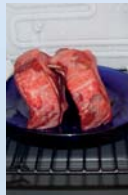


**GET THE SAME RESULTS AS  
EXPENSIVE RESTAURANTS  
RIGHT IN YOUR OWN HOME!**

**Steaks** – anything but filet mignon – (New York or rib eyes are best) should be a **minimum of one inch thick...**

STAND UPRIGHT IN REFRIGERATOR ONE INCH APART ALONG WITH THE RD FRESH BAG FOR ONE OR TWO NIGHTS.\*



- Two hours before cooking trim as much fat as possible from steaks
- Cut fat into small pieces
- Render fat in pan on very low heat as completely as possible
- Remove fat from oil

*Use the “oil” from the steak fat to cook the steaks... we eat ours very rare and cooking the meat in its own fat is DELICIOUS...Use the same oil for red and yellow peppers, mushrooms, onions... the flavor is amazing... for an even “richer” taste; add a tiny bit of butter, high quality olive oil, or truffle oil to the steak fat.*

*\*The longer the steak is Dry Aged the better the flavor; however we don't recommend aging steaks over 3 days.*



# THE HISTORY OF DRY AGED BEEF



Dry aged beef is beef that has been hung to dry for several weeks. After the animal is slaughtered and cleaned, either an entire half will be hung, or primal cuts (large distinct sections) will be placed in a cooler. This process involves considerable expense as the beef must be stored at or near freezing temperatures. Also

only the higher grades of meat can be dry aged, as the process requires meat with a large, evenly distributed fat content. For these reasons one seldom sees dry aged beef outside of steak restaurants and upscale butcher shops. The key effect of dry aging is the concentration of the flavor. It's generally accepted that the taste of dry-aged beef is almost incomparable to that of wet-aged. The process enhances beef by two means. First, moisture is evaporated from the muscle. This creates a greater concentration of beef flavor and taste. Second, the beef's natural enzymes break down the connective tissue in the muscle, which leads to more tender beef.

Dry aging of beef is rare in super-markets in the United States today due to the length of the aging process. It is most often found in steakhouses and high end restaurants.



The process of dry-aging usually also forms an external "crust" on the meat's surface, which is trimmed off when the meat is prepared for cooking. This crust complements the natural enzymes in the beef by helping to tenderize and increase the flavor



of the meat. The crust that is formed by the dry aging process greatly contributes to the tenderness and flavor of dryaged meat.

**RD Fresh**  
*Keep Food Fresher, Longer!*

**RD Fresh Distributing**

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