BI-RITE MARKET'S

COOK GOOD MEAT GUIDE



BI·RITE

EAT GOOD FOOD

WELCOME

TO YOUR GUIDE TO SUCCESSFULLY COOKING MEAT & POULTRY

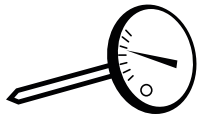
Bi-Rite is your source for thoughtfully selected, great tasting protein. We have a deep respect for the whole animal, and we source for impeccable flavor and integrity of production. When sourcing meat for our butcher case, we look for animals that are pasture-raised, grass-fed, responsibly harvested, and humanely treated. Our meats are free of hormones and never treated with sub-therapeutic antibiotics. We seek out proteins from ranchers who are stewards of their land, and we engage all of our producers in a rich dialogue surrounding the bigger picture, understanding the role each of us plays in the food system as a whole. We hope this guide empowers and inspires you to cook good meat confidently with fantastic tasting results!

BI·RITE
EAT GOOD FOOD



TEMPERATURE & TIME GUIDES

Nothing ensures perfect temperature and timing like the use of a meat thermometer.



Keep in mind:

- Bone-in cuts of meat require a longer cooking time
- Take the internal temperature of a cut of meat at its thickest part, moving the probe for the most accurate reading

BEEF, PORK, & LAMB

125° – 130° F = Medium Rare
130° – 140° F = Medium
140° – 150° F = Medium Well
150°+ F = Well



CHICKEN, TURKEY, DUCK, & GOOSE

165° F = Fully Cooked



USEFUL TOOLS

- Sharp chef's knife
- Meat thermometer
- Tongs or turning fork
- Cutting board
- Heavy cast iron skillet
- Dutch oven
- Roasting pan and rack
- Charcoal or gas grill
- Grill brush
- Charcoal chimney starter

BOLD FLAVORS BY BI-RITE:
Jump start your meal with delicious, ready-to-cook marinated meats and seafood featuring our housemade recipes.

BEST PRACTICES

- Let large cuts come to room temperature before cooking
- Pat meats dry immediately prior to cooking, for best browning
- Season well with salt and pepper, a marinade, or a dry rub before cooking; Let marinades and rubs work their magic for at least four hours before cooking
- Prep your cooking surface with a neutral oil (avocado oil, ghee, or olive oil)
- Rest your meat for 10-15 minutes after cooking to seal in the flavors and moisture

COOKING METHODS



ROASTING

Best for larger portions of meat. The ultimate hands-off cooking process.

How to:

- Start high; Preheat the oven to 450°F
- Allow meat to roast in oven for 15-20 minutes, to sear exterior
- Finish low; Reduce the oven to 325°F
- Cook until the desired internal temperature is reached



PAN SEARING

Ideal for developing flavor and texture. Versatile for thin cuts across all proteins. Can be combined with finishing in a low oven as an effective way to prepare larger portions.

How to:

- Heat a cast iron skillet over medium high heat
- Add enough oil to coat the pan (high heat oils like avocado work best)
- Gently lay the seasoned meat into the pan and allow to sear for 4 minutes, or until the meat is deep brown in color; Flip meat and cook for an additional 4 minutes*
- Alternate cooking each side for 2 more minutes until desired doneness is reached

*If the meat is especially thick, slide the pan into a preheated 350˚F oven after the 4 minute sear on the second side to achieve even doneness



BROILING

Excellent way to cook thin cuts of meat quickly.
Useful for applying a sear to a finished piece of meat.

How to:

- Position oven rack 4-6 inches below broiler element
- Set broiler to high, and allow oven to preheat for 10 minutes
- Position seasoned meat centrally underneath broiler element
- Leave oven door slightly ajar to help reduce humidity and create a better sear
- Keep a close watch! When meat is browned, flip to the other side
- Once browned on both sides and desired internal temperature is reached, remove from oven



GRILLING

Best for thinner cuts of meat. Requires closely managing your heat source. Best to maintain a "hot side" of the grill for searing and a "low side" for finishing.

How to:

- Maintain a clean and oiled grill to prevent sticking
- Use a chimney starter to start your coals (versus a liquid fuel)
- Coals are ready when there is no live flame and they are covered with ash
- When distributing coals, leave 1/3 of the grill with a single layer of coals, (this is the "low side")
- Be careful when rendered fats cause a flame to flare up: slide the meat to the side or off the grill until the flame subsides so it doesn't overly char the meat
- Grill is ready to use when you can hold your hand 6 inches over the grill for only 3 seconds
- Place meat on grill, and cook 3-4 minutes per side; Use the low side if you need additional cooking time
- Watch closely and use your thermometer to check when meats reach desired internal temperature



SMOKING

Epitomizes the low and slow philosophy. Best for well-marbled, tougher cuts like pork shoulder, brisket, and ribs.

How to:

- Soak wood chips in water for an hour
- Pre-salt or brine your meat the day before; Have fun creating a dry spice mixture to rub on your meat before you place it in the smoker
- Build a low heat on one side of the grill, using roughly 25 pieces of charcoal
- As the temperature drops add a few pieces of charcoal at a time to keep the temperature steady
- Place a pan of water opposite the charcoal (not atop them) to mellow the heat
- Place the soaked chips on top of the charcoal
- Open the top vent and position the meat under it—it will help draw the smoke slowly over the meat
- Be patient



BRAISING

Ideal for making tough pieces of meat tender. A one-pot process that requires some advance planning. Great technique for leftovers.

How to:

- Place a Dutch oven over medium-high heat on the stove, and add a few tablespoons of oil
- Brown seasoned meat in small batches
- Drain off excess fat and remove meat
- Take advantage of the crusty goodies in the bottom of the pan by deglazing with a small amount of liquid (like stock, water, or wine); Use a wooden spoon to scrape the caramelized bits from the bottom of the pan
- Add your braising liquid; using stock will add some depth of flavor
- Add aromatics, like carrot, onion, and celery, if desired
- Return meat to Dutch oven and bring to a boil
- Cover and place into a 300-325°F oven
- Cook for 2-3 hours, or until meat is fork tender

POULTRY



Poultry is a vast category that encompasses leaner birds (chickens and turkeys), fattier waterfowl (ducks and geese), as well as smaller game birds (quail, pheasants, squab, and guinea fowl). Bi-Rite poultry comes from family farms and are always free to roam outdoors.

CHICKEN & TURKEY

There are two categories to be aware of when purchasing chickens and turkeys: heritage birds and the more common, cross-bred birds. Heritage breed birds are slower-growing, fuller-flavored, and have a more toothsome mouthfeel. Heritage birds are best cooked at lower temperatures over time versus their cross-bred counterparts.

WHOLE CHICKENS & TURKEYS

They can be smoked or deep fried, but the most familiar cooking method is the classic oven roast.

Recommened cooking method



BREASTS

Breasts are lean and quick-cooking, low in fat, and can dry out if overcooked. Heritage bird breasts are relatively smaller, fuller-flavored, and are best prepared bone-in.

Recommened cooking method



LEGS, THIGHS, & DRUMSTICKS

Legs have more intramuscular fat compared to breasts, making them more flavorful and less likely to dry out. Heritage legs are leaner and tougher, and are very receptive to moist, low-heat cooking methods.

Recommened cooking method



DUCKS & GEESE (WATERFOWL)

Waterfowl are not difficult to cook, they just invole a longer time commitment. They have a very distinct flavor and an inherent richness, plus quite a bit more fat. The fat rendered out from cooking geese and ducks is as valuable as the meat itself for your pantry (it's fantastic for cooking potatoes or searing steaks).

WHOLE DUCKS & GEESE

Whole waterfowl require a long cooking time at a low temperature, so as not to overcook the meat while the fat is rendered out. Once the fat has been rendered, you can finish cooking the bird in a more intense heat environment to crisp the skin.

Recommened cooking method



DUCK BREASTS

Breasts are tender, moist, and flavor forward. The meat itself is lean and can be cooked medium rare. Duck breasts are versatile as an entreé for dinner, sliced atop a salad, or minced for spring rolls or laab.

Recommened cooking method



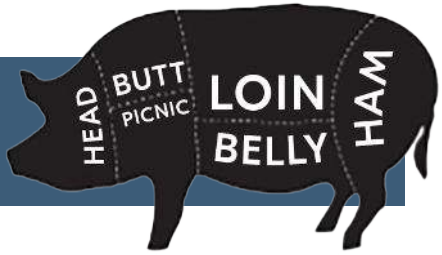
DUCK LEGS

Legs are commonly used in duck confit—the perfect excuse to use your rendered fat. Confit is a method of cooking at a low temperature in rendered fat over a long period of time, resulting in luscious, tender meat from a leg that's normally tough and sinewy.

Recommened cooking method



PORK



Pork is an extremely delicious protein that is both affordable and fun to work with. At Bi-Rite we work closely with our ranchers to celebrate rare, heritage breed pigs. Heritage breeds offer diverse flavor profiles that are not found in modern, conventionally-raised pork. We love our pork cooked to medium to keep it succulent and full of flavor—note that further cooking can dry the meat out.

SHOULDER

Shoulder consists of two main muscles, the Boston butt and the picnic. The butt is good for self-basting over long periods of time, as when cooking a slow-roasted pork shoulder. The full-flavored picnic, on the other hand, is best for stewing and braising, or to grind for meatballs or Bolognese sauce, because there are glands and connective tissues that need to be removed.

Recommened cooking method



CENTER CUT CHOPS

Also known as rib chops, center cut chops are nicely marbled, full-flavored, tender, and succulent. They make a lovely centerpiece as a whole roast, and are also perfect as your everyday pork chop.

Recommened cooking method



PORTERHOUSE CHOPS

Porterhouse chops are a slightly leaner cut. These bone-in chops are a combination of the loin and the tenderloin.

Recommened cooking method



BONELESS LOIN

The boneless loin is a chop with the bones removed. Easy to use as pork chops or cutlets, when pounded thin they make fantastic breaded cutlets for scaloppini. When cut into small pieces, they're a great addition to a stir fry.

Recommened cooking method



TENDERLOIN

Tenderloin is an extremely tender piece of meat, and the most mild-flavored cut. It's a perfect portion for two people and it takes really well to marinades. It is a quick cooking cut.

Recommened cooking method



RIBS (ST. LOUIS RIBS)

Ribs are meaty and well marbled, making them extremely flavorful. They take well to low and slow cooking methods like smoking, and are great with a dry rub.

Recommened cooking method



BELLY

Pork belly is the fattiest of the pork cuts and the most indulgent. Pancetta is the cured pork belly, whereas bacon is a cured pork belly that has also been smoked. It requires slow and low cooking methods to render out a lot of the fat which helps tenderize the meat.

Recommened cooking method



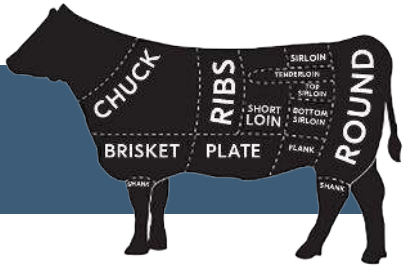
HAM

Ham is the hind leg of the animal. It is most often used for sausages and is rarely merchandised fresh in meat counters due to its low demand. A fresh ham is a large piece of meat that can be transformed into a gorgeous holiday centerpiece.

Recommened cooking method



BEEF



At Bi-Rite you will find both grass-fed and grain-finished beef. Grass-fed beef tends to have slightly less intramuscular fat, and can present a much more nuanced flavor profile due to the influence of terroir. Grain-finished beef has more marbling and tends to be more consistent in flavor.

PRIME RIB

Prime rib is the perfect combination of flavor, tenderness, and marbling. The prime rib as a full, 8-rib roast can weigh as much as 18 pounds, while a single rib (also known as a cowboy steak or tomahawk chop) can weigh up to 2.5 pounds and be over 2 inches thick.

Recommened cooking method



RIBEYE

Ribeye is a boneless steak from the prime rib. Exceptionally tender and highly marbled, the ribeye has become the go-to cut for steak houses around the world.

Recommened cooking method



PORTERHOUSES & T-BONES

Porterhouses are bone-in steaks that are comprised of a portion of tenderloin and strip loin. T-Bones (bone-in New York) refer to the same cut, but the portion of tenderloin is less than 1.25 inches in diameter.

Recommened cooking method



NEW YORK STRIP (DELMONICO)

New York strip steak is loin muscle off the T-bone steak. It is a tender cut and a leaner option to the ribeye.

Recommened cooking method



TENDERLOIN (FILET MIGNON, CHATEAUBRIAND)

Tenderloin is the tenderest of all the beef cuts, making it the most sought-after muscle. The filet mignon is a single portion of the tenderloin, while the chateaubriand is a serving for two cut from the thickest part of the tenderloin.

Recommened cooking method



CHUCK (CLOD)

Chuck roasts have full flavor, but are high in collagen (connective tissue). Chuck is a smart option for grinding or stew.

Recommened cooking method



SHORT RIBS

Short ribs are succulent, fatty, and full of flavor. Cooking them slow and low gives the best results. Korean-cut short ribs are thinly sliced against the bone.

Recommened cooking method



BRISKET

Brisket is located on the breast of the steer, and is known as an extremely tough cut of meat. If prepared properly it can be incredibly tender.

Recommened cooking method



FLANK, SKIRT (INSIDE & OUT), & BAVETTE (FLAP)

These steaks are collectively known as the flat meats and come from the flank of the cow. They take well to marinades and high heat cooking. It's important to slice them thinly against the grain. These cuts are great for stir fries or fajitas.

Recommened cooking method



TOP SIRLOIN

The top sirloin has full beefy flavor and a balanced degree of marbling.

Recommened cooking method



TRI-TIP

The tri-tip is rarely found in butcher shops outside of California, but along California's Central Coast it is a grilling must-have.

Recommened cooking method



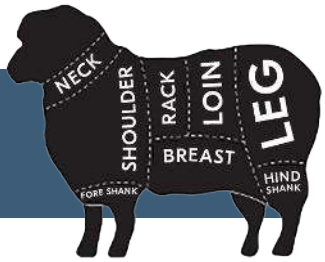
TOP ROUND, BOTTOM ROUND, EYE OF THE ROUND

The rounds are extremely lean and fairly tough. They are a good choice for pot roasts or your beef jerky experiment.

Recommened cooking method



LAMB



Lamb has never achieved the notoriety of beef or pork, however it is versatile and friendly. Bi-Rite lamb is 100% grass-fed, locally raised, and extremely tender and mild. Much like their grass-fed beef counterparts, terroir has a big impact on the flavor profile of lamb.

SHOULDER

Lamb shoulder is an amazingly versatile piece of meat that is very full-flavored and exceptionally mild. Usually associated with braising or grinding, if properly cut it can perform amazingly well on a grill—ground lamb makes a great burger.

Recommened cooking method



RACK

This is the most prized cut of lamb. Very mild in flavor and extremely tender, it is quick to cook and a great special occasion cut.

Recommened cooking method



LOIN

The loin can be whole bone-in, known as a saddle, while loin chops can be found as porterhouse chops. Very lean and tender (although not as tender as the rack), they have a deliciously intense lamb flavor.

Recommened cooking method



LEG

You'll see leg as a whole leg, boneless leg, leg steaks, and single muscle roasts. The leg makes perfect kebabs.

Recommened cooking method



SHANK

The shank has a lot of collagen (the stiff protein that makes meat tough) that requires slow, low, and moist heat to transform it into the succulent and tender cut that everyone loves.

Recommened cooking method



NECK

Extremely flavorful and tender when cooked properly, lamb neck should be treated the same way as a lamb shank, creating a dish with rich flavor and luscious mouthfeel. The collagen will naturally fortify your sauce to give it body.

Recommened cooking method



BREAST (LAMB RIBLETS)

Anatomically the same as pork spareribs, this is a fatty cut best when cooked low and slow, and finished with high heat.

Recommened cooking method




BI-RITE MARKET'S COOK GOOD MEAT
@biritesf
biritemarket.com/feast
shop.biritemarket.com