



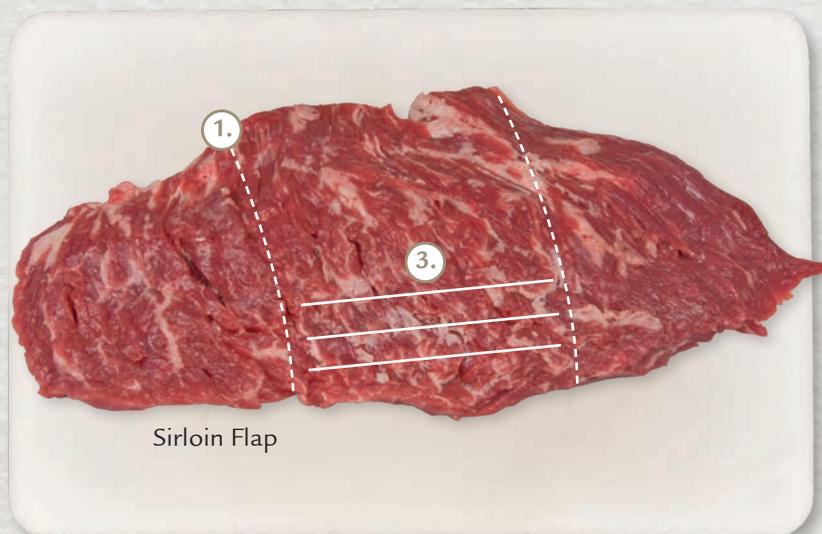
SIRLOIN FLAP

Flap Meat, Flap Steak, Bavette Steak

Similar to skirt steak in terms of texture and flavor, this cut works well when cooked to medium rare or medium.



INSTRUCTIONS FOR CUTTING:



Cutting Instructions for Whole or Butterflied

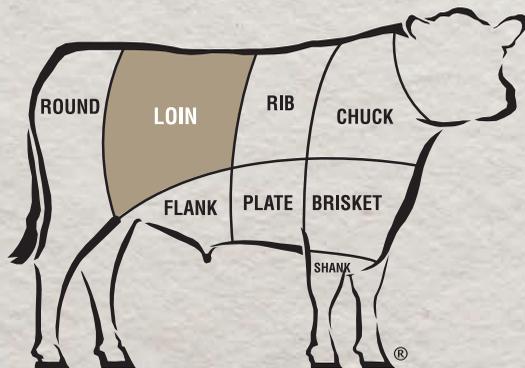
- 1A. Slicing with the grain, cut sirloin flap into 3-4 pieces and grill pieces individually.
- 1B. Grill sirloin flap whole, then cut into 3-4 pieces.
2. Slice against the grain to cut into strips.

Alternative Cutting Method: Bavette Steaks

1. Square off sirloin flap by cutting off pointed ends.
2. Slice with the grain (*see step 1*) and cut 2-inch-wide bavette steaks.
3. Grill and cut leading strips against the grain (*see step 3*).

BEST COOKING METHODS:

Stir fry, grill or sear to a medium rare or medium degree of doneness. Use your favorite marinade to add extra flavor.



MENU IDEAS:

BREAKFAST

Steak and Eggs - Skillet sirloin flap and eggs with sweet potato hash browns and grilled cinnamon-sugar pineapple.

Hearty Breakfast Burrito - Sliced sirloin flap steak, cheesy eggs, tomatoes, red beans and rice in a tortilla.

APPETIZER

Teriyaki Skewers - Grilled, teriyaki-seasoned sirloin flap with orange, garlic and toasted sesame dip.

Caprice Steak Strips - Chilled and seared sirloin flap strips with basil, mozzarella, ripe baby tomatoes and balsamic glaze.

SALAD

Citrus Salad - Grilled, chilled and sliced sirloin flap with strawberries, blue cheese crumbles and orange vinaigrette.

Greek Salad - Chargrilled and sliced sirloin flap with cucumbers, tomatoes, olives and creamy feta cheese dressing.

SANDWICH

Twisted Cubano - Thinly sliced sirloin flap, mustard, pickle slices and Swiss cheese toasted crisp on a Cuban roll.

Tasty Ciabatta - Thinly sliced sirloin flap seasoned with garlic and oregano and topped with vine ripe tomatoes, Ricotta-mascarpone spread and olive tapenade.

ENTRÉE

Ramen Stir-Fry - Orange, ginger and garlic marinated sirloin flap slices with ramen noodles, sliced green onion and sesame seeds.

Fiesta Favorite - Fajita-seasoned points with Pico de Gallo, guacamole and sour cream.

91-217 PRS 22028

For more recipe ideas, visit CertifiedAngusBeef.com/recipes