

# BEEF LUNCHEON STEAKS

## Great Real Beef Taste Without Excess Fat Or Gristle

100% beef- no MSG, no soy, no HVP, no fillers, just the great taste of real beef. That's what's in Holten Meat's Beef Luncheon Steaks. Our special process eliminates toughness, gristle, and excessive fat, producing a tender, tasty real beef luncheon steak that guarantees excellent flavor, texture, and plate appearance with each serving.

Holten's Beef Luncheon Steaks are designed for menu versatility. Serve them as is for a steak sandwich or plate platter, or with sauces and gravies - your imagination is the limit! They're great for use in health care, cafeterias, schools, colleges, or any place seeking high quality and low cost meals for complete customer satisfaction.

### BENEFITS ...

- \* 100% beef.
- \* Broad product applications for menu diversity.
- \* Guaranteed tender - cuts with plastic utensil.
- \* Naturally low in sodium for restricted menu use in health care operations.
- \* A real time saver - cooks quickly & is easy to prepare.
- \* Holds well in the steam table.
- \* Individually Quick Frozen means product safety, product freshness, and ease of handling.
- \* Processed under HACCP to insure food safety.
- \* Precise portioning for exact cost control.
- \* Our products are backed with service: (800) 851-4684.
- \* Holten's Beef Luncheon Steaks have the great taste that satisfies customers and brings them back for more!

### SERVE ...

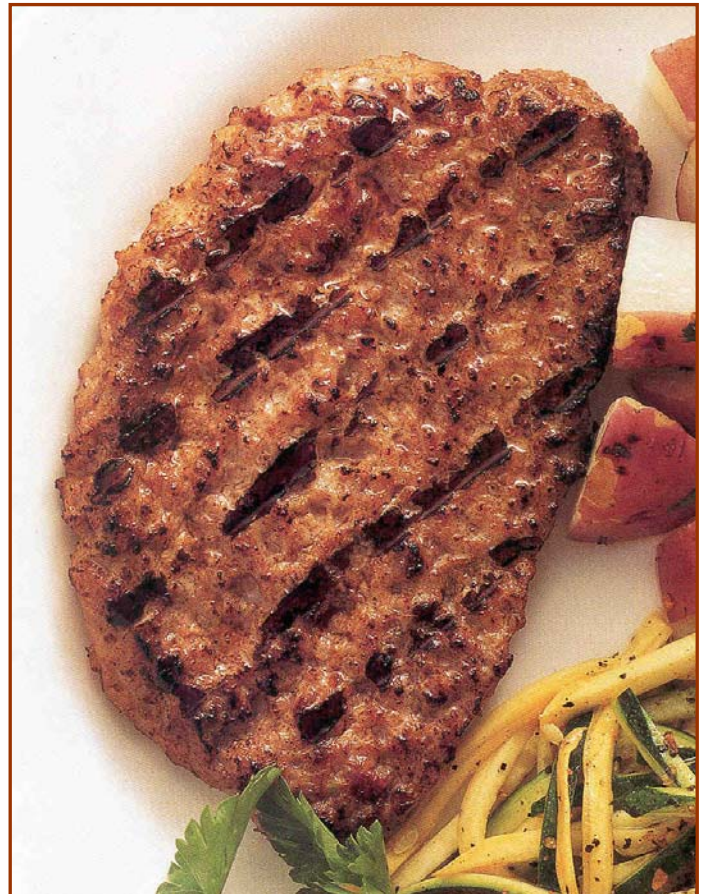
- \* On a bun or roll with fries as a sandwich combination plate.
- \* With rice and fruit or a salad for a light luncheon plate.
- \* With gravy and mashed potatoes for a hearty dinner entrée.
- \* With salad, sides, and a dinner roll for a center of the plate entrée.
- \* With noodles and gravy for a homestyle entrée.
- \* In a mushroom-wine sauce for a gourmet entrée.
- \* As Swiss Steak, Beef Pepper Olé, Beef Jardinière, German Rostbraten, or Mexicali Luncheon Steak.

Please visit us on the web at [www.holtenmeat.com](http://www.holtenmeat.com)



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### #21003 Beef Luncheon Steak 4-1

UPC	079821210035
Pack Size	40 / 4 oz
Net/gross weight	10 lbs / 10.76 lbs
Case Cube	.46
Ti Hi	10 x 12
Box Dimensions	15 <sup>7</sup> / <sub>8</sub> x 10 <sup>5</sup> / <sub>8</sub> x 4 <sup>3</sup> / <sub>4</sub>

### Nutrition Facts #21003

Serving Size	(113 g / 4 oz raw)	
Servings per Box	40	
Calories	300	Fat Cal 230
	Amount/Serving	% DV*
Total Fat	25g	38%
	Saturated fat 11 g	55%
Cholesterol	65 mg	22%
Sodium	120 mg	5%
Total Carb.	<1 g	
Protein	19 g	

Vitamin A 0% • Calcium 0%  
Vitamin C 0% • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet

Ingredients: 100% Beef

**Cooking Instructions:** Always cook from frozen state. Always cook ground meat products to an internal temperature of 160° F.

**Grill:** Place luncheon steaks on a preheated (350° F) grill and cook until juices begin to "pool". Turn patty and continue cooking until juices run clear.

**Conventional oven:** Preheat to 375° F. Place luncheon steaks on sheet pan that has been lightly greased or lined with baking paper, bake 7-10 min.

**Convection oven:** Preheat to 325° F. Place luncheon steaks on sheet pan that has been lightly greased or lined with baking paper, bake 8-10 min.

**Deep fry:** Dip in batter and bread, then deep fry for 5 minutes or until done.

# Recipe Ideas for Holten's Beef Luncheon Steaks

## Swiss Steaks

- 1 box of **Holten's Beef Luncheon Steaks**, frozen
- 1 #10 can tomatoes, diced or crushed, with juice
- 2 green peppers, diced (optional)
- 5 - 7 celery stalks, cleaned, pared, and diced
- 3 medium yellow globe onions, diced
- 1 tablespoon paprika
- 1 tablespoon chili powder
- 1 bay leaf
- 1 pint water

Grill **Beef Luncheon Steaks** at 350° F for 2 minutes on each side on a pre-heated griddle, or oven-bake for about 7 - 8 minutes in a 325° convection oven or 375° conventional oven, *until internal temperature reaches 160° F*. Shingle-stack **Luncheon Steaks** in steam-table pan in double rows (use two full-size pans). Prepare tomato-vegetable mixture by sautéing vegetables lightly until crisp but transparent. Add vegetables to diced tomatoes in pot or saucepan. Add paprika, chili powder, and bay leaf. Simmer for 10 - 20 minutes. Add water and simmer for 5 more minutes. Ladle one quart (or more) of prepared sauce over each pan of steaks. **Remove bay leaf before serving. Bay leaf must be discarded before serving to prevent consumption.** Serve one steak with one serving spoon of sauce.

## Beef Pepper Olé

- 1 box of **Holten's Beef Luncheon Steaks**, frozen
- 3 quarts prepared brown gravy (regular or sodium modified)
- 5 tablespoons chili powder
- 1 tablespoon ground cumin
- 4 cups diced red and green bell peppers (fresh or frozen)

Place frozen **Beef Luncheon Steaks** on sheet pan which has been lined with baking paper or very lightly greased. Preheat oven to 325° F convection or 375° F conventional. Place **Luncheon Steaks** in oven for 7 - 10 minutes, *until internal temperature reaches 160° F*. Do not overcook. Remove **Luncheon Steaks** from oven and shingle stack in steam table pan, and place in steam table. Add chili powder and cumin to brown gravy. Work in with wire whisk. Bring gravy to simmer. Blanch red and green peppers until just soft. Serve one **Luncheon Steak** with about 2½ ounces of gravy. Garnish with red and green peppers. Serve with Spanish rice or whipped potatoes.

## Beef Jardinière

- 1 box of **Holten's Beef Luncheon Steaks**, frozen
- 4 pounds mixed frozen vegetables
- 3 quarts prepared brown gravy (regular or sodium modified)
- Garlic powder to taste

Place frozen **Beef Luncheon Steaks** on lightly greased baking sheets or on baking sheets with baking paper. Do not crowd portions on baking pans. Place **Luncheon Steaks** into preheated oven (325° F convection, 375° F conventional) for 7 - 10 minutes, *until internal temperature reaches 160° F*. Remove **Luncheon Steaks** and shingle stack evenly in two steam table pans. Allow frozen vegetable to thaw. Add thawed frozen vegetables to prepared brown gravy in stockpot or large saucepan. Bring to simmer. Add garlic powder to sauce mixture to desired taste. Ladle *jardinière* sauce evenly over both pans of steaks. Serve hot from steam table.

## German Rostbraten

- 1 box of **Holten's Beef Luncheon Steaks**, frozen
- 24 ounces chopped bacon or bacon bits
- 24 ounces yellow onion, chopped fine
- 1 quart brown gravy, prepared
- 2 ounces white vinegar
- Water as necessary

Place **Beef Luncheon Steaks** on a lightly oiled griddle preheated to 350° F. Grill about 1½ - 2 minutes on each side until brown. Shingle stack **Beef Luncheon Steaks** in steam table pans. Sauté onions and bacon in skillet until onions are transparent. Add vinegar to brown gravy (if gravy is thick, dilute with some water). Pour evenly over **Beef Luncheon Steaks**. Spoon onion-bacon mixture evenly over **Steaks**. Place **Steaks** in oven at 300° F for 15 - 20 minutes. Serve hot with some gravy from the pan.

## Mexicali Luncheon Steak

- 1 box of **Holten's Beef Luncheon Steaks**, frozen
- 64 ounces thick & chunky salsa
- 1 bunch fresh parsley, washed

Preheat oven to 350 F convection, 400 F conventional. Place **Beef Luncheon Steaks** on ungreased sheet pans and bake for 7 - 10 minutes, *until internal temperature reaches 160° F*. For best results, turn slices. Remove from oven and shingle stack **Beef Luncheon Steaks** in two steam table pans, 10 per row, 2 rows. Pour salsa evenly over luncheon steaks. Cover pans and return to oven for an additional 3 - 5 minutes. Remove from oven and transfer to steam table. Serve hot one steak with 1½ ounces salsa on top. Garnish with fresh chopped parsley.