

Beef Yield Guide

From farm to plate



The Meat Purchasing Guide, with ordering facilities, is available as an App



The Meat Purchasing Guide and Cutting Specification Manual can be downloaded at www.qsmbeefandlamb.co.uk



Animal to carcass, to primals, to muscles

Processing the beef carcase, from farm to plate



Animal = 100%

The figures below are from a 600kg steer of average fatness R4L

| | Kg | % of carcass weight | % of liveweight |
|--|---------------|---------------------|-----------------|
| Hide | 42.49 | 15.07 | 7.08 |
| Lung fat | 1.57 | 0.56 | 0.26 |
| Caul fat | 14.54 | 5.16 | 2.42 |
| KKCF | 11.18 | 3.96 | 1.86 |
| Cod fat | 4.49 | 1.59 | 0.75 |
| Skirt | 1.23 | 0.44 | 0.21 |
| Tail | 1.12 | 0.40 | 0.19 |
| Kidneys | 1.12 | 0.40 | 0.19 |
| Heart | 2.23 | 0.79 | 0.37 |
| Liver | 7.85 | 2.78 | 1.31 |
| Tongue incl trimmings | 2.24 | 0.79 | 0.37 |
| Head & cheek meat incl trimmings | 2.12 | 0.75 | 0.35 |
| Lips | 1.12 | 0.40 | 0.19 |
| Stomachs | 15.65 | 5.55 | 2.61 |
| Feet | 11.18 | 3.96 | 1.86 |
| Lungs | 3.58 | 1.27 | 0.60 |
| Trachea (weasand) & trim | 1.11 | 0.39 | 0.19 |
| Pizzle & testicles | 1.32 | 0.47 | 0.22 |
| Oesophagus | 0.22 | 0.08 | 0.04 |
| Sweetbreads (thymus) | 0.34 | 0.12 | 0.06 |
| Spleen & pancreas | 1.27 | 0.45 | 0.21 |
| Gall bladder | 0.54 | 0.19 | 0.09 |
| Ears | 1.26 | 0.45 | 0.21 |
| Mandible | 1.55 | 0.55 | 0.26 |
| Remainder | 7.27 | 2.58 | 1.21 |
| Blood | 20.13 | 7.14 | 3.36 |
| Gut & intestinal contents | 86.00 | 30.50 | 14.33 |
| Remainder head skull, tonsils, brain, eyes | 6.91 | 2.45 | 1.15 |
| Spinal cord | 0.18 | 0.06 | 0.03 |
| Intestinal fat | 13.42 | 4.76 | 2.24 |
| Intestines inc fill | 16.77 | 5.95 | 2.80 |
| TOTAL | 282.00 | 100.00 | 47.00 |

Waste / Offal / By-products = 47%

- Fat can be used directly with the meat, eg KKCF or can go as an edible co-product to be rendered for human consumption, eg. baking and frying, petfood, soap manufacture, pharmaceuticals or biofuel.
- There is normally a home market for all these products.
- ECP – Edible co products are those products that require further processing before they are fit for human consumption.
- FHC – Fit for human consumption.
- See Regulation (EC) No 1069/2009 and <https://www.gov.uk/dealing-with-animal-by-products>.
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Carcase = 53%

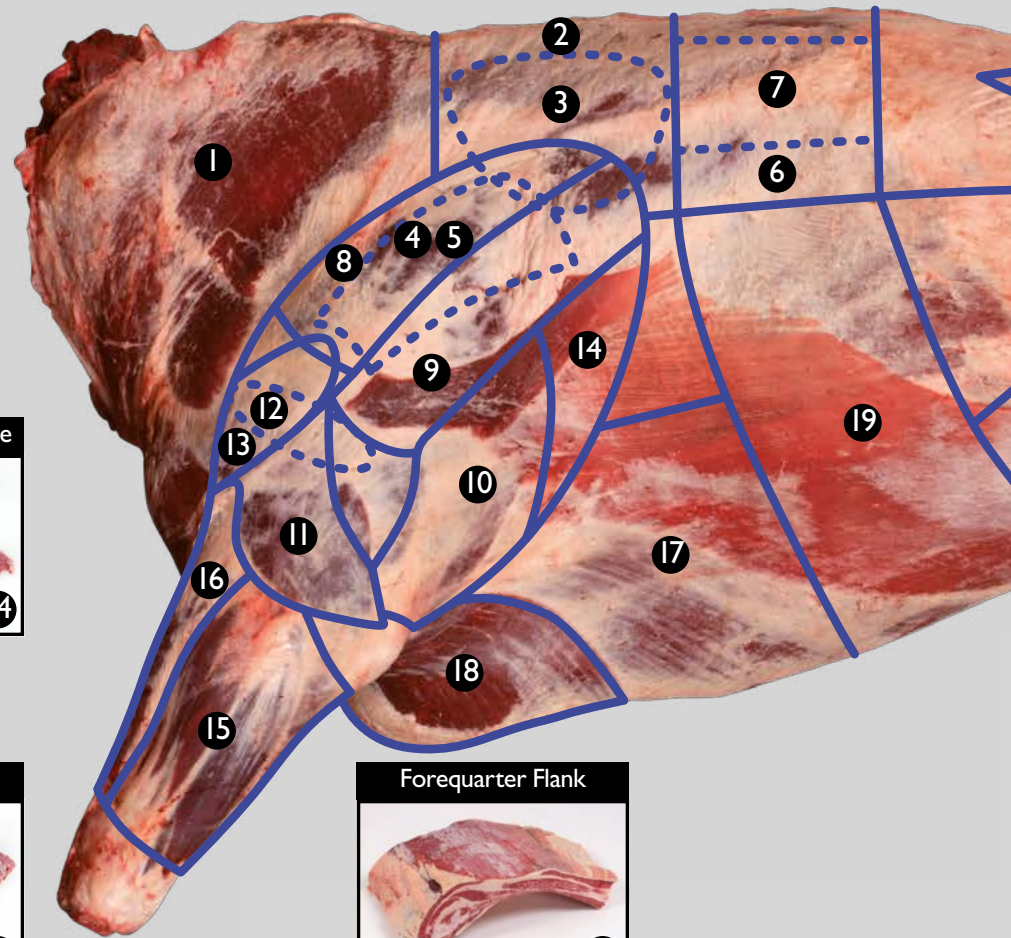
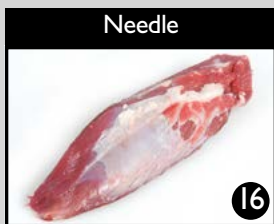
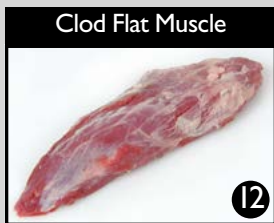
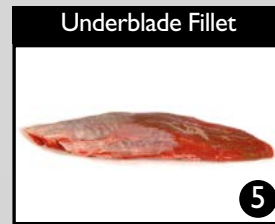
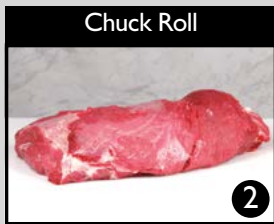
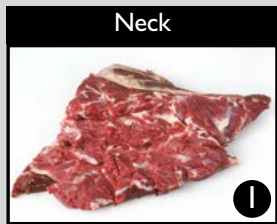


Bone / Fat / Drip loss = 13%

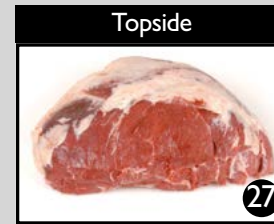
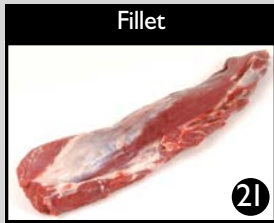


Edible meat = 40%

Quality Standard beef – Forequarter Primal Cuts



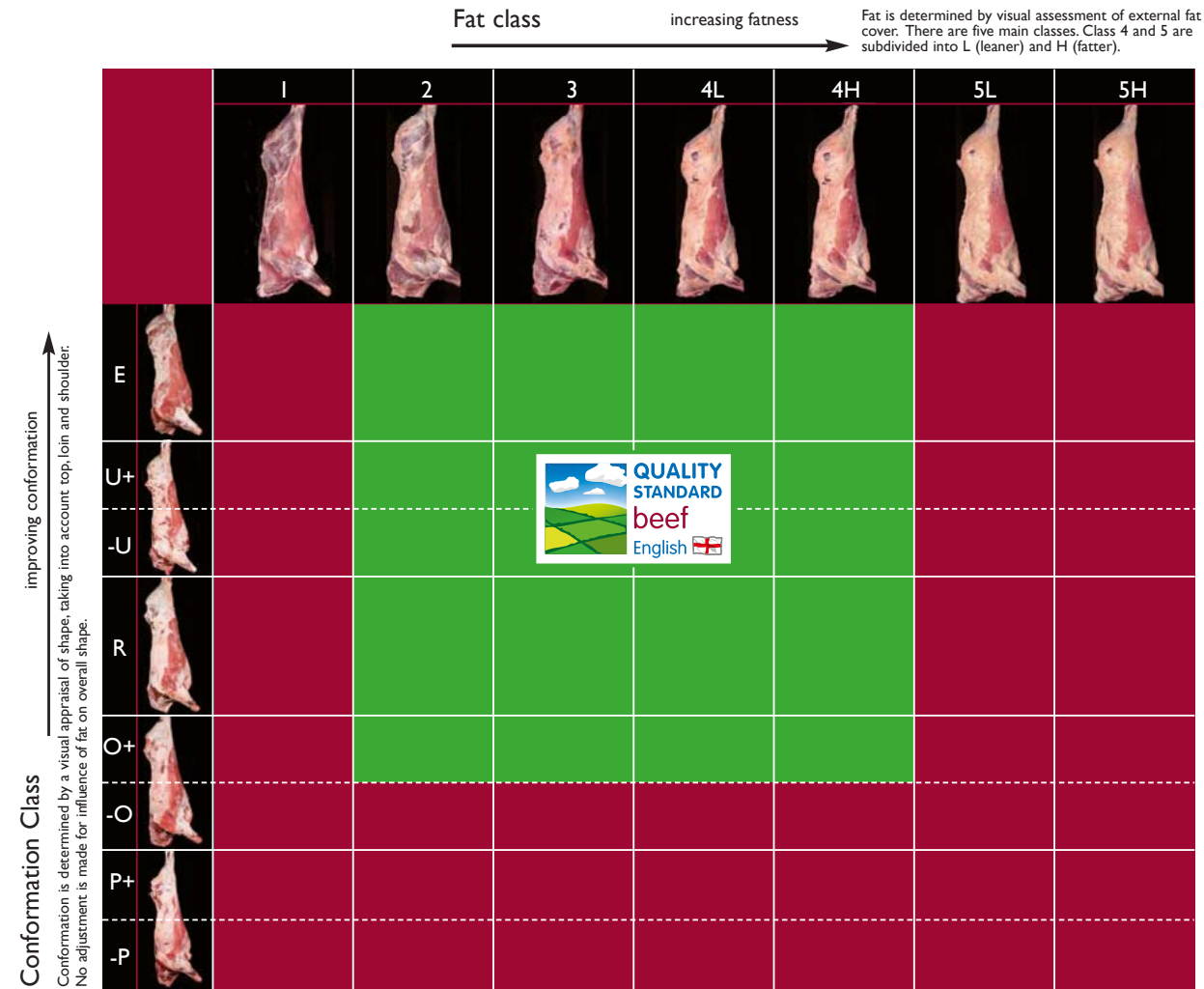
Quality Standard beef – Hindquarter Primal Cuts



Beef carcass classification

Carcass assessment addresses conformation and fat. Fat cover is scored on a 1-5 scale. Conformation is assessed from E to P. Combining scores for conformation and fat determines the markets which cattle suit.

The Quality Standard Mark Scheme stipulates specific carcass classifications for beef.
 Fat Class 2-4H Conformation E-O+, the optimum classification for better meat yield.
 (See right)*



BEEF & LAMB

*Carcasses within the following parameters can carry the Quality Standard Mark.

- Females under the age of 36 months are acceptable. They must not have been used for breeding or be in calf, they must not be pregnant.
- Steers under the age of 36 months are acceptable.
- Carcasses must have a fat class of between 2–4H and have a conformation of E–O+.
- For qualifying livestock 30 months or under: Maturation of 7 days is required on primals used for frying, roasting and grilling (from slaughter to the final consumer).
- For qualifying livestock aged between 30–36 months: Maturation of 14 days is required on primals used for frying, roasting and grilling (from slaughter to the final consumer). Alternatively, one of the post-slaughter processes to enhance tenderness as outlined in 'AHDB Beef & Lamb Guidance to Meat Quality' can be used, ie, Hip bone suspension or electrical stimulation.
- Bulls must be no older than 16 months at slaughter. Primals used for frying, roasting and grilling must be subject to a minimum 14 days maturation (from slaughter to the final consumer).



Quality Standard beef – From Carcase to Primal Cuts Yield Information



Neck of Beef (boneless)

Code: **Chuck B033**

Description: The neck is removed by a straight cut parallel to the first rib and through the junction of the 7th cervical and 1st thoracic vertebrae.

| | |
|-----------------------|--------|
| Weight | 3.92kg |
| Percentage of carcase | 2.59% |

Chuck Roll

Code: **Chuck B002**

Description: The chuck roll is a versatile muscle and can be used for a slow cooked roast, steaks or dice.

| | |
|-----------------------|--------|
| Weight | 7.19kg |
| Percentage of carcase | 4.75% |

Fore Rib (bone-in)

Code: **Fore Rib B001**

Description: The fore rib contains ribs 7, 8, 9 and 10 counting from the neck upwards. Maximum 60mm tail. Maximum fat thickness 10mm.

| | |
|-----------------------|--------|
| Weight | 8.23kg |
| Percentage of carcase | 5.43% |

Flat Brisket

Code: **Brisket B001**

Description: Flat Brisket is boneless and highly trimmed, maximum fat thickness 10mm.

| | |
|-----------------------|--------|
| Weight | 5.34kg |
| Percentage of carcase | 3.52% |

Blade (Chuck Tender) (Supraspinatus)

Code: **Chuck B008**

Description: The blade is a forequarter muscle and is ideal for slow cooking.

| | |
|-----------------------|--------|
| Weight | 1.50kg |
| Percentage of carcase | 0.99% |

Feather (Infraspinatus)

Code: **Chuck B010**

Description: The feather is a distinctive muscle with lots of flavour. It contains a thick gristle running through the middle of the joint and when cooked slowly the gristle will turn into jelly.

| | |
|-----------------------|--------|
| Weight | 2.46kg |
| Percentage of carcase | 1.62% |

LMC (single muscle) (Triceps brachii caput longum)

Code: **LMC B001**

Description: A cut from the shoulder with very versatile usage.

| | |
|-----------------------|--------|
| Weight | 3.31kg |
| Percentage of carcase | 2.18% |

Baby LMC (Triceps brachii caput laterale)

Code: **FQ B004**

Description: This cut is from the shoulder and is situated next to the LMC.

| | |
|-----------------------|--------|
| Weight | 0.71kg |
| Percentage of carcase | 0.47% |

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Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcase weights and types may vary from one business to another.

Quality Standard beef – From Carcase to Primal Cuts Yield Information



Underblade Muscle (Subscapularis)

Code: **Chuck B021**




Description: When trimmed of all connective tissue this muscle is very tender and ideal for stir-fry, steaks or Pavés.

| | |
|-----------------------|--------|
| Weight | 1.09kg |
| Percentage of carcase | 0.72% |

Underblade Fillet (Teres minor)

Code: **Chuck B022**



Description: When trimmed of all connective tissue this muscle is very tender and ideal for stir-fry, steaks or Pavés.

| | |
|-----------------------|--------|
| Weight | 0.43kg |
| Percentage of carcase | 0.28% |

Fore Shin

Code: **Shin B003**




Description: Trimmed of excess fat. This muscle is ideal for slow cooking.

| | |
|-----------------------|--------|
| Weight | 2.05kg |
| Percentage of carcase | 1.35% |

Needle (Extensor carpi radialis)

Code: **Shin B008**



Description: The needle is a single muscle situated next to the fore shin muscle and is ideal for braising steaks, slow or sous vide cooking.

| | |
|-----------------------|--------|
| Weight | 0.64kg |
| Percentage of carcase | 0.42% |

Clod Shin Muscle (Biceps brachii)

Code: **Shin B011**




Description: The clod shin is a single muscle from the shoulder with a similar grain to shin (hence the name). It is ideal for slow or sous vide cooking.

| | |
|-----------------------|--------|
| Weight | 0.60kg |
| Percentage of carcase | 0.40% |

Clod Flat Muscle (Brachialis)

Code: **FQ B005**




Description: This cut is from the shoulder and is situated next to the Baby LMC.

| | |
|-----------------------|--------|
| Weight | 0.45kg |
| Percentage of carcase | 0.30% |

Shoulder Brisket Muscle (Latissimus dorsi)

Code: **FQ B007**



Description: This muscle is the extension of the rib cap muscle and is attached to the LMC. The grain of the muscle is similar to the brisket (hence the name).

| | |
|-----------------------|--------|
| Weight | 0.72kg |
| Percentage of carcase | 0.48% |

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Quality Standard beef – From Carcase to Primal Cuts Yield Information



Topside

Code: **Topside B001**




Description: Whole topside. Exposed blood veins are removed and maximum fat thickness is 10mm.

| | |
|-----------------------|--------|
| Weight | 9.89kg |
| Percentage of carcase | 6.53% |

Silverside (without silver gristle)

Code: **Silverside B001**




Description: Whole silverside and salmon cut. Internal fat pockets and silver gristle are removed. Maximum fat level 15mm.

| | |
|-----------------------|--------|
| Weight | 9.66kg |
| Percentage of carcase | 6.38% |

Thick Flank (Knuckle)

Code: **Thick Flank B001**




Description: Rump tail and fat pockets are removed, maximum fat level 10mm.

| | |
|-----------------------|--------|
| Weight | 6.40kg |
| Percentage of carcase | 4.22% |

“D” Rump (without tail)

Code: **Rump B004**




Description: This rump contains no rump tail. Maximum fat thickness is 10mm.

| | |
|-----------------------|--------|
| Weight | 5.99kg |
| Percentage of carcase | 3.95% |

Rump Tail (Tensor fasciae latae)

Code: **Rump B012**



Description: Maximum fat thickness 10mm.

| | |
|-----------------------|--------|
| Weight | 1.42kg |
| Percentage of carcase | 0.94% |

Striploin

Code: **Sirloin B002**



Description: A 3-rib boneless sirloin with the flank removed 40mm from the tip of the eye muscle. 25mm backstrap is removed and fat level is not to exceed 10mm.

| | |
|-----------------------|--------|
| Weight | 6.80kg |
| Percentage of carcase | 4.49% |

Fillet (Psoas major and psoas minor)

Code: **Fillet B001**




Description: Whole fillet with chain. External fat and discoloured tissue removed.

| | |
|-----------------------|--------|
| Weight | 2.91kg |
| Percentage of carcase | 1.92% |

Thin Flank (boneless)

Code: **Thin Flank B009**



Description: 3- bone thin flank primal (boneless).

| | |
|-----------------------|---------|
| Weight | 10.09kg |
| Percentage of carcase | 6.66% |

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Quality Standard beef – From Carcase to Primal Cuts Yield Information



Heel Muscle (Gastrocnemius)

Code: **Leg B001**




Description: The heel muscle is trimmed of excess fat. This muscle is ideal for slow cooking and is similar to shin meat.

| | |
|------------------------------|--------------|
| Weight | 2.63kg |
| Percentage of carcase | 1.74% |

Trim 85% VL

Code: **Trim B008**




Description: 85% visual lean trimmings.

| | |
|------------------------------|---------------|
| Weight | 17.29kg |
| Percentage of carcase | 11.41% |

Hind Shin

Code: **Shin B002**



Description: Trimmed of excess fat. This muscle is ideal for slow cooking.

| | |
|------------------------------|--------------|
| Weight | 2.58kg |
| Percentage of carcase | 1.70% |

Fat

| | |
|------------------------------|--------------|
| Weight | 8.75kg |
| Percentage of carcase | 5.78% |

Bone

| | |
|------------------------------|---------------|
| Weight | 24.49kg |
| Percentage of carcase | 16.17% |

Drip loss

| | |
|------------------------------|--------------|
| Weight | 3.96kg |
| Percentage of carcase | 2.61% |

Primal cuts as a percentage of the carcase

| Cut | Code | % of carcase |
|--|------------------|--------------|
| Neck | Chuck B033 | 2.59 |
| Chuck Roll | Chuck B002 | 4.75 |
| Fore Rib bone-in | Fore Rib B001 | 5.43 |
| Blade (Chuck Tender) | Chuck B008 | 0.99 |
| Feather | Chuck B010 | 1.62 |
| LMC (single muscle) | LMC B001 | 2.18 |
| Underblade Muscle | Chuck B021 | 0.72 |
| Underblade Fillet | Chuck B022 | 0.28 |
| Flat Brisket | Brisket B001 | 3.52 |
| Fore Shin | Shin B003 | 1.35 |
| Clod Shin Muscle | Shin B011 | 0.40 |
| Clod Flat Muscle | FQ B006 | 0.30 |
| Baby LMC | FQ B004 | 0.47 |
| Shoulder Brisket | FQ B008 | 0.48 |
| Needle | Shin B008 | 0.42 |
| Topside | Topside B001 | 6.53 |
| Silverside | Silverside B001 | 6.38 |
| Thick Flank | Thick Flank B001 | 4.22 |
| “D” Rump (without tail) | Rump B004 | 3.95 |
| Rump Tail | Rump B012 | 0.94 |
| Striploin | Sirloin B002 | 4.49 |
| Fillet | Fillet B001 | 1.92 |
| Thin Flank (boneless) | Thin Flank B009 | 6.66 |
| Heel Muscle | Leg B001 | 1.74 |
| Hind Shin | Shin B002 | 1.70 |
| Trim 85% VL | Trim B008 | 11.41 |
| Fat | – | 5.78 |
| Bone | – | 16.17 |
| Drip/cutting loss (2 weeks maturation) | – | 2.61 |
| Total | | 100% |

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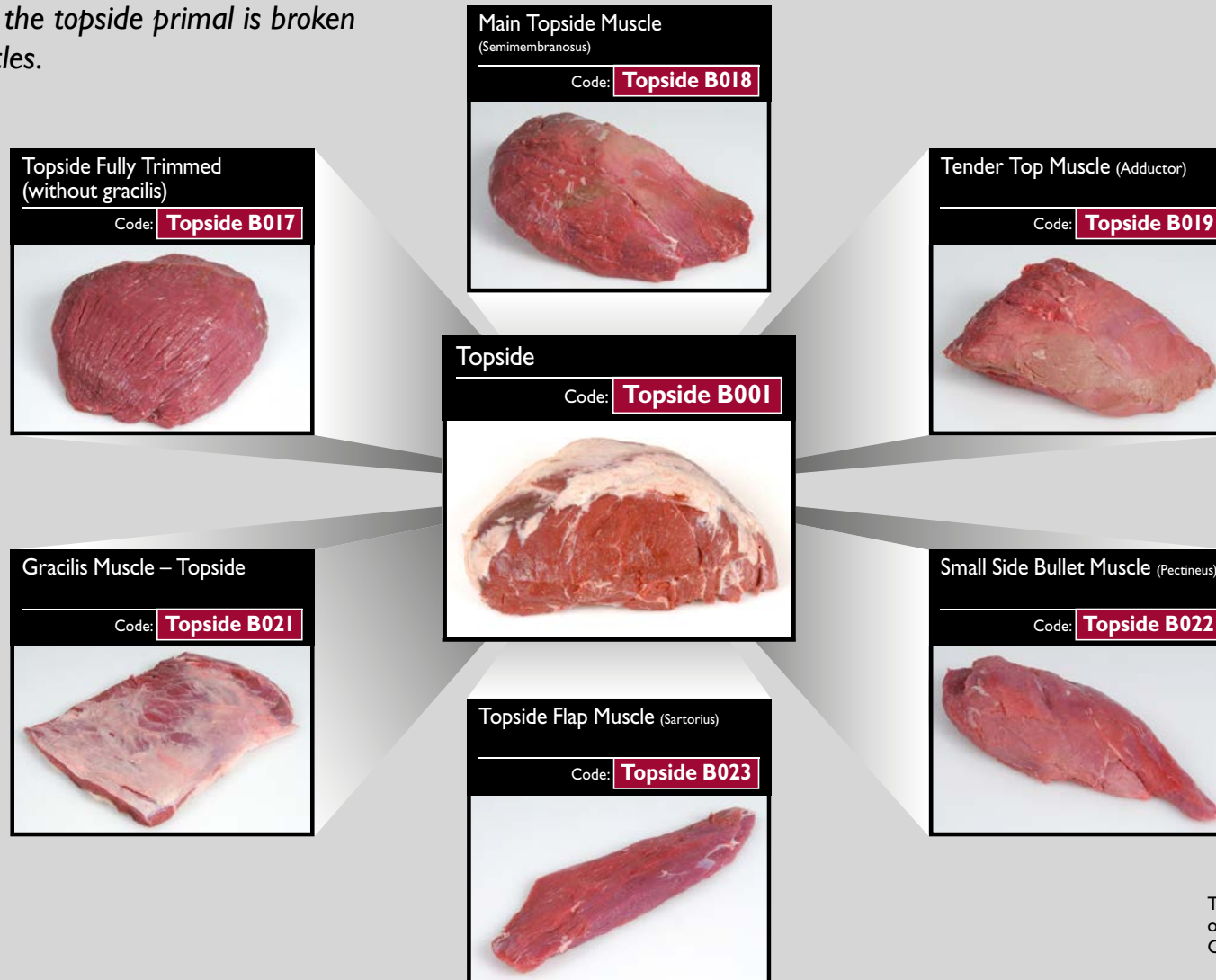
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Primals into individual muscles



This section shows the individual muscles and cuts as a percentage of the primal and of the carcasse.

This example shows how the topside primal is broken down into the main muscles.



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Quality Standard beef – Shoulder Muscles Yield Information



Shoulder (bone-in)

Code: **FQ B001**




Description: Bone-in shoulder of beef.

| | |
|-----------------------|---------|
| Weight | 22.10kg |
| Percentage of carcass | 14.59% |

Shoulder (boneless)

Code: **FQ B002**




Description: Boneless shoulder of beef.

| | |
|------------------------------|---------|
| Weight | 17.06kg |
| Percentage of bone-in primal | 77.19% |
| Percentage of carcass | 11.26% |

Blade (Chuck Tender) (Supraspinatus)

Code: **Chuck B008**



Description: The blade is a forequarter muscle and is ideal for slow cooking.

| | |
|------------------------------|--------|
| Weight | 1.51kg |
| Percentage of bone-in primal | 6.79% |
| Percentage of carcass | 0.99% |

Feather (Infraspinatus)

Code: **Chuck B010**



Description: The feather is a distinctive muscle with lots of flavour. It contains a thick gristle running through the middle of the joint and when cooked slowly the gristle will turn into jelly.

| | |
|------------------------------|--------|
| Weight | 2.46kg |
| Percentage of bone-in primal | 11.13% |
| Percentage of carcass | 1.62% |

LMC (single muscle) (Triceps brachii caput longum)

Code: **LMC B001**




Description: A cut from the shoulder with very versatile usage.

| | |
|------------------------------|--------|
| Weight | 3.31kg |
| Percentage of bone-in primal | 14.98% |
| Percentage of carcass | 2.18% |

Baby LMC (Triceps brachii caput laterale)

Code: **FQ B004**




Description: This cut is from the shoulder and is situated next to the LMC.

| | |
|------------------------------|--------|
| Weight | 0.71kg |
| Percentage of bone-in primal | 3.21% |
| Percentage of carcass | 0.47% |

Underblade Muscle (Subscapularis)

Code: **Chuck B021**




Description: When trimmed of all connective tissue this muscle is very tender and ideal for stir-fry, steaks or Pavés.

| | |
|------------------------------|--------|
| Weight | 1.09kg |
| Percentage of bone-in primal | 4.93% |
| Percentage of carcass | 0.72% |

Underblade Fillet (Teres minor)

Code: **Chuck B022**



Description: When trimmed of all connective tissue this muscle is very tender and ideal for stir-fry, steaks or Pavés.

| | |
|------------------------------|--------|
| Weight | 0.43kg |
| Percentage of bone-in primal | 1.95% |
| Percentage of carcass | 0.28% |

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Quality Standard beef – Shoulder Muscles Yield Information



Fore Shin

Code: **Shin B003**



Description: Trimmed of excess fat. This muscle is ideal for slow cooking.

| | |
|------------------------------|--------|
| Weight | 2.05kg |
| Percentage of bone-in primal | 9.28% |
| Percentage of carcass | 1.35% |

Needle (Extensor carpi radialis)

Code: **Shin B008**




Description: The needle is a single muscle situated next to the fore shin muscle and is ideal for braising steaks, slow or sous vide cooking.

| | |
|------------------------------|--------|
| Weight | 0.64kg |
| Percentage of bone-in primal | 2.90% |
| Percentage of carcass | 0.42% |

Clod Shin Muscle (Biceps brachii)

Code: **Shin B011**



Description: The clod shin is a single muscle from the shoulder with a similar grain to shin (hence the name). It is ideal for slow or sous vide cooking.

| | |
|------------------------------|--------|
| Weight | 0.60kg |
| Percentage of bone-in primal | 2.71% |
| Percentage of carcass | 0.40% |

Clod Flat Muscle (Brachialis)

Code: **FQ B006**




Description: This cut is from the shoulder and is situated next to the Baby LMC.

| | |
|------------------------------|--------|
| Weight | 0.45kg |
| Percentage of bone-in primal | 2.04% |
| Percentage of carcass | 0.30% |

Shoulder Brisket Muscle (Latissimus dorsi)

Code: **FQ B008**



Description: This muscle is the extension of the rib cap muscle and is attached to the LMC. The grain of the muscle is similar to the brisket (hence the name).

| | |
|------------------------------|--------|
| Weight | 0.72kg |
| Percentage of bone-in primal | 3.26% |
| Percentage of carcass | 0.48% |

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Quality Standard beef – Chuck Roll Muscles and Cuts Yield Information



Chuck Roll

Code: **Chuck B002**




Description: The chuck roll is a versatile muscle and can be used for a slow cooked roast, steaks or dice.

| | |
|-----------------------|--------|
| Weight | 7.19kg |
| Percentage of carcass | 4.75% |

Denver Muscle (Serratus ventralis)

Code: **Chuck B034**



Description: The spider muscle (Serratus ventralis) with discoloured tissue, gristle and excess fat removed.

| | |
|-----------------------|--------|
| Weight | 2.36kg |
| Percentage of primal | 32.82% |
| Percentage of carcass | 1.56% |

Chuck Eye “Centre Cut” Joint

Code: **Chuck B026**




Description: This joint has a smaller diameter than the Chuck Eye Joint and is ideal for a slow roast.

| | |
|-----------------------|--------|
| Weight | 2.76kg |
| Percentage of primal | 38.38% |
| Percentage of carcass | 1.82% |

Rib Eye Fillet (Longissimus dorsi)

Code: **Chuck B027**



Description: The rib eye fillet is the continuation of the rib eye situated in the chuck.

| | |
|-----------------------|--------|
| Weight | 0.38kg |
| Percentage of primal | 5.29% |
| Percentage of carcass | 0.25% |

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Quality Standard beef – Fore Rib Muscles and Cuts Yield Information



Fore Rib (bone-in)

Code: **Fore Rib B001**




Description: The fore rib contains ribs 7, 8, 9 and 10 counting from the neck upwards. Maximum 60mm tail. Maximum fat thickness 10mm.

| | |
|-----------------------|--------|
| Weight | 8.23kg |
| Percentage of carcass | 5.43% |

Fore Rib – Carvery (rolled)

Code: **Fore Rib B005**



Description: Back, chine bones and backstrap are removed. Maximum 75mm tail and fat thickness 10mm.

| | |
|-----------------------|--------|
| Weight | 7.17kg |
| Percentage of primal | 87.12% |
| Percentage of carcass | 4.73% |

Rib Eye Roll

Code: **Fore Rib B009**




Description: The eye muscle is removed from the fore rib (Code: Fore Rib B001) and can be used as a joint or cut into rib eye steaks. Maximum fat thickness 10mm.

| | |
|-----------------------|--------|
| Weight | 2.82kg |
| Percentage of primal | 34.26% |
| Percentage of carcass | 1.86% |

Beef Mini Back Ribs – 2-bone Rack

Code: **Fore Rib B016**



Description: These racks are produced from the Fore Rib section.

| | |
|-----------------------|--------|
| Weight | 1.25kg |
| Percentage of primal | 15.19% |
| Percentage of carcass | 0.83% |

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Quality Standard beef – Brisket Muscles Yield Information



Flat Brisket

Code: **Brisket B001**



Description: Flat brisket is boneless and highly trimmed, maximum fat thickness 10mm.

| | |
|-----------------------|--------|
| Weight | 5.34kg |
| Percentage of carcass | 3.52% |

Brisket PAT
(Pectoralis profundus)

Code: **Brisket B012**



Description: This is the single brisket muscle with the cap removed. Trimmed of all excess fat and gristle.

| | |
|-----------------------|--------|
| Weight | 2.80kg |
| Percentage of primal | 52.43% |
| Percentage of carcass | 1.84% |

Brisket Cap Muscle
(Pectoralis superficialis)

Code: **Brisket B013**



Description: The cap muscle is a single muscle removed from the brisket and trimmed of all excess fat and gristle. The meat has a coarse texture/grain and needs slow, long cooking.

| | |
|-----------------------|--------|
| Weight | 1.30kg |
| Percentage of primal | 24.34% |
| Percentage of carcass | 0.86% |

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Quality Standard beef – Topside Muscles Yield Information



Topside

Code: **Topside B001**




Description: Whole topside. Exposed blood veins are removed and maximum fat thickness is 10mm.

| | |
|-----------------------|--------|
| Weight | 9.89kg |
| Percentage of carcass | 6.53% |

Topside (without gracilis)

Code: **Topside B016**




Description: Boneless trimmed topside without gracilis.

| | |
|-----------------------|--------|
| Weight | 7.21kg |
| Percentage of primal | 72.90% |
| Percentage of carcass | 4.76% |

Topside Fully Trimmed (without gracilis)

Code: **Topside B017**




Description: Boneless trimmed topside without gracilis.

| | |
|-----------------------|--------|
| Weight | 6.70kg |
| Percentage of primal | 67.70% |
| Percentage of carcass | 4.42% |

Main Topside Muscle (Semimembranosus)

Code: **Topside B018**




Description: The main topside muscle (semimembranosus) is fully trimmed.

| | |
|-----------------------|--------|
| Weight | 5.14kg |
| Percentage of primal | 52.00% |
| Percentage of carcass | 3.39% |

Tender Top Muscle (Adductor)

Code: **Topside B019**



Description: The tender top muscle (adductor) is fully trimmed.

| | |
|-----------------------|--------|
| Weight | 1.55kg |
| Percentage of primal | 15.67% |
| Percentage of carcass | 1.02% |

Gracilis and associated Muscles – Topside

Code: **Topside B020**




Description: This group of muscles contains the gracilis, pectineus and sartorius.

| | |
|-----------------------|--------|
| Weight | 2.37kg |
| Percentage of primal | 23.96% |
| Percentage of carcass | 1.56% |

Gracilis Muscle – Topside

Code: **Topside B021**




Description: This muscle is positioned on top of the topside.

| | |
|-----------------------|--------|
| Weight | 1.33kg |
| Percentage of primal | 13.45% |
| Percentage of carcass | 0.88% |

Small Side Bullet Muscle (Pectineus)

Code: **Topside B022**




Description: This muscle is positioned next to the tender top muscle (adductor) and is extremely tender.

| | |
|-----------------------|--------|
| Weight | 0.55kg |
| Percentage of primal | 5.56% |
| Percentage of carcass | 0.36% |

Topside Flap Muscle (Sartorius)

Code: **Topside B023**



Description: This muscle is positioned between the topside muscles and the thick flank.

| | |
|-----------------------|--------|
| Weight | 0.25kg |
| Percentage of primal | 2.53% |
| Percentage of carcass | 0.17% |

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Quality Standard beef – Silverside Cuts Yield Information



Silverside (with silver gristle)
(Gluteobiceps and semi tendinosus)

Code: **Silverside B009**




Description: Whole silverside and salmon cut. Internal fat pockets are removed but silver gristle remains. Maximum fat level 15mm.

| | |
|-----------------------|--------|
| Weight | 9.66kg |
| Percentage of carcass | 6.38% |

Silverside (without silver gristle)
(Gluteobiceps and semi tendinosus)

Code: **Silverside B001**




Description: Whole silverside and salmon cut. Internal fat pockets and silver gristle are removed. Maximum fat level 15mm.

| | |
|-----------------------|--------|
| Weight | 9.45kg |
| Percentage of primal | 97.82% |
| Percentage of carcass | 6.24% |

Silverside (without Salmon Cut)

Code: **Silverside B011**




Description: Whole silverside without the salmon cut. Internal fat pockets and silver gristle are removed. Maximum fat level 15mm.

| | |
|-----------------------|--------|
| Weight | 6.38kg |
| Percentage of primal | 66.05% |
| Percentage of carcass | 4.21% |

Salmon Cut (Silverside Round)
(Semitendinosus)

Code: **Silverside B010**



Description: Maximum fat level 15mm.

| | |
|-----------------------|--------|
| Weight | 2.80kg |
| Percentage of primal | 29.00% |
| Percentage of carcass | 1.85% |

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Quality Standard beef – Thick Flank Muscles Yield Information



Thick Flank (Knuckle)

Code: **Thick Flank B001**




Description: Rump tail and fat pockets are removed, maximum fat level 10mm.

| | |
|-----------------------|--------|
| Weight | 6.40kg |
| Percentage of carcass | 4.22% |

Pavé Muscle (Vastus medialis) – Thick Flank

Code: **Thick Flank B008**




Description: The pavé muscle from the thick flank is positioned next to the topside and is extremely tender.

| | |
|-----------------------|--------|
| Weight | 0.68kg |
| Percentage of primal | 10.62% |
| Percentage of carcass | 0.45% |

Femur Muscle (Vastus intermedius) – Thick Flank

Code: **Thick Flank B009**




Description: The femur muscle from the thick flank is positioned next to the femur bone.

| | |
|-----------------------|--------|
| Weight | 0.63kg |
| Percentage of primal | 9.84% |
| Percentage of carcass | 0.42% |

Centre Cut Muscle (Rectus femoris) – Thick Flank

Code: **Thick Flank B010**



This is the centre muscle from the thick flank, also known as the bullet muscle.

| | |
|-----------------------|--------|
| Weight | 2.01kg |
| Percentage of primal | 31.41% |
| Percentage of carcass | 1.33% |

Plate Muscle (Vastus lateralis) – Thick Flank

Code: **Thick Flank B011**



Description: The plate muscle from the thick flank is positioned next to the silverside.

| | |
|-----------------------|--------|
| Weight | 2.19kg |
| Percentage of primal | 34.22% |
| Percentage of carcass | 1.45% |

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Quality Standard beef – Rump Muscles Yield Information



“D” Rump (without tail)

Code: **Rump B004**



Description: This rump contains no rump tail. Maximum fat thickness is 10mm.

| | |
|-----------------------|--------|
| Weight | 5.99kg |
| Percentage of carcass | 3.95% |

Rump Cap (Picanha)
(Part of the gluteobiceps)

Code: **Rump B015**



Description: This rump cap muscle/picanha is removed from a traditional rump and is therefore smaller than the Rump Cap (picanha) – large cut (Code: Rump B016). Fat level not to exceed 10mm.

| | |
|-----------------------|--------|
| Weight | 1.44kg |
| Percentage of primal | 24.00% |
| Percentage of carcass | 0.66% |

Prime Rump (The larger part of the gluteus medius including the gluteus accessorius)

Code: **Rump B018**




Description: This rump has the cap muscle/picanha (Code: Rump B015) and the bistro muscle (Code: Rump B019) removed. Fat level not to exceed 10mm.

| | |
|-----------------------|--------|
| Weight | 2.54kg |
| Percentage of primal | 42.40% |
| Percentage of carcass | 1.68% |

Rump Bistro Muscle
(Smaller part of the gluteus medius)

Code: **Rump B019**



Description: This premium muscle comes from the most tender part of the rump and contains no gristle.

| | |
|-----------------------|--------|
| Weight | 1.18kg |
| Percentage of primal | 19.70% |
| Percentage of carcass | 0.78% |

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Quality Standard beef – Fillet and Sirloin Muscles and Cuts Yield Information



Fillet

Code: **Fillet B001**



Description: Whole fillet with chain. External fat and discoloured tissue removed.

| | |
|-----------------------|--------|
| Weight | 2.91kg |
| Percentage of carcass | 1.92% |

Fillet ex.chain (Psoas major)

Code: **Fillet B002**



Description: Whole fillet without chain. External fat and discoloured tissue removed.

| | |
|-----------------------|--------|
| Weight | 2.58kg |
| Percentage of primal | 88.66% |
| Percentage of carcass | 1.70% |

Rump Fillet

Code: **Fillet B008**




Description: The head of the fillet (rump end), chain removed and trimmed of all fat, gristle and connective tissue.

| | |
|-----------------------|--------|
| Weight | 1.04kg |
| Percentage of primal | 35.74% |
| Percentage of carcass | 0.69% |

Middle Fillet

Code: **Fillet B008**



Description: The fillet which is attached to the sirloin. The chain and tail are removed and the remainder is trimmed of all fat, gristle and connective tissue.

| | |
|-----------------------|--------|
| Weight | 1.25kg |
| Percentage of primal | 42.96% |
| Percentage of carcass | 0.83% |

Fillet Tail

Code: **Fillet B008**



Description: The tail end of the fillet trimmed of all fat, gristle and connective tissue.

| | |
|-----------------------|--------|
| Weight | 0.29kg |
| Percentage of primal | 9.97% |
| Percentage of carcass | 0.19% |

Striploin

Code: **Sirloin B002**




Description: A 3-rib boneless sirloin with the flank removed 40mm from the tip of the eye muscle. 25mm backstrap is removed and fat level is not to exceed 10mm.

| | |
|-----------------------|--------|
| Weight | 6.80kg |
| Percentage of carcass | 4.49% |

Larder Trim Sirloin

Code: **Sirloin B015**



Description: A 3-rib boneless sirloin with the flank removed 25mm from the tip of the eye muscle. 60mm backstrap is removed and fat level is not to exceed 5mm.

| | |
|-----------------------|--------|
| Weight | 5.34kg |
| Percentage of primal | 78.53% |
| Percentage of carcass | 3.52% |

Top Sirloin Pavé (Gluteus medius)

Code: **Sirloin B013**




Description: Seam cut from the rump end of the sirloin with the natural thin layer of fat still attached. All gristle is removed. Ideal as a single portion.

| | |
|-----------------------|--------|
| Weight | 0.28kg |
| Percentage of primal | 4.12% |
| Percentage of carcass | 0.18% |

Lower Sirloin Pavé (Longissimus dorsi)

Code: **Sirloin B014**



Description: Seam cut from the rump end of the sirloin with all gristle and fat removed. Can be used for pavés, minute steaks or stir-fry.

| | |
|-----------------------|--------|
| Weight | 0.56kg |
| Percentage of primal | 8.24% |
| Percentage of carcass | 0.37% |

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Quality Standard beef – Thin Flank Muscles Yield Information



Thin Flank (boneless)

Code: **Thin Flank B009**




Description: 3-bone thin flank primal (boneless).

| | |
|------------------------------|--------------|
| Weight | 10.09kg |
| Percentage of carcass | 6.66% |

Flank Skirt - Bavette (fully trimmed) (Obligius internus abdominis)

Code: **Thin Flank B008**




Description: Flank skirt (bavette) fully trimmed of gristle and excess fat.

| | |
|------------------------------|---------------|
| Weight | 1.44kg |
| Percentage of primal | 14.27% |
| Percentage of carcass | 0.95% |

Goose Skirt (Rectus abdominis)

Code: **Thin Flank B002**




Description: The goose skirt is trimmed of all gristle and excess fat.

| | |
|------------------------------|--------------|
| Weight | 0.77kg |
| Percentage of primal | 7.63% |
| Percentage of carcass | 0.51% |

Inside Skirt

Code: **Thin Flank B012**



Description: Inside skirt fully trimmed of excess fat and gristle.

| | |
|------------------------------|--------------|
| Weight | 0.72kg |
| Percentage of primal | 7.14% |
| Percentage of carcass | 0.48% |

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Quality Standard beef – Heel Muscle and Hind Shin Muscles Yield Information



Heel Muscle
(Gastrocnemius)

Code: **Leg B001**




Description: The heel muscle is trimmed of excess fat. This muscle is ideal for slow cooking and is similar to shin meat.

| | |
|-----------------------|--------|
| Weight | 2.63kg |
| Percentage of carcass | 1.74% |

Pencil Muscle
(Flexor digitorum superficialis)

Code: **Leg B003**




Description: This muscle is part of the heel muscle and is similar to the shin muscle structure.

| | |
|-----------------------|--------|
| Weight | 0.53kg |
| Percentage of primal | 20.15% |
| Percentage of carcass | 0.35% |

Heel Muscles for Pavé
(Gastrocnemius)

Code: **Leg B002**




Description: These two muscles are extremely tender and suitable for Pavés.

| | |
|-----------------------|--------|
| Weight | 0.96kg |
| Percentage of primal | 36.50% |
| Percentage of carcass | 0.63% |

Heel Muscle for Braising
(Gastrocnemius)

Code: **Leg B002**



Description: While tender, this muscle has some connective tissue running through it and is more suitable for braising.

| | |
|-----------------------|--------|
| Weight | 0.69kg |
| Percentage of primal | 26.24% |
| Percentage of carcass | 0.46% |

Hind Shin

Code: **Shin B002**




Description: Trimmed of excess fat. This muscle is ideal for slow cooking.

| | |
|-----------------------|--------|
| Weight | 2.58kg |
| Percentage of carcass | 1.70% |

Prime Hind Shin Muscle
(Peroneus terius, extensor digitorum longus, extensor digiti terii proprius)

Code: **Shin B007**



Description: This muscle is the thickest muscle in the hind shin and ideal for slow cooking methods.

| | |
|-----------------------|--------|
| Weight | 0.90kg |
| Percentage of primal | 34.88% |
| Percentage of carcass | 0.59% |

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