

# HÖLTEN MEATS



## **Flat Iron Steaks**

# Flat Iron Steak Cooking & Serving Suggestions

The Flat Iron a well marbled, juicy steak that is second only to the Tenderloin in tenderness. It stays juicy even when cooked to well done. Though the Flat Iron doesn't require marinating to stay tender when cooked, marinades and rubs can be used to enhance its flavor, which complements many cuisines, including Asian, Hispanic, Mediterranean, and Middle Eastern. They're extremely versatile, with many applications throughout the day, from a whole steak for breakfast, lunch, or dinner; cut into strips for stir fry, fajitas, or salads; or cubed for kabobs.

## Cooking Instructions:

Remove desired number of Holten Flat Iron Steaks from shipping container and place on sheet pans in the cry-o-vac packaging for 16-24 hours at 32-40°F. (To thaw entire box place shipping container under refrigeration at 32-40°F for 36 – 48 hours). Shelf life is 2-4 days once thawed and kept in unopened package. *Cook within 1 hour after opening package.* Cook from thawed and do not microwave thaw. **Keep raw steaks separate from cooked steaks and other foods to prevent any possible cross-contamination.** Flat Iron Steaks are best when cooked to medium-rare or medium.

## GRILLING

Grill, covered, over medium-ash-covered coals, 10 to 14 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. If using a gas grill, you may need to heat an additional minute or two.

## SKILLET COOKING

Heat nonstick skillet over medium heat until hot. Place steaks in skillet (do not crowd). Do not add oil or water. Cook, uncovered 13 to 15 minutes for medium rare (145°F) to medium (160°F) doneness, turning twice.

## BROILING

Set oven for broiling. Preheat oven for 10 minutes or according to manufacturer's directions. Place steaks on rack of broiler pan, 3 - 4 inches away from heat. Cook 15 to 20 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

## Serving Suggestions

- \* Serve for breakfast with eggs and cheesy hash browns.
- \* Cut into strips and cook in an omelet.
- \* Serve as a steak sandwich.
- \* Cut into strips, season, and serve in a fajita or gyro.
- \* Serve for lunch or dinner as a salad, cut on the bias with house dressing.
- \* Cut into strips and create a signature salad.
- \* Serve with a baked potato or au gratin potatoes.
- \* Serve with caramelized onions or sautéed mushrooms.
- \* Serve with Bleu cheese or horseradish sauce.
- \* Cut into strips and season for Stir-Fry.
- \* Cook with your signature seasoning or any steak seasoning.
- \* Cut in cubes for shish kabobs with green and red peppers, onions, mushrooms.
- \* Season with a southwest seasoning.

## Flat Iron Steak Menu Applications

### Appetizers

**Cheese Steak Pizza:** Sauté Beef Flat Iron Steak strips with onions and green bell peppers. Spoon on pre-baked pizza crust and top with shredded provolone or mozzarella cheese. Broil to melt cheese.

**Steak Bruschetta:** Lightly season and grill Beef Flat Iron Steak and carve into thin slices. Combine steak slices with a mixture of diced tomatoes, minced garlic and fresh basil leaves. Served on toasted garlic bread.

### Sandwich Sensations

**Steak Bruschetta Sandwich:** Sauté Beef Flat Iron Steak in butter, olive oil, garlic and shallots to medium rare. Slice thinly. Toast country French bread with butter, olive oil and garlic. Place steak slices on bread and top with a zesty mixture of teardrop tomatoes, fresh mozzarella cheese and basil tossed with a hint of balsamic vinegar.

**Flat Iron Gyros:** Toss Beef Flat Iron Steak strips with garlic, oregano and pepper, then stir-fry. Serve beef in warm pita bread with slivered onion, thin-sliced tomato and creamy cucumber-yogurt dressing.

### Salads

**Asian Steak Salad:** Marinate Beef Flat Iron Steak in traditional Asian vinaigrette and grill to medium rare. Carve steak into thin slices. Layer over crisp Asian greens, toasted sesame seeds and crunchy rice noodles. Top with sesame-soy vinaigrette and chopped scallions and a chiffonade of fresh mint leaves.

**Beef, Tomato & Fresh Mozzarella Salad:** Grill Beef Flat Iron Steak to medium rare and carve into thin slices. Toss with tomatoes, fresh Mozzarella cheese, onions and a chiffonade of fresh basil leaves. Spoon over mixed greens. Mix balsamic vinaigrette tableside to serve with salad.

### Center Stage

**Herb-Stuffed Steak Roulade:** Spread a mixture of basil, oregano, thyme, garlic, salt and pepper over a pounded Beef Flat Iron Steak. Roll up and tie to secure; roast to medium rare. Serve with sautéed vegetables and pasta tossed with olive oil, garlic, fresh basil, salt and pepper.

**Wild Mushroom Beef Stroganoff:** Lightly season and sauté Beef Flat Iron Steak strips; combine with assorted wild mushrooms that were sautéed in brown butter. Stir in a sour cream stroganoff sauce. Serve over wide ribbon pasta.

**Asian Crispy Beef:** Marinate Beef Flat Iron Steak in a sesame-soy based marinade. Dip in breadcrumbs and fry. Serve over fried Asian rice noodles tossed with green onions, bok choy, garlic and toasted sesame seeds.

**Flat Iron Steak with Onion Marmalade:** Press cracked black pepper onto surface of Beef Flat Iron Steak; sauté until medium rare. Serve with red wine caramelized onions.



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Menu applications courtesy of the Beef Checkoff,  
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# Beef and Coconut Noodle Salad

*Tropical is back, and this time around its got the sophistication of Southeast Asian ingredients and flavors, from lime juice and fish sauce to lemongrass, palm sugar and fresh chiles, partners for the big taste of beef. So go ahead. Crack open a coconut and get ready to bowl 'em over.*

24 Servings

## Ingredients

### 24 Holten Flat Iron Steaks

#### Marinade:

- 1½ cups fish sauce
- 1½ cups lime juice
- ½ cup palm sugar
- ½ cup minced lemon grass
- ¼ cup crushed red pepper

#### Noodles:

- 3½ pounds cellophane (mung bean) noodles
- ½ cup canola oil

#### Coconut Dressing:

- 4½ cups coconut milk
- ¾ cup fish sauce
- ½ cup lime juice
- 6 tablespoons palm sugar
- ½ cup canola oil
- 3 cups julienned red onion
- 1½ cups toasted shaved coconut
- 1½ cups torn fresh thai basil leaves
- 1½ cups torn fresh mint
- 1½ cups thinly sliced red jalapeño pepper rings
- 1 cup torn fresh cilantro leaves
- 1½ cups toasted shaved coconut
- 1½ cups chopped toasted peanuts

## Preparation

1. Make **Marinade**: Combine marinade ingredients in saucepan; heat until sugar dissolves. Cool. Pour into large non-reactive container. Yield: 3½ cups.
2. Add Holten Flat Iron Steaks; turn to coat. Refrigerate, covered, 20 minutes to 2 hours; turning steaks once.
3. **Noodles**: In large stockpot bring water to a boil; add noodles, simmer 5 minutes. Drain and rinse with cold water. Toss noodles with oil. If noodles stick, rinse in warm water before using. Yield: 36 cups.
4. **Coconut Dressing**: Place dressing ingredients in food processor. Cover; process until smooth. Refrigerate, covered, until ready to use. Yield: 6 cups.

For each serving, to order:

1. Heat 1 tsp oil in sauté pan until hot.
2. Add 1 beef steak and brown on both sides.
3. Roast in 400°F oven to medium rare to medium doneness. Carve into ¼ inch-thick slices.
4. Toss steak slices with ¼ cup **Coconut Dressing**, 1½ cups noodles, 2 Tbsp onion, 1 Tbsp coconut, 1 Tbsp basil, 1 Tbsp mint, 1 Tbsp jalapeño peppers and 2 tsp cilantro.
5. Mound in coconut shell or a bowl. Garnish with 1 Tbsp coconut and 1 Tbsp peanuts.



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# Bistecca Peppata

*A Florentine-style steak seasoned with garlic and cracked black pepper, grilled to order, sliced and topped with arugula, cherry tomatoes, bocconcini of mozzarella and a drizzle of red wine vinaigrette.*

24 Servings

## Ingredients

### 24 Holten Flat Iron Steaks

#### Marinade:

- 2 tablespoons black pepper
- ½ cup minced garlic
- ¾ cup extra virgin olive oil

#### Red Wine Vinaigrette:

- ¾ cup red wine vinegar
- 1 tablespoon sugar
- 1½ teaspoons salt
- 1½ teaspoons minced garlic
- ¾ teaspoon dried oregano leaves
- ¾ teaspoon black pepper
- 2¼ cups extra virgin olive oil

24 cups arugula

60 red and yellow cherry tomatoes, halved

72 small fresh mozzarella balls

Salt and black pepper, as needed

Chopped Italian parsley, as needed

## Preparation

- Marinade:** Season steaks with pepper. Rub with garlic. Drizzle steaks with oil, turning to coat. Cover and marinate in refrigerator at least 1 hour. Yield: about 1 cup.
- Red Wine Vinaigrette:** In blender, combine all ingredients except oil. Process until blended. With motor running, slowly add oil; process until blended. Cover and refrigerate. Yield: about 3 cups.

For each serving, to order:

- Grill 1 marinated Holten Flat Iron Steak medium rare to medium.
- In bowl, combine 1 cup arugula, 5 halved cherry tomatoes and 3 mozzarella balls. Season with salt and pepper; toss lightly to mix.
- Carve steak into ¼-inch-thick slices; fan slices on serving plate.
- Mound salad on plate overlapping steak. Drizzle with 2 tablespoons **Red Wine Vinaigrette**. Sprinkle with parsley.



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# Grilled Steak & New Potato Salad

*Steak marinated with red wine, garlic and shallots, grilled, sliced thin and layered on a baguette with a tangy Gribiche sauce, sweet onions, arugula, tomatoes and melted Gruyère cheese.*

24 Servings

## Ingredients

### 24 Holten Flat Iron Steaks

#### Marinade/Dressing:

- 2 cups olive oil
- 2 cups sherry vinegar
- 2 cups (1 lb 3 oz) sun-dried tomato pesto
- 1 cup (1½ oz) chopped fresh chives
- 2 Tbsp pepper
- 1 tsp salt

#### Potatoes:

- 2 cups olive oil
- 12 lb (5 quarts) red-skinned new potatoes, parboiled, cut into quarters
- 3 lb (5 cups) onions, cut in half, sliced
- Salt (as needed)
- Pepper (as needed)

1½ lb (7quarts) mixed salad greens

1½lb (41/2 cups) coarsely chopped tomatoes

1½ lb (1 quart) crumbled blue cheese

Fresh chives, cut into 1-inch pieces (as needed)

## Preparation

1. **Marinade:** Combine marinade ingredients in large non-reactive container. Remove and reserve 2 cups for dressing, cover and refrigerate.
2. Add Holten Flat Iron Steaks to remaining marinade; turn to coat.
3. Refrigerate, covered, 30 minutes to 2 hours, turning beef once during marinating.
4. Heat oil in sauté pan until hot. Add potatoes and onions; cook until potatoes are browned and tender, stirring occasionally. Season with salt and pepper. Reserve; keep warm.

For each serving, to order:

1. Grill 1 marinated Holten Flat Iron Steak to medium rare to medium doneness. Carve into thin slices.
2. Toss 1 cup salad greens with 1 cup potato mixture; top with 3 tablespoons tomatoes.
3. Arrange steak slices over salad. Drizzle with generous 1 tablespoon reserved dressing. Garnish with 1 ounce blue cheese and chives.



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# Hawaiian Hibachi Steak

*Tender steak, marinated with kiwi, lime and pineapple, grilled, sliced and served over shiitake-and-sweet pepper fried rice with a spicy pineapple-plum chutney.*

24 Servings

## Ingredients

### 24 Holten Flat Iron Steaks

#### Marinade:

10 each kiwis, peeled and puréed  
1½ cups fresh lime juice  
1½ cups pineapple juice  
¾ cup honey  
3 ounces garlic, minced  
6 tablespoons light soy sauce  
6 tablespoons Worcestershire sauce  
2 tablespoons salt  
2 tablespoons chopped fresh thyme  
1 tablespoon pepper  
24 each bay leaves, crumbled

#### Fried Rice:

1 cup canola oil  
8 pounds shiitake mushrooms, stemmed & sliced  
6 ounces shallots, minced  
4 ounces garlic, minced  
6 ounces each red, yellow, and green bell peppers, diced  
32 cups cooked long-grain white rice  
2 cups light soy sauce  
12 ounces green onions, chopped  
¼ cup sugar  
½ cup rice vinegar  
¼ cup sesame oil  
Salt, as needed

#### Pineapple-Plum Chutney:

3 cups peeled, diced fresh pineapple,  
½ cup Chinese plum sauce  
¼ cup rice vinegar  
¼ cup water  
¼ cup chopped cilantro  
¼ cup Thai sweet chili sauce  
2 Tbsp. Vietnamese chili garlic sauce  
1 Tbsp. toasted sesame seed  
2 tsp. minced garlic  
2 tsp. grated fresh ginger

6 cups cilantro sprigs  
3¾ cups *Pineapple-Plum Chutney*  
½ cup chopped green onions  
¼ cup sesame seed, toasted  
48 each kiwi slices

## Preparation

- Marinade:** Combine marinade ingredients in a non-reactive container. Add Holten Flat Iron Steaks; turn to coat. Cover and refrigerate 20 minutes to 2 hours. Turn steaks once during marination.
- Fried Rice:** Heat oil in rondo or large braising pan until hot. Add mushrooms, shallots, garlic and bell peppers to pan. Sauté until mushrooms are softened. Add rice to pan; cook and stir 2 to 3 minutes or until rice is hot. Stir in soy sauce, green onions, sugar and rice vinegar. Cook, stirring occasionally, about 5 minutes. Stir in sesame oil and season with salt. Spread rice mixture on sheet pan to cool. Cover and refrigerate until ready to use. Yield: about 48 cups..
- Pineapple-Plum Chutney:** Combine ingredients in bowl. Cover and refrigerate until ready to use. Yield: about 3¾ cups.

For each serving, to order:

- Grill 1 marinated Holten Flat Iron Steak to medium rare to medium doneness. Carve steak into ½-inch-thick slices.
- Heat 2 cups *Fried Rice* in sauté pan.
- Mound rice in center of plate; arrange beef slices around rice. Garnish rice with ¼ cup cilantro. Spoon 2 ½ Tbsp. *Pineapple-Plum Chutney* over beef. Garnish beef with 1 tsp. green onions, ½ tsp. sesame seed and 2 kiwi slices.



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# Italian Trattoria Steak Sandwich

*Sliced grilled steak flavored with pesto on a toasted baguette bun, topped with oven-roasted tomatoes and Italian Fontina cheese.*

24 Servings

## Ingredients

### 24 Holten Flat Iron Steaks

#### Oven Roasted Tomatoes:

- 14 oz. (48 slices) plum tomatoes, sliced ¼ inch thick
- 7 oz. (24 slices) yellow plum tomatoes, sliced ¼ inch thick
- ⅔ cup extra virgin olive oil
- 2 Tbsp. chopped fresh thyme leaves
- 2 tsp. pepper
- 1 tsp. salt

#### Aioli:

- 3 cups mayonnaise
- 3 Tbsp. garlic, minced
- ½ tsp. lemon juice

½ cup prepared pesto

24 each petite baguettes, 6 inches long, sliced in half

72 each arugula leaves

1½ lb. (24 each) Fontina cheese, sliced ⅛ inch thick, cut in half

## Preparation

- Oven Roasted Tomatoes:** Toss tomatoes with oil, thyme, pepper and salt. Lay slices on wire racks; place racks on parchment lined sheet pans. Roast in 250°F oven for 2 hours. Remove from oven; let cool on wire racks.
- Prepare **aioli**; set aside. Yield: 3 cups.

For each serving, to order:

- Grill 1 Holten Flat Iron Steak about 10 to 14 minutes for medium rare to medium doneness. Brush top of steak with 1 tsp. prepared pesto. Carve into slices.
- Lightly toast baguette halves; spread top and bottom half each with 1 tablespoon **aioli**.
- Place 3 arugula leaves on bottom half of baguette, top with steak slices, 1 slice cheese and 3 tomato slices. Close sandwich with top half of baguette.



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# Mezze-Terranean Steak Salad

*From Morocco to Mykonos, the Mediterranean is famous for mezze - tasty bites with tantalizing flavors and textures. Want to add mezze to your menu mix? Top greens with a spiced chickpea salad, pita chips, cumin mayo and slices of fiery harissa-rubbed Flat Iron Steak.*

24 Servings

## Ingredients

### 24 Holten Flat Iron Steaks

#### Chickpea Salad:

- 2½ cups extra-virgin olive oil
- ⅔ cup red wine vinegar
- 5 teaspoons Dijon-style mustard
- 5 teaspoons granulated sugar
- 5 teaspoons dried oregano leaves
- 2 ½ teaspoons dry mustard
- 20 cups canned chickpeas, rinsed, drained
- 10 cups each diced cucumber and tomato
- 10 cups chopped green onions
- 5 cups raisins
- 2½ cups toasted pine nuts
- 1¼ cups drained capers
- ⅓ cup caper juice
- ½ cup Moroccan Spice Blend (recipe follows)
- Kosher salt, as needed

#### Moroccan Spice Blend:

- 3 Tbsp Aleppo pepper
- 2 Tbsp whole pickling spice
- 2 Tbsp granulated garlic
- 1 Tbsp ground cumin
- 1 Tbsp dried oregano leaves
- 1 Tbsp dried mint
- 1 Tbsp kosher salt
- 1½ tsp ground cinnamon
- 1 tsp ground black pepper
- 1 tsp dried savory
- ¼ tsp ground nutmeg

#### Cumin Harissa Mayonnaise:

- 3 cups mayonnaise
- 6 tablespoons water
- 3 tablespoons harissa
- 1 tablespoon ground cumin
- 1 tablespoon Dijon-style mustard

#### Baked Pita Chips:

- 24 each pita bread (6-inch diameter)
- as needed extra virgin olive oil
- as needed fine sea salt
- 2½ tablespoons Moroccan Spice Blend
- 1½ cups harissa
- Baby red and green romaine, as needed
- 6 cups cilantro sprigs

## Preparation

- Chickpea Salad:** Whisk together oil, vinegar, Dijon mustard, sugar, oregano and dry mustard in large bowl. Add remaining ingredients except spice blend and salt; mix gently. Sprinkle with **Moroccan Spice Blend** and salt; mix well. Refrigerate, covered, until ready to use. Yield: 48 cups.
- Moroccan Spice Blend:** Place spices in spice blender. Cover; pulse to a coarse powder. Yield; ⅔ cup.
- Cumin Harissa Mayonnaise:** Whisk together mayonnaise ingredients. Refrigerate, covered, until ready to use. Yield: 3½ cups.
- Baked Pita Chips:** Brush top sides of pita breads liberally with oil. Cut each pita into 16 wedges that measure no more than 1 inch at the widest part. Sprinkle with salt and **Moroccan Spice Blend**. Arrange wedges in single layer on sheet pans. Bake in 350°F oven 15 minutes or until crispy. Set aside. Yield: 24 cups.

For each serving, to order:

- Rub one Holten Flat Iron Steak with 1 Tbsp harissa. Grill 10 to 14 minutes for medium rare to medium doneness. Carve on the bias.
- Combine 2 cups **Chickpea Salad** with 1 cup **Baked Pita Chips** (16 chips). Line bowl with romaine; mound salad on top. Arrange steak slices over salad; drizzle with 2 Tbsp **Cumin-Harissa Mayonnaise**. Garnish with a few cilantro sprigs.



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# Peking Steak Bites

*Seems like Chinese-style bao buns are the hottest news in hand-held. And nothing puts “wow” on a bao like thin slices of grilled five-spice-seasoned Flat Iron steak with creamy hoisin peanut sauce and scallion oil. Looking to serve a small plate that makes a big statement? Slice up some steak and bao down.*

24 Servings

## Ingredients

### 24 Holten Flat Iron Steaks

#### Marinade:

- 1 quart canola oil
- ¼ cup kosher salt
- ¼ cup Chinese five-spice powder

#### Hoisin Peanut Sauce:

- 9 ounces creamy peanut butter
- 1 cup water
- 1 cup Hoisin sauce
- 1 ounce grated fresh ginger
- 2 tablespoons honey
- 2 tablespoons oyster sauce
- 2 tablespoons Asian sesame oil
- 2 tablespoons reduced-sodium soy sauce
- 4 teaspoons red wine vinegar
- 2 teaspoons Vietnamese chili-garlic sauce

#### Scallion Oil:

- 3 ounces chopped green onions (green and white parts)
- ¾ cup canola oil
- ⅛ teaspoon Kosher salt

48 each Bao buns\* (Chinese steamed buns)

Julienned green onions, as needed

## Preparation

- 1. Marinade:** Combine oil, salt and five-spice in large non-reactive container. Add Flat Iron Steaks; turn to coat. Refrigerate, covered, 20 minutes to 2 hours, turning beef once during marinating. Yield: 2¼ cups
- 2. Hoisin Peanut Sauce:** Combine peanut sauce ingredients in medium sauce pan and bring to a simmer, whisking until smooth; keep warm until ready to use. Yield: 3 cups
- 3. Scallion Oil:** Place scallion oil ingredients in blender. Cover; process until puréed. Set aside. Yield: ⅔ cup

For each serving, to order:

1. Grill 1 steak to medium rare to medium doneness. Carve into ¼-inch-thick slices; keep warm.
2. Steam 2 buns until warm. Spread 1 Tbsp. **Hoisin Peanut Sauce** inside each bun. Divide beef slices evenly between buns; drizzle with ½ tsp. **Scallion Oil**. Close buns. Plate and garnish with green onions. Drizzle plate with **Scallion Oil**.



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# Philly “Mignon”

*A tender grilled steak served over mashed potatoes with baguette toasts and a creamy “ragoût” of sautéed mushrooms, leeks and roasted sweet peppers.*

24 Servings

## Ingredients

### 24 Holten Flat Iron Steaks

#### Baguette Toasts:

48 Baguette slices, ¼-inch thick, bias cut  
Extra virgin olive oil, as needed

#### Mushroom Ragoût:

½ ounce dried porcini mushrooms  
1 pound julienned leeks (white parts only)  
24 ounces sliced white button mushrooms  
8 ounces quartered fresh shiitake mushrooms  
6 ounces minced garlic  
½ cup olive oil  
1 quart veal stock  
6 ounces julienned roasted red bell peppers  
6 ounces julienned roasted yellow bell peppers  
1 cup heavy cream  
2 teaspoons salt  
1 teaspoon black pepper  
4 ounces cold butter, cut into small pieces  
¼ cup chopped parsley

24 cups hot mashed potatoes

Chopped parsley, as needed

## Preparation

1. **Baguette Toasts:** Lightly brush baguette slices with oil; toast both sides until lightly browned and crisp. Yield: 48 toasts.
2. **Mushroom Ragoût:** Soak porcini mushrooms in 1 cup hot water 30 minutes or until softened; drain. In saucepan, sauté leeks, mushrooms and garlic in oil for 6 to 8 minutes or until mushrooms are tender. Add stock, red and yellow peppers, cream, salt and pepper. Bring to a boil; reduce heat and simmer for 12 to 15 minutes or until sauce is slightly thickened. Remove from heat; stir in butter and parsley. Cover and refrigerate. Yield: about 3 quarts.

For each serving, to order:

1. Grill 1 Holten Flat Iron Steak to medium rare to medium.
2. In sauté pan, heat about 3 ounces **Mushroom Ragoût** until hot. Meanwhile, plate 1 cup mashed potatoes on serving plate; top with steak. Place **Mushroom Ragoût** around potatoes. Garnish with 2 **Baguette Toasts** and parsley.



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# Samba Beef Salad

24 Servings

## Ingredients

### 24 Holten Flat Iron Steaks

#### Orange Vinaigrette:

- 1½ qt. fresh orange juice
- 2 Tbsp. ground cumin
- 2 Tbsp. minced garlic
- 2 cups olive oil
- Salt (as needed)

- ¼ cup ancho chilies, softened, puréed
- ¼ cup coarse-grind black pepper

#### Toasted Pepitas:

- 12 oz pepitas
- ¼ cup olive oil
- ½ cup kosher salt

#### Spicy Green Salsa:

- 3 lbs. tomatillos
- 6 oz. minced onions
- 3 oz. minced jalapeño peppers
- 1 oz. minced garlic
- 1½ cups finely chopped cilantro
- 1½ cups fresh lime juice
- ⅓ cup olive oil
- 1½ tsp kosher salt and sugar to taste

- 2¼ lb. mixed salad greens
- 1½ lb. dried cherries
- 1½ lb. (6 cups) crumbled queso fresco cheese

## Preparation

- Orange Vinaigrette:** Combine orange juice, cumin and garlic in bowl. Slowly whisk in oil until blended. Season with salt. *Reserve 4½ cups for marinade.* Yield: 9 cups.
- Marinade:** Add chilies and pepper to reserved **Orange Vinaigrette**. Marinate Holten Flat Iron Beef Steaks 30 minutes to 2 hours; turning occasionally.
- Toasted Pepitas:** Toss pepitas with olive oil and kosher salt. Toast in 425°F oven 10 to 15 minutes. Yield 6 cups.
- Spicy Green Salsa:** Blanch tomatillos in boiling water for 10 minutes. Chop blanched tomatillos or process until chunky. Stir in minced onions, minced jalapeño peppers, minced garlic, finely chopped cilantro, fresh lime juice, olive oil, kosher salt and sugar to taste. Serve warm.

For each serving, to order:

- Grill one marinated Holten Flat Iron Steak 10 to 14 minutes for medium rare to medium doneness. Carve steak into thin slices.
- Toss 2 cups salad greens with 3 Tbsp. **Orange Vinaigrette**, ¼ cup cherries and ¼ cup **Toasted Pepitas**. Mound greens in center of plate.
- Arrange steak slices over greens. Spoon ¼ cup **Spicy Green Salsa** down center of steak slices. Top with cheese.



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Recipe courtesy of the Beef Checkoff,  
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# Spicy Thai Steak Salad

*Steak marinated in a sweet-spicy Thai dressing sliced and layered on top of an Asian-flavored tossed salad.*

24 Servings

## Ingredients

### 24 Holten Flat Iron Steaks

#### Spicy Thai Marinade & Dressing:

- 6 cups fresh lime juice
- 3 - 4 cups\* nuoc nam (Vietnamese fish sauce)
- 1½ pounds light brown sugar
- ⅔ cup nam prik pao (Vietnamese chili bean paste)
- ⅔ cup Vietnamese chili garlic sauce

\* Due to variances of strength in brands, start with 3 cups fish sauce and add to taste.

- 72 cups mixed lettuces
- 12 cups julienned green cabbage
- 12 cups mixed herbs (Thai basil, cilantro, mint)
- 3 cups thinly sliced cucumbers
- 3 cups thinly sliced red onions
- 3 cups julienned green papaya
- 1½ cups thinly sliced green onions
- 1½ cups fried shallots
- 3 cups chopped roasted peanuts

## Preparation

- Spicy Thai Marinade and Dressing:** Whisk together *Spicy Thai Marinade and Dressing* ingredients until well blended. Yield: About 12 cups. Reserve 6 cups for later use as dressing.
- Marinate steaks:** Place Holten Flat Iron Steaks in non-reactive container; pour remaining 6 cups *Spicy Thai Marinade* over steaks, turn to coat. Cover and refrigerate 20 minutes to 2 hours. Turn steaks once during marination.

For each serving, to order:

- Grill 1 marinated Holten Flat Iron Steak to medium rare to medium doneness. Carve steak into ½-inch-thick slices.
- Mix 3 cups lettuce and ½ cup cabbage; mound on plate. Scatter ½ cup herbs, 2 Tbsp. sliced cucumber, 2 Tbsp. red onion, 2 Tbsp. papaya, 1 Tbsp. green onion and 1 Tbsp. shallots on top; sprinkle with 2 Tbsp. peanuts.
- Fan steak slices around salad; drizzle salad and steak with ¼ cup *Spicy Thai Marinade & Dressing*.



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# Steak & Zucchini Ribbon Salad

*Ribbons of fresh zucchini and yellow squash drizzled with salsa verde, olive oil and pecorino cheese make a classic Tuscan starter. But here's the thing: A few paper-thin slices of grilled Flat Iron steak, a little arugula and some roasted cherry tomatoes can transform that simple idea into a world-class light entrée.*

24 Servings

## Ingredients

## Preparation

### 24 Holten Flat Iron Steaks

#### Marinade:

- 3 cups extra-virgin olive oil
- $\frac{2}{3}$  cup chopped garlic
- $\frac{1}{4}$  cup freshly ground fennel seed
- 2 tablespoons kosher salt
- 2 teaspoons pepper

#### Oven-Dried Cherry Tomatoes:

- 1 $\frac{1}{4}$  pounds red cherry tomatoes, cut in half
- 1 $\frac{1}{2}$  pounds yellow cherry tomatoes, cut in half

#### Salsa Verde:

- $\frac{2}{3}$  cup cocktail onions, drained
- $\frac{1}{4}$  cup capers, drained, brine reserved
- 4 teaspoons caper brine
- 2 teaspoons minced garlic
- 3 each anchovy fillets
- 1 $\frac{1}{3}$  cups extra-virgin olive oil
- $\frac{2}{3}$  cup chopped fresh parsley

120 slices zucchini, thinly sliced lengthwise

120 slices yellow squash, thinly sliced lengthwise

Kosher salt, as needed

Pepper, as needed

$\frac{1}{2}$  cup extra-virgin olive oil

4 $\frac{1}{2}$  ounces baby arugula

12 ounces shaved pecorino cheese

- 1. Marinade:** Combine marinade ingredients in large container. Add Holten Flat Iron Steaks; turn to coat. Refrigerate, covered, 20 minutes to 2 hours, turning steaks once during marinating.
- 2. Oven-Dried Cherry Tomatoes:** Arrange tomatoes cut sides up in single layer on parchment-lined sheet pan. Bake in 250°F oven 1 hour or until slightly shriveled. Remove from pan; set aside.
- 3. Salsa Verde:** Place onions, capers, caper brine, garlic, anchovies and  $\frac{2}{3}$  cup oil in food processor or blender. Cover; process until puréed. Add parsley. With motor running, slowly add remaining oil, processing until emulsified; set aside. Yield: 1 $\frac{1}{2}$  cups.

For each serving, to order:

1. Grill 1 Holten Flat Iron Steak until medium rare to medium doneness. Carve into 1/4-inch thick slices.
2. Spread 1 Tbsp **Salsa Verde** on plate. Arrange beef slices on plate. Add 5 slices zucchini and 5 slices yellow squash, draping in loosely curled ribbons. Season with salt and pepper; drizzle with 1 tsp oil. Top with  $\frac{1}{4}$  cup arugula, 10 pieces **Oven-Dried Cherry Tomatoes** and  $\frac{1}{2}$  oz cheese.



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# Steak Frites Salad

*Fresh spinach and watercress tossed in a creamy Parmesan-mustard vinaigrette with crumbled blue cheese and tomatoes; topped with slices of succulent grilled steak and a nest of crispy shoestring potato frites.*

24 Servings

## Ingredients

### 24 Holten Flat Iron Steaks

#### Parmesan-Mustard Vinaigrette:

- 1 cup red wine vinegar
- $\frac{2}{3}$  cup sugar
- 2 tablespoons salt
- 2 tablespoons minced garlic
- 1 tablespoon dry mustard
- 2 teaspoons dried oregano leaves
- 1 teaspoon crushed red pepper
- $\frac{1}{2}$  teaspoon black pepper
- 3 cups extra virgin olive oil
- $\frac{1}{4}$  cup grated Parmesan cheese

Olive oil, as needed

Black pepper, as needed

2 pounds salad spinach leaves

1 $\frac{1}{2}$  pounds watercress

3 pounds diced seeded tomatoes

1 $\frac{1}{2}$  pounds crumbled blue cheese

12 ounces sliced red onion

3 pounds fried shoestring potatoes  
(frites)

## Preparation

- Parmesan-Mustard Vinaigrette:** In blender, combine all ingredients except oil and cheese. With motor running, slowly add oil; process until blended. Dressing should be thick, but can be thinned with about  $\frac{1}{2}$  cup water if desired. Blend in cheese to finish. Cover and refrigerate. Yield: 4 $\frac{1}{2}$  cups.

For each serving, to order:

- Lightly brush 1 Holten Flat Iron Steak with oil; season with pepper. Grill to medium rare to medium.
- In bowl, combine 2 cups spinach, 2 cups watercress, 3 tablespoons tomatoes,  $\frac{1}{4}$  cup blue cheese and  $\frac{1}{2}$  ounce onion.
- Add 3 tablespoons **Parmesan-Mustard Vinaigrette**; toss lightly. Mound in center of serving plate.
- Carve steak into thin slices; arrange around base of salad.
- Mound 2 ounces of shoestring potatoes on top.



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# Steak Sorriso Salad

*Grilled skewers of garlic-and-herb marinated steak, served over an Italian-style rice-and-grain salad, with baby lettuces tossed in a Cabernet vinaigrette.*

24 Servings

## Ingredients

### 24 Holten Flat Iron Steaks

#### Marinade:

- 4 cups extra virgin olive oil
- 4 ounces garlic, minced
- ½ cup chopped fresh basil
- ½ cup chopped fresh thyme
- 2 tablespoons salt
- 1 teaspoon pepper

#### Beef Skewers:

- 96 pieces yellow onions, cut into 1-inch pieces
- 144 pieces red bell peppers, cut into 1-inch pieces

#### Sorriso Salad:

- 8 cups cooked long-grain white rice
- 8 cups cooked bulgur
- 8 cups cooked couscous
- 8 cups cooked wild rice
- 2½ tablespoons salt
- 2 teaspoons pepper
- 24 ounces green onions, chopped
- 20 ounces tomatoes, diced
- 1 pound roasted red bell peppers, diced
- 1 pound roasted yellow bell peppers, diced
- 10 ounces pine nuts, toasted
- 4 ounces capers
- 4 ounces parsley, chopped
- 1 cup caper juice or white wine vinegar
- 1 cup extra virgin olive oil

#### Cabernet Sauvignon Vinaigrette:

- 8 cups Cabernet Sauvignon wine
- 6 Tbsp. Cabernet Sauvignon vinegar
- ¼ cup minced shallots
- 6 Tbsp. sugar
- 2 tsp. salt
- 1 tsp. minced garlic
- ¼ tsp. pepper.
- 2½ cups extra virgin olive oil

24 cups mixed baby lettuces

½ cup chopped parsley

## Preparation

- Marinade:** Combine marinade ingredients in a non-reactive container. Add Holten Flat Iron Beef Steaks; turn to coat. Cover and refrigerate 20 minutes to 2 hours. Turn steaks once during marination.
- Beef Skewers:** Blanch onions until soft. Remove steaks from marinade, pat steaks dry. Cut steaks into 1¼ inch cubes for a total of 192 cubes. Alternately thread 4 beef cubes, 3 bell pepper pieces and 2 onion pieces per skewer onto 48 (12-inch) bamboo skewers. Refrigerate until ready to use.
- Sorriso Salad:** Toss white rice, bulgur, couscous and wild rice with salt and pepper. Add remaining ingredients to grain mixture; toss until thoroughly mixed. Cover and refrigerate until ready to use. Yield: about 48 cups.
- Cabernet Sauvignon Vinaigrette:** Simmer Cabernet Sauvignon wine until reduced to ⅔ cup. Whisk in Cabernet Sauvignon vinegar, minced shallots, sugar, salt, minced garlic, and pepper. Slowly whisk in extra virgin olive oil until well emulsified. Yield: about 3 cups.

For each serving, to order:

- Grill 2 beef skewers to medium rare to medium doneness.
- Mound 1¾ cup Sorriso Salad on plate; scatter 1 cup lettuces around salad.
- Cross skewers on top of Sorriso Salad; sprinkle with 1 tsp. parsley. Drizzle edge of plate with 2 Tbsp. Cabernet Sauvignon Vinaigrette.



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# Tikka Masala Naan Roll

*These days, Indian-style street snacks are on a roll. Or in this case, a naan flatbread. We're talking grilled Flat Iron steak marinated in tikka masala paste, layered with curry mayo and mango chutney. Not your average sandwich. But of course, beef's always been a bit of a naan conformist.*

24 Servings

## Ingredients

### 24 Holten Flat Iron Steaks

#### Marinade:

- 1½ cups plain whole milk yogurt
- 1½ cups prepared tikka masala paste

#### Curry Mayonnaise:

- 1½ tablespoons Madras curry powder
- 1½ tablespoons canola oil
- 1½ cups mayonnaise

#### Mango Chutney:

- 3 cups mango chutney (Major Grey's brand)
- ½ cup orange juice

24 each small plain or whole wheat tandoori naan

12 cups shredded romaine lettuce

72 mango wedges

1½ cups cilantro chiffonade

## Preparation

- Marinade:** Combine marinade ingredients in large non-reactive container. Add Holten Flat Iron Beef Steaks; turn to coat. Refrigerate, covered, 20 minutes to 2 hours. Yield: 3 cups.
- Curry Mayonnaise:** In small sauté pan heat curry in oil just until fragrant. Whisk into mayonnaise. Cover and refrigerate until ready to use. Yield: 1½ cups.
- Mango Chutney:** Whisk chutney with orange juice until blended. Cover and refrigerate until ready to use. Yield: 3½ cups.

For each serving, to order:

- Grill 1 marinated Holten Flat Iron Steak medium rare to medium. Carve steak into ¼-inch-thick slices.
- Heat 1 naan on grill or microwave until softened.
- Top naan with ½ cup lettuce, steak slices, and 3 mango wedges.
- Drizzle with 2 Tbsp *Mango Chutney* and 1 Tbsp *Curry Mayonnaise*. Garnish with 1 Tbsp cilantro.



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# Tokyo Beef

24 Servings

## Ingredients

### 24 Holten Flat Iron Steaks

#### Marinade:

- 2 cups reduced sodium soy sauce
- 1 cup Mirin
- 1 cup Fresh lime juice
- 9 oz (1 cup) minced ginger
- 7 oz (1 cup) minced garlic
- ¼ cup crushed red pepper

#### Vegetables:

- ½ cup vegetable oil
  - 2½ lb (2½ qts) asparagus, cut diagonally into 1-inch pieces
  - 2½ lb (2½ qts) red bell peppers, cut into 1-inch strips
  - 2½ lb (2½ qts) carrots, cut diagonally into ¼-inch slices
  - 1 lb (2 qts) sliced shiitake mushrooms
  - 1 lb (2 qts) thinly sliced bok choy
  - 2 Tbsp cornstarch
  - 2 cups beef broth
- 7 lb hot cooked soba or whole wheat noodles
- 2 oz (½ cup) toasted sesame seeds
- 2 oz (1½ cups) thinly sliced green onions

## Preparation

- 1. Marinade:** Combine marinade ingredients in large non-reactive container. Yield: About 6 cups. Remove and *reserve 3 cups marinade for vegetables*, cover and refrigerate. Add Holten Flat Iron Beef Steaks to remaining marinade; turn to coat. Refrigerate, covered, 30 minutes to 2 hours, turning beef once during marinating.
- 2. Vegetables:** Heat oil in sauté pan until hot. Add reserved marinade; cook for 1 minute. Add asparagus, bell peppers, carrots, mushrooms and bok choy; cook, covered, 5 minutes or until crisp-tender. Dissolve cornstarch in broth; add to vegetables. Cook and stir 1 minute or until sauce boils and thickens.

For each serving, to order:

1. Grill 1 Holten Flat Iron Steak to medium rare to medium doneness.
2. Toss 4½ ounce noodles with 1 cup vegetable mixture; place on plate. Serve steak on noodle mixture.
3. Garnish with ½ teaspoon sesame seeds and 1 tablespoon green onion.



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# HÖLTEN MEATS STEAKS

SEASONED BLACK ANGUS FLAT IRON STEAK



Holten Meat's TNJ® Brand Seasoned Black Angus Flat Iron Steaks are:

- \* Made with USDA Choice Black Angus Beef.
- \* Well-marbled and extra juicy.
- \* Cut from the second-most tender muscle.
- \* Aged and seasoned for consistent flavor and tenderness.
- \* Lean, with no waste – 100% yield.
- \* Cut with automatic portioning equipment for consistent sizing and exact portion cost – no catch weights.
- \* NAMP# 1114D.
- \* Vacuum packed for extended shelf life.
- \* Easy to cook – just temper and put on grill.
- \* Able to be cooked on a char broiler, flat top grill, or broiler.
- \* Extremely versatile, with applications for breakfast, lunch, and supper.
- \* Great as a breakfast steak, as a steak sandwich, sliced for salads, fajitas, or stir fries, cut into cubes for shish kabobs, and as a center-of-the-plate dinner entrée.

## USDA Choice Seasoned Black Angus Flat Iron Steaks

Description	Flat Iron Steak 10 oz	Flat Iron Steak 8 oz	Flat Iron Steak 6 oz	Flat Iron Steak 6 oz	Flat Iron Steak 4 oz
Holten Code	80410	80480	80460	80463	80440
UPC	10079821804101	10079821804804	10079821804606	10079821801834	10079821804408
Pack Size	16 / 10 oz	20 / 8 oz	28 / 6 oz	72 / 6 oz (12/bx)	40 / 4 oz
Net Case	10 lbs	10 lbs	10.5 lbs	27 lbs (4.5lb/bx)	10 lbs
Gross Case	11 lbs	11 lbs	11.5 lbs	32 lbs	11 lbs
Case Cube	.45	.45	.45	1.62	.45
Pallet	81	81	81	24	81
Ti Hi	9 x 9	9 x 9	9 x 9	6 x 4	9 x 9
Box Dimen.	17 x 11½ x 4	17 x 11½ x 4	17 x 11½ x 4	23.88 x 11.88 x 9.88	17 x 11½ x 4

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