

Life Cycles Pasture beef price list, 2015



John Mercer

1875 Locust Rd., Montrose, CO

541-350-4261

Beef is 100% grass fed, grass finished, moved everyday and humanely raised

Roasts	\$/lb	Notes John@lifecyclespasture.com
Standing rump roast, bone in	\$15.00	A rump roast is a cut of meat that comes from the bottom round, or the fleshy hindquarters of the animal. These roasts are boneless; if the bone is left in, it is called a standing rump roast. Though a rump roast is often considered a lower-quality cut of meat, there are ways to prepare it that can make it quite delicious. More common preparation includes cooking in the oven on a rack in a shallow pan to allow juices to drip down into the pan. These juices can be used for basting the roast and making gravy. You can add a variety of vegetables such as potatoes, carrots and onions that can be roasted with the meat. Roast for 25 to 40 minutes per pound according to how done you prefer the finish.
Pikes Peak	\$15.00	Also called heel of round roast is cut from low in the round, just above the hock. It contains many small muscles and lots of connective tissue. This is the least tender of the round roasts, but it cooks up into an flavorful pot roast using the braising method. This is done by heating oil in a heavy pan on the stove top and browning the meat on all sides. Lower the heat and add cooking liquid and seasonings; cover and bring to a low simmer for two to four hours until the meat is fork tender which will depend on the size of the roast.
Tri tip	\$15.00	Tri-Tip Roast can be cooked by oven roasting or grilling. The Tri-Tip Organic Meat can be cut into 3/4 to 1-inch steaks ideal for grilling. A tender organic meat cut, the Tri-Tip does not require marinating to tenderize; however, prior to cooking, the organic meat can be marinated or rubbed with seasonings to add flavor.
Arm roast, bone in	\$15.00	You can use this for a pot roast, or cut it up for stew meat, but it's too tough to cook with dry heat. Of all of the "pot roasts" this is my personal favorite. It has enough tallow to easily keep the meat moist and tender. You can use a crock pot or simply wrap your seasoned roast in foil with the seam at the top to hold in juices and cook in the oven at 225 to 250 for 5 or 6 hours. This is just a butcher's blade away from the shoulder roast, and the main difference between the two is that the arm roast has a round bone in it and is slightly more tender
Sirloin tip roast	\$12.00	The Sirloins are extremely tender cuts and can be prepared without the aid of moist heat or long cooking times. Cuts from the short loin may be sautéed, pan fried, broiled, pan broiled or grilled.
Chuck roast, bone in	\$12.00	The large, square-shaped chuck or shoulder is full of tough, though flavorful, muscles. The chuck is cut into a bewildering array of moderately priced pot roasts popular in retail markets. Chuck roasts, which may be sold either bone-in or boned, rolled, and tied, are used in home-style cooking in many countries. Pot roasts from the chuck have more fat, and therefore more flavor, than those from the round.

Brisket	\$10.00	<p>Brisket is one of the least tender cuts of beef, but it can be made tender with proper preparation and the flavor is tough to beat. Brisket is a beef cut taken from the breast section beneath the first five ribs, behind the foreshank. The brisket is an inexpensive boneless cut that requires long, slow cooking to break down the collagen in the connective muscle tissues to achieve tenderness. Brisket is usually prepared using a braising method, with a liquid that produces wonderful gravy. You'll need to plan ahead when cooking fresh brisket as it will need a minimum of 2 to 3 hours of cooking in a slow oven (usually 350 degrees F.) Better yet, use a slow cooker and let it cook all day. Some recipes call for quickly searing the meat before beginning the braising process but that's really a matter of personal preference. Do be sure to place the meat in the pan fat-side up for baking. If you are on a low-fat diet, resist removing the fat until after the brisket is done cooking. The fat not only adds flavor, it also protects the brisket from drying out on top. The texture of brisket requires thin slicing across the grain through the long fibers. Slice it any other way and you may chew longer, but the flavor will still be great. Brisket can be frozen from six to twelve months.</p>
----------------	---------	---

Steaks	\$/lb	Notes
Tenderloin	\$25.00	The Tenderloin is often considered the most tender cut of beef. It responds well to sauces, meaning the meat does not overpower the flavor of the sauce. It can be cut as the whole strip, or into individual steaks for filet mignon. If you choose to have Filet Mignon or the Tenderloin in one piece then you will not get T-bone or Porterhouse steaks. Instead you will have strip steaks.
NY steak	\$22.00	The Strip Steak is one of the highest quality beef steaks on the market. Cut from the strip loin part of the sirloin, the strip steak consists of a muscle that does little work, and so it is particularly tender, though not as tender as the nearby ribeye or tenderloin (fat content of the strip is somewhere between these two cuts, allowing for a flavor profile to match). Unlike the nearby tenderloin, the strip loin is a sizable muscle, allowing it to be cut into the larger portions favored by many steak eaters. (The Kansas City Strip Steak usually has a portion of the bone connected, whereas the New York Strip Steak is boneless.)
T-bone	\$20.00	The T-Bone Steak is cut from the middle section of the short loin; similar to the porterhouse steak; has a smaller piece of the tenderloin; usually grilled or pan-fried.
Ribeye	\$20.00	Rib Steaks are also cut from the rib section and are tender and flavorful. Rib Steaks can be produced with bone-in or as boneless, Prime Rib. The juicy rib-eye comes from the same muscle that gives us those delicious top loin and top sirloin cuts. This cut can be roasted to make a boneless version of a rib roast, or cut into individual steaks, called rib-eye steaks. Rib-eye roasts are very tender, well marbled with fat, and fairly expensive.
Prime Rib	\$20.00	Rib Roast cut can be left whole or cut into smaller steak portions, so depending on the amount of rib beef produced naturally, you will likely have to choose one or the other as you typically won't have large quantities for both. Tender and flavorful, ribs roasts can be cooked any number of ways. Most recipes call for ribs to be roasted, sautéed, pan-fried, broiled, or grilled. The Rib Roast, known as a standing rib roast (bone left in), is excellent when dry roasted. A seven-bone prime rib roast can be quite a hefty addition to the dinner table. It is great for a crowd, usually one rib will serve two people.
Round steak, aka Rump roast	\$15.00	A Round Steak is a steak from the hind quarter of a steer, thus why it is also called a "rump roast." Specifically, a round steak is the eye round, bottom round, and top round still connected together. This is a lean cut and it is moderately tough. Lack of fat and marbling makes the round steak dry out when cooked with dry-heat cooking methods like roasting or grilling. Round steak is commonly prepared with slow moist-heat methods such as braising to tenderize the meat and maintain moisture then either pressurized or placed in a slow cooker.
Boneless sirloin steak	\$14.00	The Sirloins are extremely tender cuts and can be prepared without the aid of moist heat or long cooking times. Cuts from the short loin may be sautéed, pan fried, broiled, pan broiled or grilled.

Skirt	\$10.00	Grass-fed skirt steaks provide a unique flavor and are a naturally leaner cut. Perfect for your favorite fajita recipe!
Flank	\$10.00	The underside of the belly is called the flank. It is the part directly below the sirloin and the short loin. Steaks cut from this area are grainy and chewy. Hence, special cooking methods are needed. But these cuts are favored for their beefy flavor and are less fattening than loin steaks. A 3 ounce piece of flank steak will have about 192.1 calories. It contains approximately 26% proteins and 12.5% fat. Although they are a popular cut, there is only one Flank Steak per side.
		Flank steaks (also called London Broil Steaks) are cut differently from other steaks. The cutting is done in thin slices diagonally along the grain. This makes the steak softer to cut. Flank steaks are tough so they should be thoroughly marinated before the actual cooking, usually overnight in something acidic like vinegar, wine or lemon juice. The marinating makes cooking flank steaks a faster process. Flank steaks should not be cooked to anything more than medium rare or they become quite tough. Marinated flank steaks can be cooked by dry heating methods such as grilling, broiling or pan-frying. They need high heat for their striated muscle fibers to be properly done. They need almost double the time it takes for other steaks to be cooked. Flank steaks are also very delectable when they are stuffed and baked or braised.

Other	\$/lb	Notes
Short ribs	\$12.00	Short Ribs are a popular cut of beef. Beef short ribs are larger and usually more tender and meatier than their pork counterpart, pork spare ribs. Short ribs are cut from the chuck section. A full slab of short ribs is typically about 10 inches square, ranging from 3-5 inches thick, and contains three or four ribs with fat which is thick on one end of the slab and thins down to almost nothing on the other.
Stew meat	\$10.00	Beef for stew is typically cut from the chuck or round, but may come from any cut except the shank or top round. (Beef top round is so lean that it doesn't perform well in stew or braised recipes.) Beef for stew is well trimmed and cut into 3/4 to 1-1/2 inch pieces.
Ground beef, 1 lb chubs	\$9.50	
Back of ribs	\$8.00	
Soup bone	\$8.00	You can use this for a pot roast, or cut it up for stew meat, but it's too tough to cook with dry heat. Of all of the "pot roasts" this is my personal favorite. It has enough tallow to easily keep the meat moist and tender. You can use a crock pot or simply wrap your seasoned roast in foil with the seam at the top to hold in juices and cook in the oven at 225 to 250 for 5 or 6 hours. This is just a butcher's blade away from the shoulder roast, and the main difference between the two is that the arm roast has a round bone in it and is slightly more tender
Broth/dog bones	Ask	
Offals	\$4/pk	We have 1 oxtail, 2 hearts and several packages of liver available
Accepting cash, check, credit, debit. Prices are 3% higher with card payment.		