



Looking to swap the rib-eye, sirloin and fillet for more wallet-friendly cuts that can be just as tasty and tender? RYAN HUBER, Managing Director of **Huber's Butchery**, and ANDRE HUBER, Executive Director, share six secondary steak cuts you'll want to sink your teeth into.

### #1 Flap meat

Flap meat has a course texture with a slight spring in its bite, and lots of flavour. This cut can be tougher than loin cuts; however, according to Ryan and Andre, if you cook it to no more than medium doneness, it can be very enjoyable. They suggest using steak seasoning to flavour the flap meat, or marinating it for a few hours in something acidic like lemon juice to make it even more tender.

### #2 Hanger

Taken from the diaphragm of the cattle, the hanger cut, also known as the hanging tender or onglet, is tender with an intense, beefy flavour; in fact, it resembles flank steak in both texture and taste. According to Ryan and Andre, hanger steak is best served medium-rare, as overcooking can make this cut quite tough.

*Tip:* When looking for alternative cuts, Ryan and Andre recommend going with breeds like Angus and wagyu that have been fed on grains. This grain-feeding gives even the secondary cuts from these breeds plenty of tenderness and flavour, they say.

### #3 Short rib

Short rib has a soft, chewy texture; it's a juicy cut with a good amount of sweetness. Ryan and Andre highly recommend trying short ribs cut Korean *kalbi*-style, as the meat is highly marbled and tender enough to grill when cut thinly. But, if you want to eat a short rib as a thick piece of steak, they recommend braising it before grilling.

### #4 Rump

Rump steak, which has a fine texture and a mild beef flavour, is a good alternative to sirloin. It's located beside the striploin and is very tender. The cap of the rump is nicely marbled and makes for a juicy steak.

### #5 Oyster blade

Oyster blade, from which you can cut oyster blade steaks or flatiron steaks, is a very marbled muscle found in the shoulder blade section of the cattle. It has a fine texture with a sweet flavour. Cutting oyster blade can get very tedious, so Ryan and Andre recommend leaving it to the butcher!

### #6 Shoulder tender

The shoulder tender, or petite tender, is located beside the oyster blade – and it's a much easier cut to handle. It's a small muscle that resembles a tenderloin (as the name implies), though it's not quite as tender. The shoulder tender also has similar characteristics to the fillet in terms of tenderness and flavour. According to Ryan and Andre, choosing a wagyu shoulder tender should guarantee that you get just enough fat to satisfy your taste buds! *Note:* You'll need to give two days' notice when ordering a wagyu shoulder tender from Huber's.



# Cooking a Hanger Steak

This quick and easy recipe, courtesy of chef PATRICK HEUBERGER of **Huber's Butchery**, is a great go-to!

## Pan-seared Hanger Steak Serves two

### Ingredients:

- 2 pieces chilled hanger
- 50g unsalted French butter
- 2 soup spoons of beef glaze
- Crushed black peppercorns and sea salt

### Instructions:

1. Season beef with salt and peppercorns before cooking.
2. Heat a frying pan and add butter. Allow the butter to melt until it gives off a nutty fragrance and starts to brown.
3. Add beef while on high heat and fry it until it gets a nice brown crust. Then, do the same for the other side. To achieve medium-rare doneness (which is ideal for this cut), fry for one to two minutes on each side; for medium doneness, fry two to three minutes on each side.
4. The meat is best if served immediately. Accompany it with shallots and garlic confit or some beef glaze.



**Tip:** Hanger steak can be tough when overcooked, so it's best to butterfly the meat, as a thinner piece allows for quick cooking over a high heat, thus minimising the possibility of overcooking. You can butterfly the meat by placing the palm of your hand firmly over the meat, then carefully sliding a sharp knife across, without cutting all the way through. Use the other side of the knife to flatten and tenderise the meat.

## Shallot and Garlic Confit

### Ingredients:

- 100g shallots, thinly sliced
- 1 head garlic
- 1 tablespoon French butter
- 1 tablespoon sherry vinegar (or tarragon, red or white wine vinegar)
- Black peppercorns, crushed
- Pinch of fresh thyme, chopped
- Pinch of fresh rosemary, chopped
- Sea salt

### Instructions:

1. Cook garlic in olive oil or butter over low heat for about 30 minutes until garlic is soft and mashes easily.
2. Heat frying pan over medium heat and add the butter. Then add shallots and fry for a while before adding black peppercorns, thyme and rosemary.
3. Deglaze with vinegar. Lower the heat, stir and cook until shallots turn soft. *al*