TRADITIONAL STEAK BOX

COOKING GUIDE · SMALL



14	7	14 MIN	8	4.4 LBS
SERVINGS	MEALS FOR TWO	AVG PREP	STEAKS · 4 CUTS	BOX WEIGHT

WHY WE BUILT THIS BOX

Four steaks you already know, for the evenings you want something special on the table.

This box has the steaks you'll find on a restaurant menu: New York strip, ribeye, tenderloin and top sirloin. There are enough for seven meals for two people: date night, dinner for company, or Sunday supper, when you want something extra-delicious that doesn't require a lot of time in the kitchen. These are cuts you probably already know how to cook, so there's nothing to figure out before the pan gets hot! (This box is a great gift for anyone who loves a good steak.)

We realize that buying this way takes more effort than a trip to the grocery store and hope that the convenience of a freezer filled with high-quality beef makes the extra steps feel worthwhile. For me, a good steak is one of the simplest ways to make an ordinary evening feel like something worth celebrating. These are the four steaks I'd want in my own freezer for exactly that reason.



I'm excited for you to try this box, and I hope these steaks become the centerpiece of many delicious evenings around your table. We spent a lot of time thinking about which cuts to include and how you might use them together. Reach out and tell me what you think, anytime. And, of course, we're always open to new ideas and your suggestions.

— Cory

WHAT'S IN YOUR BOX



RIBEYE STEAK

2 STEAKS · 12 OZ · 4 SERVINGS · 15 MIN

The ribeye is the most marbled muscle on the animal, including the spinalis, that crescent along the outside edge that's the best bite of all. Independent testing shows the big mineral-forward flavor of our ribeyes is the result of the diverse native grasses our cattle graze, and the amount of time they spend on pasture.

- Fat cap rendered first, in a sizzling-hot pan
- Salted an hour ahead, then grilled over hot coals
- Thickly sliced and finished with coarse salt



NY STRIP STEAK

2 STEAKS · 10 OZ · 4 SERVINGS · 15 MIN

The strip comes from the same muscle as the ribeye, just further back, where it's firmer and more consistent from end to end. For me, it's the best balance there is in a steak: rich, with enough chew to remind you it's beef. When I want to cook a steak without ceremony, this is the one I choose.

- Cast iron, hard sear, garlic butter at the end
- Reverse-seared, for a thicker cut
- Sliced across the grain over a wedge salad



TOP SIRLOIN

2 STEAKS · 8 OZ · 4 SERVINGS · 15 MIN

The top sirloin has always been one of my favorite cuts, leaner than the ribeye with the same deep, beefy flavor, and forgiving when the pan runs a little hot. There's often some left over, and cold sliced sirloin over greens the next day is one of the best lunches I know.

- Grilled, or seared and basted with butter and thyme
- Cubed onto skewers with peppers and onion
- Thinly sliced over salad greens the next day



TENDERLOIN FILET

2 STEAKS · 5 OZ · 2 SERVINGS · 10 MIN

The tenderloin is incredibly tender because it sits under the cow's spine, where it does almost no work. And there are only two per animal, so save it for a night worth marking. You can guarantee success with a quick sear in a hot pan.

- A hard sear, then butter-basted to 125°F
- Sliced over a salad with a sharp dressing
- Finished with a red wine sauce

TWO WEEKS OF MEALS

WEEK ONE

TUE	DINNER	NY strip in cast iron, finished with garlic butter (below)	NY Strip ×1	15 min
FRI	DINNER	Both top sirloins on the grill, with a little left for tomorrow	Top Sirloin ×2	15 min
SAT	LUNCH	*Cold sliced sirloin over greens with a sharp dressing*	Friday's leftovers	5 min
SUN	SUPPER	Ribeye salted at 4 o'clock, then over hot coals and sliced thick	Ribeye ×1	15 min

WEEK TWO

WED	DINNER	NY strip, reverse-seared (below), sliced over a wedge salad	NY Strip ×1	15 min
THU	EVENING	*Two filets into the fridge, and the butter out to soften*	—	—
FRI	DATE NIGHT	Filets seared hard, butter-basted, off the heat at 125°F	Tenderloin Filet ×2	10 min
SUN	SUPPER	The second ribeye, thickly sliced and finished with coarse salt	Ribeye ×1	15 min

Servings: each ribeye or strip feeds two; other cuts count 4 oz raw per serving, so each 8 oz sirloin is two servings and each 5 oz filet is one. Active prep counts hands-on minutes only; thawing and resting are not included.

FIVE TIPS FOR COOKING GRASS FED BEEF

1. **Bring to room temperature.** All it takes is 30 to 45 minutes on the counter before it hits the pan.
2. **Salt early, or salt last.** An hour ahead, or right before. Not in between.
3. **Grass fed beef is often leaner, and it cooks more quickly than conventional beef.** It might be ready a few minutes sooner than you expect.
4. **Once the internal temperature hits 120–125°F (medium rare), take it off the heat.** It will climb another five degrees as it rests.
5. **Don't skip the rest.** Ever. Five to ten minutes.

A NOTE ON THE FREEZER

Everything in this box shows up frozen and fits in your kitchen freezer, no extra space required. Most nights at our house begin with a steak in its original packaging, thawing in a bowl of cold water. It's ready when I get home, about an hour later. When I plan ahead, I pull what I want from the freezer and put it in the fridge to defrost overnight.

GARLIC BUTTER

Mash 1/2 stick of softened butter with 2 cloves of finely minced garlic, a pinch of flaky salt and some chopped parsley, thyme or chives if you have them. Dollop a spoonful over the steak as soon as it comes out of the pan. Keep the rest in the fridge or freezer for the next steak night.

REVERSE SEAR

Start the steak on a rack in a 250°F oven. After 25 to 35 minutes, or when the internal temperature is 115°F, sear it in a smoking-hot cast iron pan, about one minute per side. Remove it from the pan at 125°F and let it rest about 10 minutes.



WHAT OUR TESTING SHOWS

<2:1 — OMEGA-6 TO OMEGA-3, EVERY CUT TESTED

26.9g — PROTEIN PER 4 OZ RAW

Every cut of our beef came in under 2:1 in our Omega-6 to Omega-3 ratio testing, and our ribeyes averaged 1.37:1. Most grain-finished beef tests at 8:1.

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