



### Cutting Orders

Highwood Valley Ranch is pleased to work with AW Quality Meats from just outside Herronton, a fully inspected, locally owned meat processing facility. We started working with AW Quality meats in 2013 due to the flood in High River. We are excited about the new relationship we have with our processor and are looking forward to many more years working together.

We feel it is very important to keep things as local as possible; this is the closest processor to us who is able to help provide us a premium product.

First time buyers of whole beef, or halves are sometimes overwhelmed with the choices and decisions that confront them when the processor phones requesting a cutting order. With a little thought your cutting order will reflect your family's lifestyle both in the cuts you choose and the size of those cuts. Here are some questions to consider.

Time: How much time do you spend preparing meat dishes?

- If your time is limited you might want fewer roasts and stew packages. You may want front end roasts such as chucks, blades and brisket ground for burger.
- Smaller packages (1pound burger and stew, 3-4 pound roasts) will require less thawing time.
- You might prefer that the round steak be cut into a thin steak called a minute steak. These require just a few minutes of microwave defrosting before pan-frying or stir frying in your favorite wok dish. Minute steaks are also an excellent breakfast entrée. A Sunday morning steak and eggs breakfast will set you up for the day!
- Maui Ribs are the short ribs cut into thin strips and may be best for the chef with limited time. They require marinating and then a quick grilling. They make an excellent quick meal as long as you have marinated them for a couple of hours. They can also be seasoned and then slow roasted for a dry rib.
- If you do have time or if you take weekend time for meat preparation, you might enjoy having pot roasts, short ribs and even soup bones.

Cooking for family: Does your family enjoy well planned pre-prepared meals?

- Use burger to prepare large recipes of meat sauce for spaghetti or lasagna that can be frozen.
- Stew the second day is great with dumplings or biscuits.
- Family food preparation might involve crock pot roasts such as chuck or cross rib.
- Inside round roasts and eye of round are lean cuts which make excellent cold sandwich meat. Enjoy the roast for dinner and then for sandwiches the next day. Cold inside round roast is excellent cut into strips and added to a green salad.
- Crock pots are a great investment for healthy family meal preparation. Crock-pot beef recipes abound.

Entertaining: Your style of entertaining could determine the size and type of cuts you will order.

- If a large formal dinner party is in your entertaining calendar, a prime rib roast is certain to impress your guests. This will mean that you request that the prime rib section be kept whole (usually around 12-15 lbs). Otherwise this part of the animal can be cut into smaller prime rib roasts of 2-3 ribs each. You can also request rib steaks rather than prime rib roasts.
- Sirloin roasts are excellent entertaining entrées.
- If you are feeding a very large crowd one of the economical roasts is a large round roast. Depending on the number of guests, you can order round roasts as big as 20 lbs. A 20 lb. round roast would easily server 40 people.
- For special dinners here at Highwood Valley we serve whole Tenderloin. This cut requires the removal of the tenderloin in one large strip. You are then left with New York steaks rather than T-bones. New York Steaks are also known as strip loins since the loin has been stripped. I prefer New York steaks over T-bone steak since they cook more evenly and then we also have the pleasure of the tenderloin at some other time. The whole tenderloin may also be cut into two roasts or you can request it be cut into filets.
- If you are a barbecue expert you may want to keep the brisket for a large gathering. Most of my brisket customers request that the brisket be cut in half, a whole brisket can range from 9-11lbs and with as much fat attached as possible. This suits a slow smoking process. If you are making corned beef it is better to roll the brisket. If brisket is not your expertise then you might want it to be ground for burger.

After consideration of the above information, be prepared for the main questions the processor asks. These are:

- How many steaks per package? New Yorks, Tenderloins , Rib Eye, T-bones, are packaged 2 per pack. Sirloins have 1 per pack. (NOTE: T-Bones use both the tenderloin and New York steaks so you can have the two types of steaks or T-Bones not both)
- How thick do you want your steak? 1 inch is usual for Tenderloin, Rib Eyes, New York steaks for our Sirloin.
- How big do you want your roasts? 3- 4 lbs is a good size.
- How big do you want your stew and burger packages? Remember smaller packs thaw quicker.
- Do you want the soup bones?

Hopefully this information will assist you when the processors calls and you will receive maximum enjoyment of your Highwood Valley beef.

The two links below are a beef map with different cuts available and the bottom one is for cooking instructions for certain cuts NOTE: times will differ a little with grass fed and finished beef, dry aged beef as the moisture is different and the fat content is different.

[http://www.canadianbeef.info/ca/en/rt/resources/Download.aspx?FileName=150124-EN.PDF&masterNo=150124&itemType=PDF&itemUnits=EACH&catalogCode=RES\\_RETAIL&subCatalogCode=RES\\_RETAIL\\_TRADEEDUCATIONTECH&Language=LAN\\_ENGLISH&ProfileNo=462244](http://www.canadianbeef.info/ca/en/rt/resources/Download.aspx?FileName=150124-EN.PDF&masterNo=150124&itemType=PDF&itemUnits=EACH&catalogCode=RES_RETAIL&subCatalogCode=RES_RETAIL_TRADEEDUCATIONTECH&Language=LAN_ENGLISH&ProfileNo=462244)

[http://www.canadianbeef.info/pdf/Standard\\_Cooking\\_Instructions\\_EN.pdf](http://www.canadianbeef.info/pdf/Standard_Cooking_Instructions_EN.pdf)

Please see the following page for a standard cutting order

## Standard Cutting Order:

AW Quality Meat Processors

Arrowwood Colony

RR1 Blackie, Alberta T0L 0J0

403 325 0877

[www.awqualitymeats.com](http://www.awqualitymeats.com)

Outside and Inside Round: 4 steaks to a package (minute steaks) or Roast  
Eye of Round Roast

Sirloin Steak: 1 inch: 1 per pack

\*New York: 1 inch: 2 per pack

\*Tenderloin: 1 inch: 2 per pack OR whole tenderloin roast

Rib Eye, Lip on: 1 inch: 2 per pack OR Prime Rib Roast (bone on or off)

Cross Rib Roasts, 3-4lbs

Chuck Roasts: 3 pounds OR GRIND

Sirloin Tip Roasts: 3-4 pounds OR get some made into Kabob Cubes

\*\*Hamburger: 1 pound packages \*\*

Stew Beef: 1 pound packages

Short ribs OR Maui Ribs

Soup Bones

**\*OR YOU CAN GET T-BONE STEAKS INSTEAD OF NEW YORK  
AND TENDERLOIN**

**\*\*You will receive about 100lbs of ground beef on a half\*\***