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CULINARY PLANNER



BEEF BOWLS

Beef bowl entrées are a popular choice among meat lovers and food enthusiasts. These hearty and satisfying dishes showcase the variety and versatility of Canadian beef. Each cut adds its unique flavour and texture to the dish.

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Panang Beef Curry

Chuck Flap Tail

Alternative Cuts: Top Sirloin, Strip Loin, Flank Steak

Serves 16 | 4 oz (125 g) beef with 1 cup (250 mL) curry and $\frac{3}{4}$ cup (175 mL) rice

A beloved Thai classic, this Panang Beef Curry is a rich, and deeply fragrant dish to feature on a menu. Its thick and creamy coconut milk-based sauce is sweet, salty and a little bit tangy thanks to traditional kaffir leaves, which help break up the spiciness from the Thai red chillies. Tender pieces of beef make the whole dish deeply satisfying.



Beef Bulgogi

Chuck Roll

Alternative Cuts: Top Sirloin, Rib, Outside Round Flat

Serves 16 | 5 oz (150 g) beef

This popular Korean barbecue dish, that translates to “fire meat”, is flavourful, tender and very versatile. Traditionally, the beef fills lettuce cups or rice bowls, but it can also be used to create fusion dishes such as Korean tacos, Philly cheese steak sandwiches, grilled cheese, Korean pizza or bulgogi bolognese.



Hong Kong-Style Beef Curry

Chuck Roll

Alternative Cuts: Brisket, Short Cut Clod, Outside Round Flat, Beef Cubes

Serves 16 | 1½ cups (375 mL) stew with 5 oz (150 g) beef and 1 cup (250 mL) rice

Well-marbled and ideal for braised dishes, pieces of Chuck Roll simmer in a rich, aromatic curry infused with traditional Chinese spices, herbs and coconut milk. The tender beef melts effortlessly, releasing a deep, savoury flavour that’s warm and comforting. Serve over rice or noodles with fresh cilantro and chillies.



Beef and Broccoli

Flank Steak

Alternative Cuts: Brisket, Loin Tail, Outside Round Flat

Serves 16 | 1½ cups (375 mL) stir-fry with 4 oz (125 g) beef

This take-out classic combines tender Flank Steak and vibrant broccoli florets for an economical dish that’s deeply satisfying. It’s all tossed in a rich and flavourful stir-fry sauce, that can also be used as a dip for spring rolls, as a marinade or with any other stir-fried beef and vegetable combination.



Black Pepper Beef

Flank Steak

Alternative Cuts: Brisket, Loin Tail, Outside Round Flat

Serves 16 | 1½ cups (375 mL) stir-fry with 4 oz (125 g) beef

Embrace comforting and classic dishes with this menu mainstay that is easy to prepare and delivers full flavour. Thin strips of Flank Steak are lightly coated in cornstarch to seal in those beefy juices and prevent the meat from becoming tough after cooking. The strips are then stir-fried and tossed with a warming peppery sauce and crisp sweet peppers and onions.





Click/tap on the photo for the complete recipe.



General Tso Beef

Flank Steak

Alternative Cuts: Brisket, Loin Tail, Outside Round Flat

Serves 16 | 4 oz (125 g) beef

General Tso's distinctive sweet and tangy flavours make it an always-popular dish on many Chinese restaurant menus. In this version, tender Flank Steak is battered and fried until crispy, then tossed in the delicious sauce. Serve it as an appetizer or sharing plate, or as an entrée over cooked rice or noodles with crisp stir-fried vegetables.



Green Goddess Steak & Rice Bowl

Flank Steak

Strip Loin Steak, Tenderloin Steak, Top Sirloin Medallion

Serves 16 | 5 oz (150 g) beef with 1 cup (250 mL) mixed grains, 3 tbsp (45 mL) dressing and assorted toppings

Bright and vibrant, this bowl is full of fresh flavours and wholesome ingredients. The lean strips of grilled steak are high-protein and offer a satisfying umami element to the dish, complemented by the bold marinade of miso paste, balsamic vinegar and soy sauce. It's all served with a healthy mix of greens, grains and a simple creamy pesto dressing.



Garlic Beef

Flank Steak

Alternative Cuts: Outside Round Flat, Brisket, Loin Tail

Serves 16 | 1½ cups (375 mL) stir-fry with 4 oz (125 g) beef

Packed with umami, this Chinese Hunan-style dish is sure to satisfy any diner's takeout cravings! Thinly sliced Flank Steak pieces are marinated then coated in cornstarch and stir-fried with peppers, shallots and a savoury garlicky sauce accented with white pepper. Serve this as an entrée with steamed rice or chow mein noodles topped with crispy fried garlic chips.



Sichuan Beef

Flank Steak

Alternative Cuts: Brisket, Outside Round Flat, Loin Tail

Serves 16 | 1½ cups (375 mL) stir-fry with 4 oz (125 g) beef

Thin slices of beefy Flank Steak are marinated and dusted with cornstarch to maximize tenderness and give them their signature silky texture. Stir-fried with sweet onions and peppers, then tossed in a tangy sauce accented with fragrant ground Sichuan peppercorns and Chinese five spice, make this a dish bursting with sweet, spicy, sour and salty flavours.



Sizzling Beef with Mixed Vegetables

Flank Steak

Alternative Cuts: Outside Round Flat, Brisket, Loin Tail

Serves 16 | 1½ cups (375 mL) stir-fry with 4 oz (125 g) beef

Flavourful Flank Steak is marinated and then quickly stir-fried with a colourful selection of vegetables in a rich, sweet-salty sauce. Keep the dish fresh by highlighting unique combinations of seasonal vegetables. Take the presentation to the next level and serve on a cast iron plate to showcase the "sizzling" nature of this dish.





Click/tap on the photo for the complete recipe.



Snow Pea Beef Flank Steak

Alternative Cuts: Outside Round Flat, Brisket, Loin Tail

Serves 16 | 1½ cups (375 mL) stir-fry with 4 oz (125 g) beef

Thinly sliced Flank Steak is ideal for stir-fries because it adds an intense beefy flavour that can stand up to aromatic, spicy sauces. Here, sweet snow peas add a crisp texture to the saucy dish and create a bright and colourful presentation.



Chipotle Beef Bowl Ground Beef (Medium)

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

Serves 16 | 4 oz (125 g) beef with 1½ cups (375 mL) rice and toppings

Loaded beef bowls are an approachable, customizable and versatile menu item, and a great way to highlight a signature protein. Using Ground Beef here means it cooks quickly, and reheats perfectly. The toppings are easily adaptable for seasonal ingredients and emerging flavour trends. The beef can also be used in a burrito, taco or on nacho platters.



Thai Basil Beef Ground Beef (Medium)

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

Serves 16 | 1½ cups (375 mL) stir-fry with 4 oz (125 g) beef

Fragrant and aromatic Thai flavours are combined to create a high-impact dish that comes together in just minutes during service. Minimal prep, quick-cooking Medium Ground Beef, and a colourful presentation make this trendy bowl a great lunch or dinner menu option.



Beef Dan Dan Noodles Ground Beef (Medium)

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

Serves 16 | 4 oz (125 g) beef with 1½ cups (375 mL) rice and toppings

Originating as street food in Sichuan, Dan Dan noodles are a delicious, hearty and classic comfort food that is rich and creamy with a hit of heat. To achieve delectable crispy edges on the beef and a rich, caramelized sauce, cook the Ground Beef on high heat and avoid stirring too much as it cooks.



Jerk-Spiced Beef Power Bowl Ground Beef (Medium)

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

Serves 16 | 5 oz (150 g) beef with ¼ cup (175 mL) rice, ¼ cup (175 mL) slaw, 2 tbsp (30 mL) dressing and assorted toppings

A bright and vibrant Caribbean-inspired beef bowl brimming with bold flavours is sure to become a menu favourite. Rich and juicy Ground Beef is cooked with jerk seasoning for the ultimate protein topping to serve over rice and peas. Garnished with a creamy coconut coleslaw, sweet and spicy pineapple salsa and roasted sweet potatoes, then finished with plantain chips for a satisfying crunch diners love.





Click/tap on the photo for the complete recipe.



Beef and Lentil Moroccan-Inspired Grain Bowl **Ground Beef (Medium)**

Ground Beef (Lean), Source Grind (Round), Source Grind (Chuck)

Serves 16 | 4 oz (125 g) beef with 1 cup (250 mL) grain blend and assorted toppings

Rice and lentils simmer with cinnamon, cumin and saffron to create a warm and colourful base for this grain bowl. Topped with a sweet and spicy Ground Beef mixture accented with dried apricots, green olives and harissa paste. Finish it off with a fresh and simple tomato salad, creamy yogurt and crunchy toasted almonds for a satisfying and wholesome entrée perfect for lunch and dinner menus.



Chinese-Style Oxtail Stew **Oxtail**

Alternative Cuts: Brisket, Chuck Roll, Chuck Flap Tail, Beef Cubes

Serves 1½ cups (375 mL) stew with 4 oz (125 g) beef and 1 cup (250 mL) rice

A homestyle Chinese stew that is simple to prepare and warms the palette with flavours of star anise, cinnamon and ginger. Tender, rich pieces of Oxtail simmer with carrots and daikon in a sweet and sour gravy with a hint of spice. Serve over rice or noodles with a side of steamed vegetables for a hearty entrée.



Hunan Beef **Round Stir-Fry Strips**

Alternative Cuts: Outside Round Flat, Brisket, Loin Tail

Serves 16 | 2 cups (500 mL) stir-fry with 4 oz (125 g) beef

Beef Stir-Fry Strips and seasonal vegetables are tossed in a rich sauce that brings sweet, savoury and umami notes to every bite. The classic beef dish is great for a kids' menu, while still satisfying those who love big Asian flavours. Serve over cooked rice or noodles as an entrée, or family-style on a sharing platter.



Kung Pao Beef **Round Stir-Fry Strips**

Alternative Cuts: Outside Round Flat, Brisket, Loin Tail

Serves 16 | 1½ cups (375 mL) stir-fry with 4 oz (125 g) beef

Inspired by Sichuan-style Kung Pao chicken, this recipe is adapted to highlight rich and tender beef, enrobed in the popular spicy sauce. Sichuan peppercorns add unique citrus notes that don't assault the palate with spiciness. Instead, they add earthiness and a tingling sensation, similar to the mouth-feel of a carbonated beverage.



Mixed Vegetable Beef **Round Stir-Fry Strips**

Alternative Cuts: Outside Round Flat, Brisket, Loin Tail

Serves 16 | 2 cups (500 mL) stir-fry with 4 oz (125 g) beef

A rainbow of tender-crisp vegetables complements the rich and tender Beef Stir-Fry strips in this classic Asian dish. Tossed in a mild yet flavourful sauce, each bite offers a different combination of flavours and textures, that can be adapted easily to suit a variety of beef cuts and seasonal vegetables.





Click/tap on the photo for the complete recipe.



Mongolian Beef Round Stir-Fry Strips

Alternative Cuts: Outside Round Flat, Brisket, Loin Tail

Serves 16 | 2 cups (500 mL) stir-fry with 4 oz (125 g) beef

Developed in Taiwan, and inspired by flavours of Mongolian barbecue, this dish is sweet and savoury and, depending on how many red chilis are added, can range from mildly spicy to fiery. Using beef Stir-Fry Strips reduces the amount of prep time and creates an opportunity to use quality trim pieces from other menu items.



Vietnamese Lemongrass Beef Top Sirloin

Alternative Cuts: Flank Steak, Bottom Sirloin Tri-Tip, Petite Tender

Serves 16 | 4 oz (125 g) beef with 1 cup (250 mL) EACH noodles and vegetables

Thinly-sliced Top Sirloin is tender, juicy and perfect for absorbing bold flavours. In this dish, savoury beef is accented with classic Vietnamese ingredients: garlic, ginger, chilis, lemongrass and fish sauce for a robust yet fresh noodle bowl topped with crunchy vegetables.



Steak and Farro Nourish Bowl Top Sirloin Steak

Alternative Cuts: Flank Steak, Skirt Steak, Hanger Steak

Serves 16 | 5 oz (150 g) steak with 1½ cups (375 mL) salad, 3 tbsp (45 mL) dressing and assorted toppings

Juicy and tender Top Sirloin Steak is a lean yet satisfying protein choice for this hearty nourish bowl. The rich, beefy flavour complements the robust and earthy farro salad (delicious served warm or cold) featuring beets, kale and sweet potato. Finished with a rich and tangy Lemon-Tahini Dressing, this bowl is a satisfying and nutritious entrée that's great for lunch and dinner menus.



Super Foods Nourish Beef Bowl Top Sirloin Steak

Alternative Cuts: Strip Loin Steak, Tenderloin Steak, Top Sirloin Medallion

Serves 16 | 5 oz (150 g) beef with ¾ cup (175 mL) barley, 3 tbsp (45 mL) dressing and assorted toppings

Create some interest by building a bowl-style entrée with a less common grain, such as the barley used in this recipe. Adorned with fresh, vibrant veggies to make eating the rainbow easy and delicious. Top Sirloin Steak is marinated with a peppery spice blend and grilled for a lean and tender bite that's perfection on top of the barley base. Finished with a creamy yogurt-based dressing, fresh herbs and serious crunch from the housemade seed blend.



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