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# CULINARY PLANNER



## APPETIZERS AND SOUPS

Canadian beef cuts, known for their rich and savoury flavours, are the perfect addition to any appetizer spread. From ground beef to brisket, there are endless possibilities to create delicious bites that will leave your guests craving for more.

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## Japanese-Style BBQ Tongue (Gyutan)

### Beef Tongue

Serves 16 | 5 oz (150 g) beef

Beef Tongue has a rich beefy flavour and smooth texture. The traditional approach to this popular Japanese dish is to thinly slice the beef and keep the seasonings simple. Serve with a crunchy slaw and robust Tare sauce for a unique menu item that comes together quickly during service.



## Chinese-Style Beef Brisket Bao Buns

### Brisket

*Alternative Cuts: Short Rib, Chuck Roll, Country Style Ribs*

Serves 16 | 3 bao buns with 5 oz (150 g) beef and assorted toppings

Tender, fluffy Bao buns are a Taiwanese specialty and a great way to highlight rich and bold beef cuts, such as the Brisket used here. Brisket is one of the most flavourful and tender cuts of beef when slow-cooked. Load up these buns with fresh and pickled vegetables, tender herbs and a spicy mayonnaise for full flavour and great texture.



## Braised Beef Brisket Pho

### Brisket

*Alternative Cuts: Country Style Ribs, Chuck Flap Tail, Eye of Round*

Serves 16 | 8 oz (250 g) beef with 2 cups (500 mL) broth and assorted garnishes

Deeply flavourful and comforting, this classic Pho features a complex broth made by simmering Brisket until tender and buttery. Using grilled vegetables in the broth not only adds a deeper colour, but also a subtle smokiness that enhances the savouriness of the dish. Serve garnishes over the soup or on the side for an authentic presentation.



## Beef Masala Poutine

### Chuck Roll

*Alternative Cuts: Round Roast, Inside Round, Outside Round*

Serves 16 | 3 oz (90 g) beef with  $\frac{3}{4}$  cup (175 mL) Masala gravy, 10 oz (300 g) french fries, 2 oz (60 g) cheese curds and assorted toppings

This dish is a delicious spin on a classic Canadian poutine, using flavourful Beef Masala. After slow braising a succulent Chuck Roll, the tender beef is shredded and combined with a deeply aromatic Masala curry gravy. Served over a bed of crisp, golden fries and topped with a cooling mango-lime yogurt and gooey cheese curds. Serve as a shareable appetizer or reduce the portion and offer as a premium side dish.



## Moroccan-Style Beef Chorba Soup

### Chuck Roll

*Alternative Cuts: Short Cut Clod, Chuck Flap Tail, Brisket*

Serves 16 | 1½ cups (375 mL) soup with 3 oz (90 g) beef

Chorba is a Middle Eastern soup that's thick and hearty, without using any flour or cream. This version is loaded with tender pieces of braised Chuck Roll, chickpeas and vegetables, along with cozy and aromatic spices such as saffron and turmeric. For a gluten-free offering, omit the noodles, or replace with chickpea pasta and add to each portion when ordered.





Click/tap on the photo for the complete recipe.



## Tunisian-Inspired Beef Soup

### Chuck Roll

*Alternative Cuts: Short Cut Clod, Chuck Flap Tail, Brisket, Shank*

Serves 16 | 1½ cups (375 mL) stew with 4 oz (125 g) beef and 2 tbsp (30 mL) yogurt

Also commonly known as Shorbat frik, this hearty beef stew made with freekeh (frik) and chickpeas is especially popular during Ramadan to break the fast. Flavoured with ras el hanout, which translates to 'head of shop', the revered North African spice blend is perfect for adding warmth and depth to beef dishes. Serve soup as an appetizer or entrée with warm naan or pita bread for dipping.



## Crispy Ginger Beef

### Flank Steak

*Alternative Cuts: Brisket, Loin Steak Tail, Outside Round Flat*

Serves 16 | 4 oz (125 g) beef

Crispy Ginger Beef is a take-out favourite and a versatile menu option. Tender slices of Flank Steak, with a delicate yet crispy coating, are tossed in the sweet and sticky sauce. Serve as an entrée over rice or noodles with a rainbow of stir-fried vegetables, or as an impressive appetizer in lettuce cups topped with shredded vegetables and chopped cashews.



## Crispy Orange Beef

### Flank Steak

*Alternative Cuts: Brisket, Loin Steak Tail, Outside Round Flat*

Serves 16 | 4 oz (125 g) beef

Thinly sliced Flank Steak offers rich beefy flavour and tender morsels to carry the legendary orange sauce. Use fresh oranges for the best flavour in this sweet and tangy stir-fry sauce that clings to the crispy beef to create a deliciously sticky dish with bright orange flavour.



## Filipino-Style Beef Empanadas

### Ground Beef (Medium)

*Alternative Cuts: Ground Beef (Lean), Ground Beef (Round), Ground Beef (Chuck)*

Serves 16 | 5 beef empanadas with ¼ cup (60 mL) dipping sauce

Tender, flaky and easy to prepare pastry is filled with a sweet and savoury beef filling accented with the bold flavours and ingredients commonly found in Filipino cuisine. Empanadas are a versatile menu item that can be featured as a plated appetizer, as part of a sharing platter or small plates menu.



## Filipino-Style Beef Lumpia

### Ground Beef (Medium)

*Alternative Cuts: Ground Beef (Lean), Ground Beef (Round), Ground Beef (Chuck)*

Serves 16 | 5 beef lumpia with ¼ cup (60 mL) dipping sauce

Lumpia is a traditional Filipino spring roll with a savoury filling and fried until perfectly crisp. This version uses succulent Ground Beef which retains a juicy and tender texture after cooking while holding on to the traditional flavours in the mixture, including oyster sauce, sesame oil and garlic. Serve as a plated appetizer or as part of a snack platter with other hors d'oeuvres and assorted dipping sauces.





Click/tap on the photo for the complete recipe.



## Lebanese-Style Kofta Kebab Platter

### Ground Beef (Medium)

*Alternative Cuts: Ground Beef (Lean), Source Grind (Round), Source Grind (Chuck)*

Serves 16 | 4 x 1½ oz (45 g) beef kebabs with ½ cup (125 mL) tomato salad and ¼ cup (60 mL) tahini sauce

Koftas are a Middle Eastern specialty and for great reason. The juicy Ground Beef mixture is seasoned with cumin, cinnamon, garlic and onion, with a subtle kick of heat from hot pepper flakes. The results are flavourful and fragrant grilled kebabs that make a great sharing plate served with a zesty tomato-herb salad, creamy tahini and briny olives. Kebabs can also be served as an entrée with rice or potatoes and grilled vegetables.



## Middle Eastern Meatballs

### Ground Beef (Medium)

*Alternative Cuts: Ground Beef (Lean), Ground Beef (Extra Lean), Source Grind (Chuck)*

Serves 16 | 3 x 2½ oz (75 g) meatballs with ¼ cup (60 mL) EACH prepared hummus and pickled vegetables

Meatballs are a great menu item as they can be made in advance and reheat well for service. They're also incredibly versatile: serve them as an entrée in a sandwich, grilled on skewers, in a rice bowl, on top of flatbread, or as an appetizer with a variety of dips, such as hummus, baba ghanouj or tahini.



## Moroccan-Style Beef Briouat

### Ground Beef (Medium)

*Alternative Cuts: Ground Beef (Lean), Source Grind (Round), Source Grind (Chuck)*

Serves 16 | 5 beef briouats with ¼ cup (60 mL) dipping sauce

Golden, flaky phyllo bundles are filled with big, bold Moroccan flavours. The rich beef filling is warmly spiced and accented with sweet dried fruit, toasted pine nuts and fresh lemon. Phyllo pastry makes this appetizer come together easily and the briouat can be batch-prepped and deep-fried to order. The beef filling is also very versatile and can be used as a pot pie filling, empanada filling or rice bowl topper.



## North African-Style Meatballs

### Ground Beef (Medium)

*Alternative Cuts: Ground Beef (Lean), Source Grind (Round), Source Grind (Chuck)*

Serves 16 | 5 x 1½ oz (45 g) meatballs with 1 cup (250 mL) tomato sauce

Fragrant meatballs are scented with the warmth from cumin, coriander and turmeric. Served in a bright tomato sauce accented with harissa, saffron and a touch of cinnamon for a unique and flavourful menu offering. Serve as a shareable appetizer or as an entrée over couscous with grilled vegetables.



## Shakshuka Meatballs

### Ground Beef (Medium)

*Alternative Cuts: Ground Beef (Lean), Source Grind (Round), Source Grind (Chuck)*

Serves 16 | 5 x 1½ oz (45 g) meatballs with 1 cup (250 mL) tomato sauce

The Middle Eastern favourite, traditionally made with poached eggs and served for breakfast, is transformed into an anytime menu hero with moist and tender meatballs. A rich and slightly spicy tomato sauce enrobes warmly spiced meatballs for a hearty dish that works as a shareable appetizer or as an entrée with a simple green salad. Plate in a small cast iron skillet or oven-proof crock as a nod to the traditional presentation of shakshuka.





Click/tap on the photo for the complete recipe.



### **Tuscan-Style Meatball Soup** **Ground Beef (Medium)**

*Alternative Cuts: Ground Beef (Lean), Source Grind (Round), Source Grind (Chuck)*

Serves 16 | 2 cups (500 mL) soup with 4 oz (125 g) meatballs

This rustic soup is hearty, nourishing and features tiny housemade Italian meatballs. The soup is a protein and fibre powerhouse thanks to the iron-rich beef and spinach, cannellini beans and rainbow of vegetables. Prepare the soup a day ahead of service so the flavours can fully develop overnight. Serve as an appetizer or entrée with a slice of crusty Italian bread and a drizzle of good-quality olive oil or chili oil for some heat.



### **Two-Bite Beef Samosa** **Ground Beef (Medium)**

*Alternative Cuts: Ground Beef (Lean), Source Grind (Round), Source Grind (Chuck)*

Serves 16 | 8 beef samosas with 2 x ¼ cup (60 mL) dipping sauces

These two-bite samosas deliver big beef flavour, thanks to the juicy Ground Beef mixture accented with potato, peas and onions. The filling is mild, yet flavourful to appeal to a wider crowd but can be made spicier if preferred. The pastry is fried to perfection and then served as an appetizer, snack or as part of a shareable platter.



### **Chinese-Style BBQ Beef Lettuce Wraps** **Rib**

*Alternative Cuts: Chuck Tail Flap, Top Sirloin*

Serves 16 | 3 lettuce wraps with 4 oz (125 g) beef and assorted toppings

The full flavour of beef is perfect for this show-stopping appetizer. Thinly sliced beef is marinated with classic Chinese ingredients and grilled just until caramelized. Served in crisp lettuce leaves with pickled cucumbers, veggies, fresh herbs and finished with a spicy mayonnaise. The beef and vegetables are also delicious served over cooked rice or noodles as a bowl-style entrée.



### **Beef Rendang Skewers** **Top Sirloin**

*Alternative Cuts: Rib Steak, Skirt Steak*

Serves 16 | 5 x 1½ oz (45 g) beef skewers with ¼ cup (60 mL) dipping sauce

These skewers feature Top Sirloin, marinated in the traditional Malaysian flavours found in a classic Beef Rendang Curry: coconut milk and a blend of aromatic spices such as star anise, cinnamon, lemongrass, ginger and Thai chilies. The beef is then grilled and can be served as a shareable appetizer platter or as a passed hors d'oeuvre. Alternatively, the skewers can be served in a wrap with roti, sliced cucumber and chutney as a lunch dish, or plated as an entrée with steamed white rice and mango salad for a dinner main.



### **Beef Tikka Skewers with Tamarind Chutney** **Top Sirloin**

*Alternative Cuts: Rib Steak, Skirt Steak*

Serves 16 | 5 x 1½ oz (45 g) beef skewers with ¼ cup (60 mL) chutney

Robust beef cuts such as Top Sirloin, Rib and Skirt are ideal for this flavourful yogurt-based marinade. The warm spices, fresh jalapeño and tamarind paste create a complex yet balanced flavour profile that also tenderizes the steak. Skewers are quickly grilled until caramelized and served with a tangy tamarind chutney for dipping. Serve the skewers as a shareable appetizer, as a wrap on naan, or on top of a green salad or grain bowl.





Click/tap on the photo for the complete recipe.



## Chinese-Style Yellow Curry Beef Skewers

### Top Sirloin

*Alternative Cuts: Strip Loin, Rib*

Serves 16 | 5 x 1½ oz (45 g) beef skewers and lettuce leaves with ¼ cup (60 mL) EACH sweet mayonnaise, pickled slaw and wonton strips

Rich, tender cuts of beef are ideal for these flavourful skewers that are marinated, then grilled to order just until lightly charred. Inspired by the signature yellow curry dish served in Singapore, these skewers feature warming Chinese five spice with lots of garlic and ginger. Serve as a deconstructed shareable platter for diners to assemble at the table or build lettuce wraps in the kitchen and serve as a finished dish.



## Indonesian-Style Beef Satays

### Top Sirloin

*Alternative Cuts: Strip Loin, Rib*

Serves 16 | 5 x 1½ oz (45 g) beef skewers with ¼ cup (60 mL) dipping sauce

Satays are a delicious, sharable crowd-pleaser and these make the best of the economical cut of Top Sirloin. By marinating thin slices of sirloin in classic Indonesian ingredients, including sweet soy sauce, tamarind, coriander seeds and shallot, the beef stays tender and complex in flavour. These can be repurposed in a wrap, salad, grain bowl or as a plated entrée with steamed white rice and mango salad.



## Brazilian Churrasco-Style Beef Skewers

### Top Sirloin Cap

*Alternative Cuts: Top Sirloin, Petite Tender*

Serves 16 | 2 x 3 oz (90 g) beef skewers with ¼ cup (60 mL) chimichurri sauce

Lean and flavourful, the Beef Top Sirloin Cap is a very popular cut in Brazilian barbecue. Sliced into strips and warmly spiced with smoked paprika and cumin, these Brazilian barbecue skewers are moist, tender and bursting with irresistible beefy flavour.



## Lemongrass Beef Satay

### Top Sirloin Cap

*Alternative Cuts: Top Sirloin, Outside Round Flat, Bottom Sirloin Tri-Tip*

Serves 16 | 4 x 1½ oz (45 g) beef skewers

Ideal for grilling, Top Sirloin Cap is marinated in aromatic Southeast Asian flavours and then threaded onto skewers to cook over high heat. The result is a tender beef satay that makes a premium crowd-pleasing appetizer, sharing plate or entrée to serve with steamed jasmine or coconut rice and a green mango or Thai cucumber salad.



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