**BEEF TOP (INSIDE) ROUND**

**A VERSATILE CUT**

**VERSATILE**

**Menu Variety**
One cut offers a variety of uses — roasts, steaks, stews, stir-fries and fajitas.

**Preparation Flexibility**
Ideal to roast or rotisserie, pot roast, marinate and grill, or stir-fry.

**ECONOMICAL**

**Profitable**
A less expensive beef cut provides good profit opportunities.

**Multi-Purpose**
Inventory one item for multiple menu applications.

**Value**
Great when enhanced with value-added marinades, sauces, accompaniments and side dishes.

**LEAN**

**Strong Nutrition Profile**
Ideal for lighter menus.

**ORDERING AND PURCHASING THE TOP (INSIDE) ROUND**

**SUBPRIMAL**

**Beef Round, Top (Inside)**

**Untrimmed** IMPS/NAMP 168

Separated from the knuckle and bottom round, the top round is the inside portion of the round primal, with all bones, cartilages and exposed lymph glands removed.

Weight of 168 ranges from 10 to 18 pounds.

**OTHER ROUND SUBPRIMALS:**
- 169 BEEF ROUND, TOP (INSIDE)
- 169A BEEF ROUND, TOP (INSIDE), CAP OFF
- 169B BEEF ROUND, TOP (INSIDE), CAP

**TOP ROUND CUTTING SUGGESTIONS**

The beef top (inside) round can be roasted whole or cut into smaller roasts as well as a variety of steaks, cubes and strips.

**WHOLE TOP (INSIDE) ROUND**

**CUT**

**A.** To create two smaller roasts, place the beef top round fat-cover side up on a clean cutting surface. Split the roast in half by cutting as shown.

**B.** Either side can be roasted. Trim and remove loose pieces. Tie as shown to make roasts.

**C.** Trim all external fat. Cut one or both halves into steaks, cubes or strips. Always cut across the grain.

**STEAKS**

**CUBES**

**STRIPS**

IMPS/NAMP 1169

**BEEF ROUND, TOP (INSIDE) ROUND STEAK**

**IMPS/NAMP 1169, BEEF ROUND, TOP (INSIDE) ROUNDSTEAK**
**THE HEAT IS ON …**

Recommended internal temperatures for beef:

<table>
<thead>
<tr>
<th>COOKING TEMPERATURE</th>
<th>INTERNAL TEMPERATURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rare………………..140° F</td>
<td></td>
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<tr>
<td>Med. Rare…………145° F</td>
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<tr>
<td>Medium…………….160° F</td>
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The temperature of a beef roast will rise 5°F to 10°F after removing from the oven. Remove it from the oven and loosely cover with foil before it reaches the doneness you desire.

**TOP ROUND’S NUTRITION PROFILE**

A one-ounce portion of cooked, trimmed top round (IMPS/NAMP 168) contains:

- **52 calories**
- **1.58 g of total fat**
- **21 mg of cholesterol**

Operators can calculate the nutrient content of the top round offered on their menus by multiplying the number of cooked ounces per top round serving by the figures listed above. To calculate a cooked weight, multiply the raw ounce weight of the beef serving by 0.75 (75%).


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**NEW BEEF CLASSICS**

**SAINT FE LONDON BROIL**
Rubbed with Southwest herbs and a touch of lime, topped with salsa fresca and served with fresh garlic mashed potatoes.

**BEEF LT**
Thinly-sliced roast beef served on grilled tomato bread with lettuce, tomato, bacon and black pepper mayonnaise.

**SAIGON SIZZLE**
Chewy Asian-style noodles in beef broth with thinly sliced beef, sprouts, lime, chilies, cilantro and a hint of star anise.

**SOUTHWESTERN STEAK SKILLET**
Spicy-marinated top round steak sautéed with onions, mushrooms and red peppers and served over rice pilaf with chipotle sauce and scallions.

**VIETNAMESE BBQ SUB**
Thinly sliced beef top round warmed in a chili and garlic BBQ sauce, served on a French roll with marinated carrots and cucumbers and a spicy dipping sauce.

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**ON THE MENU**

**BEFF TOP ROUND IS SUITABLE FOR A VARIETY OF DRY-HEAT COOKING METHODS. IT IS IDEAL FOR ROASTING OR FOR MARINATED STEAKS OR STRIPS. NO MATTER HOW IT’S PREPARED, THE INCREDIBLY VERSATILE TOP ROUND IS PERFECT FOR BOTH HOME-STYLE COOKING AS WELL AS FLAVORFUL ETHNIC PREPARATIONS.**

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**DRY HEAT INSPIRATIONS**

**STEAK ’N’ POTATOES QUESADILLA**
Top round steak, jack cheese and poblano chile quesadilla, with shredded potato crust. Served with a roasted jalapeño salsa.

**BISTRO-STYEL STEAK FONDUE**
Top round steak slices skewered, marinated in extra virgin olive oil and spices, then grilled. Served with a fontina cheese and spinach dip.

**STEAK & SUN-DRIED TOMATO POT PIE**
Top round beef chunks and sun-dried tomatoes with Yukon gold potatoes in a port demi-glaze topped with pastry.

**STEAKHOUSE COBB**
Steak cobb salad with grilled slices of top round steak, blue cheese, avocado, peppered bacon, green onion, tomato and grated hard-cooked egg, dressed with red wine vinaigrette.