

CRAVINGS

THE GREAT CENTRAL OREGON STEAKOUT!

The goods on locally fabulous meaty meals

story by Amy Perez photographs by Heidi Weiss-Hoffman



TUMALO FEED COMPANY



There are few things more quintessentially American than a great steak. It stands to reason that Central Oregon, with its legacy of open range and cowboy culture, would offer some superior meat-and-potatoes meals. Traditional ranch style and elegant steakhouses alike have long been grilling up some of the best quality cuts of steak in the world, much of it sourced from local ranches dedicated to raising healthy cattle and producing great tasting beef. So bring an appetite and join us for the great Central Oregon steakout!

TUMALO FEED COMPANY

The Tumalo Feed Company Steak House & Saloon, housed in a charming general store built in 1910, is a 20-year institution. Folks turn out in droves for iron skillet steaks that come out sizzling with award-winning top sirloin, porterhouse, filet mignon and bone-in rib eye steaks, each plump and tender with wide marbling, seasoned to perfection and masterfully grilled to order. From an eight-ounce flat iron to a cowboy-sized 22-ounce porterhouse, all steaks are accompanied by incredible sides like the signature onion rings and salsa, mac n' cheese or smokin' baked beans. Only quality, grain-fed beef that has been properly aged and cut in-house is served. Tumalo Feed Company serves as many as 250 steaks



daily, delivered with casual, friendly service. Co-owner John Bushnell says, “we try to give the full Western experience with the ambience, the smell of awesome steak on the grill and friendly Northwestern hospitality.”
Tumalo - www.tumalofeedcompany.com

BARNEY PRINE'S STEAKHOUSE AND SALOON

Located in the heart of Prineville, Barney Prine's Steakhouse & Saloon has been grilling up delicious steak since 2004. Owner and chef Joe Lizinger locally sources USDA Choice steaks, hand cuts and ages them in-house, then smokes the meat with mesquite and cooks it to order on the spot in a building teeming with Western and Oregon history: long before housing today's steakhouse, the building was a blacksmith shop and saloon owned by one of the first settlers in the area, Barney Prine. Today, the menu is a carnivore's dilemma. The one-pound Jim Beam whiskey-soaked rib eye is a house specialty—handsomely dressed with grilled onion bordelaise sauce, and enough meat to feed the family. The popular weekly Friday special of fall-off-the-bone 12-ounce or 16-ounce prime rib is slowly smoked for five hours. This same passion is brought to all the pasta, chicken and seafood dishes on the menu, accompanied with wonderful breads, dressings, sauces and desserts all made in-house.
Prineville - www.barneyprinessteakhouse.com



TRATTORIA SBANDATI

Chef and owner Juri Sbandati is an artisan in the kitchen who celebrates his native Florentine culinary traditions using the bounty of fresh local produce and meat to create dishes that are classy and rustic, in true Italian style. Sbandati's signature steak dish is an in-bone veal chop. He hand picks above-prime, center-cut aged tenderloin that has been grass- and

WHERE TO GO FOR GREAT STEAK

THE BLACKSMITH STEAKHOUSE BAR LOUNGE - BEND

Select menu of delicious prime steaks and imaginative dishes in the heart of Bend's downtown.
www.bendblacksmith.com

BRICKHOUSE - BEND AND REDMOND

Downtown Bend and Redmond locales showcasing great steaks and seafood.
www.brickhousesteakhouse.com

BRONCO BILLY'S - SISTERS

Casual family dining surrounded by rugged Western decor.
www.hotelsisters.com

BROTHER JON'S PUBLIC HOUSE - BEND

Great pub fare on the Westside featuring a dynamite prime rib.
www.brotherjonspublichouse.com

COYOTE RANCH - REDMOND

Sizzling steaks and great food in an authentic Western saloon.
www.coyote-ranch.com

CROSSINGS AT THE RIVERHOUSE - BEND

Steaks and a great view right on the Deschutes River.
www.riverhouse.com

GREG'S GRILL - BEND

Enjoy great grilled steaks including a juicy rotisserie prime rib.
www.gregsgrill.com

MADELINE'S GRILL AND STEAKHOUSE - REDMOND

Mexican and American bistro fare including steaks, seafood and pasta.
www.centralmall.com/Madeline's-Grill

PINE TAVERN - BEND

Since 1936 this Bend landmark overlooking Mirror Pond has been serving steak, fish and trademark scones.
www.pinetavern.com

RANGE RESTAURANT AND BAR, BRASADA RANCH - BEND

Fine dining on a beautiful golf course restaurant showcasing prime steak and Wagyu beef.
www.brasada.com

ZYDECO - BEND

Bend's hip spot for tasty prime steak and gourmet cajun cuisine.
www.zydecokitchen.com

corn-fed to create especially high marbling. Next he personally butchers the meat in-house. “I like to feel the product and evaluate it firsthand,” he says. The chops are grilled at a high temperature to develop a pleasing juiciness and crisp sear outside. “Every single steak that comes out of my kitchen is cooked to order. We do not sear them ahead of time to speed up the serving process.” The dish is enhanced by decadent imported Tuscan olive oil, salty capers from Liguria, aged Modena balsamic that is thick and sweet and topped off with a crisp piece of aged parmigiano reggiano. Delizioso!

Bend - www.trattoriasbandati.com



NEWPORT MARKET

It’s not every day that we can treat ourselves to decadent restaurant steaks. Newport Market offers top shelf steak worth staying home for. Grass fed and natural beef from local artisan rancher Country Natural Beef is superior in taste and texture; Newport Market dry- and wet-ages rib eye, New York, skirt and filet mignon on-site, as well as cuts and trims in-house to ensure quality. Manager Randy Yokum explains, “Our steaks are so good all you need is a little salt and pepper. Let the flavors of the steak shine on their own.”

Bend - www.newportavemarket.com



WHERE TO BUY GREAT STEAK

PONO FARM & FINE MEATS - BEND

Quality Wagyu and Angus raised locally by Pono Farm, a full service butcher shop and casual eatery.
www.ponofarm.com

PRIMAL CUTS - BEND

Great place to buy a selection of high-quality steak and meat products from livestock that are locally and sustainably raised and fed.
www.primalcutsmeatmarket.com

Making the Grade

USDA steak grades include Prime, Choice or Select. Prime, the most decadent (for flavor, tenderness and price) is the regular choice of many steak connoisseurs due to its increased marbling (streaks of fat through the meat which give it more flavor). However, Choice remains the most popular due to its tenderness, rich flavor and lower price. Select is good quality lean beef.

An Art Form

Like fine wine, the road to exceptional steak is truly artisanal. A steak’s tenderness and flavor is contingent on how cattle are raised, fed and butchered. Many people have joined the camps of natural, no growth hormones or antibiotics, grass fed, open range grazing, organic or a combination, all said to support compassionate care of cattle raised to yield tender and flavorful beef at a fair price. The aging process (wet or dry) enhances beef’s natural flavor and is one of the finishing touches—along with proper butchering—and is so important that most high-end steak houses age their beef in house. Then, there is the matter of cooking the steak: whether your preference is rare or well done, the skill of the chef is revealed. Finally—dig in!