

Kansas CityTM STEAK COMPANY

STEAK BOOK

THE GUIDE TO GREAT STEAKS



Expert Tips, Storage Guides, Cooking Instructions
KansasCitySteaks.com



The Kansas City Steak Company started as a Midwestern family-owned butcher shop in 1932. Kansas City was a boomtown then, invigorated by the business of the livestock exchange and stockyards. During this heyday, our company thrived on a simple yet powerful commitment: to offer only the finest meats and other foods at a fantastic value. As the decades passed, we evolved into the Kansas City Steak Company — a top distributor bringing superior, All-American steaks to connoisseurs nationwide.

Over the past 90 years, our commitment to quality has only grown stronger. And as a recognized authority on all things steak, we take great pride in helping our customers get the greatest enjoyment from their cooking and dining experience.

Because we recognize that you have many choices when it comes to buying steak, we'll stop at nothing to ensure our offerings and service are of the best quality and that we exceed your expectations. From our hometown — Kansas City — straight to your table, you deserve nothing less.

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THE KANSAS CITY STEAK STANDARDS

SOURCE

We've sourced the best cattle in the country from producers with known and approved management methods.

GRADE

Primarily USDA Choice and USDA Prime. These steaks are so good they should be on the honor roll.

CUT

Our steaks are hand trimmed and carefully cut to meet our exact specifications and your expectations.

COLOR

Aging steak creates added flavor and tenderness and a richer, slightly darker color than the brighter red often seen at a local grocer.

TEXTURE

From tender and finely textured to firm and flavorful, we ensure that each cut has the flavor and texture profile you expect them to deliver.

AGING

We wet age our steaks up to 28 days so they're at peak tenderness and have the rich flavors you expect from a quality steak cut.



A SHARED BELIEF IN QUALITY

The Kansas City Steak Company is proud to be part of National Beef Packing Company, an industry leader with long-standing partnerships with some of the best cattle ranchers in America. Our distinctly unique relationship with over 2,300 ranchers sets us apart from the competition, and ensures top-quality cattle are raised and managed correctly. Applying our shared beliefs and standards, we work together to bring the best to your table.

OUR 100% GUARANTEE

We 100% Guarantee all our products. Always. If you are not completely satisfied with your purchase and the products you receive, for any reason, give us a call and we will send you a replacement or refund. Our guarantee still stands even if you received the item as a gift — the Kansas City Steak Company will replace it with another item or gift certificate of equal value. We recognize that consumers have many choices when purchasing steak today and we want to ensure that your experience with us is one that leaves you satisfied and coming back for more.



STORAGE GUIDE

WHEN YOUR STEAKS ARRIVE: STORAGE GUIDE		
	Refrigerator (35°F to 40°F)	Freezer (0°F or Colder)
Steaks, Roasts	3 to 5 Days	6 Months (for maximum flavor) to 12 Months
Steakburgers, Tenderloin Tips/Medallions	1 to 2 Days	3 to 4 Months

STORING LEFTOVERS

Protect the flavor and integrity of leftovers by storing them in airtight storage containers or aluminum foil.

Slice roasts, turkeys and ham into smaller pieces and divide into containers; cool foods rapidly by refrigerating or freezing within 2 hours.

Leftovers should be eaten within 3 to 4 days or can be frozen for 3 to 4 months. After thawing frozen leftovers in the refrigerator, eat within 3 to 4 days.



THAWING GUIDE

THAWING GUIDE	
Refrigerator (35°F to 40°F)	
Steaks, Burgers	At Least 24 Hours
Roasts	Up to 3 Days Depending On The Size

FREEZE FAST, THAW SLOW

A simple rule to remember is: ‘Freeze Fast, Thaw Slow.’ Our Flavor Lock™ system guarantees our steaks are frozen at their peak. We recommend thawing slowly to maintain that quality.

Refrigerator Thawing

For best results, we recommend that all Steaks and Roasts be thawed under refrigeration. Place the frozen, vacuum-sealed beef on a plate or tray and put them in the refrigerator. For Steaks and Steakburgers, allow to thaw for at least 24 hours. For roasts, allow for 48-72 hours to thaw (depending on how large the roast is). Steaks and other frozen meat are best prepared immediately after thawing.

Cold Water Thawing (Quick Thawing Method)

Fill a large bowl or a side of your kitchen sink with cold water. Place your frozen steak into the water. Be sure the vacuum-seal packaging of your steak is still intact and not punctured. Depending on the size and thickness of your steak, it will be thawed in 30-60 minutes! Make sure the temperature of the water stays cold throughout thawing — replace the water if it becomes cool or warm.

Note: Thawing at room temperature or in the microwave is not recommended.

If items feel warm to the touch upon arrival, please contact Customer Service at 800 524 1844. Discard any remaining dry ice carefully. Do not touch dry ice with your bare hands.

SIRLOIN
 Top Sirloin
 Picanha
 Tri-Tip
 Top Sirloin Sandwich Steaks

FLANK
 Flank Steak

SHORT LOIN
 Filet Mignon
 Bone-In Filet Mignon
 Tenderloin Tips
 Tenderloin Medallions
 Chateaubriand
 T-Bone
 Porterhouse
 Kansas City Strip
 Bone-In Kansas City Strip
 Kansas City Strip Filet

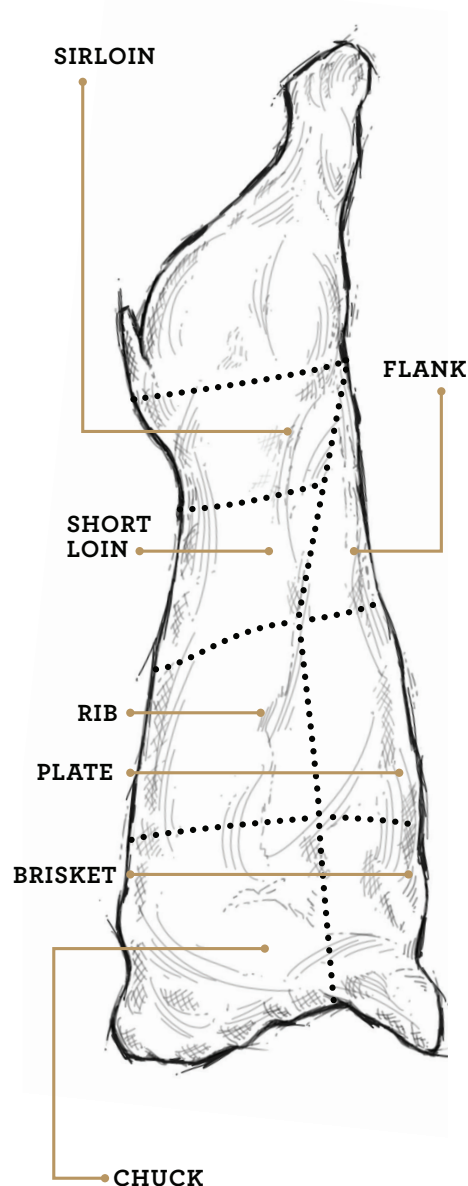
RIB
 Boneless Ribeye
 Bone-In Ribeye
 Prime Rib Roast
 Bone-In Prime Rib Roast
 Ribeye Cap Steak
 Center-Cut Ribeye
 Center-Cut Prime Rib Roast
 Tomahawk

PLATE
 Skirt Steak

BRISKET
 Brisket

CHUCK
 Flat Iron Steak

PRIMALS & STEAKS



TYPES OF BEEF



GRAIN-FINISHED BEEF

(Most beef is raised this way and likely doesn't have a specific label)

- Grain-finished cattle spend most of their lives eating grass and forage in pastures.
- When beef is grain-finished, cattle are free to eat a balanced diet of grain, local feed ingredients, like potato hulls or sugar beets, and hay or forage at the feed yard.
- It is well-marbled with a rich, slightly sweet beef flavor that most Americans are accustomed to and expect.



GRASS-FINISHED OR GRASS-FED BEEF

- Grass-finished cattle spend their entire lives grazing and eating from pastures.
- These cattle may also eat forage, hay or silage at the feed yard.
- Typically, leaner than grain-fed beef and has a very distinctive, intense beef flavor.

WAGYU

Wagyu is a Japanese cattle breed that is genetically predisposed to produce heavily marbled meat. These cattle were made famous in the Kobe region of Japan, thus receiving the name, "Kobe Beef". True Kobe beef must come from the Tajima breed of Wagyu cattle and it must be raised in the Hyogo Prefecture of Japan.

AMERICAN STYLE KOBE

American Style Kobe Beef is from cattle raised in the United States that have been crossbred with the Japanese Wagyu breed. Like Japanese Kobe beef, it features the same exceptional tenderness and rich marbling with the traditional beef flavor preferred by Americans.



MARBLING

Marbling, also known as intramuscular fat, is the fat intermingled with the beef muscle. Marbling is the primary factor in determining the quality grade of a beef carcass. When determining the amount of marbling, a grader will look at the ribeye where the carcass is cut at the 12th & 13th rib juncture. Marbling is a strong visual predictor of beef tenderness, flavor and juiciness and improves the overall palatability of beef.

USDA QUALITY GRADES



USDA PRIME

Only the top 5-6% of all beef earns the industry rating of USDA Prime. The marbling in Prime Beef, which gives the steak its juiciness, tenderness and flavor, is simply exceptional.



USDA CHOICE

USDA Choice Beef is high-quality and has moderate marbling. It is juicy, extremely tender and full-flavored, making it ideal for grilling, roasting or broiling.



USDA SELECT

USDA Select Beef is slightly leaner than Prime or Choice. It is leaner because it has less marbling and therefore it may not be as juicy or have as much flavor.

Images courtesy of BeefItsWhatsForDinner.com

AGING

Aging is a process that allows safely stored meat to improve its tenderness and flavor over time, usually 3 to 4 weeks. During that time some of the water in beef evaporates, intensifying its flavor. Additionally, naturally occurring enzymes begin to break down muscle fibers and connective tissues, resulting in very tender beef.

WET-AGING

Kansas City Steak Company uses a Wet-Aging process. We vacuum-seal our beef and allow it to age naturally in a climate-controlled environment for up to 28 days. During this up-to-28-day process, beef flavor is intensified, and natural tenderization takes place. Once aged, we cut our steaks when they are at peak tenderness.

DRY-AGING

Dry-Aging is less common than Wet-Aging due to the complexity and cost. Dry-Aged beef is stored uncovered, in a refrigerated room under controlled lighting, airflow, humidity, and temperature conditions for several weeks. Dry-Aging results in a distinctive nuttier, mustier, much more complex beef flavor.

AGING IS IMPERATIVE

Sometimes beef is rushed to the market to cut costs, but the aging process is an important component in creating a full flavored, tender steak. It's difficult to know how long the steak you buy in a supermarket has been aged, if at all. We Wet-Age our steaks for up to 28 days, which results in great tasting, tender steaks.

DEGREES OF DONENESS

When cooking, remove your steak or roast when it reaches 5°F below your desired doneness temperature and allow it to rest. The temperature of the meat will continue to rise as much as 5°F during this time (this is called “carryover cooking”). The final temperature of your meat should match whatever your desired degree of doneness is below.

RARE Center is bright red; pinkish towards the outside	125°F
MEDIUM RARE Center is very pink; slightly brown towards the outside	135°F
MEDIUM Center is light pink; outer portion is brown	145°F
MEDIUM WELL Center is slightly pink; outer portion is brown	155°F
WELL Uniformly brown throughout	165°F



Steaks are juicier and more tender when cooked to no more than medium-rare doneness.

USDA recommends all burgers and ground beef to be cooked to an internal temperature of 160°F. Be sure to check with a thermometer as color alone is not a foolproof indicator.

HOW TO CUT YOUR STEAK AGAINST THE GRAIN

Knowing how to cut your steak and other meats against the grain is crucial to preparing tender, juicy meat for any meal. The grain of the meat refers to the muscle fibers and the direction in which they run. To cut meat against the grain means to cut across the muscle fibers, making them shorter to produce more tender meat.



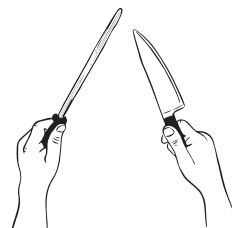
To find the grain on any piece of meat, place the meat on a cutting board so the edges of the steak are parallel with the edges of the cutting board. The grain should now also run parallel to the edge of the cutting board. Look for somewhat uniform, long muscle fibers running down and through an entire piece of meat.



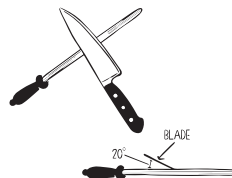
To slice meat against the grain, take a sharp knife to the grain, cutting across it. To ensure you have cut steak against the grain, examine your first slice to make sure you can still see the parallel lines of muscle. The goal is to make the fibers shorter, but the result should still have multiple parallel lines of muscle fibers. To cut meat with the grain would keep the entire muscle fiber intact, making the meat chewy if not tough.

HOW TO SHARPEN A KNIFE: USING A SHARPENING STEEL

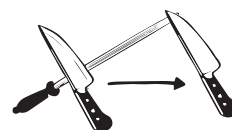
Follow these steps to help maintain your knife's cutting abilities:



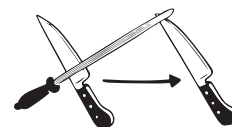
- 1 Hold the knife by the handle with your cutting hand and the sharpening steel in the other hand, both should be at arms' length in front of you and pointing away from your body.



- 2 Keeping the steel pointing away from your body, place the heel of the blade against the steel about 1 inch from the base of the steel (the edge of the blade should be facing away from you) at a 20° angle.



- 3 Applying light to medium pressure run the blade of the knife down the length of the steel, being sure to sharpen the entire knife from base to tip. Accuracy is more important than speed, so make sure to keep the blade at a consistent angle against the steel.



- 4 Repeat on the other side of the blade by using the bottom side of the steel and alternate sides for about 10-20 strokes. You can test its sharpness with a piece of paper and if it easily cuts it's good to go.
- 5 Lastly, make sure to wash and dry your blade to make sure any small steel shavings are cleaned off.




PREPARING TO COOK

Be sure your steaks, burgers and roasts are completely thawed before cooking. We recommend thawing steaks and burgers in the refrigerator for at least 24 hours and roasts for at least 48-72 hours depending on size.

Once thawed, remove your steak from the refrigerator approximately 30-40 minutes before cooking to allow the steak to come to room temperature. Roasts should be removed from the refrigerator at least one hour before cooking to come to room temperature.

Make sure to season your steak as desired! The best steaks are cooked on the grill and seasoned to taste with Kansas City Steak Original Steak Seasoning.



Scan the QR code below
to find great recipes
for steaks, roasts,
marinades and more!



ULTIMATE GUIDE TO COOKING STEAK

Regardless of which method you choose, be sure your steaks are completely thawed before cooking. We recommend thawing in the refrigerator for at least 24 hours. Once thawed, remove your steak from the refrigerator approximately 30–40 minutes before cooking to allow the steak to come to room temperature. Lastly, season your steak as desired – Kansas City Steak Original Steak Seasoning is a great choice!

Cooking times are based on fully thawed steaks and burgers. We recommend cooking to 135°F–145°F for **Medium-Rare to Medium doneness**. Bring fully thawed steaks and burgers to room temperature and pat dry. Remove 5°F below desired doneness. Let stand for 5 minutes to allow juices to be absorbed into the meat and bring steak to desired temperature.

We highly recommend using a meat thermometer for additional accuracy.

FILET MIGNON

	GRILL	OVEN	SKILLET
1-inch	7–9 min	9–13 min	7–9 min
1½ inch	10–12 min	14–17 min	9–12 min
	Sous Vide (130°F)	Air Fryer (400°F)	Smoker (225°F)
1-inch	45 mins	8–12 min	1 hr 15 min
1½ inch	1–2½ hrs	12–14 min	1½ hrs

EXTRA-THICK CROWN FILET MIGNON

	GRILL	OVEN	SKILLET
2-inch +	35–45 min	18–22 min	16–22 min
	Sous Vide (130°F)	Air Fryer (400°F)	Smoker (225°F)
2-inch +	1–2½ hrs	16–18 min	1½–2 hrs

BONE-IN FILET MIGNON

	GRILL	OVEN	SKILLET
1-inch	8–10 min	10–14 min	8–10 min
1½ inch	10–13 min	15–18 min	10–13 min
	Sous Vide (130°F)	Air Fryer (400°F)	Smoker (225°F)
1-inch	45 mins	8–12 min	1 hr 15 min
1½ inch	1–2½ hrs	12–14 min	1½ hrs

RIBEYE

	GRILL	OVEN	SKILLET
1-inch	9–13 min	10–13 min	12–15 min
1½ inch	12–16 min	12–16 min	14–17 min
	Sous Vide (130°F)	Air Fryer (400°F)	Smoker (225°F)
1-inch	45 min	4–6 min	45 min–1 hr
1½ inch	1–4 hrs	6–8 min	1 hr 15 min

BONE-IN RIBEYE

	GRILL	OVEN	SKILLET
1-inch	10–14 min	12–15 min	13–16 min
1½ inch	13–16 min	14–17 min	14–16 min
Sous Vide (130°F)		Smoker (225°F)	
1-inch	45 min	45 min–1 hr	
1½ inch	1–4 hrs	1 hr 15 min	

CENTER-CUT RIBEYE FILET

	GRILL	OVEN	SKILLET
1-inch	9–13 min	10–13 min	12–15 min
1½ inch	1–16 min	12–16 min	14–17 min
	Sous Vide (130°F)	Air Fryer (400°F)	Smoker (225°F)
1-inch	45 min	4–6 min	45 min–1 hr
1½ inch	1–4 hrs	6–8 min	1 hr 15 min

RIBEYE CAP STEAK

	GRILL	OVEN	SKILLET
1–1½ inch	7–12 min	9–17 min	7–12 min
	Sous Vide (130°F)	Air Fryer (400°F)	Smoker (225°F)
1–1½ inch	1½ hrs	4–8 min	1–1½ hrs

Get detailed cooking instructions, pro tips, videos and more at KansasCitySteaks.com/CookSteak

Cooking times are based on fully thawed steaks and burgers

Images courtesy of BeefItsWhatsForDinner.com



KANSAS CITY STRIP			
	GRILL	OVEN	SKILLET
1-inch	9-13 min	10-13 min	12-14 min
1½ inch	12-15 min	12-15 min	14-16 min
	Sous Vide (130°F)	Air Fryer (400°F)	Smoker (225°F)
1-inch	45 min	4-6 min	1 hr 15 min
1½ inch	1-4 hrs	6-8 min	1½ hrs



BONE-IN KANSAS CITY STRIP			
	GRILL	OVEN	SKILLET
1-inch	10-14 min	12-15 min	13-16 min
1½ inch	13-16 min	14-17 min	14-16 min
	Sous Vide (130°F)	Smoker (225°F)	
1-inch	45 min	1 hr 15 min	
1½ inch	1-4 hrs	1½ hrs	



TOMAHAWK			
	GRILL	OVEN	SKILLET
2-inch +	20-24 min	19-23 min	1-1½ hrs
	Sous Vide (130°F)	Smoker (225°F)	
2-inch +	2½ hrs	Sear and cook for 12-16 min	



T-BONE + PORTERHOUSE			
	GRILL	OVEN	SKILLET
1-inch	10-14 min	13-16 min	13-16 min
1½ inch	14-18 min	16-19 min	15-18 min
	Sous Vide (130°F)	Smoker (225°F)	
1-inch	45 min	1 hr 15 min	
1½ inch	1-2½ hrs	1½ hrs	

TENDERLOIN TIPS + MEDALLIONS			
	GRILL	OVEN	SKILLET
2-inch +	4-6 min	8 min	3-4 min
	Sous Vide (130°F)	Air Fryer (400°F)	Smoker (225°F)
2-inch +	45 min - 1 hr	8 min	45 min



TOP SIRLOIN			
	GRILL	OVEN	SKILLET
1-inch	10-13 min	10-13 min	12-15 min
1½ inch	12-16 min	12-16 min	14-17 min
	Sous Vide (130°F)	Air Fryer (400°F)	Smoker (225°F)
1-inch	1 hr	8-12 min	1 hr 15 min
1½ inch	1-2½ hrs	12-14 min	1½ hrs



FLAT IRON STEAK			
	GRILL	OVEN	SKILLET
1-1½ inch	12-15 min	12-15 min	13-16 min
	Sous Vide (130°F)	Air Fryer (400°F)	Smoker (225°F)
1-1½ inch	1-2½ hrs	10-14 min	1-1½ hrs



STEAKBURGERS*			
	GRILL	OVEN	SKILLET
½ inch	8-10 min	8-11 min	9-11 min
¾ inch	11-13 min	11-13 min	14-16 min
	Cast Iron Skillet		Smoker (225°F)
½ inch	9-11 min		1 hr
¾ inch	12-14 min		1½ hrs



*USDA recommends all burgers to be cooked to an internal temperature of 160°F.
Be sure to check with a thermometer as color alone is not a foolproof indicator.

ULTIMATE GUIDE TO COOKING ROASTS

Regardless of which method you choose, be sure your roast is completely thawed before cooking. We recommend thawing in the refrigerator for at least 48 hours, depending on the size. Once thawed, remove your roast from the refrigerator approximately 1 hour before cooking to allow the roast to come to room temperature. Lastly, season your roast as desired – we recommend Kansas City Steak Original Steak Seasoning.

Cooking times are based on fully thawed roasts. We recommend cooking to 135°F-145°F for Medium-Rare to Medium doneness. Bring thawed roasts to room temperature and pat dry. Remove 10°F below desired doneness. Let stand for 15-20 minutes to allow juices to be absorbed into the meat and bring steak to desired temperature.

We highly recommend using a meat thermometer for additional accuracy.

GRILL

Grill Settings:	PRIME RIB* (5.0 - 6.0 lb)	BONE-IN PRIME RIB	CENTER-CUT PRIME RIB	BEEF TENDERLOIN	PICANHA
	375°F	Sear all sides for 4 min; indirect heat for:	Sear all sides for 5 min; indirect heat for:	Sear all sides 5-10 min; indirect heat for:	Cut roast into 2-inch steaks; fold into C-shape and skewer High heat (500°F)
Rare	1¼-1½ hrs	1-1½ hrs	45-55 min	15-20 min	20 min
Medium-Rare	1½-1¾ hrs	1½ hrs	55-65 min	20-25 min	20-25 min
Medium	1¾-2 hrs	1½-2 hrs	65-75 min	25-30 min	30-35 min
Medium-Well	2-2¼ hrs	2 -2¼ hrs	75-85 min	30-35 min	40 min

SOUS VIDE

Cook For:	PRIME RIB* (5.0 - 6.0 lb)	BONE-IN PRIME RIB	CENTER-CUT PRIME RIB	BEEF TENDERLOIN	PICANHA
	6 hrs	6 hrs	4 hrs	2-3 hrs	3-6 hrs
Rare	130°F	130°F	130°F	122°F	122°F
Medium-Rare	132°F	132°F	132°F	129°F	129°F
Medium	135°F	135°F	135°F	135°F	135°F
Medium-Well	145°F	145°F	145°F	145°F	145°F

Cooking times are based on fully thawed roasts
Images courtesy of BeefItsWhatsForDinner.com



OVEN

Oven Settings:	PRIME RIB* (5.0 - 6.0 lb)	BONE-IN PRIME RIB	CENTER-CUT PRIME RIB	BEEF TENDERLOIN	PICANHA
	375°F	450°F for 15 min; then 275°F for:	375°F	450°F	400°F Sear each side for 2 min
Rare	1-1½ hrs	1-1½ hrs	45-55 min	20-25 min	25-30 min
Medium-Rare	1½-2 hrs	1½-2 hrs	55-65 min	25-30 min	30-40 min
Medium	2-2½ hrs	2-2½ hrs	65-75 min	30-35 min	40-50 min
Medium-Well	2½-3 hrs	2½-3 hrs	75-85 min	35-40 min	1 hr

SMOKER

Grill Settings:	PRIME RIB* (5.0 - 6.0 lb)	BONE-IN PRIME RIB	CENTER-CUT PRIME RIB	BEEF TENDERLOIN	PICANHA
	225°F	225°F	225°F	180°F For 1 hr	250°F
Rare	3½-4½ hrs	3½-4½ hrs	2-2½ hrs	400°F for 20-30 min depending on degree of doneness	2½-3 hrs
Medium-Rare					
Medium					
Medium-Well					

SLOW COOKER

Oven Settings:	PRIME RIB* (5.0 - 6.0 lb)	BONE-IN PRIME RIB	CENTER-CUT PRIME RIB	BEEF TENDERLOIN	PICANHA
	Low Heat	Low Heat	Low Heat	Low Heat	Low Heat
Rare	2½-3 hrs	2½-3 hrs	2 hrs	2-4 hrs	8-10 hrs
Medium-Rare	3-3½ hrs	3-3½ hrs	2½ hrs		
Medium	4-4½ hrs	4-4½ hrs	3 hrs		
Medium-Well	4½-5 hrs	4½-5 hrs	3½ hrs		

*Our roasts are available in various sizes, adjust cooking times when appropriate.

Get detailed cooking instructions, pro tips, videos and more at
KansasCitySteaks.com/CookRoasts



WE'RE HERE TO HELP

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CONTACT CUSTOMER SERVICE AT

The Kansas City Steak Company
PO Box 20566, Kansas City, MO 64195

800 524 1844

customerservice@kansascitysteaks.com

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Find more detailed cooking instructions at **[KansasCitySteaks.com](https://www.KansasCitySteaks.com)**



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