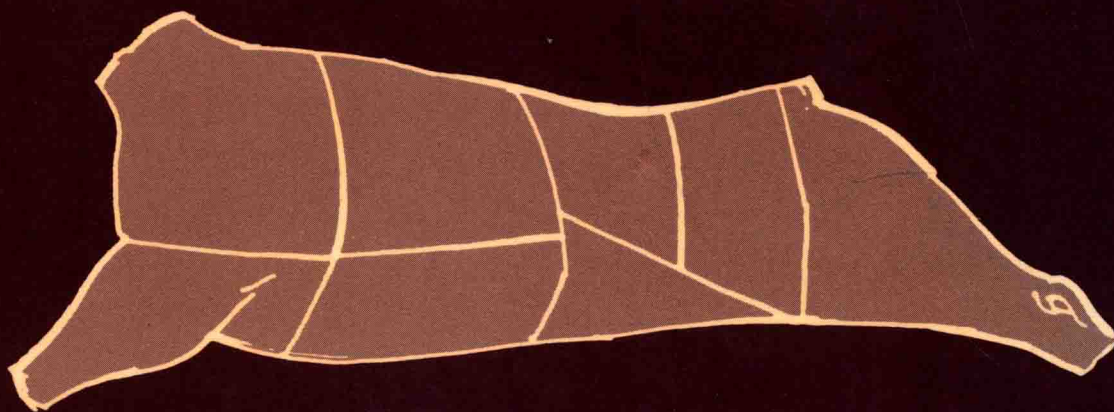


VOLUME 1 • BEEF • THIRD EDITION

Practical Meat Cutting and Merchandising



**Thomas Fabbriante
William J. Sultan**

Practical Meat Cutting and Merchandising

Volume 1 Beef

Third Edition

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Preface

Changes in methods of meat processing and merchandising reflect the overall changes in the food industry. For example, a recent government survey indicates that boxed beef represents almost 50% of all beef processed. This third edition of *Practical Meat Cutting and Merchandising, Volume 1: Beef*, updates all aspects of these recent changes. New developments in beef processing include changes in the identification of beef cuts, processing, and uses. This edition will provide a comprehensive presentation that will be invaluable to the meat cutter, the instructor, the student, and the chef.

Once again, as in the two previous editions of this manual, our purpose is to provide those engaged in the purchase, processing, merchandising, distribution, and preparation of beef cuts with a teaching and self-learning vehicle to enable them to perform more efficiently and effectively in their respective work areas.

This volume is directly concerned with the processing and merchandising of beef. The format is set up so that the instructor can simply and directly explain, illustrate, and stress the specifics necessary to develop meat cutting skills. Equal emphasis is placed on related trade information and practices directly associated with this skill. Thirteen units cover the major units of beef processing and merchandising. This format will enable the instructor and student to select specific sections of the beef carcass for review, instruction, or training of personnel in selected areas. Each unit follows a sequence of steps showing the exact procedures for each operation, after which merchandising aspects of beef cuts are covered. One aspect of merchandising is stressed through methods of cooking different beef cuts. Suggested beef dishes are given, and new to this edition are recipes for specific menu items. These will teach students not only how to get the most from specific cuts of beef, but will show them how to assemble and use various pieces of kitchen equipment and ingredients. The objective, obviously, is to improve merchandising practices and increase volume of business.

The safety of the employee and safe methods of work are essential to efficient meat production and meat processing. Unit 1 of this manual emphasizes the importance of this part of the training and the stress that must be placed on development of safe work habits. Of equal importance is the matter of

sanitation. Food is essential to life, but the protection of our food supply is essential to the consumer. Knowledge and understanding of the principles and practices of sanitation as applied to the meat industry are important to the trainee as well as to the experienced meat cutter, the managerial personnel of the processing plant, and the retailer of meats. The information in Unit 15 will help to understand the basis of the federal, state, and local agency regulations, and the importance in conforming to them in the processing and merchandising of meats.

Tests provided at the end of each of the major units review the material covered in the unit. The objective questions will enable the student and teacher to evaluate the degree of understanding they have achieved and whether further instruction is necessary.

This manual is specifically directed to the attention and needs of the teacher of meat cutting and merchandising, the wholesale and retail meat cutters and purveyors, the apprentice meat cutter, the cook and chef, and those in managerial and supervisory positions in the food and hospitality industry whose responsibilities include the purchase and planning of menus containing beef cuts. This text will also serve as a valuable source of information and guidance to the home economist and the consumer. A better understanding and knowledge of beef, associated with the skill of preparation of a variety of beef cuts can be a decided asset in meal planning, foodservice, and budget control.

Thomas Fabbriante
William J. Sultan

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Introduction to Nomenclature and Trade Terms

The standardization of nomenclature for beef and other meat cuts throughout the United States is an objective that is highly desirable. Currently, names of cuts of meat vary from one geographical area to another. In addition, the method of cooking and service for the same cut of meat may differ from one part of the country to another. This variance in names of meat cuts, with particular emphasis on beef, is confusing to both the apprentice meat cutter and the experienced butcher.

While efforts have been made to standardize beef cuts by the U.S. Department of Agriculture and the several major meat associations, the established nomenclature of the past still prevails in some areas of the country. Nomenclature is often derived by "special" names given to beef cuts by ethnic groups. The area in which the beef may be processed and merchandised may engender the special names or nomenclature. The nature and quality of the feed or the grazing environment often influence the names of beef cuts. In addition, the special names of restaurants, hotels, and institutions have also contributed to variations in nomenclature.

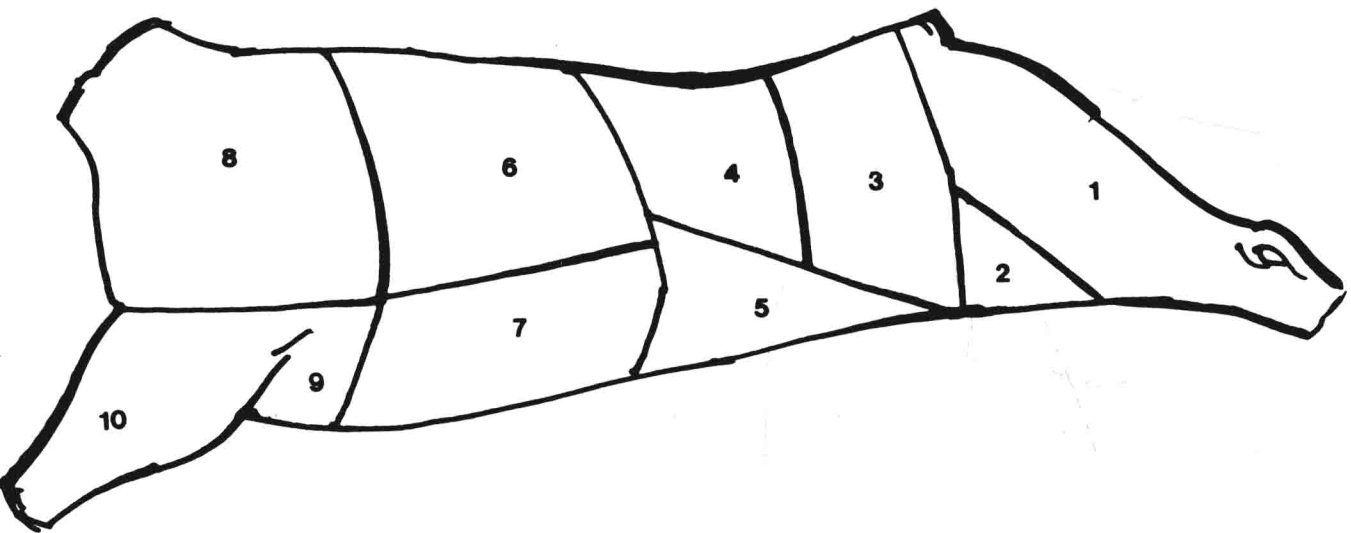
The USDA and important meat industry groups are cooperating in the effort toward achieving standardization in the near future. The attainment of this objective will be beneficial to the purveyor and processor of meats as well as to the institutional buyer and the consumer at the retail level.

Table 1, the beef chart, and list of trade terms refer to the beef units discussed in this text. While there may be variables in nomenclature related to special meat cuts in selected geographical areas, identification of these cuts will be simplified by referral to the beef identification chart of the beef carcass and the numerical identification index.

Special acknowledgement is made for the information and statistics provided by USDA, National Association of Meat Purveyors, National Livestock and Meat Board, National Association of Hotel and Restaurant Meat Purveyors, and other interested associations representing the meat industry engaged in the raising, processing, purchasing, preparation, and service of beef and other meat cuts.

Boxed beef was introduced in 1966. This is the term used to identify beef forequarters and hindquarters that have been cut into primal, subprimal, and fabricated cuts by meat packers. The cuts are generally vacuum packaged, labeled, cartoned, and shipped to large wholesale and distribution centers or directly to large chain stores. Although this has led to a reduction in freight costs, storage space, and labor force, it has also encouraged small and large wholesalers and purveyors to engage in their own boxed meat programs. The advantages and disadvantages of boxed meat programs will be presented and evaluated in each of the units as they apply.

LOCATION OF PRIMAL AND SUBPRIMAL BEEF CUTS



Primal and subprimal cuts

1. New York Round (City Round)
2. Knuckle Face
3. Short Hip
4. Short Loin
5. Flank
6. Rib
7. Short Plate
8. Square Cut Chuck
9. Brisket
10. Foreshank

Combination cuts

- Hindquarter (Nos. 1+2+3+4+5)
- Primal Round (Nos. 1+2)
- Sirloin Round (Hip Round) (Nos. 1+2+3)
- Loin (Nos. 3+4)
- Forequarter (Nos. 6+7+8+9+10)
- Wing (Nos. 6+7)
- Full Plate (Strip of Beef) (Nos. 7+9)
- Armbone Chuck (Nos. 8+10)
- Cross Cut Chuck (Nos. 8+9+10)
- Triangle (Nos. 7+8+9+10)
- Back (Nos. 6+8+10)

Table 1. Identification of Beef Cuts by Geographical Location and Trade

	New York Area	New England Area	Restaurant and Institutional Trade
New York round No. 1	City round	New York round	Steamship round
Primal round No. 1 and 2	Cross-cut round	Beef round	Beef round
	Beef round	Primal round	a. Primal round
	Round across primal round		b. Primal round with rump on or off, shank on or off, bone-in or boneless
			c. Round, 3-way boneless
Knuckle face No. 2	Knuckle	Sirloin tip	Knuckle
	Face	Tips	a. Tip steaks
	Tip	Faces	b. Tip roasts
Inside round No. 1	Top sirloin		
	Inside round	Inside round	Inside round
	Top round	Top round	a. Inside round steaks
			b. Inside round roasts
Outside round No. 1	Outside round	Outside rounds	Outside rounds
	Full bottoms		Gooseneck rounds
	Fabricated		a. Outside round steaks
	a. Bottom rounds		b. Outside round roasts
	b. Eye rounds		
Hindshanks No. 1	Short shins	Hindshanks	Can be purchased at whole-sale market (Bone-in, boneless)
	Long shins		
	Legs		
Short hip No. 3	Short hip	Sirloin end	Short hip
	Hip of beef		a. Regular
	Beef hips		b. Diamond bone cut
Short hip No. 3 (Minus tenderloin muscle)	Shell hips	Shell	Can be purchased at whole-sale market
Short hip No. 3 Boneless (Minus tenderloin muscle)	a. Butt tenderloins (Heads)	Sirloin	Sirloin butt, boneless
Top sirloin butt No. 3	Sirloin butt	Sirloin butt	Sirloin butt, regular
	Top butt	Sirloin butt	Top sirloin butt (Regular untrimmed)
			Top sirloin butt (Trimmed)
			a. Top sirloin butt steaks
			1. Regular
			2. Semi-center cut
			3. Center cut
			Top sirloin butt roasts
Bottom sirloin butt No. 3	Bottom butts	Bottom sirloin butts	Bottom sirloin butts
	Fabricated cuts		a. Regular untrimmed
	a. Bells		b. Trimmed
	b. Triangle		Roasts
	c. Flanks		
Short loin No. 4	Short loins	Short loins	Short loin
	Fabricated cuts	Fabricated	Strip loins
	Strip loins, boneless or bone-in	Strip loins	Bone-in or boneless
	1. Shells		a. Regular
	2. Shell flanks		b. Intermediate
	3. Tenderloin tips		c. Short cut
	4. Porterhouse tails		Strip loin steaks
			Boneless or bone-in
			a. Intermediate
			b. Short cut
			c. Extra short cut
			d. Special
Beef loin No. 3	Beef Loin	Beef Loin	Loin, full, trimmed (Minus kidney knob, excess fat)
No. 4	Loin of Beef		
Hip round No. 1, No. 2 and No. 3	Hip Round	Sirloin Round	Can be purchased at the wholesale market
Hindquarter No. 1, 2, 3, 4, 5	Sirloin Round		Can be purchased at the wholesale market (trimmed hind minus the flank)
	Hind	Hindquarter	Flank steaks
	Hindquarter		
Beef flank No. 5	Beef flank	Beef flank	
	Fabricated	Fabricated	
	a. Steaks	a. Steaks	
	b. Ground beef items	b. Ground beef items	
Beef rib No. 6	Primal rib	Beef rib	Rib, primal
	Set of ribs	Primal rib	a. Boneless or bone-in roasts
	Rob of beef, fabricated	Fabricated	1. Regular
	a. No. 109 ribs	a. No. 109 ribs	2. Short cut
	b. Rib eye rolls	b. Rib eye rolls	3. Short
	c. Deckle meat	c. Cap meat	

(Continued)

Table 1. (Continued)

	New York Area	New England Area	Restaurant and Institutional Trade
			b. No. 109 roast ready rib c. Spencer rolls d. Rib eye rolls e. Rib steaks <ol style="list-style-type: none"> 1. Bone-in 2. Boneless 3. Rib eye roll steaks
Short plate No. 7	Plate, fabricated <ol style="list-style-type: none"> a. Corner pieces b. Pastrami c. Ground beef items 	Plate, fabricated <ol style="list-style-type: none"> a. Corner pieces b. Navel piece c. Ground beef items 	Short plate Corner pieces
Brisket No. 9	Brisket Dropped brisket Fabricated <ol style="list-style-type: none"> a. Cured corned beef b. Ground beef items 	Brisket Fabricated <ol style="list-style-type: none"> a. Cured corned beef b. Ground beef items 	Brisket <ol style="list-style-type: none"> a. Deckle on b. Deckle off
Full plate No. 7 and No. 9	Strip of beef	Full plate Long plate	Full plate (Boneless)
Square cut chuck No. 8	Square cut chuck	Square cut chuck	Square cut chuck Boneless <ol style="list-style-type: none"> 1. Clod-in 2. Clod-out
Foreshank No. 10 Armbone chuck No. 8 and No. 10	Foreshank Arm chuck Neck and shoulder Chuck of beef Fabricated <ol style="list-style-type: none"> a. Long beef shoulder b. Beef neck, bone-in or boneless c. Short chucks d. Short shoulders e. Clods f. Ground beef and stew items 	Foreshank Arm chuck Chuck and arm Chuck and shoulder Fabricated <ol style="list-style-type: none"> a. Boneless chucks b. Blade chucks c. Arms d. Clods e. Ground beef and stew items 	Foreshank Armbone chuck Armbone chuck (Boneless) <ol style="list-style-type: none"> a. Clods b. Ground beef and stew items
Cross-cut chuck No. 8, 9, and 10	Cross-cut chucks Full chucks	Cross-cut chucks	Cross-cut chucks <ol style="list-style-type: none"> a. Boneless (Clod-in) b. Diced c. Ground
Triangle No. 7, 8, 9, and 10 Beef back No. 6, 8, and 10	Triangle Beef back	Triangle Beef back	Triangle boneless (Clod-in) Can be available in wholesale market

TRADE TERMS RELATED TO BEEF

Aitch Bone The posterior end of the pelvic bone.

Anterior End Front portion of the carcass, the fore.

Arm Chuck That portion of a forequarter remaining after the removal of the strip and the rib.

Beef Back That portion of a forequarter remaining after the removal of the beef rattle.

Beef Loin That portion of the beef hindquarter remaining after the removal of the beef flank and beef primal round.

Beef Rattle That portion of the forequarter remaining after the removal of the beef back.

Beef Tenderloin Most tender muscle in the beef loin. It lies in the cavity between the chine and finger bone.

Beef Wing That portion of a forequarter remaining after the removal of the full chuck.

Blue Tissue The seam between the top and bottom sirloin butt.

Boat Trays or containers in various sizes to fit various cuts of meat.

Boned Round That portion of a New York round remaining after the removal of the beef shank and round bone.

Boneless Round That portion of a boned round remaining after the removal of the aitch and tail bone—also known in the hotel and restaurant trade as a steamship round.

Bottom Sirloin Butt That portion of the sirloin butt separated at the blue tissue seam and containing the triangle, flank, and bell muscles.

Brisket That portion of a strip of beef remaining after removal of the short plate.

Carcass A carcass is a slaughtered, eviscerated animal.

Cartilage White, soft, undeveloped bone.

Closed Side Beef loin from the right side of the carcass where the kidney knob is attached to the short loin.

Club A slice of steak (bone-in) cut from the anterior end (rib end) of the beef loin or from the posterior end (loin end) of the beef rib.

Corned Beef A cured product usually made from the brisket. (Other portions of the carcass can also be used for corned beef.)

Corner Piece A rectangular piece from the short plate about 3 to 4 in. wide and containing ribs No. 6, 7, 8, and 9.

Delmonico A slice of steak (boneless) cut from the anterior end (rib end) of the beef loin or from the posterior end (loin end) of the beef rib.

Dorsal Side Toward the back portion of the carcass.

Dropped Brisket Brisket with just the bone and deckle removed. (There is no further trimming of the brisket.)

False Skirt A small muscle found in the brisket bone adjacent to the breast bone on the inside surface. It is also found on the short plate next to the skirt steak.

Filet See Beef Tenderloin.

Finger Meat Meat that is removed from between the rib bones.

Flank Refers to the cod or udder region of the carcass.

Forequarter Half of a beef side cut between the twelfth and thirteenth rib bone and represents all the meat from the twelfth rib down to the hock bone.

Full Chuck That portion of the forequarter remaining after the removal of the beef wing.

Girthwise Cutting across the coarse grain.

Hanging Tender Piece of meat (called pillar of the diaphragm) that hangs below the kidney knob located on the left side (open side) of the beef loin.

Hip Round That portion of the beef hindquarter remaining after removal of the beef flank and beef short loin.

Hipping a Beef Loin Splitting a beef loin perpendicular to the back bone at the end of the hip bone into two parts, a short hip and a short loin.

Hip or Pin Bone The type of sirloin steak that has a portion of the pelvic bone in the steak (anterior end).

Hock Bone The top portion of the shin or shank bone.

Kidney Knob Kidney and surrounding fat located at the anterior end of the beef loin (short loin).

Knuckle Face That portion of a primal round that was removed to process a New York round—also called a silver tip.

Long Beef Shin That portion of a beef hindshank with the meat attached and with the round bone intact.

Natural Seam A thin membrane, with or without fat, which separates two muscles.