

Sirloin Steak Is the Family's Best Choice

What's for dinner now that the Thanksgiving turkey's gone? For a nice change of pace, try a sirloin steak. It's a large steak ideally suited for excellent family fare.

A large bone-in sirloin weighing about 3 pounds would easily serve five or more people, allowing 8 to 10 ounces per person. Make sure that your sirloin is cut at least an inch

thick to retain its natural tenderness and juices

When calculating individual servings, remember to allow for variation in fat content and bone size in different cuts. Basically, there are two different cuts of sirloin steak, each identified by its characteristic bone shape:

Long, Flat Bone Sirloin: This sirloin has the largest ten-

derloin, which is a very tender muscle also found in the more expensive beef cuts, but it also has more bone in the cut. Look for the long, flat bone to identify it.

Small Round or Wedge Bone Sirloin: This sirloin has less bone and frequently less waste fat meaning that you'll usually get more lean meat for your money from it. However, it will have a smaller tenderloin than the other. Look for the small round or wedge bone to identify it.

Another cut—the sirloin tip steak—should not be confused with these sirloin steaks. The sirloin tip is a less tender cut that is really part of the round section of a beef carcass.

After you've decided which cut you prefer, make sure of its eating quality by looking for the U. S. Department of Agriculture's beef quality shield on the outside fat or the label of the package. USDA quality grades are your reliable and consistent guides to beef tenderness, juiciness, and flavor. Sirloin steak in any of the top three USDA grades—Prime, Choice or Good—is suitable for broiling, pan-broiling or grilling over charcoal.

USDA's Agricultural Marketing Service says a USDA Prime sirloin offers you the ultimate in tenderness, juiciness and flavor for a sirloin. A Choice sirloin is just slightly less tender, juicy and flavorful, but is still of very high quality. USDA Good grade sirloin is just slightly less tender than Choice but lacks some of the juiciness and flavor of the higher grades.

After cooking, an excellent way to serve your sirloin is to slice it in thin, diagonal slices—arrange it on a large platter—and garnish it with cherry tomatoes and parsley.


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