

## Fabrication of Beef (Lecture 18)

### Butchering Meat

- ✓ Cattle butchered for beef is cut into 4 sections. Cattle that are butchered from the age of one day up to fifteen weeks are cut into two halves and sold as veal.
- ✓ Sheep slaughtered under the age of one year are considered lambs; after that age they must be labeled mutton. Lambs are cut directly into primal cuts.

**Primal cuts** are the primary divisions of meat produced by the initial butchering of animal carcasses.

### Aging Meat

- ✓ Meat must be aged between 48 and 72 hours to allow the muscles to relax.
- ✓ Butchers hang the meat during aging to help lengthen the muscle fibers and increase the tenderness of the meat.
- ✓ Meat that is aged longer becomes more expensive because the carcass loses more water which shrinks the meat.

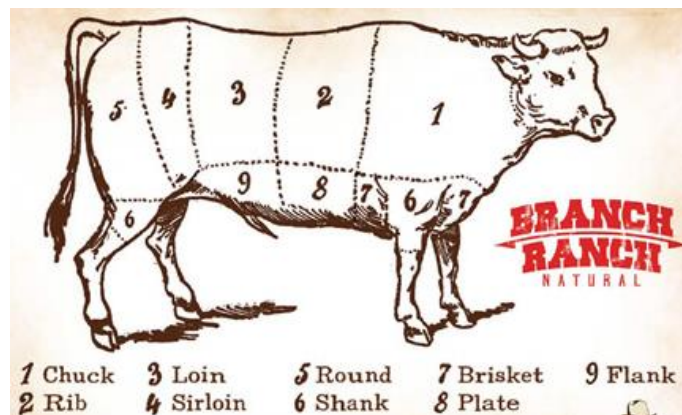
### Fabrication

At the end of the aging period, the carcass is then cut into primal cuts.

Fabrication is the process of cutting primal cuts into usable portions.

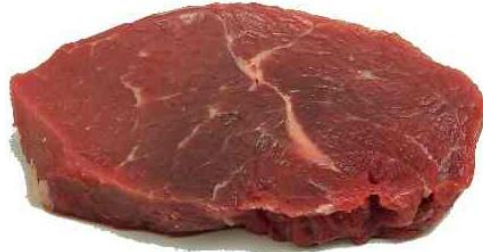
### Cuts of Beef

Beef is divided into primal cuts. Chuck, rib, brisket, shank and plate cuts all comprise the forequarter cuts while loin, sirloin, round and flank all make up the hindquarter cuts. These following are the basic sections from which steaks are cut and should be prepared according to their specific cut.



## **Chuck**

The typical chuck steak is a rectangular cut and is about 1” thick. Chuck also commonly contains parts of the shoulder bones. This cut is typically grilled or broiled or in the case of a thicker version, can be cooked with liquid as a roast.



## **Rib**

This cut of beef is from the rib section of the animal. The entire rib section comprises ribs six through twelve of the animal while standing rib roasts consist of two to seven ribs. Ribs are typically roasted but can also be grilled, broiled or prepared in a skillet depending on the cut. Ribeye steaks are also cut from the rib section.



## **Loin**

These cuts are typically grilled, broiled or prepared in the skillet. The tenderloin roast is the sole loin cut that should be roasted.



## Sirloin

The sirloin steak is cut from the rear back portion of the animal. This cut produces top sirloin, T-bone and porterhouse steaks. These cuts should be prepared by skillet, grilled or broiled.



## Round

A round steak is a lean cut that is moderately tough. Round steak is commonly prepared with marinade and braised to maintain moisture.



## Shank

The shank cut is a very lean cut from the leg portion of the animal. It is best cooked for a long time in moist heat.



## **Brisket**

Brisket is cut from the breast or lower chest of the animal. Briskets are most commonly cooked using the “low and slow” cooking method to ensure that the meat remains tender.



## **Plate**

The plate cut is from the front belly of the cow and produces the skirt steak and hanger steak. Plate cuts are most typically grilled and broiled.



## **Flank**

Flank steaks are long and flat cuts of meat and are used in different dishes. Moist cooking methods should be utilized when cooking these cuts of beef.

