



Lakeview Supermarket & Deli's Cooks & Grillers Guide to Better Meats & Meals

Extra Lean Ground Chuck-Always ground fresh entirely at Lakeview market, only from the finest chuck, and has just the right amount of lean, and a perfect balance of fat for the best flavor. (Usually 82 to 85% lean) The ground chuck is put through the grinder once, and the grinder head is removed. The grinder plate and cutting knife are cleaned and all small bone pieces and bits of gristle are removed. After thorough mixing of the lean and the marbled meats, the second grind creates the characteristic red "spaghetti look" of the burger as it comes through the grinder plate. Since our ground chuck is made strictly from fresh "chuck roll" you can be assured that our ground meats are the safest in the industry. We never use old meat or "preground" chubs. You should know that almost all supermarkets create their ground chuck and ground beef from meat that was ground once in a far away place, and sent to them in 60 lb. cases with 6-10lb chubs and reground one more time just before it is sold. Though it is absolutely safe, it may contain dairy cattle, meat from old retired bulls, and some steer beef. It is scientifically measured to be 75%, 80%, 85%, and 90% lean, but that is all you know for sure. Our ground chuck is 100% premium steer beef with tasty fat from Rib eye, Tri-tip, T-Bones and is ground to be usually 80-20 ratio of lean chuck to tasty fat. The perfect blend!



At Lakeview Supermarket and Deli we only make our ground chuck and sirloin one way! We cut up USDA certified premium choice angus chucks into steaks and roasts, add some trimmings from Tri-tips, shoulder clods, rounds and premium steaks meat, then balance the lean with just the right amount of fat for flavor, then grind it up. After the first grind, we clean the grinder head, mix the ground chuck, and grind it through again. Both grinds go through a grinder plate with tiny 1/16" holes so you will never find bone fragments or gristle in our chuck. Also, we never put a speck of old meat into our burger. And since our burger is ground entirely at Lakeview you never have to worry about tainted or unsafe, tainted burger!

Ground Turkey, Ground Pork, Ground Lamb: At Lakeview we grind our own Turkey thigh meat so we know what's in it. Commercial brands of ground turkey, are just that, but what part or parts of the turkey are they grinding? We want you to know that all of our Extra Lean Ground Turkey is just thigh meat, and that's it! We grind up 40lb boxes of thigh meat and package them in convenient 1lb packs and freeze them immediately after they are ground. Our ground pork is ground from pork loin and shoulder and frozen in one-pound packs as well. Occasionally we run out, but we grind pork every day, so call in the a.m. and we'll

have some the same day. Ground Lamb is almost always in stock at Lakeview, and most times is ground from fresh Lamb legs. Other times we get it from a local California supplier in one-pound packages. Ground Elk, Bison, and Venison in one pound, are also usually in stock in our freezer section along with the ground Turkey, Pork, and Lamb. Ground chicken is available too, in large quantities of 10 pounds or more upon special order. Just give us a call.



Boneless Short Ribs- Also known as Flat Iron Steaks, but they are really a Boneless Top Blade Chuck Steak. These are one of the most versatile pieces of beef we sell. Great Broiled, grilled, sautéed, or braised. Slice these into strips for the best fajita, Philly cheese steak or stir-fry meat. This meat is also the absolute best for stews, chili and hearty beef soups. These little steaks are usually right around ½ lb each. Were it not for the little piece of gristle down the center of every steak these would be \$10 per pound.

Extra Lean Stew Meat Our stew meat is very lean, with hardly a trace of exterior fat on any piece, but well marbled. The meat is usually cut from the shoulder of the steer, brisket, and chuck and can be a little tough. Since all of the fat is removed, so too, is some of the flavor! For better stews, we recommend adding some chuck or flat iron steaks (Boneless short ribs). In the supermarkets, though the pieces look like good meat for ka-bobs, as they are so lean with little marbling, it is recommended that these be marinated. Culottes, Top Sirloin, Flat Irons and chuck would all make better kabobs! At Lakeview we use almost exclusively, cubes from USDA Prime shoulder clods and chuck. The stew meat is well marbled, and will be more juicy and tender than typical stew meat.



Center Cut Round Steak We carry Top round steak but would almost rather not. This piece of meat comes from the Steer's largest muscle, and looks pretty and red, with rarely any marbling but is as tough as meat gets. This is used for cube steak, chicken fried steak or Swiss steak. Sliced thin this meat can be used in pepper steak and stir-frys but is a poor choice. You would do better with a Cross-Rib Steak (or almost anything else) People are drawn to this steak by its large size & pretty appearance, but be prepared to chew!



London Broil This cut off of the Top Round and is not that great without the aid of a good quality marinade with digestive enzymes (enzymes that break down the meat's tough fibers) Over cooked; this piece of meat will be awfully dry and tough. Cooked rare, with a nice marinade, and sliced thin, this cut can be quite good. This is another of the "pretty" cuts that looks great, since there is no external fat or internal marbling, but really is a poor choice for those who enjoy tender, juicy meats.

Cross Rib Roast A Cross Rib roast comes from the front shoulder, and is actually the tricep muscle of the steer. The entire roast will weigh from 4 ½ to 9 pounds but usually weighs in at about 6 pounds. In superior USDA Certified premium Choice and Prime beef the shoulder H-clod can be an excellent roast that is a real crowd-pleaser. Since the Cross Rib Roast is shaped like a football, the middle section is much thicker and bigger around, allowing you to cook the roast rare in the



very middle, medium rare on either side of the middle, and medium and well done (if desired) on the two ends. This roast makes the traditional sliced roast beef that looks pretty on the plate since it has no fat and only a small, thin strip of gristle. When cooked low and slow and left rare, this can be a real family favorite. The leftover roast can make the best roast beef and barbecued beef sandwiches as well. This is a perfect choice for those who would love to have a Prime Rib but cannot really afford to spend the bundle to buy one.

Cross Rib Steaks The cross rib steak, which has also been called a Ranch or Barbecue steak, is very lean, and can be a bit chewy. People that are drawn to the Top Round get steered to this steak by our crew since it is USDA Prime and much more tender and still is pretty lean. Our cross rib steaks are usually cut strictly from our highest and best quality Prime H-clods that have the most marbling. At any supermarket these are best prepared with a marinade. The smaller first cuts off the clod look almost like a fillet mignon, and are more tender than the center cut steaks. Even so, the Cross Ribs are loved by many of our customers and is one of best selling steaks. This is probably because of the combination of reasonable price, leaner appearance, and delicious, unique flavor (especially the smaller ones).



Top Sirloin Is another favorite of lean steak lovers. Those who love lean steaks go for New Yorks, Filets, Top Sirloin, cross rib steaks, and will be tempted to buy top round. Top Sirloin is a great value for the lean steak lover, since it is



usually about \$3 to \$4 dollars less than New York Steaks. When you shop the Top Sirloin Steak tray you will notice thin strip steaks and large steaks that would cover an entire plate. The thinner



strips are cut from the cap of the Sirloin butt, which is then turned and cut across the grain; the larger sirloin steaks are cut from the large butt after the cap is removed. Both are tender when left rare and are useful in many dishes when sliced or cubed. Sirloin

makes great ka-bobs, and also meat for stroganoff or Philly

sandwiches. We believe that the fat on the Sirloin is absolutely awesome tasting, but there just isn't enough!



Old Fashioned Franks-Unlike most Franks, these are made with the finest ingredients and leaner meats. These dogs have half the fat of most other hot dogs. (Only 8 grams) The taste is awesome, Hot or cold! These fabulous dogs are favored over "Casper's" and come 8 to a pound! Our old fashion franks are made with both beef and pork and have the real casing that gives

great franks the characteristic snap when you bite them!

Saag's Louisiana Hot Links- These links are made with the finest ingredients and taste like it too! These rich sausages are smoked and can be eaten cold, but are much more tasty when heated by grilling, or frying! Sold by the each, and weigh in at about 1/4lb (4 in a pound). Some people think they're too hot, but most people, think that they are just spicy enough to be deliciously hot!



Pork Breakfast Sausage-Ground nearly everyday from extra lean pork trimmings and mixed precisely to our specifications to deliver consistent, delicious flavor in patties, on pizzas, in spaghetti, you name it! Our traditional Farm style is great for breakfast, but works well in Italian dishes as well. We have a hot and spicy variety that has ground chilies, cayenne pepper, and a 6pepper blend. This sausage is not too hot, but richly flavored! We also have added an Italian Sausage blend that has fennel seeds and seasonings that will add flair to any Italian dish, and is awesome, grilled, fried, boiled and even in the microwave. Consider adding this to any meat ball or Italian dish for a much richer sauce or entrée!



Hardwood Smoked Platter Bacon-Or to be more accurate: Hardwood Smoked, Brown Sugar and Cane Cured Platter Bacon. Because it is dry cured, without added salt brine, this bacon tastes better and shrinks less and is a total crowd-pleaser. It's cut thicker, with a fabulous flavor great alone or for seasoning any dish. At Lakeview we have two sizes, thick and thicker! Our thick has 14-16 slices per pound (about 1 ounce per slice) and our very popular extra thick with 10-12 slices per pound.



Specialty Meat Loaf- Each batch is made with 10 pounds of extremely lean ground chuck, three pounds of lean pork, and over a pound of flour, cracker meal, garlic, onion, bell pepper, celery, black pepper, celery seed and other secret spices. Simply Delicious! This meat loaf makes splendid meat balls, meat loaf sandwiches, and is great for stuffing mushrooms, and bell peppers of all colors! This is also a great addition to any casserole or Italian dish since it is ready to go, with all the spices and the perfect blend of pork and beef. And by

the way, it makes a great meat loaf too, and you don't need to add a thing.

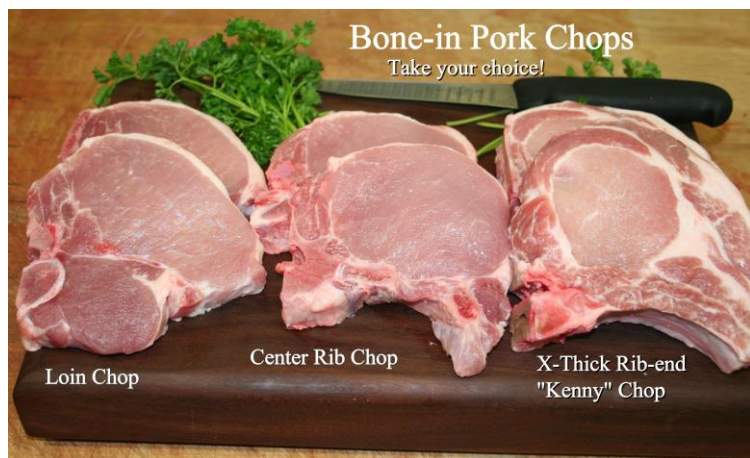
Certified Premium USDA Choice & Prime Chuck Steaks and Chuck Roast- Usually chuck is a little tough and chewy but has good flavor. In fact, the first two chuck steaks, also known as "chuck-eye steaks" are cut right next to the rib-eye steaks (\$15.99lb), and are nearly as good but half of the price. Our Certified Premium Chuck is Awesome, very well marbled, juicy & full of flavor, certainly a "best buy" for the price. Our chuck roasts, unlike many stores, are cut immediately after the chuck



steaks, but are not taken from the grainy, tough portion of the neck. We commonly cut only 2 chuck roasts from each "Chuck Roll" leaving all of the neck to be ground up into our extra lean ground chuck. After trimming the chuck steaks and chuck roasts about half of the "Chuck roll" will go into our fabulous ground chuck. The ground chuck is put through the grinder once, and the grinder plate is removed. The grinder plate and cutting knife are



cleaned and all small bone pieces and bits of gristle are removed. After thorough mixing of the lean and the marbled meats, the second grind creates the characteristic red “spaghetti look” of the burger as it comes through the grinder plate. Since the ground chuck is made strictly from fresh “chuck roll” you can be assured that our ground meats are the safest in the industry. We never use old meat or pre-ground chubs. Pork Chops Center Cut and Loin Center Cut, always around an inch thick. At Lakeview all of our chops &



steaks are all-natural Prairie Fresh brand Pork. And since we sell so much Pork Sausage we use only the very best of the center cut Boston Butt and Pork Loins, closely trimmed with just the right amount of marbling for perfect flavor. Cook these anyway you like, grilled, broiled, fried, baked or skewered, always great! The average Lakeview chop is about ½ pound, and usually on sale for 6 or more chops (3lbs)

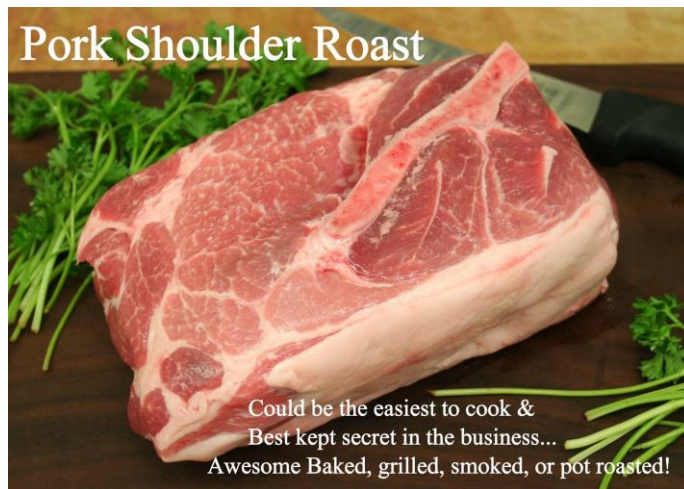
Extra-Thick Kenny Chops, without a doubt the best pork chop you will ever eat. Kenny started cutting these for himself from the “Prime Rib” portion of the pork loin, and cut them extra thick.

These chops have the most marbling, are from 1 ¼” to 1 ½” thick and weigh in at 12-16oz each. Each amazing chop is a meal for most people and some couples can even split one! (Pictured on the far right in the photo left.) Order these early since they sell like crazy and could be out of stock. Note: you only get about 810 of these fabulous chops from the entire pig...



Pork Steaks (the most misunderstood cut of pork) Most cooks and butchers absolutely love pork steaks, They are cut from the pork shoulder, which is the most flavorful part of the pig. The pork steaks are actually a pork shoulder steak which is the same cut as a beef chuck steak. The shoulder blade runs through the Pork shoulder so each steak has a portion of the shoulder blade, which is somewhat of a nuisance to many people. The bone, combined with the extra fat and marbling turns

off some people, but little do they know that the pork steak is actually much more juicy and tender than a regular pork chop because of the extra fat, and marbling. Grill these and add some barbecue sauce just before you remove them from the fire, then slice them in strips, paint the edges with more BBQ sauce and your family will go crazy. Easier, faster and usually less expensive than pork spare ribs.



Pork Shoulder Roast, Pork Butt Roast: Surprise, they are the same thing. Boston butts are also the same thing. A shoulder butt is cut just at the end of the pork loin where the best, most juicy part of the loin is found. These are most popular for pulled pork, carnitas, chili verde and other crock pot recipes. My favorite way to cook the shoulder butt is on the grill or in the oven low and slow (like a tri-tip or Prime Rib) With all of the marbling roast pork is not only delicious, tender, and juicy, but incredibly inexpensive. A 4-lb pork butt is between \$10-\$14, whereas a beef roast that size would cost you double that or more! Try one today!



Country Style Pork Ribs are literally the last 4-6" of the pork loin. The "Kenny Chops" are cut from the juicy rib end of the loin, then the shoulder blade chops start and continue into the pork steaks. Shoulder blade "chops" are not so common, but instead butchers cut these into the Country Style ribs you see pictured on the left.



The country style rib on the right is shown cut, but not separated yet. You can see, that this looks a bit like a chop, and truthfully you could cut Kenny Chops down the middle and get country style ribs. Which is why Country Style ribs are so great. The Shoulder, the Country Style ribs and the Kenny Chops all come from the best part of the pig! They're extra juicy, tasty, tender, and flavorful!

Boneless Country Style Riblets at Lakeview are inexpensive, delicious, tender, boneless strips of pork shoulder cut from the ends of shoulders and steaks. They're great grilled, baked or cut up for all kinds of pork recipes, especially Chili Verde, carnitas and for pork tacos and burritos.

Baby Back Pork Loin Ribs, St. Louis Ribs, and Small and Meaty Spare Ribs are all cut from the Pork ribs. The difference will surprise you. The Baby Back Ribs, or officially called "Pork Loin Back Ribs" are the most expensive. To cut Baby Backs you literally destroy the entire pork loin, by dividing it into one large boneless pork loin, and one piece of pork tenderloin, and the 2-3lb rack of ribs. What is interesting, is that the boneless pork loin is very inexpensive and not nearly as popular as the baby back rib. So, what happens is when the Baby back ribs are cut, a large amount of the loin is left on the ribs, making them much thicker than the regular spare ribs. So rib for rib, even though the Baby Back ribs are shorter, they actually have more meat on them than the spare ribs inch for inch. Now, the regular spare ribs are cut away from the side pork, which goes in to bacon. And since bacon is always more expensive than spareribs, the spareribs are skinned tightly leaving as much bacon as possible. Therefore, although the ribs are the same, the amount of meat left on



them is quite different. Baby back ribs are much thicker, because meat is taken from the pork loin during processing; and spare ribs are thinner since more meat is trimmed off and left for side pork or bacon. The St. Louis Ribs are just another variation of regular spare ribs with the breast bone removed and some of the flap to create a more attractive, uniform rack, that looks very much like baby back ribs, but is not taken from the pork loin, but from the part of the rib that extends beyond the loin to the chest. Sounds a little complicated. Come by, and our butcher can show you in a minute on our pork chart what we mean!



Boneless Pork Chops: People love these since they look so pretty and lean. Which is exactly why I prefer the fatty pork chops and Kenny Chops instead (more flavor, and more tender).

With that said many people like leaner, boneless meats and these meet the criteria perfectly. Want a lean pork dish, or cubes for recipe, these work great. At Lakeview we cut these really thick, but they can be butterflied to normal thickness in a minute, so not to worry. These are so thick most people want to stuff them. For my money pick the chops that have the two-tone coloring which comes from the rib-eye of the pig. They're more tender and flavorful, and are still tasty when cooked to 140°F.



Cooking Pork pink is Okay! Yes REALLY! The horrible trichinosis you heard about from your great grandmother is all but gone in America. Only a handful of cases have occurred in the last decade, almost all exclusively from wild game. The Pork producers of America tell us that the chances of getting trichinosis is 1 in 154,000,000 from domestic pork. Cooking to 137°F would kill trichinosis if it did exist, but this country has banished this problem through improved farming of our pork population. The USDA officially dropped the recommended Pork cooking temperature from 160 to 145 in 2011. Great chefs and cooks do their best to keep pork just below 140 at about 135, where the tenderness and flavor is the best. You will be safe, and enjoy better meals if you cook pork less, and keep it pink like the pros!

Skirt Steaks are a little known treasure that is not often found in many meat markets. Lakeview usually has Skirt Steaks, if not in the counter, we probably have them in our walk-in. A skirt steak is most famous for making sliced fajita meat, since it is well marbled and tender. The skirt steaks can be found in three forms. We sell the un-peeled skirt steaks for a 20% discount if you want to peel them yourself. If you want them



ready to cook, you will find them in long 20" inch strips which are about 2-3 inches wide and only about 3/8" thick. Our customers do all sorts of things with these strips but usually stir-frys or Philly sandwiches. My favorite way to prepare skirt steak is tenderized and pin-wheeled. The tenderizing process helps to homogenize the marbling and fat throughout the little pinwheel steak, which is the long strip rolled up and then sliced into donut sized steaks. These are extremely rich, tender and flavorful and is still one of the best kept secrets in the meat department. I prefer just season salt and pepper, but these can be marinated to

create all types of exotic flavors and taste sensations,

Unfortunately of late, the Food Network has created a frenzy over these and the price has soared to record highs.

Center Cut Beef Spare Ribs at Lakeview are not like most Beef Ribs at other stores. Many stores carry spare



ribs that have mostly bone and hardly any meat. At Lakeview we sell only the cry-o-vac Beef Center Cut Ribs. These ribs packed in a very thick, protective bag that can be stored for weeks in the fridge and for up to a year in the freezer. Our beef spare ribs are loaded with meat and less bone, and since these bones come off the prime rib, they are bursting with flavor. While many people boil these ribs before grilling or barbecuing, I believe the best cooking method for beef or pork ribs is to pre-cook them either in the oven or better yet, in the microwave. I know that sounds crazy, but if you consider that the microwave cooks more or less from the inside out,

and then when you grill your ribs the outside gets finished off, and now you have a perfectly cooked rib, both inside and out! Many people like to try and cook ribs low and slow, but unless you constantly baste them, the outside can be a bit dried out and tough. If you have not tried it, try pre-cooking your ribs in the oven or better yet in the microwave and you will be shocked at the results. Remember though, you are only partially cooking the ribs to about 70-80% doneness, the finishing touch comes with the sauce on the grill and making the ribs look pretty!

Golden Plump All-Natural Chickens are the best we have found. Unlike other brands Golden Plump are almost always the same size and you do not have to pay for necks and giblets that you may not want. These birds are all natural and weigh 3.5lbs to 4lbs every time. Lakeview does not charge for cutting up your chickens, so you can have them whole or cut up for the same price. Give these a try, chances are you will love them too! Lakeview also features Golden Plump chicken drumsticks, and we sell them at a great price!



Certified Premium USDA Choice & Prime Tri-Tip The Tri-tip has only been around for about 20 years or so and can rarely be found too far East of the Rockies. The Tri-tip when cut from Choice or Prime Beef can rival a Prime Rib for Flavor and can be nearly as tender when cooked to perfection. This is huge favorite for the back yard grill and once mastered will be on the family menu weekly. A Tri-tip will weigh from 2lbs to as much as 4 pounds, but usually fall in the 2-3lb range. When using the Select grade found at most supermarkets, a Tri-Tip will need to be marinated. However; a top quality Tri-tip from Lakeview should be treated with nothing but a dry rub and some pepper, then cooked low and slow for under an hour. A tri-tip can be a challenge to slice when done, so be sure to always cut directly across the grain to maintain maximum tenderness, and please try to keep your tri-tip on the rare side for best flavor and tenderness! Cut up, a tri-tip makes awesome steaks, ka-bobs, stir-fry, stroganoff, and fajita meat!



Culotte Steaks. Cut from a perfectly marbled tri-tip trimmed just right! We cook thousands of these every summer in our Catering Business. These delectable steaks are small yet packed with flavor, cut thick and always tender; this superior grade never needs to be marinated. Most culotte lovers will tell you that they are as good or better than a New York and way cheaper. You can usually save money by buying Tri-tips and cutting them into culottes yourself, but at Lakeview Supermarket & Deli that won't be necessary since we will cut your tri-tips into culottes for no charge and wrap them anyway you like!

Certified Premium USDA Choice & Prime T-Bones and Porterhouse Steaks Both the T-Bone and the Porterhouse are cut from the Beef loin. The T-Bone is simply a Porterhouse with little or no Fillet. The Porterhouse is a larger T-Bone with a Fillet that exceeds 1½ inches across. Were you to remove the bone from a Porterhouse you would have a New York Steak (boneless top loin Steak) and a Fillet Mignon (Beef Tenderloin). Since New Yorks are usually over \$10 and Fillet Mignon is close to \$20 per pound, a Porterhouse is a great deal. At Lakeview we usually have "Crowd-pleasers" that are around 24 ounces or more and plenty big for two people to share. T-Bones will range from a pound to 20 oz while a "Crowd-pleaser" Porterhouse can reach 2 pounds. These steaks from the



Loin are generally leaner than Rib-eyes and Rib Steaks but still have enough marbling to still be tender juicy and delicious. The fillet side, of course, is the tenderest of all meats, and is usually pretty lean too!



New York Steak (Boneless Top Loin Steak) This great steak, is the top part of the T-Bone or Porterhouse without the bone. Leaner than Rib Steaks and Rib-eyes, this steak offers great flavor without the abundant marbling, and yet is still tender. Favored by restaurants for its ease of cutting and portioning, since there is no bone. Every New York comes with a piece of grizzle on top, and leaner grades can be very disappointing. But, a well marbled New York can hardly be beat! New Yorks usually range from 9 ounces to just over a pound.

Fillet Mignon (Beef Tenderloin) The Fillet is without exception the tenderest piece of meat on the Steer! This steak has little marbling, and so has a mild flavor, which explains why many people wrap their fillets with bacon or top them with sauces. Since the fillet makes up such a small part of the Steer, and is so good, the price is high, very high in fact! Fillet prices will range from \$15 to \$25 per pound depending on the beef grade and location where you shop. Fillets come in long full tenderloin strips, which taper dramatically on one end, and also come in

Fillet Butts (or Butt Tenders). The butt tenders are from the part of the loin by the Top Sirloin, rather than from under the New York Strip. Butt tenders are about 2½-3½ lbs, and are roughly the same size throughout, and will yield about 4-6 nice extra thick steaks. The full tenderloin strip or PSMO (called PISMO in the trade, which means (Peeled, side muscle off) is taken from the loin and means you will have no T-bones or Porterhouse steaks, since they were sacrificed when the fillet was removed. This piece will yield a number of nice steaks, but will also have a sizable tail which is not much good as a steak, but is still tender and can be used for a number of dishes. Be careful buying these whole, unless you get a really good price; that long tale costs quite a bit. A regular size fillet is from 6 to 8 ounces, but a nice thick 1 ½" fillet can reach 12-14 oz.



Rib Steaks or Rib Eye Steaks The beef rib is most people's favorite part of the steer. This is where the Standing rib, or prime rib comes from. This will be the most well marbled part of the beef, which is why everybody loves "Prime Rib". A slice of a prime or standing rib is simply a Rib

steak; take the bone off and you have a Rib-eye steak. Rib Eye steaks also have many names such as Market Steaks, Steaks. This is another since this steak has the is very tender juicy and Rib-eye with the bone



better because of the added flavor of the meat on the bone. Either way you cannot get better steaks. People with "fat phobia" are put off by the marbling, but just don't know what they are missing. Even in low quality beef such as "Select" or "Rancher's Reserve" the Rib Steaks will offer a decent steak. In my opinion, a



Delmonico Steaks, and Spencer restaurant favorite, and should be, most abundant marbling and thereby loaded with flavor. The Rib Steak, a attached, can be argued to be even

”USDA Prime” graded Rib Steak or Rib Eye is the best piece of meat there is! Rib Steaks run about a pound up to 20 oz while Rib Eyes seldom reach a pound unless they are over 1 ¼” thick.

Personal Prime Ribs (Extra Thick Rib Steaks) A recent addition to our award-winning meat department is the Personal Prime Rib Steak. It is 1 ½” to 2” cut of Prime Rib that feeds 2 people or one Huge Fullback. Enjoy an exciting prime rib dinner for two in less than 45 minutes and at a fraction of the cost. These fabulous chunks of Prime beef are less than \$30 and feed two elegantly, just add wine and candles!

Standing Rib or Prime Rib Roast This awesome roast is a cut from the richly marbled Rib of the steer, and is one of the most popular roasts in the country. Called a Prime Rib Roast when the beef grade is USDA Prime, otherwise this is simply a standing rib roast. At Lakeview we usually cut off the bone, season underneath it, and tie it back on. This makes the roast taste better and makes carving a cinch! You simply cut the strings, remove the beef back ribs, and then you can carve the roast with a bread knife. A rib roast can be a little as 2” or as large as 22lbs. Although the Rib steak is from the same piece of meat, the roast will taste completely different. This is the best choice for a great holiday get-together. What many people may not know is that all of our premium steaks, including all of our Prime Ribs are wet aged in a thick cry-o-vac sealed bag for a minimum of 3 weeks and often up to 6 weeks or more. This allows for the enzymes in the meat to create more flavor, more tenderness, and the ultimate dining experience. The wet-aging process protects the color and moisture content so your roast looks like the supermarket roasts, but one taste will tell the difference. And always remember, Quality is remembered, long after the price is forgotten; which is why every year Lakeview sells around \$29,000 worth of prime ribs around the holidays.



Fresh Brisket: If you’re from Texas you know what’s up. In California people are just learning about brisket. It is a 10-18lb chunk of meat that is really tough and needs to be smoked or cooked forever. The recent popularity of Traeger and other “smoker grills” has caused sales and the prices of briskets to soar. This huge piece of meat has two features; the point and the flat. When buying half of a brisket (still 7-9lbs) most people opt for the flat, since it is leaner and more uniform. Real barbecue guys often choose the point where the fat is throughout and give the smoked brisket

much more flavor and moisture. Briskets can be baked too, but these giant chunks are made for smoking at about 225 degrees for about 12 hours. So start cooking early or you will be eating your smoked brisket tomorrow!



Corned Beef Brisket & Rounds: Most of us don't think much about corned beef until St. Patrick's Day around March. Corned beef is sold all year 'round. But tons and tons are sold around March, and after the 17th a retailer can barely give it away. Corned beef is made mostly from brisket and some from round. If you have been paying attention, you already know that brisket and round are very tough, parts of the brisket is lean, and the point section is really fatty sometimes. The corned beef is seasoned with a pickling spice and pumped up to 35% with the seasoning solution mostly made of salt. The name

"corned beef" came from the large rock salt "corns" and has nothing to do with ears of corn. Incidentally, according to historians, Corned Beef was invented in New York City by the Irish Catholic immigrants, and is not eaten much at all in Ireland! I believe the best corned beef comes from the brisket and do not favor coned beef round even though it is pretty and lean. I like to mix a fatty point and piece of the flat brisket to get a nice mixture of fat and lean to mix with the carrots, potatoes, mustard and cabbage. My big gripe is that corned beef is around \$5lb of which \$1.70 of that is salt brine. Personally I think corned beef should be about \$3-\$3.50lb since salt water is cheap!



Chicken Fajita Mix: this great item is perfect for the person on the go. We cut up three different kinds of bell peppers, green, red, and yellow, and cut up red, yellow and white onions, and add an equal part of juicy, tender chicken thigh meat. The thigh meat is lightly seasoned with a

special secret formula and mixed thoroughly. Simply cook the mix together until the vegetables are caramelized and the chicken is cooked and serve in a tortilla, or over rice. It's ready in just minutes.

The fajita mix is lightly seasoned so taste your dish before serving, you might want to add some seasoning before you serve, but most people find this mix just perfect!



Beef Fajita Mix: Just like the chicken fajita, we cut up three different kinds of bell peppers, green, red, and yellow, and cut up red, yellow and white onions, and add an equal part of juicy, tender Beef. The difference in our Beef fajita is that we literally separate your chopped vegetables and beef. The beef is seasoned already with pepper and Lawry's seasoned salt (no MSG) and cooks quickly. So in order to caramelize your peppers and onions just right and long enough, cook your beef only after sautéing your veggies completely. Fold in your beef, brown it for just a couple of minutes and serve. Don't overcook your beef and it will be more juicy, flavorful and tender.

Pork Crown Roast: A pork crown roast is a beautiful masterpiece that will delight your family and friends with a glorious presentation. The only issue with a crown roast is that for the awesome shape and appearance of this roast you will need to have a crowd. The roast needs to contain a minimum of 9-10 ribs making the roast about 10 pounds give or take. The good news is that this beauty is inexpensive at about 1/3 the price of a prime rib. The roast is cut from the pork loin right where the tenderloin ends and continues to the blade chops. The chine bone, which is the backbone of the pig will have to be removed to form and bend the loin into the characteristic “crown” shape.



The bones that remain will need to be cut and a small slit will be made in between each bone. The loin is then formed into a nice circle and string is tied around the two ends to secure the roast into a circle. Often the bones are left long and “frenched” (meat removed from the bone ends) and little “booties” placed over the ends for final presentation after cooking. Likewise cooks and chefs put stuffing in the top of the crown and serve. Get your camera out and snap a couple of photos, since the masterpiece is soon to be carved into individual servings as 1 ½” slices are placed on the plates. For a smaller group you can have the roast simply

cut

to the size you need, but will be only be a straight-line pork loin roast. If you do this always choose the end nearest the pork shoulder where the meat is much more marbled and juicy. In either case try to cook the center of your roast to barely 140 degrees internal to keep the meat juicy and tender. (I like to be closer to 135).