**Specialty Cuts**

Our butchers are happy to custom cut your order.

Our Hometown Butchers

- Hand-cut and trim every piece
- Offer fresh cuts every day
- Can help you pick the perfect cut
- Are happy to offer preparation tips
- Make ground beef daily in-house

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**Try Our Air Chilled Chicken**

O Organics®

- No Antibiotics Ever
- Free Range
- Organic Vegetarian Fed
- G.A.P. Animal Welfare Certified

Open Nature®

- No Antibiotics Ever
- 100% Vegetarian Fed
- G.A.P. Animal Welfare Certified

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**Lean Protein**

Beef, chicken, lamb and pork are big on taste and low in calories. They’re packed with essential vitamins, minerals and satisfying protein for building muscle while boosting your metabolism to help you lose fat. When you lean on protein, you’ll feel good about the great-tasting, healthy and satisfying dishes you share with your family and friends.

**Beef:** 9-12, zinc, selenium, iron

**Chicken:** amino acids for building healthy muscle tissue

**Pork:** Thiamine, selenium, niacin, vitamin B-6 and phosphorus

**Lamb:** iron, magnesium, selenium, niacin, vitamin B-6 and phosphorus

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**High Quality High Standards**

We are proud to offer a great selection of the finest quality beef that are destined to become the main attraction at your next cookout.

**USDA Choice:** Aged for tenderness, marbled for flavor, hand-trimmed in store.

**USDA Prime:** Top 2% of all beef, highest level of marbling, available in select stores.

**Open Nature®:** 100% grass fed Angus, no antibiotics ever, no added hormones.

**O Organics®:** No GMOs or added growth hormones; free range, grass fed, no antibiotics ever.

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**Grill Like a Pro**

Impress with these grilling tips & tricks.

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**Effective dates:** 4/12/21 – 7/14/21

**Albertsons**

Shop online at Albertsons.com
# Building the Perfect Burger

## The Sun

Not every bun can contain the magnitude of magnificence that burger excellence requires. To ensure that your bun is up to the task, choose a buttery brioche or a potato bun.

## The Top Toppings

Lettuce, tomato & onion have consistently been the all-time favorite, go-to toppings. This classic trio has been making burger fans with their perfect harmony of cool crunch, tangy zest and sweet flavor.

### 90% Lean Beef

Use no less than 20% fat to reduce the savory flavor in choice cuts of ground beef. Portion into generous 16-ounce patties, and keep them cold in the refrigerator until you’re ready to grill. Set if you must.

### American Cheese

When it comes to building the perfect burger, fancy cheese just won’t cut it. American cheese makes it to perfection without falling apart on the grill.

### Mustard

Unlike sugar-laden ketchup that can draw flavors, mustard adds a little brag to the mix and brings out the subtle flavor profile in your grilled masterpiece.

### Master the Grill

- **COOKING METHODS:**
  - **Direct Heat:** Grilling method directly above flames or coals. (.steaks, burgers, sausages, seafood)
  - **Indirect Heat:** Grilling technique in which the food is placed to the side of the heat source (whole chicken, ribs,keftes)

### Favorite Cuts

<table>
<thead>
<tr>
<th>Cuts</th>
<th>Why We Love Them</th>
<th>Time to Cook</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone-in Ribeye Steak</td>
<td>Rich, juicy &amp; full-flavored with generous marbling throughout</td>
<td>1-inch thick: 10-12 minutes over direct heat (high)</td>
</tr>
<tr>
<td>Porterhouse or T-Bone Steak</td>
<td>Tender, full of flavor and often big enough for Two to Share</td>
<td>Simplicity with salt and pepper, utilize grilling tongs to gently turn and move to indirect heat</td>
</tr>
<tr>
<td>Fillet Mignon Tenderloin Steak</td>
<td>Leanest, tenderest steak available with a fine buttery texture and amazing flavor</td>
<td>Or try a reverse sear on any of these steaks</td>
</tr>
<tr>
<td>Top Sirloin Steak</td>
<td>Moderately lean, both flavorful and versatile for family gatherings</td>
<td>20-30 minutes over indirect heat (medium)</td>
</tr>
<tr>
<td>New York Strip Steak</td>
<td>Restaurant favorite - lean, lean &amp; flavorful</td>
<td>Then move to direct heat (high) for 3-4 minutes per side.</td>
</tr>
<tr>
<td>Thin Cut Bone-in Short Ribs</td>
<td>Very flavorful, with a rich meaty texture, great with a marinade</td>
<td>3/4 to 1 1/2-inch thick: 10-12 minutes over direct heat (high)</td>
</tr>
<tr>
<td>Top Round Lenden Loin</td>
<td>Thick cut and versatile, seal in the outside to seal in the delicious flavor</td>
<td>1 1/2-inch thick: 14-16 minutes over direct heat (medium). Key step - let this one rest for 30 minutes after grilling for sealed in juiciness</td>
</tr>
<tr>
<td>Flank Steak</td>
<td>Typically marinated, with lots of intense flavor</td>
<td>10-12 minutes over direct heat (medium), move to indirect heat for another 5 minutes to allow for fall off the bone tenderness</td>
</tr>
<tr>
<td>Bone-in Pork Chop</td>
<td>Very lean with a mild flavor; also known as the T-Bone of pork</td>
<td>3/4-inch thick 8-10 minutes over direct heat (high), move to indirect heat for another 6-8 minutes to allow for fall off the bone tenderness</td>
</tr>
<tr>
<td>Boneless Pork Loin Chop</td>
<td>Very popular, it is versatile, lean and tender</td>
<td>1 inch thick 10-12 minutes over direct heat (high), utilize grilling tongs to gently turn and flip your pork chop when grilling</td>
</tr>
<tr>
<td>Pork Tenderloin</td>
<td>The leanest cut of meat available, tender and juicy flavor, great with your favorite bbq sauce</td>
<td>14-16 minutes over direct heat (medium) to seal in the juiciness and flavor; move to indirect heat for another 12-14 minutes to desired doneness</td>
</tr>
<tr>
<td>Country Style Ribs</td>
<td>The meatiest variety of rib, tender and juicy flavor;</td>
<td>8-10 minutes over direct heat (medium), move to indirect heat for another 3-4 minutes to allow for fall off the bone tenderness</td>
</tr>
<tr>
<td>Spare Ribs</td>
<td>Best grilled as a whole slab on indirect heat then finished on flames to seal in the flavor</td>
<td>14-16 minutes over direct heat (medium) to seal in the juiciness and flavor; move to indirect heat for another 12-14 minutes to desired doneness</td>
</tr>
<tr>
<td>Loin (baby) Back Ribs</td>
<td>Slow cook on indirect heat to finish</td>
<td>1 dollar over indirect heat (medium)</td>
</tr>
<tr>
<td>Boneless Breast</td>
<td>Versatile white meat with an extremely low-fat content but packed with flavor</td>
<td>12-16 minutes over direct heat (medium) to seal in the juiciness and flavor; move to indirect heat for another 12-14 minutes to desired doneness</td>
</tr>
<tr>
<td>Tendearloin or Strips</td>
<td>Low-fat, white meat that is quick, easy and tender, perfect for steaks for fajitas</td>
<td>12-16 minutes over direct heat (medium) to seal in the juiciness and flavor; move to indirect heat for another 12-14 minutes to desired doneness</td>
</tr>
<tr>
<td>Leg of Lamb (bone-in)</td>
<td>Flavored and meaty, it’s split down the middle for even doneness when grilling</td>
<td>12-16 minutes over direct heat (medium) to seal in the juiciness and flavor; move to indirect heat for another 12-14 minutes to desired doneness</td>
</tr>
</tbody>
</table>

### Tips for perfection

- **PREPARATION:**
  - Find the right cut. Use the chart on the left to help guide your selection. Or, ask one of our expert Hometown Butchers.
  - Bring your meat to room temperature before grilling. Leave out approximately 30 min.
  - Heat the grill for at least 20 minutes. Keep the lid closed.
  - Clean & oil the cooking grate before you begin.

- **GRILLING:**
  - Let your grill reach the right temperature for your selected cut of meat.
  - Keep the lid closed during grilling to maintain the temperature and the proper cooking time.
  - Use meat mops to turn and flip your steaks. Never use a fork.
  - Don’t turn the meat too much (especially steaks), unless your recipe calls for it.
  - Allow a little extra time on the grill if the meat sticks; it will unstick itself.
  - Use a thermometer to ensure proper/temperature of your meat; most cuts will continue to cook after they’re removed from the grill.

- **FINISHING:**
  - Let the meat rest before cutting; this allows all of the juices to be reabsorbed.
  - Clean the grill while it’s hot to cut down on your prep time before your next grilling project.

**For food safety, cook meat thoroughly to the following minimum internal temperatures depending on type of meat:**
- **Beef/Pork/Chicken:** 165°F
- **Turkey:** 165°F
- **Ground Beef/Pork/Lamb:** 160°F

**SEA_SUM_Grilling_GAP_ALB_003_04/2021**