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CULINARY PLANNER



ENTRÉE SALADS

Canadian beef entrée salads offer healthful, diverse options, catering to various dietary needs. They're quick to prepare, use fresh ingredients, and can be easily customized. Ideal for health-conscious diners, they bring vibrancy to menus, appealing to a broad customer base while ensuring high profitability.

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Herb Crusted Steak with Warm Roasted Fennel and Grape Salad **Flank Steak**

Alternative Cuts: Hanger Steak, Denver Steak, Top Sirloin Steak, Flat Iron Steak

Serves 16 | 5 oz (150 g) beef with 2½ cups (625 mL) salad and assorted garnishes

This fresh salad incorporates roasted fruits and vegetables and is topped with thinly sliced, lean Flank Steak. The full beef flavour contrasts beautifully with the sweetness of the roasted grapes, the tangy bold flavour of blue cheese and the bright citrus vinaigrette.



Grilled Steak Niçoise Salad **Flank Steak**

Alternative Cuts: Flat Iron Steak, Bottom Sirloin Flap Meat, Top Sirloin Steak, Top Sirloin Medallion

Serves 16 | 6 oz (175 g) steak with 1½ cups (375 mL) mixed greens, 3 tbsp (45 mL) dressing and assorted toppings

Delicate yet satisfying at the same time, this salad is a menu hero for customers looking for a healthy balance of nutrition and flavour. All the classic garnishes are arranged over a bed of mixed greens and drizzled with a creamy tarragon-accented dressing. Flank Steak is a great cut for this salad as its lean, full of flavour and is perfectly tender after marinating. Finish with the classic rich-and-briny Niçoise olive, named after Nice in the French Riviera, or opt for oil-cured black olives, or even kalamata.



Flat Iron Steak with Grilled Corn and Fattoush Salad **Flat Iron Steak**

Alternative Cuts: Hanger Steak, Denver Steak, Top Sirloin Steak, Flank Steak

Serves 16 | 5 oz (150 g) beef with 3 cups (750 mL) salad and ¼ cup (60 mL) dressing

Fattoush is a Lebanese salad made with crispy pita, lots of veggies and accented with fresh mint for a vibrant combination of flavours, colours and textures. This version adds beefy Flat Iron Steak strips that are marinated with warm cumin, floral thyme and tangy sumac. This beef cut delivers intense flavor, tenderness and is well-marbled, perfectly complementing the bright and creamy feta dressing.



Loaded Beef Taco Salad Bowl **Ground Beef (Medium)**

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

Serves 16 | 4 oz (125 g) of ground beef, 2 cups (500 ml) salad

For this traditional taco salad, ground beef is cooked with a smoky Tex-Mex spice blend, to get great flavour in no time at all. All the leg-work is done in the prep, so when it comes to service, simply reheat and assemble. Use the components to top nachos or in a quesadilla, or add some rice and assemble burritos.



Chinese-Inspired Tiger Salad with Beef **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 2 cups (500 mL) salad and assorted toppings

Tiger Salad refers to the bright and varied colours of the julienned vegetables in the dish. This version features juicy and mildly spiced Medium Ground Beef that adds protein and richness to this crisp, fresh and vibrant salad.





Click/tap on the photo for the complete recipe.



Middle Eastern-Inspired Spiced Beef & Herb Salad **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 2 cups (500 mL) salad and 3 tbsp (45 mL) dressing

Succulent Ground Beef is cooked with a harmonious blend of Middle Eastern spices such as cumin, coriander and cardamom to add warmth and richness. Complemented by crisp greens, fragrant herbs and tart pomegranate arils, this salad is a celebration of freshness and texture. Served with a Lemon-Tahini Dressing and garnished with toasted nuts for an extra layer of flavour and crunch.



Moroccan-Inspired Beef Tenderloin with **Orange-Arugula Salad and Savoury Granola** **Tenderloin**

Alternative Cuts: Petite Tender, Top Sirloin Medallion, Strip Loin Medallion

Serves 16 | 6 oz (175 g) beef with 2 cups (500 mL) salad, ¼ cup (60 mL) labneh and 3 tbsp (45mL) EACH granola and dressing

Experience a culinary adventure with this beautifully crafted salad that showcases the earthy and warm flavors of North Africa. Succulent slices of perfectly seared Tenderloin Steaks are served over a peppery arugula salad, studded with jewel tones from roasted beets and sweet orange segments. It's all paired with a creamy labneh sauce accented with roasted garlic, fresh herbs, and a savory granola for a satisfying crunch.



Tex-Mex Cobb Steak Salad **Top Sirloin Steak**

Alternative Cuts: Strip Loin Steak, Top Sirloin Cap Steak, Bottom Sirloin Tri-Tip Steak

Serves 16 | 5 oz (150 g) steak with 12 oz (375 g) salad and 3 tbsp (45 mL) dressing

Traditional cobb salad gets a Tex-Mex revamp with black beans and corn, avocado, cilantro and crisp tortilla strips. The grilled Top Sirloin Steak gives this bright and fresh salad entrée status, making it a substantial, beefy and satisfying main course dish.



Thai-Inspired Top Sirloin Noodle Salad **Top Sirloin Steak**

Alternative Cuts: Hanger Steak, Flank Steak, Bottom Sirloin Ball Tip Steak

Serves 16 | 5 oz (150 g) beef with 2 cups (500 mL) salad and assorted toppings

Fresh, colourful and well-balanced, this salad offers authentic Thai flavours and textures. Featuring tender Top Sirloin Steak, the thinly sliced beef melds perfectly with crisp vegetables such as cucumber, red pepper and purple cabbage. Tossed in a zesty dressing of lime juice, fish sauce and ginger, every bite offers a satisfying blend of sweet, sour and spicy notes. The show-stopping entrée is finished with fresh herbs, buttery peanuts and fragrant coconut.



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