



# TOP SIRLOIN



GRILLING



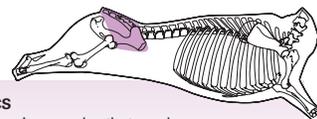
SAUTÉ / PAN FRY



OVEN ROASTING



ROTISSERIE



**COMMON NAMES:** Top Butt, Rump Heart

**MUSCLE COMPOSITION:** Consists of the *Gluteus medius*, *Longissimus dorsi*, *Biceps femoris*, *Gluteus accessorius*, *Gluteus profundus*, *Tensor fasciae latae*.

**POINTS REQUIRING SPECIFICATION:**

- Purchasing options can include centre muscles or cap (*coulotte*) muscles
- Portion items available: centre cut top sirloins and sirloin cap steaks (*coulotte*)
- Sirloin is often available with the following pre-trimming options: top sirloin butt, centre cut, boneless, top sirloin steak, centre cut, boneless, top sirloin cap steak, boneless
- Heavy connective tissue removed
- Removal or retention of the cap (*biceps femoris*)
- Removal or retention of exterior fat and membrane (denuded)
- Portion of the *tensor fasciae latae* retained
- **WEIGHT RANGE:** 3 – 6 lb / 1.4 – 2.7 kg

**CHARACTERISTICS**

- Consists of two major muscles that need to be separated for effective portioning
- Highly prized for flavour
- Benefits from proper aging
- High degree of cutting control allows for thick cut steak production
- Correct portioning essential for high yield and quality outcome

**HANDLING**

- Trim to remove all heavy membrane adjacent to the sacral vertebrae and trim all ragged edges
- If roasting whole top sirloin, remember during carving to carve the cap muscle and main muscle differently as the grain direction is different with both

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TOP SIRLOIN BUTT BONELESS

## CLASSIC CUTS



184

TOP SIRLOIN BUTT BONELESS



1184

TOP SIRLOIN GRILLING STEAK



TOP SIRLOIN PREMIUM OVEN ROAST



TOP SIRLOIN FAST-FRY STEAKS



TOP SIRLOIN CAP (COULOTTE)



1184D

TOP SIRLOIN CAP STEAKS (COULOTTE STEAKS)

## CUTTING



1. Remove *coulotte* (cap) muscle by separating muscle along the fat seam between the two muscles.



2. Remove chicken muscle (small sinewy muscle located on the underside of the sirloin), according to your specs.



3. Remove wedge fat.

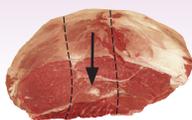


4. Split the main muscle by cutting in half with the grain.



5. Cut into steaks to your specifications across the grain.

## MERCHANDISING OPTIONS



Cut (---) into desired portion sizes along the grain (←)



1184F

TOP SIRLOIN GRILLING MEDALLIONS  
Tip: bacon wrap or roll in pepper for value-added premium steak



TOP SIRLOIN PREMIUM QUICK ROAST



TOP SIRLOIN PREMIUM ROTISSERIE STYLE ROAST



TOP SIRLOIN STEAK BONELESS, CENTRE-CUT

## TRIM UTILIZATION



EXTRA LEAN GROUND SIRLOIN



TOP SIRLOIN STIR-FRY STRIPS



TOP SIRLOIN GRILLING CUBES



# Merchandising Options

PRODUCT DESCRIPTION	CUTTING SPECIFICATIONS	CHARACTERISTICS	MARKETABILITY
<p><b>TOP SIRLOIN GRILLING STEAK</b>  <b>1184A</b>            Centre Cut  <b>1184B</b>            Premium Centre Cut from Gluteus medius</p>	<p><b>THICKNESS:</b>            3/4" – 1" (1.9 – 2.5 cm)  <b>PRESENTATION:</b>            Full cut, cap removed</p>	<ul style="list-style-type: none"> <li>• Excellent grilling option</li> <li>• Visually lean and flavourful</li> <li>• High yield return</li> </ul>	<ul style="list-style-type: none"> <li>• Premium cut associated with steak house quality</li> <li>• Positive consumer perceptions for taste and tenderness</li> <li>• Excellent flavour and plate coverage</li> </ul>
<p><b>TOP SIRLOIN PREMIUM OVEN ROAST</b></p>	<p><b>RECOMMENDATIONS:</b>            Remove cap – tie across grain direction  <b>PRESENTATION:</b>            Even shaped, face up</p>	<ul style="list-style-type: none"> <li>• Visually lean and very flavourful</li> <li>• High yield return</li> </ul>	<ul style="list-style-type: none"> <li>• Great holiday feature item</li> <li>• Positive consumer perceptions for taste and tenderness</li> <li>• Excellent roast choice for buffet presentation</li> </ul>
<p><b>TOP SIRLOIN CAP GRILLING STEAKS</b>  <b>1184D</b></p>	<p><b>THICKNESS:</b>            1" – 1 1/2" (2.5 – 3.8 cm)  <b>PRESENTATION:</b>            Full/half cut portions or butterfly cut</p> <ul style="list-style-type: none"> <li>• Excellent for portion cutting</li> </ul>	<ul style="list-style-type: none"> <li>• Visually lean and very flavourful</li> <li>• High yield return</li> </ul>	<ul style="list-style-type: none"> <li>• Premium cut resembling strip loin steak</li> <li>• Economical thicker cut choice</li> <li>• Portion sizes attractive</li> <li>• Excellent choice for service case operations</li> <li>• Excellent for breakfast, lunch or sandwich steak</li> </ul>
<p><b>TOP SIRLOIN GRILLING MEDALLIONS</b>  <b>1184F</b></p>	<p><b>THICKNESS:</b>            1 1/2" – 2" (3.8 – 5 cm)  <b>PRESENTATION:</b>            Circular form with string, over-wrap, netting or bacon</p>	<ul style="list-style-type: none"> <li>• Smaller diameter thick cut grilling option</li> <li>• Visually lean and flavourful</li> <li>• High yield return</li> <li>• Thick cut improves palatability</li> </ul>	<ul style="list-style-type: none"> <li>• Premium cut steak</li> <li>• Control unit cost</li> <li>• Perfect for wrapping in bacon or pastry</li> <li>• Excellent choice for service case operations</li> <li>• Medallion cuts are a perfect choice for changing appetites and lifestyle choices</li> </ul>
<p><b>TOP SIRLOIN PREMIUM ROTISSERIE STYLE ROAST</b></p>	<p><b>SIZE/SHAPE:</b>            Cap removed, single muscle.            Must be uniform in shape for even cooking – whole and half portions  <b>PRESENTATION:</b>            Jet-net to reduce labor, give consistent shape – add spice for variety</p>	<ul style="list-style-type: none"> <li>• Visually lean and very flavourful</li> <li>• High yield return</li> </ul>	<ul style="list-style-type: none"> <li>• Unique grilling option</li> <li>• Excellent consumer perception</li> <li>• Great feature item</li> <li>• Excellent choice for service case operations</li> </ul>
<p><b>TOP SIRLOIN PREMIUM QUICK ROAST</b></p>	<p><b>SIZE/SHAPE:</b>            Solid muscle portions only            1 1/2 lb (700 g) max weight, cylindrical in shape for even cooking  <b>PRESENTATION:</b>            Jet-net for consistency and finished look</p>	<ul style="list-style-type: none"> <li>• Visually lean and very flavourful</li> <li>• High yield return</li> </ul>	<ul style="list-style-type: none"> <li>• Excellent for service case operations</li> <li>• Convenient meal plan option</li> <li>• Smaller portions</li> <li>• Marketable to small families</li> </ul>
<p><b>TOP SIRLOIN FAST-FRY STEAKS</b></p>	<p><b>THICKNESS:</b>            1/16" – 1/8" (.16 – .32 cm)  <b>PRESENTATION:</b>            Layered – 2 to 3 portions fat side down</p>	<ul style="list-style-type: none"> <li>• Visually lean and very flavourful</li> <li>• Positive consumer perceptions for taste and tenderness</li> <li>• High yield return</li> </ul>	<ul style="list-style-type: none"> <li>• Premium sandwich style steak</li> <li>• Convenient grilling option</li> <li>• Low portion price point</li> </ul>
<p><b>TOP SIRLOIN GRILLING CUBES/STIR-FRY STRIPS</b></p>	<p><b>SIZE/SHAPE:</b>            Kabobs 1" (2.5 cm) cubes,            Strips 2" (5 cm) length  <b>PRESENTATION:</b>            Kabob on skewer with vegetables or plain            Strips with stir-fry vegetables or plain</p>	<ul style="list-style-type: none"> <li>• Visually lean and very flavourful</li> <li>• Positive consumer perceptions for taste and tenderness</li> </ul>	<ul style="list-style-type: none"> <li>• Kabobs – popular grilling item</li> <li>• Stir-fry – popular quick serve option</li> <li>• Numerous tie-in options</li> <li>• Excellent for service case operations</li> <li>• Good choice for stir-fries or pasta</li> </ul>
<p><b>EXTRA LEAN GROUND SIRLOIN</b></p>	<p><b>PRODUCTION SPECIFICATIONS:</b></p> <ul style="list-style-type: none"> <li>• Must be produced, 100% from sirloin specific primal</li> <li>• Less than 10% fat</li> </ul>	<ul style="list-style-type: none"> <li>• Distinctive flavour and texture</li> </ul>	<ul style="list-style-type: none"> <li>• Positive consumer perception</li> <li>• Premium product for ground beef category</li> <li>• Can be marketed as a premium burger</li> </ul>

## Menu Ideas

Great flavour and a thick profile make the top sirloin an excellent choice for foodservice.

*Here are some ideas for interesting ways to serve the top sirloin:*

**Thick-cut Top Sirloin (baseball cut)** – This is a great steak that does not require a lot of expertise to provide a great steak experience. You may want to butterfly the steak for well-done orders.

**Spice-crusted Sirloin** – A thick steak grilled quickly to sear the outside, then crusted with a mixture of cracked pepper, salt, fresh herbs and butter, finished in a hot oven.

**Cap Steak** – Cut from the coulotte muscle, this steak has lots of flavour and is a great option for a breakfast steak, or as a good quality steak sandwich.

**Roasted Top Sirloin** – The high degree of marbling and pronounced sirloin flavour make this cut a good choice for a high-end buffet item. Crusted with spices and slow roasted, this cut will yield well and have a nice presentation on a buffet.

*Other things to consider when purchasing top sirloins:*

**Aging** – This cut needs to be well aged to maximize tenderness and flavour. Make sure you specify a minimum of 14 days of aging – many operators specify 21-28 days.

**Fresh or Frozen** – Frozen product will maintain quality if properly stored and thawed. However, remember that frozen product will lose up to 8% of total weight or more through purge loss.

**Whole Muscle or Portion Control** – Skilled labor issues and the demand for tight cost controls mean that many operators prefer to purchase product already cut into steaks (portion controlled product). There are a number of portion options for top sirloin.

**Handling** – If portioning in-house, it's important to handle the cutting of a top sirloin carefully. Refer to the instructions on how to correctly cut a top butt into centre-cut steaks.