

MID-TOWN FAVORITE BEEF

Custom Cuts GUIDE



Favorite Foods, Inc. • 29 Interstate Drive, Somersworth, NH • 1-800-451-5764
Mid-Town Favorite Beef • 87 Water St, Fitchburg, MA • (978) 345-7201

In 2015, The Barstow Family, the owners and operators of Favorite Foods, Inc. of Somersworth, New Hampshire, purchased Mid-Town Beef Co. of Fitchburg, MA. With this, Mid-Town Favorite Beef was born.

WHY CUT/PORTIONED ITEMS?

Too frequently operators become overly focused on the incoming cost per pound of their protein items. While this is definitely an important consideration, it very often tells only a small part of the entire equation.

Given all the components of true plate cost, and the many variables of today's economy, let's take a quick look at the advantages of purchasing portioned product. Some of the disadvantages first:

- **Labor** – In today's labor market, what is the true cost in time and payroll? What is the value in freeing up an employee for other tasks?
- **Product consistency** – Appearance does matter, and with product costs at record levels, some cuts approach or exceed 2.00 per OUNCE, portion size consistency REALLY matters.
- **Yield** – True cost is never known unless costing yield tests are done each time an item is portioned. No two pieces of meat are the same, so you can never presume a consistent cost.
- **Inventory Control** – The number of steaks will vary from piece to piece. Tracking accurate inventory numbers becomes very difficult.
- **Efficiency** – Space and kitchen sanitation can be problematic. In an environment where raw and prepped/cooked products need to be segregated, problems and inefficiencies often occur.
- **Waste** – The storage and removal of product cutting waste is an additional cost.

ALL of these disadvantages are eliminated by using portioned products. Labor is freed up, weight ranges and trim specs are consistent within industry standards, true product cost is known, Inventory is accurate, space becomes available, sanitation is better, and waste is eliminated.

Ask your Sales Consultant about the additional advantages to using Favorite Foods / Mid-Town Favorite Beef as your Center of the Plate specialist.

- CENTER CUT SIRLOIN STRIP STEAKS
- CENTER CUT FILETS
- BONELESS RIBEYE STEAKS
- BONE IN RIB EYE STEAKS
- TOP SIRLOIN STEAKS – FILET OR SIRLOIN STYLE

These are just a beginning of what is available. Ask about Flat Irons, Hanger Steaks, Teres, 2x2 Tenderloin Tips, Tenderloin Medallions, Boneless and Bone in Short Ribs and more.

What makes us different? Because we are smaller, we have the ability to customize both pack and size to fit your needs. We can match quantity to need for functions, sizing to help control costs and can work directly with you to make it work FOR you.

What are the benefits of vacuum sealing our meats?



Traditionally, vacuum-sealed packaging has been used to keep cured meats like bacon and hot dogs fresh. Mid-Town Favorite Beef utilizes this type of packaging for the many benefits it brings to keeping meat fresh.

All of our meat packaging and refrigeration is designed to protect against exposure to oxygen and heat; which breeds the bacteria causing spoilage. Keeping meats chilled and wrapped in plastic only addresses half of the problem, as traditional plastic wraps allow oxygen to penetrate packaging. Implementing vacuum-sealed packaging essentially increases the meats shelf-life by removing most of the oxygen, inhibiting the growth of bacteria.

Vacuum-sealed packaging gives the end user the freedom to cook meats according to their own timetable. With the oxygen removed, the shelf-life of vacuum sealed red meat increases from a few days to at least two weeks. Because of this extended time period spoilage is significantly decreased, meaning less items thrown away. This also includes ground beef, which inherently needs to be used within a day or two of purchase, but now has a shelf-life nearly double the amount of time from the use of vacuum packaging.

Meat that has to be thrown out is a substantial loss of time, energy, and money. By increasing the products shelf-life, the urgency to freeze your meats right away to keep them from going bad is no longer a priority; however freezing is still an option if you're looking to stock up.

Vacuum-sealed packaging compliments the freezing process as the lack of oxygen on the surface of the meat prevents freezer burn and eliminates the necessity to have additional packaging and preparation for storage. Additionally vacuum-sealed meats not only keeps the oxygen out, but also keeps juices in minimizing the cross-contamination with other foods.

Visually, meats that have been vacuum-sealed will be noticeably different from those packaged in a conventional manner. Vacuum-sealed meats will have a darker hue as opposed to the bright red color that is representative with traditional packaging. What does this all mean? The red color represents the beginning of the meats spoiling process due to the exposure to oxygen. Meats with the darker complexion are protected due to the vacuum-sealing process. Once opened the meats will be exposed to oxygen and will redden to the usual color. This small cosmetic change in meat color is trivial when compared to the benefit in the products freshness and quality.

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Porterhouse Steak



Porterhouse steaks are cut from the wide end of the short loin and thus include more tenderloin steak, along with (on the other side of the bone) a large strip steak.

Ribeye French Bone



A Frenched Ribeye steak cut from a bone in beef rib, with each steak having a rib bone, cleaned and exposed down to the start of the eye of the rib.

Bone-In Ribeye (Cowboy)



A rib-eye bone in steak that is fine-grained and juicy. Rich, beefy flavor and generous marbling throughout. One of the most tender beef cuts.

Fully Cleaned Top Round



We take a Choice Angus Inside (Top) Round and remove in its entirety, the cap, the connective tissue under the cap, the complete side muscle piece and then clean the bottom side of all connective tissues and veins. The result is a fully cleaned top round, perfect for roast beef cookers, no waste, no trim, just season and cook.

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Delmonico Center Ribeye



Delmonico steak refers to the trim preparation of the steak. It is cut from the center portion of the rib eye with the fat "lip" removed.

Center Cut Filet Mignon



The most tender beef cut. Lean yet succulent, elegant and convenient. Buttery texture, subtle flavor and compact shape.

Sirloin Strip Steak



This steak is center cut from the beef strip loin, back strap removed and fat is trimmed to ¼ inch or less. A tender steak, versatile, with great flavor, it provides menu opportunities that are convenient, easy to vary and at an affordable price.

Boneless Top Sirloin Steaks - Filet Style



Cut from the Beef Top Butt (Hip), these steaks are produced by separating the two muscles of the Top Butt. The smaller muscle is then cut as Filet Style (looks imitate a filet mignon) and the larger muscle cut as Sirloin Style (imitating a strip steak). They are tender, flavorful and provide an affordable option to filets and strip steaks. Great items for reducing costs in functions.

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Top Round Roast Tied



Economical, moderately tender roast. The whole top round weighs approximately 15-17 pounds.

Boneless Chuck Short Ribs



Cut from the rib portion of the chuck, then trimmed, and portioned. Out of the package, ready to braise. Tender, flavorful, a pure delight to eat.

Bone In Short Ribs



Cut from Rib Short Ribs, these are an item with multiple uses. Can be prepped for braising, smoking or for use in Korean dishes, they are cut in a variety of ways. Cross cut (cut across all 3 bones) in the thickness of your choice, or as individual ribs.

Tenderloin Tips



The thin tail pieces of genuine tenderloins, cut into 2 x 2 inch pieces. Extremely tender with multiple menu opportunities.

LAMB & VEAL

Lamb Rack or Lamb Rib Chops



Rack of lamb, peeled and frenched. This cut of lamb can be used as a roast rack of lamb or cut into lamb rib chops. Lighter weight racks are typically used for Lollipop Lamb Chops.

Lamb Loin Chops



Cut from the lamb short loin, tail removed and trimmed. Broiled or grilled, a great menu idea.

Frenched Veal Rib Chop



Cut from the center of the veal rib, the bone is exposed by removing the fat and meat covering it back to the eye of the rib. Typically 3 to 5 inches of bone is left beyond the eye. Classic!!

Veal Porterhouse



Veal Porterhouse Chop is lean and tender. Cut to a perfect portion that is sure to satisfy any appetite!

PORK

Pork Chops



Bone In Pork Chops cut from the pork loin with the edge bone removed and the rib bone trimmed back. Typically has a mixture of rib bones and spinal bone (vertebrae) Can be cut to varying weights or thickness. Also available boneless. Many uses with an affordable cost.

Pork Chops French Bone



Pork chop cuts away from the end of a rib or chop, so that part of the bone is exposed.

Bone In Porterhouse Pork Chop



Cut from the sirloin portion of the pork loin this style chop includes a piece of the pork tenderloin along with the sirloin cut of the loin. Excellent plate coverage and cost.

BEEF CUT SIZES

BEEF TENDERLOIN

ITEM #	PRODUCT DESCRIPTION	PACK SIZE
7620513	BEEF TENDERLOIN 3 oz. MEDALLION	54 / 3 oz.
7738906	BEEF TENDERLOIN 6 oz. CENTER CUT	12 / 6 oz.
7758907	BEEF TENDERLOIN 7 oz. CENTER CUT	14 / 7 oz.
7714568	BEEF TENDERLOIN 8 oz. CENTER CUT	20 / 8 oz.
7625846	BEEF TENDERLOIN TIPS (2 X 2)	2 / 5 lbs.

BEEF RIBEYE

ITEM #	PRODUCT DESCRIPTION	PACK SIZE
7620716	BEEF RIBEYE B.I. 16 oz. COWBOY	12 / 16 oz.
7624521	BEEF RIBEYE B.I. 24 oz. COWBOY	8 / 24 oz.
7620730	BEEF RIBEYE B.I. 30 oz. COWBOY	6 / 30 oz.
7620720	BEEF RIBEYE B.I. 20 oz. FRENCHED	8 / 20 oz.
7683268	BEEF RIBEYE BONELESS 10 oz STEAK	16 / 10 oz.
7683268	BEEF RIBEYE BONELESS 8 oz. STEAK	24 / 8 oz.
7625837	BEEF DELMONICO STEAK CHOICE 12 oz.	16 / 12 oz
7626820	BEEF DELMONICO STEAK CHOICE 16 oz.	12 / 16 oz

BEEF SIRLOIN

ITEM #	PRODUCT DESCRIPTION	PACK SIZE
7621114	BEEF SIRLOIN B.I. 14 oz. PORTERHOUSE	12 / 14 oz.
7621118	BEEF SIRLOIN B.I. 18 oz. PORTERHOUSE	9 / 18 oz.
7620224	BEEF SIRLOIN B.I. 24 oz. PORTERHOUSE	9 / 24 oz.
7662485	BEEF TOP BUTT 12 oz. SIRLOIN STYLE STEAK	14 / 12 oz.
7672512	BEEF TOP BUTT 12 oz. FILET SYTLE STEAK	14 / 12 oz.
7631012	BEEF SIRLOIN BONELESS 12 oz. CENTER CUT	14 / 12 oz.
7631312	BEEF SHORT RIBS BONELESS 12 oz.	4 / 5 pc.
7765236	BEEF TOP ROUND CAPLESS FULL CLEANED	2 / 10 lbs.

LAMB, VEAL, & PORK

CUT SIZES

ITEM #	PRODUCT DESCRIPTION	PACK SIZE
7596548	LAMB LOIN CHOPS	8 / 2 pcs.
7563891	LAMB FRENCHED CHOPS	8 / 2 pcs.

ITEM #	PRODUCT DESCRIPTION	PACK SIZE
7645312	VEAL CHOPS 12 oz.	14 / 12 oz.
7635814	VEAL CHOPS 14 oz. FRENCHED	4 / 14 oz.

ITEM #	PRODUCT DESCRIPTION	PACK SIZE
7600225	PORK CHOP 6 OZ. CENTER CUT	32 / 6 oz.
7600238	PORK CHOP 8 oz. CENTER CUT	24 / 8 oz.
7427112	PORK CHOP 12 oz. FRENCHED	14 / 12 oz.
7629112	PORK CHOP 12 oz. PORTERHOUSE	14 / 12 oz.



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