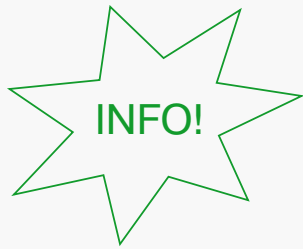




CHICAGO MEAT COLLECTIVE

SHARE OWNER'S GUIDE: BEEF CHUCK





HOW TO THAW

If possible, place the cut in your fridge 1-2 days before you plan to use it (2 days for thicker cuts). If you need to thaw quickly, unwrap the cut, place it in a watertight ziplock bag in a bowl in a sink and run cool water over the bagged cut until fully thawed.



USE FIRST

Thinner cuts have a shorter shelf life, as does ground beef. Use these first, or throw them in the freezer on the day you bring your share home. Some bones and bone-in cuts can foster bacteria, so I also recommend freezing or cooking them within the first 3 days of receiving your share.

USE NEXT

Thicker cuts of muscle can benefit from a day or two on a dry brine (a rub of salt and sometimes sugar) before cooking. This can also extend their shelf life in your fridge. If you're going to slow roast, braise, or smoke your brisket, short rib, shank, or chuck eye roast, consider dry brining the day you receive it, as long as you plan to cook it within 2 days. Otherwise, freeze in original packaging.





SEAR!

These cuts are tender, quick cooking, and ready for the grill or cast iron pan.

TERS MAJOR

BLADE STEAK

CHUCK EYE STEAK

FLATIRON/CLOD HEART

CHUCK FLAP





SMASH BURG!

GROUND BEEF
GROUND BEEF
GROUND BEEF
GROUND BEEF
GROUND BEEF

A Versatile Standby The ground chuck in your share is about 80% lean and double-ground for even fat distribution. This makes for great burgers, bolognese, meatloaf, quick weeknight dinners, etc.





BRAISE

—
STEWING BEEF

—
BEEF SHANK

—
SHORT RIB

These cuts comprise dense connective tissue, hard working muscle, and fat. They cook best at a gentle simmer in a rich stock, wine, beer, or a combination.

SIMMER





STOCK/BROTH

Hard cartilage-coated joints make gelatinous stock, while meaty bones from the neck create a nutritious and meaty broth.

NECK BONES

* Shorter Simmer (4-6 hours) *

KNUCKLE BONES

* Longer Simmer (12-24 hours) *



SLOW ROAST/SMOKE

These cuts combine hard working muscle with generous intermuscular fat and connective tissue. They cook best at a low heat over a longer period of time.

CHUCK EYE ROAST

BRISKET (POINT/FLAT)



FARMS/RESOURCES

CHICAGO MEAT COLLECTIVE

A transparent butchery school focused on sustainability and hands-on instruction.

LA PYROR FARM

A family operation in Ottawa, IL raising Angus x Fleckvieh cattle and Hampshire x Duroc hogs on pasture, with a supplement of home-grown, non-GMO grains.

LOCAL FOODS

A hub for locally sourced meat, produce, and pantry items in Chicago, IL, and partners in bringing you this meat share!



PHOTO/DESIGN: NICK MURWAY

