. Serve the steaks hot with the sauce poured on top.

Recipe courtesy of Ina Garten





Smothered Pork Medallions

Ingredients

1 cup all-purpose flour
2 tablespoons onion powder
2 tablespoons garlic powder
1 teaspoon cayenne
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
4 pork chops, 3/4-inch thick, bone-in
1/4 cup olive oil
1 cup chicken broth
1/2 cup buttermilk
Chopped fresh flat-leaf parsley, for garnish

Directions

Watch how to make this recipe. Put the flour in a shallow platter and add the onion powder, garlic powder, cayenne, salt, and pepper; mix with a fork to distribute evenly. Pat the pork chops dry with paper towels to remove any moisture and then dredge them in the seasoned flour; shaking off the excess.

Heat a large saute pan or cast iron skillet over medium heat and coat with the oil. When the oil is nice and hot, lay the pork chops in the pan in a single layer and fry for 3 minutes on each side until golden brown. Remove the pork chops from the pan and add a little sprinkle of seasoned flour to the pan drippings. Mix the flour into the fat to dissolve and then pour in the chicken broth in. Let the liquid cook down for 5 minutes to reduce and thicken slightly. Stir in the buttermilk to make a creamy gravy and return the pork chops to the pan, covering them with the sauce. Simmer for 5 minutes until the pork is cooked through. Season with salt and pepper and garnish with chopped parsley before serving.

Recipe courtesy of Tyler Florence

Grilled Lamb Chops

Ingredients

2 large garlic cloves, crushed
1 tablespoon fresh rosemary leaves
1 teaspoon fresh thyme leaves
Pinch cayenne pepper
Coarse sea salt
2 tablespoons extra-virgin olive oil
6 lamb chops, about 3/4-inch thick

Directions

In a food processor fitted with a metal blade add the garlic, rosemary, thyme, cayenne, and salt. Pulse until combined. Pour in olive oil and pulse into a paste. Rub the paste on both sides of the lamb chops and let them marinate for at least 1 hour in the refrigerator. Remove from refrigerator and allow the chops to come to room temperature; it will take about 20 minutes.

Heat a grill pan over high heat until almost smoking, add the chops and sear for about 2 minutes. Flip the chops over and cook for another 3 minutes for medium-rare and 3 1/2 minutes for medium.

Recipe courtesy of Giada De Laurentiis



