



“Spencers at the Hilton is by far my favorite steak restaurant in Orlando! Spencers will blow your mind! What a hidden gem right there in plain sight. Amazing steaks.”

- Jonathan Friese

“If you like meat, Nelore Brazilian Steakhouse in Winter Park is the place for you. The best meat was the flank steak—flavorful, juicy. They have terrific meats of all types, well-prepared and a full salad bar.”

-Eduardo Rocha

“Black Angus has amazing cuts of filet mignon and a porterhouse that is to die for. My whole family loves this restaurant and the tasty steaks and side items.”

- Caroline Walker

Juicy, salty, thick, flavorful, smoky – steak. There’s nothing better than going out to a nice restaurant while you are on vacation and ordering a perfectly cooked, tender and flavorful steak.

Making the Grade

The grade of a steak tells you about the quality of the meat based on marbling and age of the animal. Prime grade beef is the best grade meat can have, but only makes up about 2 percent of all the beef produced in the U.S., and is therefore, the most costly. Marbling is a very important factor in steak selection. Although leaner meat is free of most of the fat and therefore has very little marbling, it is often not as tender or flavorful as a well-marbled piece of steak. According to Fleming’s Prime Steakhouse & Wine Bar operating partner Mark Cline and Nate Szwejbka, chef partner, “Marbling equals flavor as the steak cooks; more marbling offers additional flavor as the steak cooks.”

Choice grade is still high quality,

but has less marbling than prime. Select grade beef varies widely in tenderness and lacks much of the flavor of the other two cuts because of its leaner cut and lack of marbling. Marbling is the small lines throughout the steak, but thick lines of fat can mean the steak contains too much connective tissue making it tough.

A Cut Above the Rest

Different cuts have different qualities. Cuts of steak can be broken down into three sections. Starting with the least tender section—the upper back and mid-back. In these sections, you have the rib, the short loin and the sirloin. The rib contains cuts such as the ribeye steak, the rib roast and the back ribs. “The ribeye has the most marbling, resulting in the most flavor and offers the most value,” Cline Says.

Next is the short loin, which produces the T-bone, tenderloin, top loin steak and the porterhouse. Third is the sirloin that gives the sirloin steak, and

the top sirloin. Other steaks like the chuck, round and flank steak come from those respective areas and tend to be tough cuts of meat. Strip steaks, like the New York steak is cut from the T-bone portion.

The tenderloin is the most tender cut of beef. From this area you will get cuts like chateaubriand, filet mignon and tournedos. However, although these cuts are very tender, they are less flavorful. The sirloin cut is also less tender, but more flavorful, so it depends on each individual’s tastes as to what their favorite is.

Age Matters

Dry aged beef is beef that has been aging for several weeks. Only the higher grades of meat can be dry aged, as the process requires meat with a large, evenly distributed fat content. For this reason you generally won’t see this outside of restaurants and butcher shops. The key effect of dry aging is the concentration

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