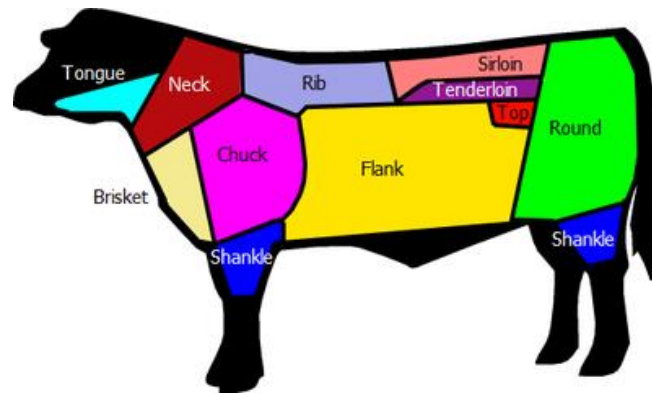


SMOKEY RIDGE MEATS

Beef Cut Guide



Carcass Cutting Yields:

The hanging weight of an animal refers to how much it weighs after it is slaughtered, but before it is processed into smaller cuts. The difference between live weight and hanging weight can vary depending on the weight of the hide, head and other parts that are discarded, but is generally around 61%. The difference between the hanging weight and the total weight of finished product (cut, wrapped and ready for your freezer) is generally around 67%.

For example, if a live steer weighs 1,000 lbs, it will hang around 610 lbs and the finished product will weigh around 408 lbs. The weight of the finished product will be less if you opt for mostly boneless cuts.

$$\begin{aligned} 1,000 \text{ lb live weight} \times 61\% &= 610 \text{ lb hanging weight} \\ 610 \text{ lb hanging weight} \times 67\% &= 408 \text{ lb finished weight} \end{aligned}$$

Cutting Options:

When having an animal processed at Smokey Ridge, you will be allowed to choose how you would like your meat cut and wrapped. Here we outline your options for each major section. Keep in mind that when you opt for certain cuts, it may make other cuts you're familiar with become unavailable. For example, it is impossible to cut New York steaks and T-Bone steaks from the same side of beef. Also be aware that there are many different ways to cut beef and multiple names can be used for a single cut; if there is something in particular you are expecting or hoping for, but do not see mentioned here, don't hesitate to consult our expert cut crew.

The provided weight estimates for each section are based on an average grass-fed steer with a hanging weight around 550 lbs and a "side" refers to half of a hanging carcass. If your animal is smaller, you can expect to receive less of each cut than is indicated here.

Brisket:

The brisket is a coarsely-grained, triangular muscle cut from the area just below the neck. On average, the brisket on each side weighs about 4-5 lbs (8-10 lbs of boneless meat per animal). The meat is tough so is best prepared with slow-cooking or curing methods (it is the cut traditionally used to make corned beef). Many people opt to have their brisket cut in half in order to make it more manageable.

Chuck/Shoulder:

From the chuck, your options are **ROASTS** or **STEAKS**. The chuck is one of the most flavorful parts of the animal, but can be very tough if not prepared properly. The best beef roasts come from the chuck because the meat is flavorful and also well marbled. On average, the whole chuck on each side weighs about 10-15 lbs (20-30 lbs of bone-in meat per animal).

Rib:

From the rib section, your options are **ROASTS** or **STEAKS**. You can also opt for your meat to be boneless or bone-in. A boneless roast is generally referred to as a **PRIME RIB ROAST**, a bone-in roast as a **STANDING RIB ROAST**. Rib meat is very tender and can be cooked quickly and easily. On average, the rib section on each side weighs about 12-15 lbs (24-30 lbs of bone-in meat per animal). In other words, you might expect to get either 2 medium sized roasts or approximately 6 to 9 1" steaks per side.

Loin:

From the loin section, your options are **ROASTS** or **STEAKS**. You can also opt for your meat to be boneless or bone-in. Loin meat is very tender and can be cooked quickly and easily. If you opt for bone-in steaks, you will receive **T-BONE** and **PORTERHOUSE** steaks. If you opt for boneless steaks, you will receive **NEW YORK** and **TENDERLOIN** steaks. You may still receive a few boneless tenderloin steaks if you opt for bone-in, as the tenderloin section is longer than the outside of the loin. On average, the loin section on each side weighs about 7-9 lbs (15-18 lbs of bone-in meat per animal). You can expect to receive approximately 6 1" steaks per side.

Sirloin:

The sirloin section is just behind the loin. Its cuts are not quite as tender as those cut from the loin, but can still be cooked quickly and easily on the grill or stove top. The three sirloin cuts listed here are all boneless. They can all be left whole as small roasts or cut into steaks.

Top Sirloin – From the top sirloin, your options are **ROAST** or **STEAKS**. On average, the whole top sirloin on each side weighs about 5 lbs (10 lbs of boneless meat per animal). You can expect to receive 1 to 2 roasts or approximately 10 to 12 ¾ lb steaks per side.

Sirloin Tip – From the sirloin tip, your options are **ROAST** or **STEAKS**. On average, the whole sirloin tip on each side weighs about 3 lbs (6 lbs of boneless meat per animal). You can expect to receive approximately 10 to 12 small ¼ lb steaks per side. Sirloin tip steaks can be grilled or work well when sliced for stir fry.

Tri-Tip – The tri-tip is a small muscle found on the back end of the sirloin adjacent to the rump. Your options are **ROAST** or **STEAKS**. On average, the whole tri-tip on each side weighs about 2.5 lbs (5 lbs of boneless meat per animal). You can expect to receive 1 small roast or approximately 5 ½ lb steaks from each side.

Rump/Round:

The rump is made up of three sections – the top round, eye of round and bottom round. The meat from each is similarly tough and lean, but has great flavor when cooked properly. Meat from the rump benefits from some kind of tenderizing before eating. For example, it can be manually tenderized, marinated or slow cooked in liquid. If you plan to have all of the rump cut into roasts, it is best not to separate the three sections so you can enjoy the benefits of flavor enhancing connective tissue.

Top Round – From the top round, your options are **ROAST** or **STEAKS**. On average, the whole top round on each side weighs about 6 lbs (12 lbs of boneless meat per animal).

Eye of Round – From the eye of round, your options are **ROAST** or **STEAKS**. On average, the whole eye of round on each side weighs about 3 lbs (6 lbs of boneless meat per animal).

Bottom Round – From the bottom round, your options are **ROAST** or **STEAKS**. On average, the whole bottom round on each side weighs about 6 lbs (12 lbs of boneless meat per animal).

Shank:

The shank refers to the part of the leg above the knee joint. Most people chose to have the shank meat cut off the bone and **GROUND** in with the other trim meat. However, another option is to have the shank cut into thick cross sections or **STEAKS**, such as those used to make Osso Buco. The meat is flavorful, but tough, so is best slow cooked in liquid.

Flank:

Though the diagram above refers to the whole mid-section as the flank, we think of the flank as the small flat muscle with distinctive grain found in the back part of the mid-section. Flank meat is traditionally sliced thin for use in fajitas or stir fry. A whole flank weighs just 1 to 2 lbs. Your options are to keep the flank as a whole **STEAK** or have the meat **GROUND**.

Short Ribs:

The short ribs are largely what make up the rest of the section labeled as flank in the above diagram. There are many excellent ways to prepare short ribs, which are best when slow cooked. Short ribs can be cut to varying lengths and widths. Your options are to keep the short ribs or have the meat ground.

Ground Meat & Stew Meat:

Ground and stew meat is collected from the trim between your roasts and steaks. You can easily get over 100 lbs of ground meat and several lbs of stew meat just from the trim off of each animal. Stew meat is made from larger pieces of lean trim. If you're not interested in stew meat, those pieces can be ground with the rest of the trim. Most ground meat from grass-fed cattle is between 12 and 15% fat.

Bones:

Excess bones, those not included in your steaks or roasts, can make up 40 lbs or more of your carcass hanging weight. We are able to save most bones if desired. Even those that have very little or no meat attached to them are full of nutrients and can be boiled to make flavorful stock.

Neck Bones – Neck bones can have a fair amount of meat attached to them. On average, there may be around 10 lbs of neck bones per animal. If you don't want them for soup, we can cut off as much of the meat as possible and grind it.

Knuckle Bones – Knuckle bones have no meat attached to them. They are good for making stock and can also be given to medium or large dogs.

Marrow Bones – Marrow bones do not have meat attached to them, but do have flavorful marrow in the center. The marrow can be eaten on its own or the bones can be boiled to make especially rich stock.

Offal & Suet:

The offal that we can usually save upon request includes heart, kidney, liver, cheeks, and oxtail. The total weights vary and the larger organs are generally portioned into manageably sized packages. Suet is raw beef fat that can be rendered into tallow (the beef equivalent to pork lard).

SUMMARY OF OPTIONS:

Again, estimated weights provided are bone-in and based on a steer with a hanging weight around 550 lbs. They are meant to give you a general idea of what you might receive and do not guarantee anything. The most popular choices are underlined.

- **Brisket (8-10 lbs/animal)** – Whole, Halves, or Ground
- **Chuck (20-30 lbs/animal)** – Roasts or Steaks
- **Rib (24-30 lbs/animal)** – Roasts or Steaks
- **Loin (15-18 lbs/animal)** – Roasts or Steaks
- **Tri-Tip (5 lbs/animal)** – Roasts or Steaks
- **Top Sirloin (10 lbs/animal)** – Roasts or Steaks
- **Sirloin Tip (6 lbs/animal)** – Roasts or Steaks
- **Rump (30 lbs/animal)** – Roasts or Steaks
- **Shank** – Ground or Steaks (Osso Buco)
- **Flank (2-4 lbs/animal)** – Steak or Ground
- **Short Ribs (24 lbs/animal)** – Yes or No
- **Ground Meat (100-120 lbs/animal)** – Yes or No
- **Stew Meat** – Yes or No
- **Bones** – Yes or No
- **Offal/Suet** – Yes or No