



STEAK LOCKER



[www.steaklocker.com](http://www.steaklocker.com)  
The Art of Dry Aged Beef



## Dry Aging - Historically

Dry Aging Meat is an old artesian process that dates back to the middle ages. It used to be the only way to preserve meat longer than a few days, was to cellar it, before it would spoil. Before refrigeration was introduced in the mid 1940 almost all meat was dry aged. Cellars and caves were popular choices as they generally were cool and kept a relatively steady humidity. Very similar to historic (and in some places still today) cheese making and charcuterie production.

## Dry-Aged Beef

For dry-aging, whole sides of beef or primal cuts are hung in constant air flow and kept at a temperature just above freezing and left to age for several weeks or even several months. Those cuts are usually the larger muscle cuts that should be on the bone and still have their natural fat cap intact. This environment will allow the natural enzymes working on the muscle tissues and permits the cuts to slowly dehydrate. This concentrates the meat flavor and changes the texture, flavor and tenderness. The benefit of this process is very tender meat with an intense flavor. The downside is that a certain weight loss occurs due to moisture loss, which decreases the yield and increases the cost per pound. Also, the surface of the meat usually needs to be trimmed away before the beef is portioned and sold, resulting in further loss of volume.





# Wet Age Beef

vs.

# Dry Age Beef



Whether dry-aged or wet-aged beef is better has actually become quite a debate in certain foodie circles. Dry-aging has centuries of tradition on its side, while wet-aging has really only been viable since refrigeration became widespread in the 1950's. In general, all meat benefits from some amount of aging before being sold and consumed. In the days after harvesting, enzymes go to work on the muscle tissue, breaking it down and making it tender. The biggest difference between the two kinds of meat is in the flavor and tenderness. Dry-aged beef can be described as having a roasted, nutty flavor, while wet-aged beef can taste slightly metallic and lacks the same depth of flavor. Wet-aged meat is overwhelmingly used for general consumer consumption and generally not the highest grade. Whereas dry-age meat, is generally the highest grade as this process will make the higher grades of beef even much better. Naturally, the provenance, age, breed, grazing environment and other issues are also most important.

As beef ages, the enzymes present in the meat begin to break down the proteins into amino acids and fats, yielding a rich and savory flavor. The longer it ages, the more intense and complex the flavors become, ranging from a subtle nuttiness to bold blue cheese notes.



21 days - Subtle nuttiness



28 - 35 days, slight mushroom & umami flavors



45 + days, bold blue cheese notes

## Flavor & Texture of Dry Aged Beef

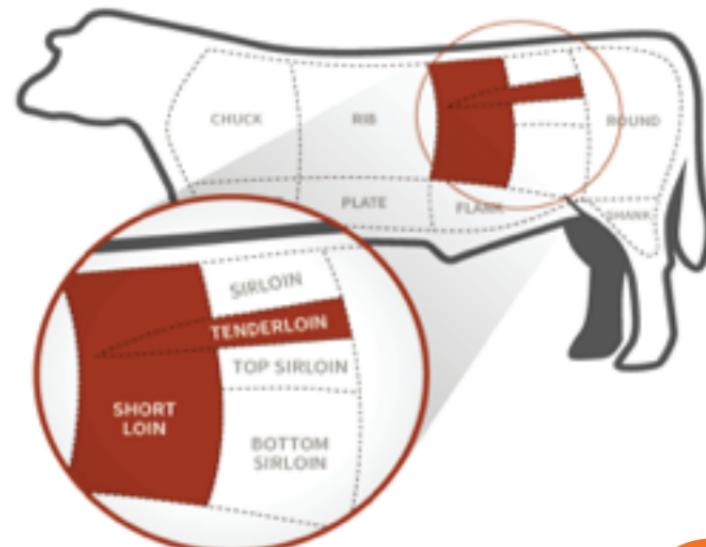
(credit for the above explanation has to go to EATALY)

Beef Porterhouse is cut from a primal cut called the short loin. This primal cut is located just after the rib primal and is one of the most well known parts of the animal. The porterhouse steak is from the portion of the short loin that is closest to the sirloin section. The North American Meat Processors (NAMP) Meat Buyers Guide defines the porterhouse as having a tenderloin that measures at least 1.25 inches in width parallel to the backbone of the steak (the "T" portion of the bone). The T-bone steak is what the rest of the steaks from the short loin are called. This name comes from the bone resembling a capital "T".

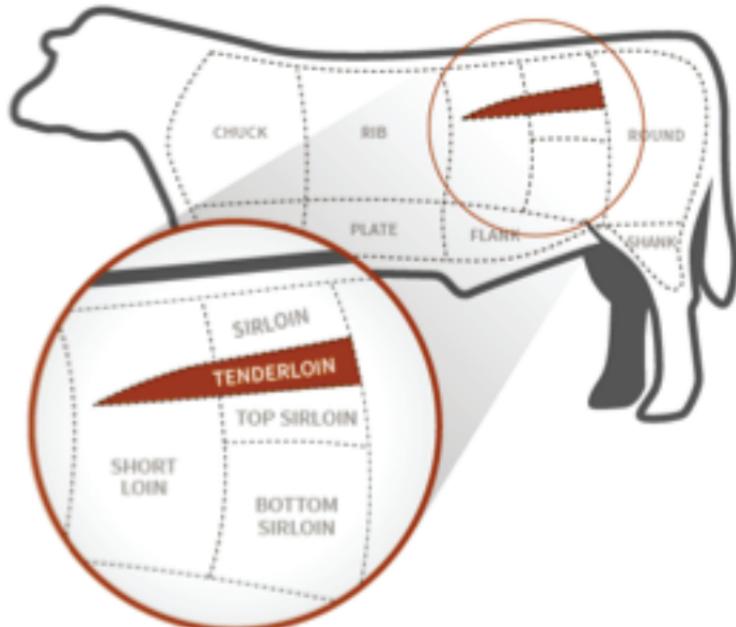
This steak is highly prized in leading steakhouses because this porterhouse cut is comprised of the largest portions of a tenderloin and New York steak. There are many different stories of how this beautiful cut came to be named the Porterhouse. One story is that roadhouses in the early 1800's would advertise beef steaks served with a pint of porter. Another is that an establishment in Manhattan named "Porterhouse" started to serve large T-bone steaks. As they grew in popularity, the cut they served picked up the name Porterhouse. Regardless of the name's origin, everyone agrees that the porterhouse steak is one of a kind and great for grilling or broiling.

(Porter & York Seattle)

## Beef Porterhouse - NAMP # 174



# Beef Tenderloin - NAMP # 189



Beef Filet, or Tenderloin. This is a muscle in the loin primal and is in two different sub-primals, the short loin and sirloin, creating its unique oblong shape.

This muscle is not used by the animal much thus resulting in the tenderloin being the most tender cut in the animal. Flavor in beef is derived from how much a muscle is used and because of the lack of use, the tenderloin has a very subtle beef flavor. Because it is such a lean steak, the tenderloin is best cooked no more than medium-rare. You should use this cut in its "full" format. It should have a fat layer around most of the loin lessening toward the tip end of the loin. Do not cut away the fat as it protects the tenderloin.

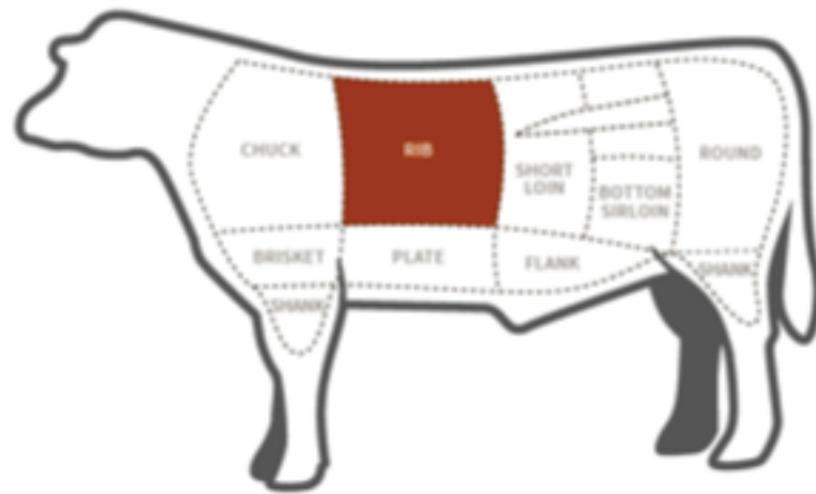
This cut does not have a bone attached to it so it will shrink a little more intensively than a sub primal cut which contains a bone.



This cut, Bone-in Ribeye is found in the primal section known as the rib. The rib primal is located from rib six through twelve right behind the chuck section. Frenching is a technique where the butcher trims the meat to expose the rib bone, showing off its unique cut. This cut is one of the most well known cuts, primarily from the popularity of the bone-in rib roast, also known as prime rib. This section of the animal is known for its marbling, flavor and tenderness. This primal section has an abundance of all three of these characteristics.

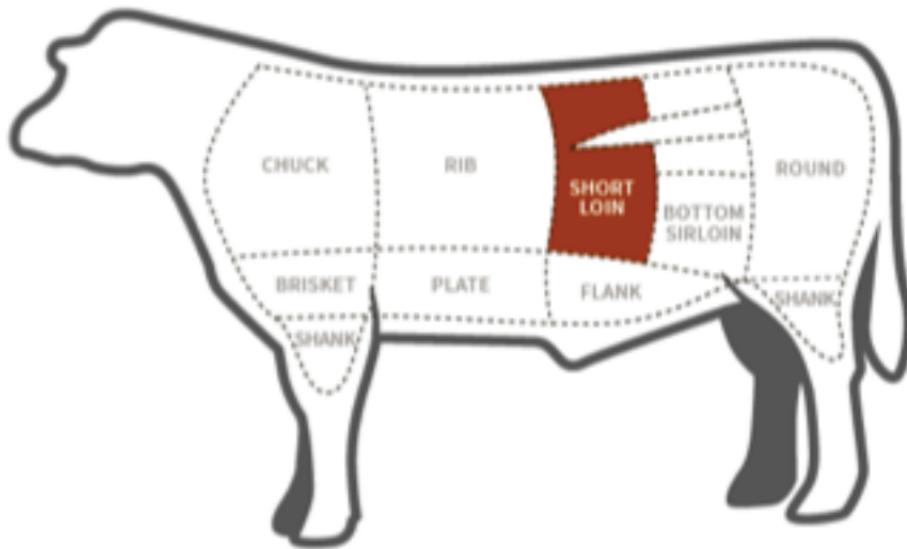
The bone-in ribeye steak is also referred to as, Ribeye steak, Cowboy steak, Spencer steak, Prime Rib steak or Saratoga Steak. The Cowboy steak is generally used to describe the Bone-in Rib Steak where the rib bone has been frenched down to the eye of the steak. At least once in your life you should have a bone-in rib steak grilled to medium-rare, lightly seasoned and savor the juicy, melt-in-your mouth, true beef flavor of this gorgeous steak imparts.

## Beef Rib, Oven Prepared Bone In - NAMP # 107



# Beef Loin, Strip Loin Bone In

## - NAMP # 175



We suggest Natural Angus or Prime for this sub primal. Choice is also a good alternative but slightly less marbled than Prime. The strip loin comes from the loin primal in the animal. It is the long narrow piece on a t-bone or porterhouse steak. This cut has many aliases, New York steak, Kansas City steak, Boneless Club steak or Ambassador steak to name a few. This steak generally has a fair amount of marbling (tiny flecks of fat interlaced in the muscle) which gives the cut a good flavor profile and tenderness.

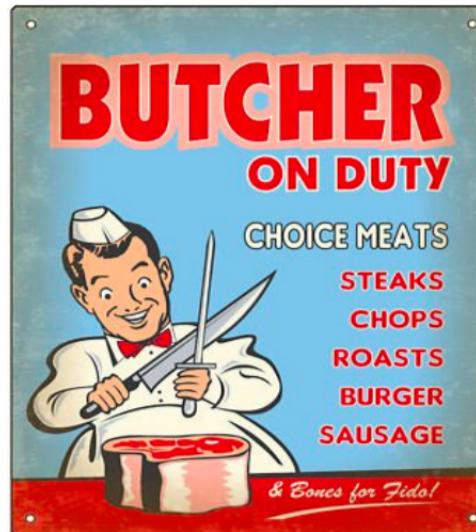
In the 1800's the famed Delmonico's Restaurant in New York City featured a steak that is thought to be the precursor to the boneless strip loin steak and it picked up the name of Delmonico. This cut has also been linked to a boneless rib-eye steak so it is believed that the original Delmonico was cut from the portion of the strip loin closest to the rib. Because the restaurant was located in New York City it is thought that this is how the cut picked up the name of New York steak.

(Porter & York Seattle)



# Where to buy sub primal cuts: USA ONLY

<http://lindyandgrundy.com>  
<http://thelocalbutchershop.com>  
[www.avedanos.com](http://www.avedanos.com)  
[www.harveysgussmeat.com](http://www.harveysgussmeat.com)  
[www.oliviersbutchery.com](http://www.oliviersbutchery.com)  
[www.huntingtonmeats.com](http://www.huntingtonmeats.com)  
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<http://www.crystalrivermeats.com>  
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<http://www.pinestreetmarket.com>  
<http://thebutcherandlarder.com>  
[www.publicanqualitymeats.com](http://www.publicanqualitymeats.com)  
[www.gepperthsmarket.webs.com](http://gepperthsmarket.webs.com)  
<http://www.allenbrothers.com>  
[www.smokinggoose.com](http://www.smokinggoose.com)  
[www.porterandyork.com](http://www.porterandyork.com)  
<http://www.goosethemarket.com>  
<http://www.kansascitysteaks.com>  
<http://www.creekstonefarms.com>



<http://www.dartagnan.com>  
<http://the-meathook.com>  
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[www.dicksonsfarmstand.com](http://www.dicksonsfarmstand.com)  
[www.espositomeatmarket.com](http://www.espositomeatmarket.com)  
<http://www.nycotto.com>  
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[www.schallerweber.com](http://www.schallerweber.com)  
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<http://www.heritagefoodsusa.com>



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[www.prbutcher.com](http://prbutcher.com)  
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[www.saltandtime.com](http://www.saltandtime.com)  
[www.caputosdeli.com](http://www.caputosdeli.com)  
[www.theorganicbutcher.com](http://theorganicbutcher.com)  
<http://belmontbutchery.com>  
<http://www.blackrivermeat.com>  
[www.swinerymeats.com](http://www.swinerymeats.com)  
[www.billthebutcher.com](http://billthebutcher.com)  
<http://www.debragga.com>  
<https://www.aglocal.com>  
<http://www.grassfedbeef.org>  
<http://www.eabradys.com>

## Preparation to dry age sub primals:

First: Make friends with your best butcher or meat source and order a cut as described earlier. Ensure it is "Bone In" and a Prime or Choice sub primal.

Second: Unpack the beef and pat it dry with paper towels. Do not trim. (You may wrap the cut loosely in a triple layer of cheesecloth – it is a little cleaner but a lot more labor intensive as you have to change the cloth every week). Set it on the Steak Locker rack with all sides exposed to the forced air flow. Ensure the UV (Germicidal Light) is always on while the meat is in the Steak Locker.

Third: Let the cut rest for at least 28 days or up to 75 day; the longer the beef ages, the tastier it gets.

Fourth: When ready to portion out a steak and not the entire cut, use a sharp knife and cut off a 2.5 inch steak along the bone. Shave off and discard the hard, dried outer layer of the meat. Cut away any dried areas of fat, but leave behind as much of the good fat as possible. You are now ready to grill (cook) your dry aged steak. You can place the remainder of the primal cut back into the Steak Locker for additional dry aging time. Alternatively, if you do not desire additional dry aging time, cut the entire sub primal into steaks and freeze them individually. We recommend using vacuum sealed machine and bags to prevent freezer burn.

### Loss due to the dry aged process:

As your sub primal cut is dry aging, slowly dehydrating and losing water, it concentrates the flavor but also loses about 15-25% of its starting weight. This is predominantly the reason that this type of high quality product costs at least 70% more than the non-dry aged product. However, it will reward you with the most tender and truly naturally flavorful beef.

## Preparation to cook dry aged steaks:

Depending on your choice of cut and due to the nature of the dry aging process, it is almost always preferred to cut at least 1.5 inch thick steaks.

### How to cook the best steak

Once you are ready to cook your steak, ensure that the meat is dry and fully trimmed of all hard dried out layers as well as any dark areas from the dry aging process. Your dry aged steak will cook in about half the time compared to a non-dry aged steak, mainly due to the reduced moisture within the muscle of the steak. Also, we have found that electronic and analog thermometers can be unreliable. As most things delicate, one gets better with practice.

It is best to always undercook dry aged steaks and then, if desired, have additional cooking time. You can never un-cook a steak but always have the opportunity to add more cooking time.

ENJOY!



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