



CUT SPOTLIGHT:

BEEF EYE ROUND

The beef eye round is a very lean, boneless, value cut taken from the round primal above the hind legs. Though it features tight muscle fibers, with some culinary finesse, the beef eye round can be served as steaks, sliced for sandwiches, in stews and more.

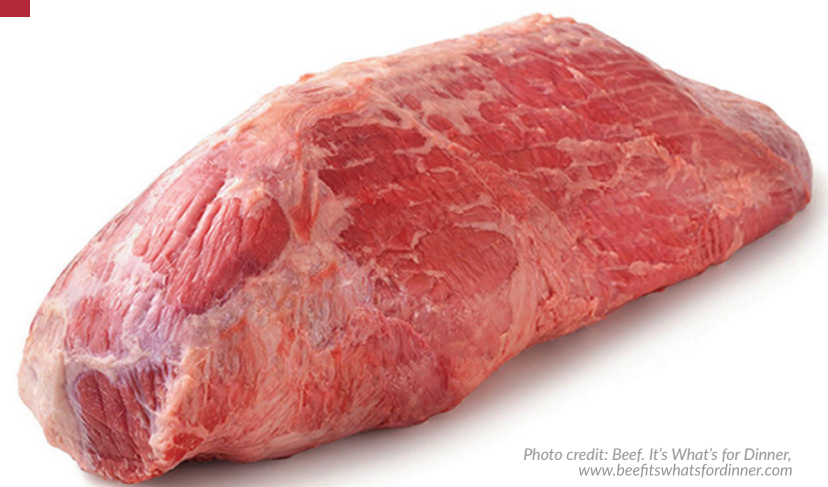


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PRO TIP:

"Cut steaks with the grain and then slice cooked steaks across the grain. This will give you more options and still have a really good eating experience."

—
- Chef Pete Geoghegan
Culinary Director of Cargill Protein

PREPARATION

Marinade flavors will penetrate better on a beef eye round compared to a bigger cut, like an inside round. Consider slicing thin and velveting (tenderizing in a baking soda wash) for stir fry. You can also create jerky or cecina by slicing, curing, drying and serving as an appetizer.

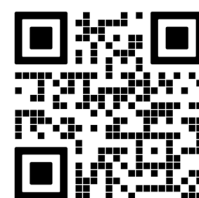
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