

- ☞ How many people are you typically serving? For boneless cuts we suggest 1/3lb per adult.
- ☞ Do you enjoy stews and soups or would you prefer more roasts or ground beef?
- ☞ Do you like roasts that fall apart or do you prefer a slicing-type roast?
- ☞ Does your family use primarily ground beef and not as many roasts or as much stew meat?
- ☞ Do you want the less tender steaks in addition to the premium steaks (and thus fewer roasts), or do you want only the fancy steaks?
- ☞ Do you want to serve this beef as a holiday meal and so sacrifice some of your steaks for a fancy roast?
- ☞ Do you want offal and bones?

BUTCHERING DECISIONS

Below is a more detailed discussion of the choices you will need to make based on your answers to the above questions. We've developed a butchering instructions sheet in conjunction with our processor, Steving Meats. Please use this guide as you look at your butchering instruction sheet. In order to make sure we are clear on your instructions, we would like to fill that form out with you on the phone or at the Farmer's Market. That way we can have further discussion about different cuts or help you with decisions.

A note about bulk sizes: Beef is butchered by the half. So, if you are ordering a half beef, you can get any cut and packaging you like. If you are ordering a whole beef, you could think of it as two halves and have each butchered differently. Split quarter beeves are shared with another customer, however, so we must match most of your cutting instructions with another person (steak thickness, for example).

☞ **Steak Thickness**—we recommend 1" thickness for premium steaks as it allows a great medium rare to rare steak, preserving the flavor and tenderness. Some steaks (flatiron, London Broil) are cut to a standard thickness. Standard packaging is 2 steaks per package but you can adjust this to fit your family size. There is an additional fee for single steak packages.

☞ **Brisket**—this flavorful cut is often slow cooked

until it just falls apart or corned (salt preserved) for a holiday meal. Whole, it weighs about 4-6lbs (leaving it whole is only applicable on a whole or half beef)

☞ ***Flank and Skirt**—these are the cuts most often used for fajitas. There are only about 2 1/2lbs of *flank and 4lbs of skirt on a whole beef.

☞ **Rib section**—If you order rib steaks they include the back ribs. Ribeye steaks are boneless rib steaks with the back ribs separate. The rib section can also be left whole for a holiday roast (like prime rib roast). On a quarter cow this would use all your rib section. On a whole or half cow you could get the rib section as half roast and half steaks.

☞ **Short Loin**—If you order Porterhouse steak, (which is made up of the first 4 inches of tenderloin and New York steaks together) there will be fewer separate tenderloin steaks and New York steaks. We recommend the Porterhouse over the T-bone as it has a larger tenderloin portion. The short loin can also be reserved for holiday roasts (like tenderloin roast or strip loin roast). On a quarter cow this would use all your New York steaks. On a whole or half cow you could get the New York steak area as half roast and half steaks.

☞ **Sirloin and Sirloin Tip**—can be made into steaks, roast, or kebabs. We recommend the sirloin as steaks. The *tri-tip roast is very tender and flavorful and can be roasted or grilled. Sirloin tip can be either a steak, kebab, or roast depending on how you like to eat beef. As roast this is excellent for roast beef or in strips as stir-fry. Steaks are also quite nice.

☞ **Chuck**—this is a great place to get pot roasts and ground meat. The steak (flat iron) that comes from here is great for marinating.

☞ **Arm**—wonderful "fall apart" pot roasts from the chuck. These roasts have 1 bone in them. Usually 2 roasts in a quarter.

☞ ***Eye of Round**—This is one of our favorite roasts for slicing but can also be cut into steak. It is a round, compact roast about 2 1/2lbs. There is only one per half beef.

☞ **Top Round**—this is a large section of the cow

(approx. 8-12lbs per half beef) and can be used many ways. It makes great kebab meat, fabulous slicing roasts, and can be cut into a variety of steaks. The cube steak is tenderized twice and can be used to make chicken fried steak. The round steak can either be tenderized or not, and is a little tougher than a sirloin steak. The London broil is a thicker, larger steak often broiled or slow cooked. You can select 1-2 of the steaks in addition to 1 other way of cutting the top round (either roast, kebab, or ground)

☞ **Bottom Round/Rump**—this is a tougher section of the round. It makes for good slow-cooked roasts, cube steaks, extra stew meat, or extra ground beef.

☞ ***Heel of Round**—About 3lbs., this roast is also known as the Pike's Peak.

We hope this brochure has been helpful. If you have feedback or if you have recipes to share and add to our website we would warmly welcome them.

*This cut is not available whole on a split quarter beef. The meat may be ground, cubed, or cut into steaks.

RESOURCES FOR FURTHER INFORMATION

The Cook's Thesaurus. A useful site for translating different cuts but not particularly conscious of grassfed beef.

<http://www.foodsubs.com/Meats.html>

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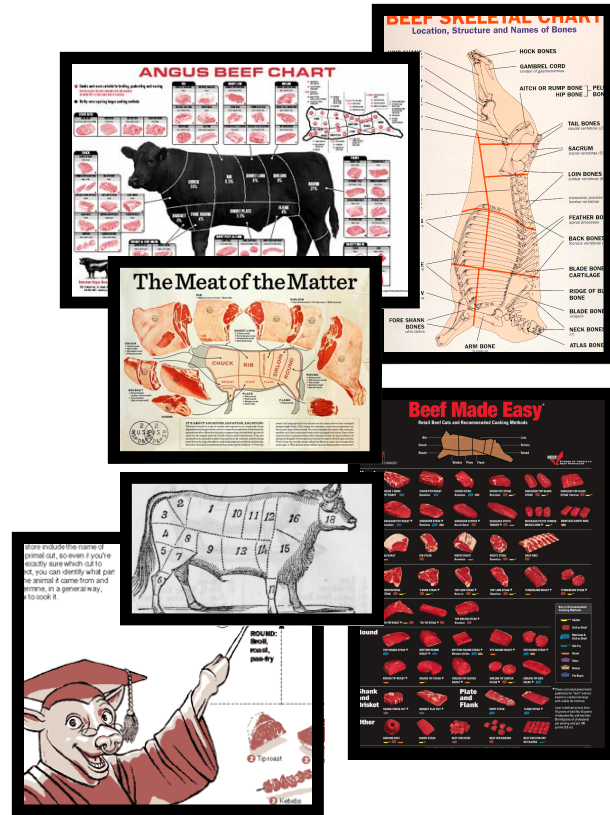
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A GUIDE TO BEEF CUTS



If you haven't butchered an animal yourself, understanding butchering charts and the cuts of meat on an animal can seem complicated. Each culture and region has its own history of butchering different meat animals and, on top of that, similar cuts often have multiple names.

We here at The Farm at Sunrise Ranch have developed this brochure for three reasons: to help you understand the types of meat from different sections of a beef, to explain the terms we use, and to help you decide how you would like your whole, half or split quarter beef butchered.

CATEGORIES OF MEAT

Steaks are great for grilling but can also be prepared on the stovetop or in the broiler. Some steaks can also be pounded thin and stuffed, or sliced into stirfrys or fajitas. **Roasts** may be baked in the oven or perfect for a slow-cooker depending on the cut. They can also be sliced into steaks, cubes, or stir-fry pieces. Large roasts can be real crowd pleasers at special dinners.

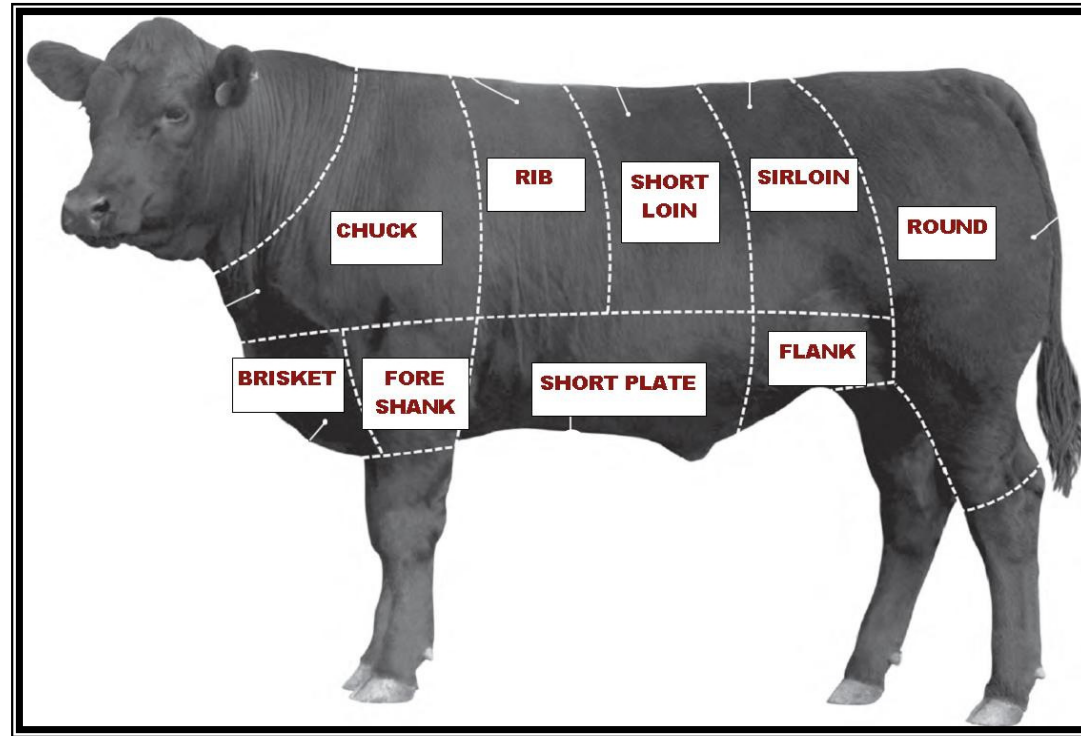
Ground beef is made up of bits of meat leftover during butchering plus other cuts (usually from the round and chuck). It can be used in many ways—meatballs, burgers, tacos, etc.

Cubed meat can be for stew (ours is cut from the round) or more tender cuts can be cubed for **kebabs**.

Bony cuts like short ribs, back ribs, and shank bones can be grilled, braised, or stewed. Bone broth from leg bones, soup bones or the oxtail forms the tasty and nutritious base of most soups and sauces.

Offal and other cuts are prized by many traditional cultures — don't be afraid of them! It's a chance to expand your culinary ability. Oxtail is a bony, meaty piece that makes a wonderful soup. Liver is easy, versatile, quick to cook, and packs lots of nutrition. Heart is a surprisingly tender piece of meat that is easy to stuff and makes great jerky. Tongue is a flavorful piece that is used for sandwiches and makes good shredded meat for tacos.

Bones aren't just extra weight. They add flavor, nutrition, and moisture to beef. If you usually cook boneless cuts, try it bone-in and taste the difference.



BUTCHERING 101—CUT LOCATION, TENDERNESS, AND FLAVOR

It helps to know where your cuts come from on the beef so that you understand their flavors and textures and how they might best be used in your kitchen.

Most meat is simply muscle. The more a muscle is used the tougher it gets. For instance, cattle use their shoulders and rumps the most to move legs, lift heads, and support their frames. These highly used muscles are tougher and so are used for roasts, ground beef, and stew meat—cuts that will be cooked longer or ground into smaller pieces. Muscles that do the lighter work of balancing, like the back muscles, are more tender and are often cut into premium steaks. How a muscle is used determines the grain of the meat. For example, the muscles on the underside of a beef run parallel to the ground, holding up the belly. They have a long grain while the back muscles have a

short grain and are better for cooking quickly as for a steak. There's a trade-off, however. The more tender a cut is, the less flavor it has. So even though a cut may be "tougher", it will have more flavor. With a good knowledge of cooking methods, you can turn any cut into something delicious.

Butchers break a carcass up into the following "primal" (first) cuts. Moving clockwise from the cow's head:

The chuck is the shoulder. Because muscle, sinew, and fat overlap a lot, roasts from here are generally the "fall apart" kind of pot roasts. The chuck is great for roasts or for ground beef. Arm roasts are from the chuck, too. Our butcher also offers a "flat iron" steak which comes from the center muscle in the chuck.

The rib has the rib steaks (a.k.a. the ribeye) and back ribs.

The short loin is where Porterhouse (a big T-bone), tenderloin and New York steaks are from.

The sirloin has the sirloin and the tri-tip*. These cuts are appropriate for steak or kebabs.

The round is the back end. It has the rump at the top and then goes down into the top, eye*, heel*, and bottom rounds (rump). These are more single-muscle cuts so they stay together like traditional "slicing" roast beef when cooked. They are also great cuts to turn into additional stew meat or kebabs. There are some steak options in the round as well.

The underside of the cow has the **flank***, **short plate** (skirt), and **brisket** (from back to front) and is striated, tougher, and wonderfully flavorful. It also has the short ribs, which are the ends of the ribs — excellent for braising or soup.

The foreshank is where the shank bones (soup bones) come from.

* Some cuts are only available one per cow (oxtail, heart, etc.). Other cuts are only available one per half (eye of round, flank, heel of round etc.) This means that some cuts are not available on a split quarter because they must be shared with another customer.

HANGING & PACKAGE WEIGHTS

When buying in bulk you are paying a price per pound hanging weight. Hanging weight is the weight after the head, hide, hooves, and organs have been removed, and most of the blood is gone. Depending on the way you choose to have your animal butchered, package weight is approximately 65-70% of hanging weight. This loss in weight is due to shrinkage during the dry-aging process (as the carcass ages, it loses water, and the meat's flavor and tenderness increase). There is also lost weight in any bones that are not packaged. Of course, individual animals vary as well.

QUESTIONS FOR THE CUSTOMER

Now that you know more about the types of cuts, where they come from and how to cook them, you need to make decisions about the cuts you'd like to order. To begin that process, think about how you like to eat beef. Consider the following questions: