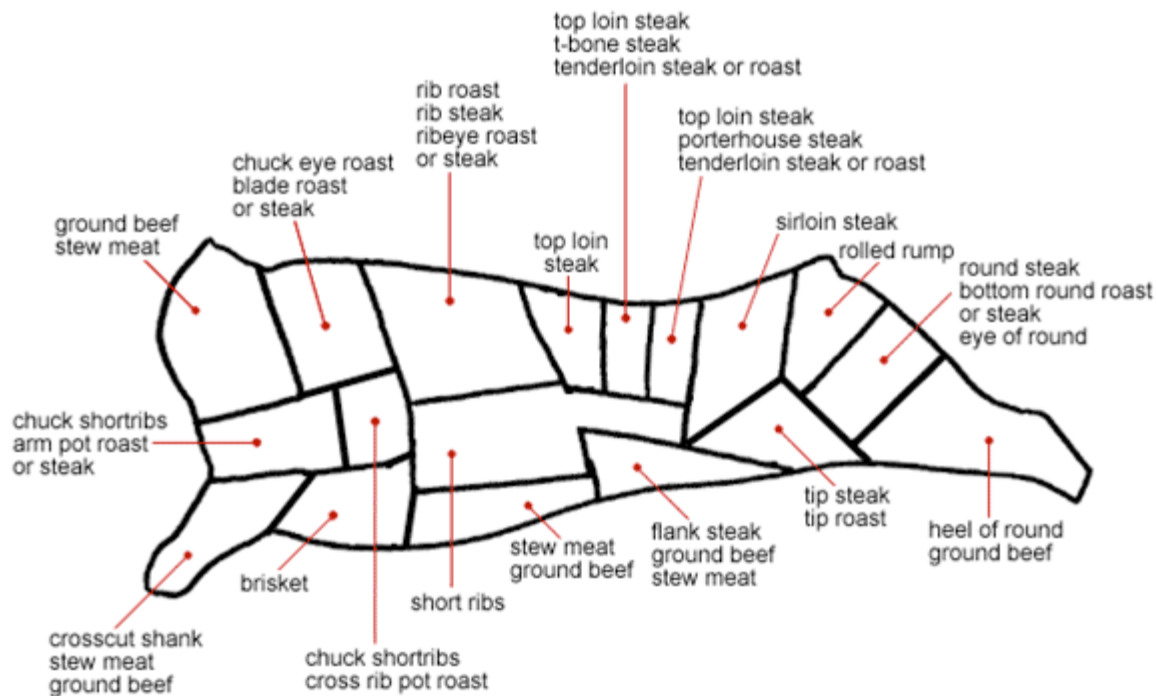
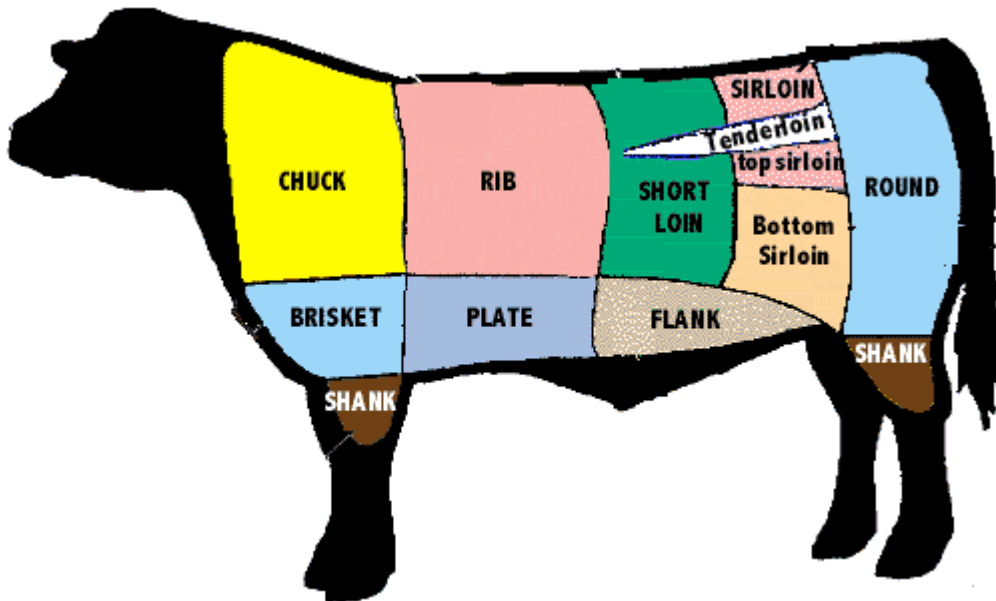


# Cuts of Beef

(This picture denotes the American system of beef cutting. Other cultures have similar systems, but the exact cuts and terminology differ).



## Common cuts of beef

### Primary Cuts

Beef is first divided into primary (also called *primal*) cuts. These are basic sections from which steaks and other subdivisions are cut. The following is a list of the primary cuts, ordered front to back, then top to bottom. The short loin and the sirloin are sometimes considered as one section.

### UPPER HALF

#### CHUCK

- Chuck - one of the most common sources for hamburger. Chuck is a heavily exercised area. However, this area contains a great [deal](#) of connective tissue, including collagen. Collagen melts during cooking, making the meat intensely flavorful. Cuts from this area will benefit from slow, wet cooking methods like stewing, braising or pot-roasting. ---Pot Roast, Short Ribs

#### RIB SECTION

- Rib Eye Roasts
- Rib Eye Steaks

#### SHORT LOIN SECTION

Short Loin - the most tender, and the most expensive --can be prepared without the aid of moist heat or long cooking times. Cuts from the short loin may be sautéed, pan-fried, broiled, pan-broiled or grilled.

- T-bone Steak —cut from the middle section of the short loin; similar to the porterhouse steak; has a smaller piece of the tenderloin; usually grilled or pan-fried.
- Tenderloin -- this is often considered the tenderest cut of beef. It can be cut as the whole strip of meat, or into individual filet steaks (filet mignon). The meat responds well to sauces, meaning the meat does not overpower the flavor of the sauce.

#### SIRLOIN

Sirloin is less tender than short loin, but more flavorful. Sirloin is found in the area of the hipbone. These tender cuts respond well to sautéing, pan-frying, broiling, pan-broiling or grilling. e.g., sirloin steaks which are available in a variety of boneless and bone-in steaks and sirloin tip roast which are excellent when dry roasted or marinated.

#### ROUND

The round is part of the hip muscle and consists of lean meat well suited to long, moist cooking methods. Top Round is the tenderest part of the round and can be prepared as pot roast or cut into thick steaks for braised dishes. Rump Roast is considered a very popular cut for pot roast, but can also be roasted at low temperatures.

### LOWER HALF

- **FORESHANK** -- Shank Cross Cuts and Beef Stew
- **BRISKET** -- Corned Beef and Brisket --Brisket First Cut —a leaner cut of the brisket, for those who want the flavor but not the fat of a brisket pot roast -- Brisket Front Cut—fork tender and succulent,
- **SHORT PLATE** - Short Ribs, Beef for Stew, Ground Beef
- **FLANK** -- Flank Steak, Skirt Steak, Steak Rolls

## Which Section of the Cow Am I Buying?

After reviewing the above information, you may be wondering what quarter (or half) of the cow you are getting.

If you've purchased a half cow share you will receive either a full left or a full right side of the cow, which includes all of the sections, described in the picture above.

If you purchased a quarter cow share, you are sharing a half of a cow (left or right side) with another member who also purchased a quarter cow share. The cuts from both quarter shares will be taken from all the sections described in the picture above. When you fill out your order form, you may choose cuts from any or all sections of the cow. We will match your order with another member, giving each member as much as possible from the sections each of you chose. Since the rib and loin sections are usually the most popular you will likely receive half of the cuts in those sections. After all the cuts are made for both members, the remainder will be ground and shared between the two families.

If you have any further questions about how this process works, please give me a call

Polly 540-651-3226