

# IDENTIFYING MEAT CUTS

**Eye of Round Roast Boneless\***  
Eye of round muscle, which is cut from the bottom round.  
**As: Round Eye Pot Roast**

**Round Steak Boneless\***  
Structure as the Eye of Round Roast. Cut into 1-inch thick steaks.  
**Select 1481**      **Choice 2296**

**Tip Cap-Off Boneless\***

**Beef Round Tip Steak Cap-Off Boneless\***  
The muscle structure as Tip Cap-Off (off), cut into 1-inch thick steaks.  
**URMIS # 1535**  
Sometimes referred to as **Knuc**  
Marinate before cooking

**Beef Cubed Steak**  
Square or rectangular steaks cut by machine that tenderize meat made from several lean muscles.  
**URMIS # 17**

\*Less than 10 grams total fat and less than 95 milligrams of saturated fat and cholesterol per ounce serving, cooked, visible fat trimmed

**29**



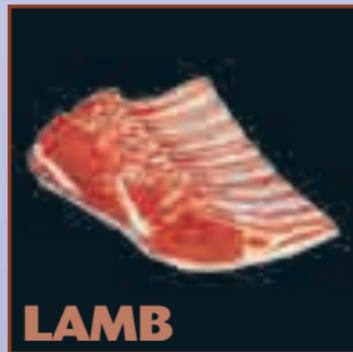
**BEEF**



**VEAL**



**PORK**



**LAMB**

## FOR MORE INFORMATION

### **American Meat Science Association**

2441 Village Green Place  
Champaign, Illinois 61822  
Phone: 800.517.AMSA  
[www.meatscience.org](http://www.meatscience.org)

### **National Cattlemen's Beef Association**

Research, Education and Innovation Department  
9110 East Nichols Avenue, Suite 300  
Centennial, Colorado 80112  
Phone: 303.694.0305  
[www.beef.org](http://www.beef.org)

### **National Pork Board**

1776 NW 114th Street  
Des Moines, Iowa 50325  
Phone: 515.223.2600  
[www.porkboard.org](http://www.porkboard.org)

### **American Lamb Board**

6300 East Hampden Avenue, Suite 2106  
Denver, Colorado 80222  
Phone: 866.327.LAMB (5262)  
[www.americanylamb.com](http://www.americanylamb.com)

## ACKNOWLEDGEMENTS

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### **North American Meat Processors Association**

1910 Association Drive  
Reston, Virginia 20191  
Phone: 703.758.1900  
[www.namp.com](http://www.namp.com)

### **U.S. Meat Export Federation**

1855 Blake Street, Suite 200  
Denver, Colorado 80202  
Phone: 303.623.MEAT (6328)  
[www.usmef.org](http://www.usmef.org)

# THE GUIDE TO IDENTIFYING MEAT CUTS

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# BASIC MEAT LABELING

## WHAT CUT IS THIS? HOW SHOULD I COOK IT?

In 1973, a method for identifying meat cuts was developed by a meat industry committee to simplify and standardize the perplexing array of fresh meat cuts and their names. The **Uniform Retail Meat Identity Standards** (URMIS) program, adopted by food stores, was seen as a guarantee for consumers that the same cut of meat would have the same name in every store, in every city across the country.

Under the URMIS system, each retail meat cut label contains a three part name which identifies

- 1) the kind of meat (beef, pork, lamb or veal),
- 2) the primal (or wholesale) cut name, and
- 3) the retail or consumer name.

The following label illustrates how the three part name would be identified on the label:



- A** The species, or kind of meat – BEEF, PORK, LAMB OR VEAL – is listed first on every label.
- B** The primal (wholesale) cut – CHUCK, RIB, LOIN, ROUND, etc. – indicates the anatomical location.
- C** The retail cut – BLADE ROAST, RIB CHOPS, TENDERLOIN TIPS, etc. – identifies what part of the primal cut the meat comes from.

## What is the U.P.C. Number?

In October of 1984, a guideline for assigning retail variable measure identification numbers was approved and the Universal Product Code (U.P.C.) for variable measure meat products was born. The U.P.C. is a standard for encoding a set of lines and spaces that can be scanned and interpreted into numbers to identify a product. With funding from the beef, lamb and pork checkoff programs, as well as participating retailers, **www.MeatTrack.com** was launched in 2004 to create and manage standards for meat and poultry U.P.C. numbers and descriptions by providing a tool for streamlining the Meat Variable Measure U.P.C. and URMIS standardization process. More than 4,000 different names have been given to retail cuts of beef, pork, veal, lamb, turkey and chicken. Standardizing these cuts has made it easier for retailers to manage inventory, provide labeling, and implement scanning for variable measure meat items. MeatTrack.com offers an automated, real-time system that substantially reduces the retailer's time for processing U.P.C requests.

## Other Labeling Programs

**Beef Made Easy®** is a program specifically designed for fresh beef products to further simplify identification for today's busy consumers. Retailers who have adopted this program organize the fresh beef section by cooking method enhanced by color-coded signage and product labels with cooking directions. It allows shoppers to find the right cut for the meal they want to prepare at point of purchase.

**Natural and Organic Labeling** is often confusing to consumers who may think they are interchangeable terms. In fact, there are significant differences.

The Food Safety and Inspection Service (FSIS) defines a **natural product** as one "containing no artificial flavor or flavoring, coloring ingredient, or chemical preservative, or any other artificial or synthetic ingredient; and the product and its ingredients are not more than minimally processed."

The label must explain the use of the term natural (such as – no added colorings or artificial ingredients; minimally processed). Given this definition, most fresh meat products are natural.

**Certified organic meat** must meet the U.S. Department of Agriculture's (USDA) National Organic Program standards set by the Organic Foods Production Act in 1990. For red meat products, organic animals must be raised separately from those raised conventionally and must have access to pasture. Other specific production methods are:



- All feed must be free of animal by-products and be 100% organic.
- No growth hormones or antibiotics can be used. However, if an animal is sick, the animal cannot be denied treatment. Any animal that is treated with antibiotics is taken out of the USDA National Organic Program (NOP).
- Animals can receive preventative medical care, such as vaccines and dietary supplements (vitamins and minerals).
- Living conditions must accommodate the health of the animal and its natural behavior.

For more information about the national organic program, go to [www.ams.usda.gov/nop/](http://www.ams.usda.gov/nop/).

**Country of Origin Labeling (COOL)** became mandatory in the 2002 Farm Bill and is applicable to beef, lamb, pork, fish, perishable agricultural commodities and peanuts. The Food, Conservation and Energy Act of 2008 (2008 Farm Bill) expands the list of covered commodities to include chicken, goat meat, ginseng, pecans and macadamia nuts. The law states that retailers may use a label, stamp, mark, placard or other clear and visible sign on the package, display, holding unit or bin containing the product at the final point of sale to consumers. The law for red meat was implemented on September 30, 2008. The intent of COOL is to provide consumers with additional information before making purchasing decisions. COOL is a retail labeling program and not a food safety or animal health measure. For more information, go to [www.ams.usda.gov/cool/](http://www.ams.usda.gov/cool/).

A meat product from beef (including veal), pork, lamb, chicken, or goat must bear a COOL label if:

1. It is sold at retail,
- AND**
2. It is a muscle cut, or
  3. It is a ground product.

The product is **EXEMPT** from COOL labeling requirements if:

1. The meat product is sold at foodservice (e.g., restaurants, institutions, etc.),  
**OR**
2. The meat product has undergone specific processing resulting in a change of character (e.g. cooking, curing, smoking or restructuring) or has been combined with at least one other covered commodity or other substantive food component.

### **Nutrition Labeling**

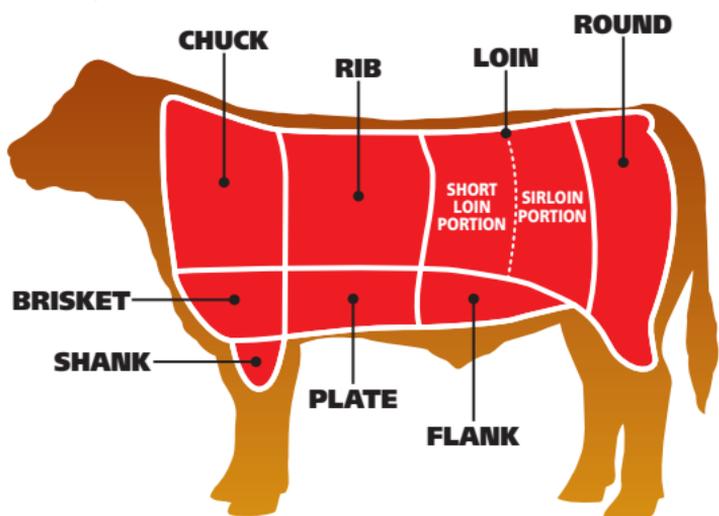
In January 2001, the USDA's Food Safety and Inspection Service (FSIS) proposed to extend mandatory nutrition labeling to single-ingredient raw meat and poultry products. Nutrition information for major cuts of meat would be required either on labels or at their point of purchase on posters or brochures. Nutrition information for ground beef products would be required on package labels. Currently, nutrition labeling of beef is not mandatory. Information on the final ruling for nutrition labeling will be available at [www.fsis.usda.gov/Regulations\\_&\\_Policies/Nutrition\\_Labeling](http://www.fsis.usda.gov/Regulations_&_Policies/Nutrition_Labeling).



# WHAT IS A “PRIMAL” CUT?

## WHY IS IT IMPORTANT?

A primal cut is a larger section of a carcass from which retail cuts are made. For example, the “chuck,” a primal cut, is the shoulder portion of a beef carcass. Knowing the part of the carcass from which a retail cut is made is a good indicator of the relative tenderness of a cut and can help consumers decide which method of cookery to use in preparing a cut. Generally, the most tender meat is from muscles which are not used greatly in movement and which have smaller amounts of connective tissue. Therefore, meat from suspension muscles is frequently more tender than meat from locomotion muscles. The rib and loin primals are made up of suspension muscles (tender) and are found along the middle of the animal’s back. The locomotion muscles are found in the remaining primals which are usually less tender (chuck, flank, round, brisket).



Knowing the link between relative tenderness and a cut’s primal, it is sometimes best to choose a moist-heat cookery method to prepare cuts from the less tender primals. However, there are recent innovations in the beef industry resulting in new cuts, or muscles, from the chuck and the round offering similar tenderness as many cuts from the rib and the loin. These newly fabricated cuts make lean, tender steaks and roasts, thus offering consumers more variety and quality choices in the meat case.

Age of the animal can also have an effect on meat tenderness. For instance, lamb, pork and veal are marketed at a younger age than beef. Cuts from the ham (or leg) of pork, comparable in location to a beef round, tend to be quite tender. A leg of veal or lamb likewise tends to be tender. However, shoulder cuts, in general, are less tender.

## KEEPING MEAT SAFE

Many interventions are in place to assure the safety of American meat products. However, just as important as all safety practices implemented during the production process, is safe handling by the consumer. Educating consumers is, therefore, a responsibility for all sectors of the meat industry. Use the information that follows to respond to consumer questions and raise awareness of their role in keeping meat safe.

Bacteria, which are found naturally on every surface and in the air around us, are the major cause of food spoilage and foodborne illness. Bacteria can double every six hours at 40°F and every hour at 50°F. Muscle tissue of healthy animals is virtually sterile, so the main way bacteria invade is during processing, handling and preparation. Retailers and consumers can minimize the risk of contracting foodborne illness by practicing safe food handling and storage.

Another label you will find on all fresh meat cuts is "Safe Handling Instructions." This label provides important food safety guidelines for handling fresh meat.

### Safe Handling Instructions

*This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.*



*Keep refrigerated or frozen.  
Thaw in refrigerator or microwave.*



*Keep raw meat and poultry separate from other foods.  
Wash working surfaces (including cutting boards),  
utensils, and hands after touching raw meat or poultry.*



*Cook thoroughly.*



*Keep hot foods hot. Refrigerate leftovers  
immediately or discard.*

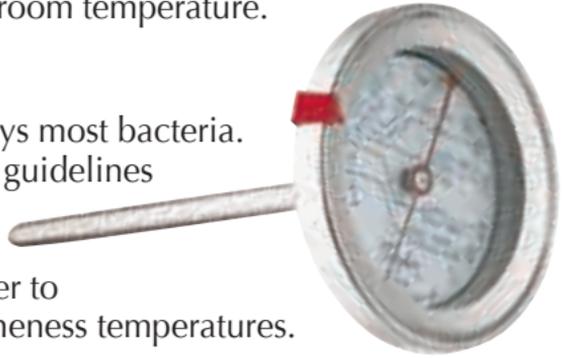
Use the following USDA guidelines to inform consumers about safe storage, handling and cooking of fresh meat products.

### THAW LAW

Defrosting meats in the refrigerator prevents bacterial growth. When the microwave oven is used for defrosting, the food should be cooked immediately since partial cooking may occur, and this stage can promote bacterial growth. Never defrost at room temperature.

### THE HEAT IS ON

Adequate cooking destroys most bacteria. Use the following USDA guidelines for food-safe internal cooking temperatures. Always use a thermometer to accurately determine doneness temperatures.



#### USDA Recommended Safe Minimum Internal Temperatures

Steaks & Roasts	145°F
Fish	145°F
Pork	160°F
Ground Beef	160°F
Egg Dishes	160°F
Chicken Breasts	165°F
Whole Poultry	165°F



## TACKLING CROSS-CONTAMINATION

Bacteria can spread from one food to another through cross-contamination. To decrease this risk:

- Keep raw meats, poultry and seafood and their juices separate from ready-to-eat foods, both in the refrigerator and during meal preparation.
- Don't place cooked foods on the same plate that held raw meats, poultry or seafood.
- Use separate cutting boards for raw animal products and ready-to-eat foods, such as fruits and vegetables.
- Always wash hands thoroughly in hot, soapy water before preparing or eating food and after handling raw meats, poultry and seafood.
- Clean all cooking utensils and countertops that have come in contact with raw meats, poultry and seafood with hot, soapy water.

## COMMON FOODBORNE PATHOGENS

**E. coli O157:H7** is one of hundreds of strains of the bacterium *Escherichia coli*. Although most strains of this bacterium are harmless and live in the intestines of healthy humans and animals, this particular strain produces a powerful toxin that can cause illness. Eating food that has not been cooked sufficiently to kill bacteria such as *E. coli* O157:H7 can cause severe illness in humans.

**Salmonella** is a group of bacteria found in the digestive track of many animals, including poultry and cattle.

*Salmonella* can cause illness when ingested in raw or undercooked eggs, poultry or meats and also can contaminate other foods.

**Listeria monocytogenes** is a bacterium that can be found throughout the environment, including soil and water, and also may be carried by humans and animals. Listeria can cause severe illness, especially in vulnerable populations, including pregnant women, the elderly and those with weakened immune systems. Although *Listeria* is destroyed by cooking and pasteurization, it can grow readily at refrigeration temperatures.



## TODAY'S BEEF IS LEANER THAN EVER

Beef cattle are the largest of the traditional meat animals. Therefore, retail cuts of beef are generally larger than others found in the retail case. While beef cattle may be marketed as young as nine months of age, retail cuts typically come from animals 16 to 22 months old. The distinctive bright, cherry-red color of beef makes it easy to identify.

In 2005, the Beef Checkoff funded the National Beef Market Basket Survey to gain knowledge of the present state of raw beef in retail throughout the country and to compare the information from this survey to that shown in USDA's Nutrient Database. USDA's database is the authoritative food composition database for most foods, including beef, and is used regularly for research, to develop food policy and to monitor Americans' nutrient intake. The Market Basket Study showed that the retail beef currently available in the meat case is leaner than ever before. Over the last 20 years, the American beef industry has responded to consumer desires and is providing significantly leaner products primarily through closer fat trim in the retail case. Now, 29 cuts of beef meet government guidelines for lean (less than 10 grams total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3.5 ounce serving). These cuts represent about 2/3rds of all fresh beef sales at retail.

### **29 Cuts of Lean Beef**

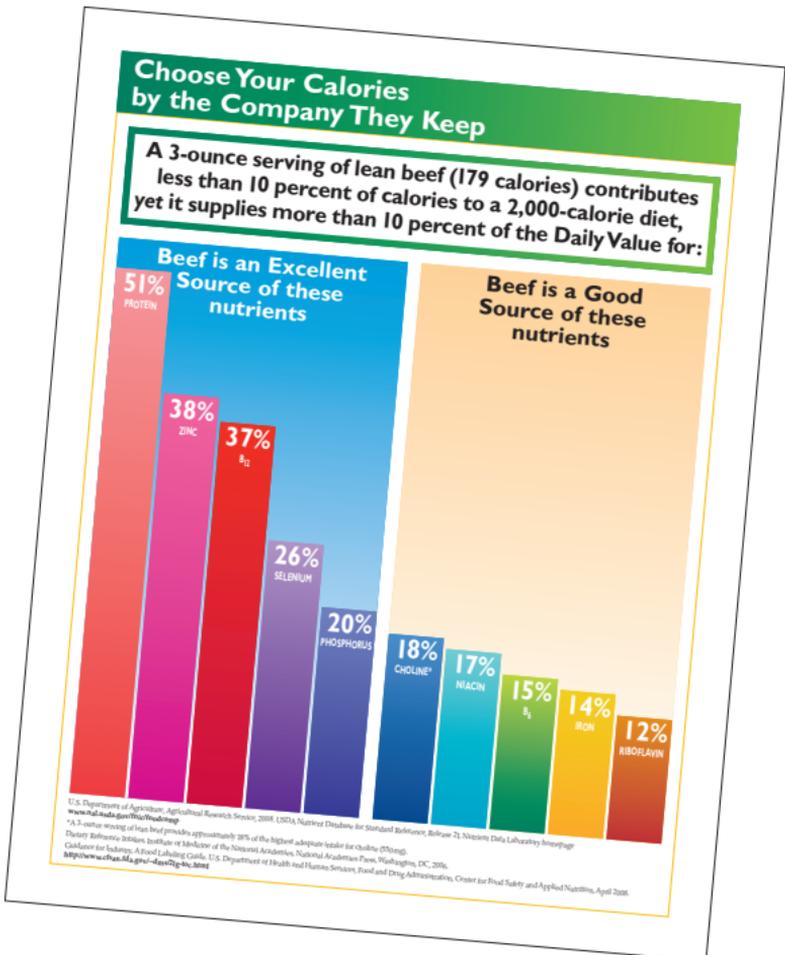
Eye Round Roast & Steak  
Sirloin Tip Side Steak  
Top Round Roast & Steak  
Bottom Round Roast & Steak  
Top Sirloin Steak  
Brisket, Flat Half  
95% Lean Ground Beef  
Round Tip Roast & Steak  
Round Steak  
Shank Cross Cuts  
Chuck Shoulder Pot Roast  
Sirloin Tip Center Roast & Steak  
Chuck Shoulder Steak  
Bottom Round (Western Griller) Steak  
Top Loin (Strip) Steak  
Shoulder Petite Tender & Medallions  
Flank Steak  
Shoulder Center (Ranch) Steak  
Tri-Tip Roast & Steak  
Tenderloin Roast & Steak  
T-Bone Steak

## Nutrition Labeling at the Meat Case

Though some of the nutrient data reflecting today's beef has been added to USDA's Nutrient Database, a portion of the data applies to beef cuts analyzed decades ago and, as a result, provides an inaccurate picture of beef's nutrient contribution to the American diet. Unfortunately, some of the data fosters the nutrient misperception that beef has too much fat. In 2007, The Beef Checkoff initiated collaborations with three universities and USDA's Agricultural Research Service to update the database with new information for today's more closely trimmed and leaner cuts. In addition, the **Uniform Retail Meat Identity Standards** (URMIS) numbers for 190 beef cuts have been added to facilitate the identification of cuts for retailers. To support nutrition labeling at the fresh meat case, retailers are able to access the database, as well as a special retailers' data table, and be confident they are providing their customers with the most accurate information available.

## Beef's Nutrient-Rich Profile

Beef is a naturally nutrient-rich powerhouse. Just one 3-ounce serving of beef is an "excellent" source of five essential nutrients: protein, zinc, vitamin B<sub>12</sub>, selenium and phosphorus. And it's a "good" source of niacin, choline, vitamin B<sub>6</sub>, iron and riboflavin.



## BEEF VALUE CUTS

Beef checkoff-funded Muscle Profiling research was initiated in the late 1990s with the goal of improving the then declining value of the beef chuck and round in relation to middle meat cuts. This in-depth research identified several “diamonds in the rough,” or individual muscles that were often overlooked but perform very well individually as value-added cuts. The line consists of steaks and roasts that help meat processors, manufacturers, retailers, foodservice operators and cattle producers improve overall profitability while supplying more options to their customers. They allow consumers to enjoy more great tasting steaks and roasts that are easy to prepare and often moderately priced. Several of these cuts have grown in popularity and are now being manufactured throughout the United States and sold through retail and foodservice outlets. All of the cuts listed below have been launched to the industry. Several more cuts from the round are in the development process.

### **Chuck Roll Value-Added Cuts:**

Beef Chuck Eye Roast Boneless (America’s Beef Roast)  
Beef Chuck Eye Country Style Ribs Boneless  
Beef Chuck Eye Steak Boneless (Delmonico Steak)  
Beef Chuck Under Blade Center Steak Boneless  
(Denver Cut)  
Beef Chuck Under Blade Flat Boneless (Sierra Cut)

### **Shoulder Clod Value-Added Cuts:**

Beef Shoulder Top Blade Steak Boneless (Flat Iron)  
Beef Shoulder Petite Tender Boneless  
Beef Shoulder Center Steak Boneless (Ranch Steak)

### **Round Value-Added Cuts:**

Beef Bottom Round Steak Boneless (Western Griller)  
Beef Bottom Round Rump Steak Boneless (Western Tip)  
Beef Round Sirloin Tip Side Steak and Roast  
Beef Round Sirloin Tip Center Steak and Roast

For more info on Beef Value Cuts, visit the Beef Checkoff Web site for new beef and veal product development at [www.beefinnovationsgroup.com](http://www.beefinnovationsgroup.com).

## BEEF ALTERNATIVE MERCHANDISING

In recent years, larger beef subprimals, when traditionally fabricated, have often resulted in oversized cuts that do not meet the needs of the marketplace. The Beef Alternative Merchandising (BAM) program was developed to respond to the retailer's need to merchandise smaller portions from these larger subprimals. In addition, today's consumers make food choices based on both taste and nutrition, and portion size can be an important consideration.

BAM is a merchandising program featuring two steaks, three filets and three roasts. The steaks and filets are portioned into healthful 4- to 6-ounce sizes; the petite roasts are prepared in quick-to-cook 1½- to 2½-pound sizes. With these versatile new cuts, BAM will help retailers extend their line – adding a new filet category – and give customers leaner, healthful beef selections.

<b>Traditional</b>	<b>BAM Option</b>
<b>Beef Loin, Top Sirloin Butt</b>	Beef Top Sirloin Filet Beef Top Sirloin Cap Steaks Beef Top Sirloin Petite Roast
<b>Beef Top Loin</b>	Beef Top Loin Filet Beef Top Loin Petite Roast
<b>Beef Rib, Ribeye, Lip On</b>	Beef Ribeye Filet Beef Ribeye Cap Steak Beef Ribeye Petite Roast

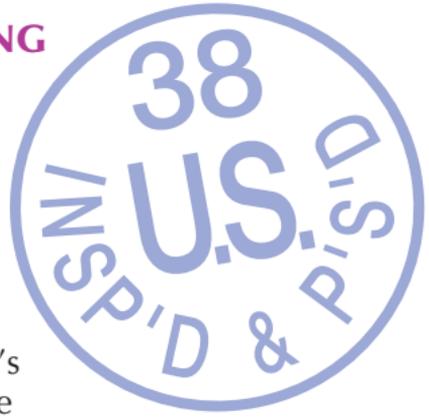
For cutting demos of the new BAM cuts, go to [www.beef-retail.org](http://www.beef-retail.org) and click on *Beef Alternative Merchandising (BAM)* under the Product Information tab on the menu bar.



## BEEF INSPECTION, GRADING & CERTIFICATION

### Beef Inspection

Meat production is the most highly regulated segment of the food industry. All meat sold must, by law, be inspected for wholesomeness. While the USDA's Food Safety and Inspection Service develops rules and regulations for the production of safe foods, the beef industry also takes responsibility for producing the safest product possible. Food safety begins with the cattle producer. The commitment continues through the wholesaler/retailer, includes regulatory verification, and ends with the consumer.



### Beef Grading

Unlike mandatory inspection, beef quality and yield grading is voluntary and paid for by meat packers and, ultimately, consumers. Grading sets standards of quality and yield used in the buying and selling of beef.

The meat grading program is administered by the USDA. Quality grades indicate palatability, tenderness, juiciness and flavor of the cooked beef. Yield grades are used at the wholesale level to indicate which carcasses will provide the most edible beef. Both quality and yield grades are determined by measuring and assessing carcass characteristics.

The eight USDA quality grades are – Prime, Choice, Select, Standard, Commercial, Utility, Cutter, Canner. Muscle firmness, color, texture, maturity and marbling are the factors that determine quality grades. A high amount of marbling is desirable. The top three quality grades (Prime, Choice and Select) are the ones most familiar to consumers. Prime is typically sold to restaurants, although some specialty markets may carry it. Choice is the most widely available grade in the market followed by Select.



The five maturity groups are – “A” through “E” with “A” indicating carcasses from the youngest animals. Maturity is one of the most important quality factors since meat from older animals is typically less tender. Mature cattle carcasses (about 42 months or older) are typically not graded. Maturity is determined by examining the bone ossification.

The five yield grades are – 1 through 5. The factors used to determine yield grades of carcasses are amount of external fat, carcass weight and ribeye size. The lower the grade number the higher the yield of boneless, closely trimmed retail cuts (cutability).

## Instrument Grading

For many years, the beef industry has been working towards an instrument quality and yield grade system to augment grading of beef carcasses. Instruments that assist in applying yield grades to beef carcasses have been approved and are in place across the country. Recently, the USDA has approved grading instruments to assist in determining the official quality grade and in evaluating factors for certified branded beef programs. To ensure a seamless and transparent transition into technology-augmented beef grading, the Department of Agriculture (USDA), Agricultural Marketing Service (AMS), Livestock and Seed Program conducted a pilot test to align instrument technology outputs with the grades assigned by the USDA graders. This approach logically ensures that the transition to instrument-augmented grading results in enhanced accuracy and precision of grade application.



## Beef Chuck Arm Pot Roast and Steak\*♦



Braise, Cook in Liquid

Contains round arm bone and may contain cross sections of rib bones. Includes several muscles that vary in size and are separated by connective tissue. Steak cut thinner than roast, usually about 1/2 inch thick.

URMIS #	Select	Choice
Bone-In Roast	1048	1863
Bone-In Steak	1050	1865

**Roast sometimes referred to as:**  
*Arm Chuck Roast, Chuck Round Bone Cut, Round Bone Pot Roast, Round Bone Roast*

**Steak sometimes referred to as:**  
*Arm Swiss Steak, Chuck Steak for Swissing, Round Bone Steak, Round Bone Swiss Steak*

## Beef Chuck Arm Pot Roast and Steak Boneless\*♦



Braise, Cook in Liquid

Same as Arm Pot Roast except arm bone and rib bones removed.

URMIS #	Select	Choice
Boneless Roast	1049	1864
Boneless Steak	1056	1871

**Roast sometimes referred to as:**  
*Chuck Arm Roast, Cross Rib Roast, Shoulder Clod Roast*

**Steak sometimes referred to as:**  
*Boneless Round Bone Steak, Boneless Swiss Steak, Cross Rib Steak, Shoulder Clod Steak*

## Beef Shoulder Center Steak Boneless (Ranch Steak)\*



Grill, Skillet, Broil

The largest of the five muscles in the shoulder clod cut into 1-inch thick steaks across the grain. All connective tissue removed.

URMIS #	Select	Choice
Boneless	1162	1977

## Beef Shoulder Petite Tender Boneless\*



**Roast:** Roast to Medium Rare, Grill;  
**Medallions:** Skillet

Single muscle (teres major) resting on top of the shoulder clod. Can be cut as roast or medallions.

URMIS #	Select	Choice
Roast	1030	1845
Medallions	1164	1979

\*Less than 10 grams total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3.5 ounce serving, cooked, visible fat trimmed

♦Use of term "pot" optional

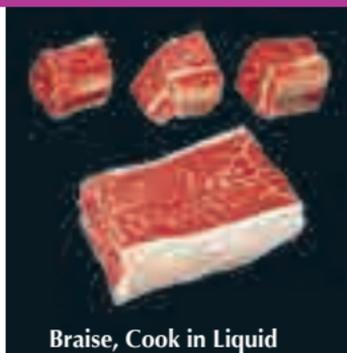
## Beef Short Ribs

Short ribs are cut lengthwise between the ribs and contain rib bones. Boneless Short Ribs are Short Ribs with bones removed. Flanken Style Ribs are cut across the ribs and are usually cut thinner than Short Ribs.

URMIS #	Select	Choice
Beef Chuck Short Ribs Bone-In	1124	1939
Beef Chuck Short Ribs Boneless	1127	1942
Beef Rib Short Ribs Bone-In	1259	2074
Beef Rib Short Ribs Boneless	1265	2080
Beef Chuck Flanken Style Rib Bone-In	1107	1922

**Short Ribs Boneless sometimes referred to as:**  
*Boneless Braising Ribs, Boneless Beef Short Ribs*

**Flanken Style Ribs Bone-In sometimes referred to as:**  
*Barbecue Ribs, Braising Ribs, Flanken Short Ribs, Kosher Ribs*



Braise, Cook in Liquid

## Beef Chuck Blade Roast and Steak

Contains blade bone, backbone, rib bone and a variety of muscles. Roast usually cut about 2 inches thick and steaks cut thinner.

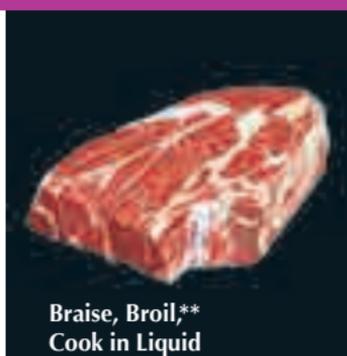
URMIS #	Select	Choice
Bone-In Roast	1064	1879
Bone-In Steak	1066	1881

**Roast sometimes referred to as:**

*Chuck Roast Blade Cut, Chuck Roast 1st Cut*

**Steak sometimes referred to as:**

*Chuck Steak Blade Cut, Chuck Steak 1st Cut*



Braise, Broil,\*\*  
Cook in Liquid

\*\*Marinate before cooking

## Beef Chuck 7-Bone Pot Roast and Steak♦

Cut from center of the blade portion of the chuck. Identified by the 7-shaped blade bone. Contains backbone, rib bone, and a variety of muscles. Steak cut thinner, usually about 1 inch thick.

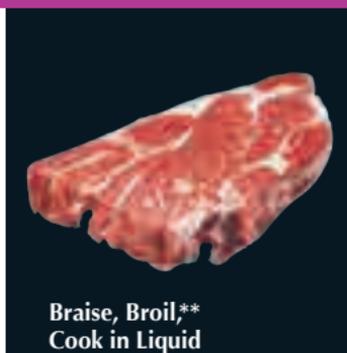
URMIS #	Select	Choice
Bone-In Roast	1033	1848
Bone-In Steak	1035	1850

**Roast sometimes referred to as:**

*Center Cut Pot Roast, Chuck Roast Center Cut, 7-Bone Roast*

**Steak sometimes referred to as:**

*Center Chuck Steak, Chuck Steak Center Cut*



Braise, Broil,\*\*  
Cook in Liquid

\*\*Marinate before cooking

## Beef Chuck Under Blade Pot Roast and Steak Boneless♦

Bones removed from Under Blade Pot Roast, leaving chuck eye and several other muscles. Steak cut thinner, usually about 1 inch thick.

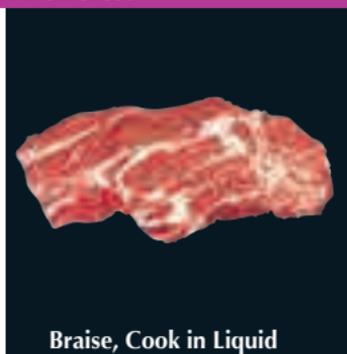
URMIS #	Select	Choice
Boneless Roast	1151	1966
Boneless Steak	1158	1973

**Roast sometimes referred to as:**

*Boneless Roast Bottom Chuck, Boneless California Roast, Inside Chuck Roast*

**Steak sometimes referred to as:**

*Boneless Chuck Steak, Boneless Bottom Chuck Steak, Chuck Fillet Steak, Boneless Under Cut Steak*



Braise, Cook in Liquid

♦Use of term "pot" optional

## Beef Chuck Under Blade Center Steak Boneless (Denver Cut)



Largest, single muscle from the Under Blade with all fat and connective tissue removed from the outside. Steaks cut across the grain, usually about 3/4 inch thick.

URMIS #	Select	Choice
Boneless	1098	1913

Grill, Pan-broil, Broil

## Beef Chuck Under Blade Flat Boneless (Sierra Cut)



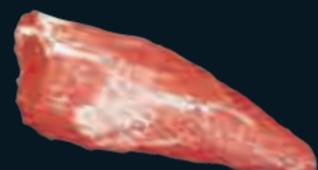
Single, flat muscle that lies on top of the Under Blade with all fat and connective tissue removed from outside. Similar in size and shape to a Flank Steak.

URMIS #	Select	Choice
Boneless	1097	1912

\*\*Marinate before cooking

Braise,\*\* Grill,\*\* Broil\*\*

## Beef Chuck Mock Tender Roast and Steak Boneless\*



Boneless cut removed from above the ridge of the blade bone. Consists of a single tapering muscle with minimal fat covering. Steak cut 1 inch or less thick.

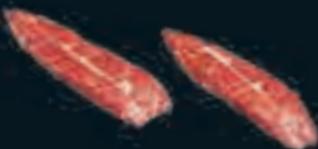
URMIS #	Select	Choice
Boneless Roast	1115	1930
Boneless Steak	1116	1931

*Roast sometimes referred to as: Chuck Eye, Chuck Fillet, Medallion Pot Roast, Scotch Tender*

*Steak sometimes referred to as: Chuck Eye Steak, Chuck Fillet Steak, Chuck Tender Steak, Fish Steak*

Braise, Cook in Liquid

## Beef Shoulder Top Blade Steak Boneless



Top Blade Roast cut into full oval-shaped steaks with all natural internal connective tissue intact.

URMIS #	Select	Choice
Boneless	1144	1959

*Sometimes referred to as: Book Steak, Butler Steak, Lifter Steak, Petite Steak, Boneless Top Chuck Steak*

Grill, Broil, Pan-fry, Stir-fry, Pan-broil, Braise, Cook in Liquid

## Beef Shoulder Top Blade Steak Boneless (Flat Iron)

Same muscle structure as Top Blade Steaks but cut into a fillet with all natural internal connective tissue removed. Can be left whole or cut into portions.

URMIS #	Select	Choice
Boneless	1166	1981



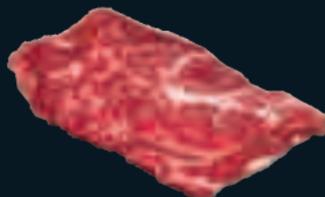
Grill, Skillet

## Beef Chuck Eye Roast Boneless

Boneless cut containing inside muscles of the blade portion of the chuck. The larger, oval-shaped muscle is a continuation of the ribeye muscle from the rib.

URMIS #	Select	Choice
Boneless	1095	1910

*Sometimes referred to as: Boneless Chuck Roll, Boneless Chuck Fillet, Inside Chuck Roll, America's Beef Roast*



Roast, Braise, Cook in Liquid

## Beef Chuck Eye Steak Boneless

Same muscle structure as the Chuck Eye Roast, but cut into steaks, usually about 1 inch thick.

URMIS #	Select	Choice
Boneless	1102	1917

*Sometimes referred to as: Boneless Chuck Fillet Steak, Boneless Steak Bottom Chuck, Boneless Chuck Slices, Delmonico Steak*



Grill, Broil, Pan-fry, Pan-broil

## Beef Chuck Eye Country-Style Ribs Boneless

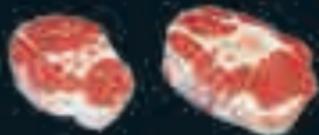
Same muscle structure as the Chuck Eye Steaks but cut into strips by splitting 1 $\frac{1}{4}$ - to 1 $\frac{1}{2}$ -inch thick pieces lengthwise.

URMIS #	Select	Choice
Boneless	1096	1911



Braise, Braise and finish on grill

## Beef Shank Cross Cuts Bone-In and Boneless\*



Cut from the hindshank or foreshank, perpendicular to the bone. Usually 1 to 2½ inches thick. Boneless version has shank bone removed.

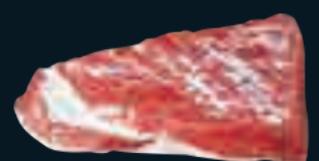
URMIS #	Select	Choice
Bone-In	1636	2451
Boneless	1639	2454

***Bone-In sometimes referred to as:  
Center Beef Shanks,  
Fore Shanks for Soup, Bone-In***

***Boneless sometimes referred to as:  
Boneless Beef Shanks,  
Boneless Fore Shanks for Soup***

Braise, Cook in Liquid

## Beef Brisket Whole Boneless



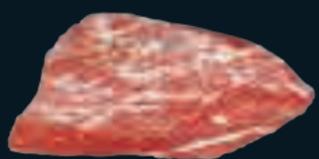
Cut from the breast section between foreshank and plate. Contains layers of fat, but no bones.

URMIS #	Select	Choice
Boneless	1615	2430

***Sometimes referred to as: Fresh Beef Brisket,  
Whole Brisket, Boneless Brisket***

Braise, Cook in Liquid

## Beef Brisket Point Half Boneless



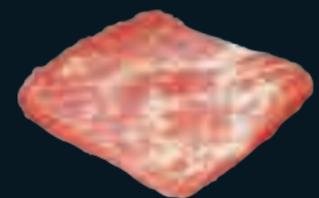
Forward portion of the Whole Brisket, tapering to a point. Contains layers of fat and lean.

URMIS #	Select	Choice
Boneless	1628	2443

***Sometimes referred to as: Brisket Front Cut,  
Brisket Point Cut, Brisket Thick Cut,  
Brisket Nose Cut***

Braise, Cook in Liquid

## Beef Brisket Flat Half Boneless\*



Rear portion of the Whole Brisket with sides nearly parallel.

URMIS #	Select	Choice
Boneless	1623	2438

***Sometimes referred to as: Brisket First Cut,  
Brisket Flat Cut, Brisket Thin Cut***

Braise, Cook in Liquid

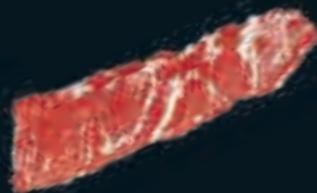
## Beef Plate Skirt Steak Boneless

The “skirt” is the diaphragm muscle, an elongated muscle. Can be inside or outside skirt.

URMIS #	Select	Choice
Boneless	1607	2422

*Sometimes referred to as: Inner Skirt Steak, Inside Skirt Steak, Outside Skirt Steak, Philadelphia Steak, Fajitas Meat*

\*\*Marinate before cooking



Braise, Grill, Broil,\*\*  
Pan-fry,\*\* Pan-broil\*\*

## Beef Flank Steak\*

Boneless, flat, oval-shaped cut containing elongated muscle fibers and very little fat. Surface may be scored.

URMIS #	Select	Choice
Boneless	1584	2399

*Sometimes referred to as: Flank Steak, London Broil, Jiffy Steak*

\*\*Marinate before cooking



Grill,\*\* Broil,\*\*  
Stir-fry,\*\* Braise

## Beef Ribeye Roast Lip-On Bone-In

Cut from the rib and contains ribs. Contains large ribeye muscle and smaller surrounding muscles.

URMIS #	Select	Choice
Bone-In	1193	2008

(Consult the URMIS Guide for a complete list of all Rib Roast URMIS numbers)



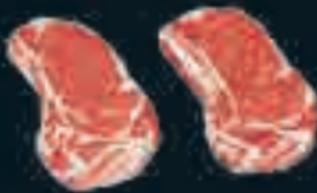
Roast, Grill (indirect heat)

## Beef Ribeye Steak Lip-On Bone-In

Same muscle structure as Rib Roast, usually cut about 1 inch thick.

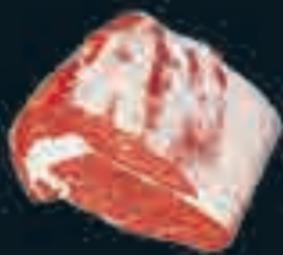
URMIS #	Select	Choice
Bone-In	1197	2012

(Consult the URMIS Guide for a complete list of all Rib Steak URMIS numbers)



Grill, Broil,  
Pan-fry, Pan-broil

## Beef Ribeye Roast Boneless



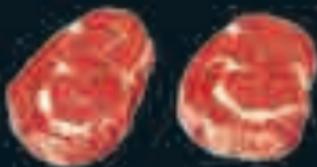
Boneless roast from the rib. Primary muscle is the large center muscle (ribeye) of the rib.

URMIS #	Select	Choice
Boneless	1192	2007

*Sometimes referred to as:  
Delmonico Roast, Roll Roast*

Roast, Grill (indirect heat)

## Beef Ribeye Steak Boneless



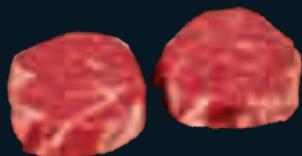
Cut from the Ribeye Roast, across the grain, with little or no fat cover.

URMIS #	Select	Choice
Boneless	1209	2024

*Sometimes referred to as:  
Delmonico Steak, Fillet Steak, Spencer Steak,  
Beauty Steak*

Grill, Broil,  
Pan-fry, Pan-broil

## Beef Ribeye Filet Boneless (BAM)



Primary muscle is the large center muscle (ribeye) of the rib cut lengthwise and sliced into 1- to 1½-inch thick steaks.

URMIS #	Select	Choice
Boneless	1253	2068

Grill, Broil,  
Pan-fry, Pan-broil

## Beef Ribeye Petite Roast Boneless (BAM)

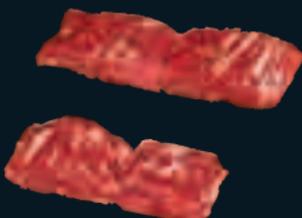


Primary muscle is the large center muscle (ribeye) of the rib cut lengthwise as a roast.

URMIS #	Select	Choice
Boneless	1250	2065

Roast, Grill (indirect heat)

## Beef Ribeye Cap Steak Boneless (BAM)



Large muscle (cap) from the ribeye left whole or cut into steaks.

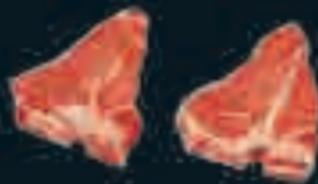
URMIS #	Select	Choice
Boneless	1254	2069

Grill, Boil, Pan-fry,  
Pan-broil, Roast

## Beef Loin T-Bone Steak\*

Contains the T-shaped bone and the top loin and tenderloin muscles. Tenderloin muscle measures between 1/4 and 1/2 inch across the center of the tenderloin.

URMIS #	Select	Choice
Bone-In	1369	2184
Tail-Off	1376	2191

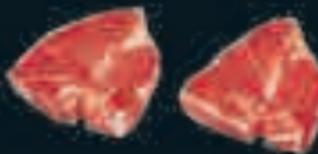


Grill, Broil,  
Pan-fry, Pan-broil

## Beef Loin Porterhouse Steak

Similar to the T-Bone Steak, but with the tenderloin muscle at least 1 1/4 inches measured across the center of the tenderloin.

URMIS #	Select	Choice
Bone-In	1330	2145
Tail-Off	1337	2152



Grill, Broil,  
Pan-fry, Pan-broil

## Beef Top Loin Steak\*\*

Contains top loin muscle with bone intact and tenderloin removed.

URMIS #	Select	Choice
Bone-In	1398	2213

*Sometimes referred to as: Shell Steak, Strip Steak, Club Steak, Chip Club Steak, Country Club Steak, Sirloin Strip Steak, Delmonico Steak*

\*May be labeled as Beef Loin Strip Steak



Grill, Broil,  
Pan-fry, Pan-broil

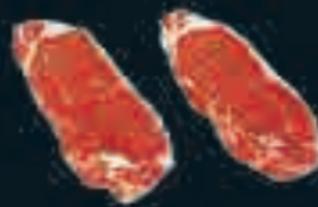
## Beef Top Loin Steak Boneless\*\*

Same as Top Loin Steak, but with bones removed.

URMIS #	Select	Choice
Boneless	1404	2219

*Sometimes referred to as: Strip Steak, Kansas City Steak, New York Strip Steak, Veiny Steak, Hotel Style Steak, Ambassador Steak, Boneless Club Steak*

\*May be labeled as Beef Loin Strip Steak

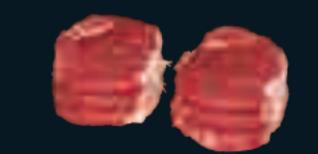


Grill, Broil,  
Pan-fry, Pan-broil

## Beef Top Loin Filet Boneless (BAM)

Contains top loin muscle split lengthwise and cut into 1- to 1 1/2-inch thick steaks.

URMIS #	Select	Choice
Boneless	1322	2137



Grill, Broil,  
Pan-fry, Pan-broil

\*Less than 10 grams total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3.5 ounce serving, cooked, visible fat trimmed

## Beef Top Loin Petite Roast Boneless (BAM)\*



Contains top loin muscle split lengthwise and left as a roast.

URMIS #	Select	Choice
Boneless	1320	2135

Roast, Grill (indirect heat)

## Beef Loin Top Sirloin Steak Boneless\*



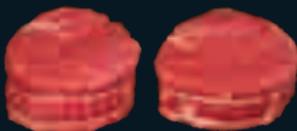
Cut from top sirloin section with bones and tenderloin removed.

URMIS #	Select	Choice
Boneless	1422	2237

*Sometimes referred to as:  
Boneless Sirloin Butt Steak,  
Top Sirloin Butt Center Cut Steak*

Grill, Broil,  
Pan-broil, Stir-fry

## Beef Loin Top Sirloin Filet Boneless (BAM)\*

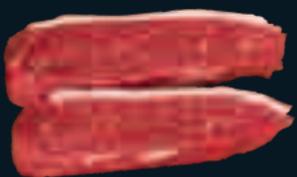


Cut from top sirloin section. Cap removed, center cut, and cut into 2 or 3 sections used to produce 1- to 1½-inch thick steaks.

URMIS #	Select	Choice
Boneless	1323	2138

Grill, Broil, Pan-broil

## Beef Loin Top Sirloin Cap Steak Boneless (BAM)\*

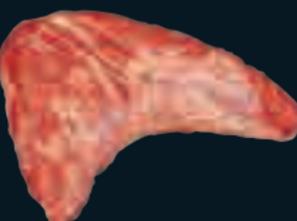


Top sirloin cap cut across the grain into 1- to 1½-inch thick steaks.

URMIS #	Select	Choice
Boneless	1421	2236

Grill, Broil, Pan-broil

## Beef Loin Tri-Tip Roast Boneless\*



Single muscle removed from the bottom portion of the sirloin.

URMIS #	Select	Choice
Boneless	1429	2244

Roast, Grill

## Beef Loin Tri-Tip Steak Boneless\*

Same muscle structure as Tri-Tip Roast, usually cut about 1 inch thick.

URMIS #	Select	Choice
Boneless	1430	2245

*Sometimes referred to as: Triangle Steak*



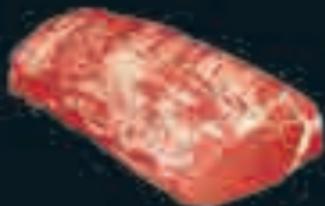
Grill

## Beef Loin Tenderloin Roast Boneless\*

Cut from the tenderloin muscle. May taper from one end to the other, very little fat.

URMIS #	Select	Choice
Boneless	1386	2201

*Sometimes referred to as: Filet Mignon Roast, Chateaubriand, Full Tenderloin Roast*



Roast, Grill

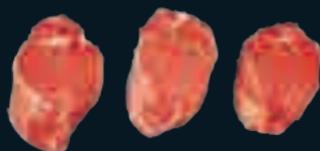
## Beef Loin Tenderloin Steak<sup>†\*</sup>

Cut from the Tenderloin Roast. May vary in thickness from 1 to 2 inches.

URMIS #	Select	Choice
Boneless	1388	2203

*Sometimes referred to as: Filet Mignon, Fillet de Boeuf, Tender Steak, Fillet Steak*

<sup>†</sup>May be labeled as Beef Loin Filet Mignon



Grill, Broil, Pan-fry,  
Pan-broil, Stir-fry

## Beef Round Steak Boneless<sup>††\*</sup>

Lean cut containing three major round muscles: top, bottom and eye.

URMIS #	Select	Choice
Boneless	1501	2316

<sup>††</sup>This cut does not contain any part of the Tip or Rump.



Braise, Cook in Liquid

## Beef Top Round Roast and Steak\*

Boneless steak containing the top (inside) muscle of the round. Usually cut 1 inch thick or less. Same muscle can be cut thicker as a roast.

URMIS #	Select	Choice
Boneless Roast	1551	2366
Boneless Steak	1553	2368

<sup>\*\*</sup>Marinate before cooking



**Steak:** Grill,<sup>\*\*</sup> Broil,<sup>\*\*</sup>  
Pan-fry,<sup>\*\*</sup> Pan-broil,<sup>\*\*</sup>  
Stir-fry,<sup>\*\*</sup>  
**Roast:** Roast,<sup>\*\*</sup> Grill<sup>\*\*</sup>  
(indirect heat)

## Beef Bottom Round Rump Roast Boneless



Braise, Cook in Liquid,  
Roast<sup>†</sup>

Cut from the sirloin end of the bottom (outside) round.

URMIS #	Select	Choice
Boneless	1465	2280

*Sometimes referred to as: Round Tip Roast, Back of Rump Roast*

<sup>†</sup>Cook to medium rare (145°) doneness

## Beef Bottom Round Rump Steak Boneless (Western Tip)

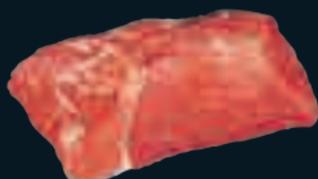


Grill, Skillet

Sirloin/rump end (4 to 5 inches) separated from the bottom round flat. <sup>3</sup>/<sub>4</sub>- to 1-inch thick steaks cut across the grain.

URMIS #	Select	Choice
Boneless	1269	2084

## Beef Bottom Round Roast Boneless\*



Braise, Cook in Liquid,  
Roast<sup>†</sup>

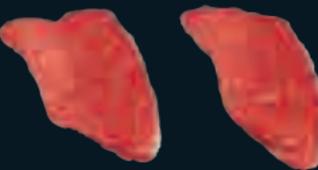
Thick, irregular-shaped cut from the bottom (outside) section of the round.

URMIS #	Select	Choice
Boneless	1464	2279

*Sometimes referred to as: Round Roast, Bottom Round Pot Roast, Bottom Round Oven Roast*

<sup>†</sup>Cook to medium rare (145°) doneness

## Beef Bottom Round Steak Boneless\*

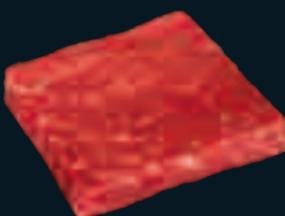


Braise, Cook in Liquid

Same muscle structure as Bottom Round Roast, but cut into thin steaks, often <sup>1</sup>/<sub>2</sub> inch thick.

URMIS #	Select	Choice
Boneless	1466	2281

## Beef Bottom Round Steak Boneless (Western Griller)\*



Grill,\*\* Broil,\*\* Skillet\*\*

<sup>3</sup>/<sub>4</sub>- to 1-inch thick steaks cut lengthwise across the grain of the bottom round flat (flat triangle or ishiatic head removed).

URMIS #	Select	Choice
Boneless	1462	2277

\*\*Marinate before cooking

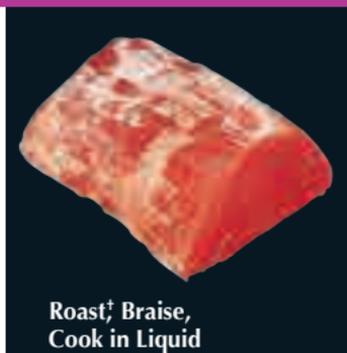
## Beef Eye of Round Roast Boneless\*

Cut from the eye of round muscle, which is separated from the bottom round.

URMIS #	Select	Choice
Boneless	1480	2295

*Sometimes referred to as: Round Eye Pot Roast*

\*Cook to medium rare (145°) doneness



Roast†, Braise,  
Cook in Liquid

## Beef Eye of Round Steak Boneless\*

Same muscle structure as the Eye of Round Roast. Usually cut less than 1 inch thick.

URMIS #	Select	Choice
Boneless	1481	2296

\*\*Marinate before cooking



Grill,\*\* Pan-broil,\*\*  
Pan-fry,\*\* Braise,  
Cook in Liquid

## Beef Round Tip Roast Cap-Off Boneless\*

Wedge-shaped cut from the thin side of the round with "cap" muscle removed.

URMIS #	Select	Choice
Boneless	1526	2341

*Sometimes referred to as: Ball Tip Roast, Cap Off Roast, Beef Sirloin Tip Roast, Knuckle Peeled*

\*Cook to medium rare (145°) doneness



Roast†, Grill (indirect heat),  
Braise, Cook in Liquid

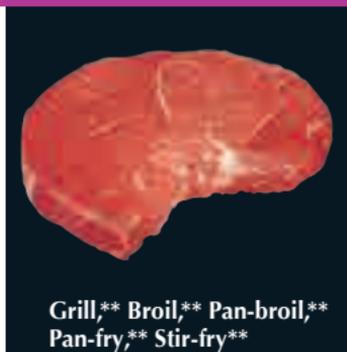
## Beef Round Tip Steak Cap-Off Boneless\*

Same muscle structure as Tip Roast (cap off), but cut into 1-inch thick steaks.

URMIS #	Select	Choice
Boneless	1535	2350

*Sometimes referred to as: Ball Tip Steak, Trimmed Tip Steak, Knuckle Steak, Peeled*

\*\*Marinate before cooking

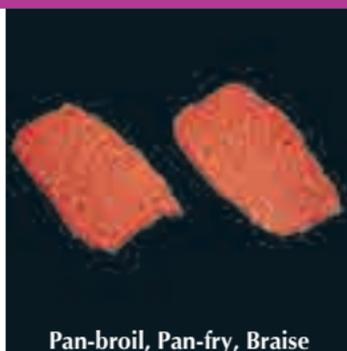


Grill,\*\* Broil,\*\* Pan-broil,\*\*  
Pan-fry,\*\* Stir-fry\*\*

## Beef Cubed Steak

Square or rectangular-shaped. Cubed effect made by machine that tenderizes mechanically. May be made from several lean sections.

URMIS #	Select	Choice
Boneless	1709	2524



Pan-broil, Pan-fry, Braise

\*Less than 10 grams total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3.5 ounce serving, cooked, visible fat trimmed

## Beef Cubes for Kabobs



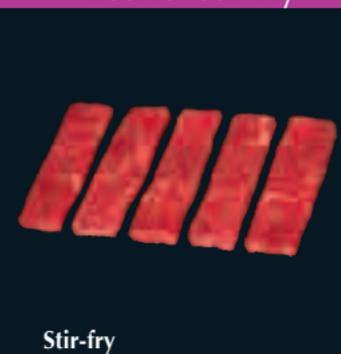
Lean pieces of beef cut into uniform cubes, usually 1 to 1½ inches in size. Contain little fat.

URMIS #	Select	Choice
Boneless	1724	2539

\*\*Marinate before cooking

Broil,\*\* Grill\*\*

## Beef for Stir-Fry

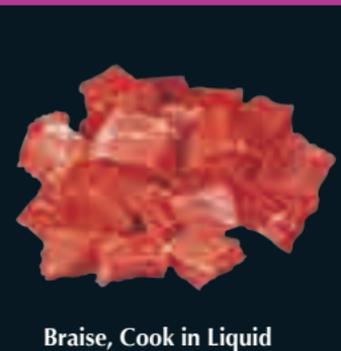


Lean pieces of beef cut into ¼-inch strips.

URMIS #	Select	Choice
Boneless	1731	2546

Stir-fry

## Beef for Stew

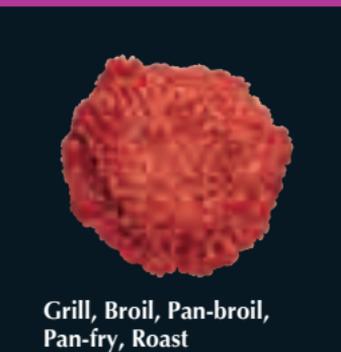


May be cut from several lean sections. Pieces may contain varying amounts of fat, usually cut into 1- to 1½-inch cubes.

URMIS #	Select	Choice
Boneless	1727	2542
Boneless Lean	1730	2545
Boneless Cubed	1005	1820

Braise, Cook in Liquid

## Ground Beef



Ground beef is made by mechanically grinding lean meat and/or trimmings from several larger cuts. Usually merchandised based upon its composition (% lean, % fat, etc.).

Available case-ready or consult URMIS Guide for complete listing of store-grind numbers.

Grill, Broil, Pan-broil,  
Pan-fry, Roast

# VEAL, A UNIQUE FOOD THAT BRINGS ELEGANCE TO DINING

## WHETHER AT HOME OR WHILE CELEBRATING A SPECIAL OCCASION IN A FINE RESTAURANT

Veal is fine-grained and velvety in texture with a light pink color. Because veal comes from younger animals, it is naturally both lean and tender. However, it can be prepared using a variety of moist- and dry-heat cookery methods, giving veal a wide range of versatility. Retail cuts of veal are similar to beef, only smaller in size and lighter in color. Veal cuts also have little outside fat or internal marbling.

Today's veal calves are raised on specially formulated diets, usually based on milk and milk by-products. Calves are typically raised on small family farms and receive a great deal of individual attention.

Produced primarily from calves ranging in age from four to five months old, veal is limited in supply, and consequently, some cuts may be more expensive per pound relative to other protein choices. However, innovative retailers package veal to fit today's lifestyles – in smaller packages where cost per serving can be more easily determined. Also, many cuts of veal are lower in price and can be economical choices for the home.

While veal enjoys popularity in many parts of the United States, it is somewhat "regional" in availability, finding its greatest presence in larger metropolitan areas, such as Chicago, Philadelphia and New York City. It also is readily available on the West Coast and in Florida.

## Veal Shoulder Arm Roast



Contains arm bone and rib bones. Includes a variety of muscles from the shoulder.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2639	2779

Roast, Braise

## Veal Shoulder Arm Steak



Same muscle structure as Arm Roast, but cut thinner, usually  $\frac{3}{4}$  to 1 inch thick.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2641	2781

\*Marinate before cooking

Braise, Grill,\* Broil,\*  
Pan-fry,\* Pan-broil\*

## Veal Shoulder Arm Steak Boneless



Same muscles structure and thickness as Arm Steak but with bones removed.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2642	2782

\*Marinate before cooking

Braise, Grill,\* Broil,\*  
Pan-fry,\* Pan-broil\*

## Veal Shoulder Blade Roast



Contains blade bone, ribs and backbone and a variety of muscles.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2644	2784

Roast, Braise

## Veal Shoulder Blade Roast Boneless



Similar muscle structure as Blade Roast but with blade bone, ribs and muscles lying above the blade bone removed.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2645	2785

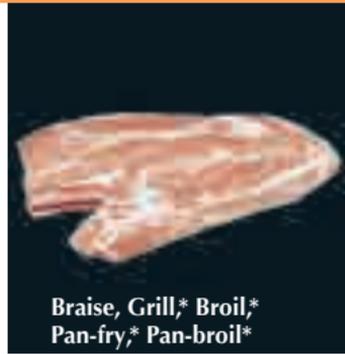
Roast, Braise

## Veal Shoulder Blade Steak

Similar muscle structure as Blade Roast but cut thinner, usually  $\frac{3}{4}$  to 1 inch thick.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2646	2786

\*Marinate before cooking

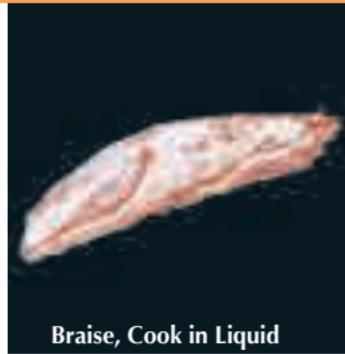


Braise, Grill,\* Broil,\*  
Pan-fry,\* Pan-broil\*

## Veal Breast

Cut from the breast section. Contains ribs, breast bone and thin, flat muscles. May be "pocketed" for stuffing.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2728	2868

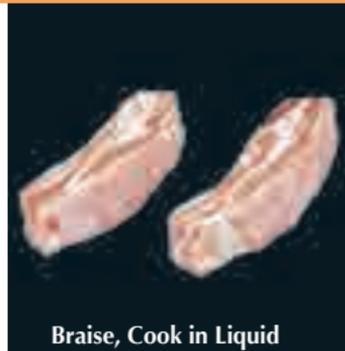


Braise, Cook in Liquid

## Veal Breast Riblets

Long, narrow cuts from the breast section containing rib bones and thin, flat muscles. Some fat is found between muscles.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2731	2871

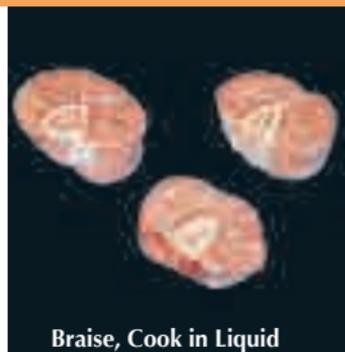


Braise, Cook in Liquid

## Veal Shank Cross Cuts

Cut from hindshank or foreshank, perpendicular to the bone, usually  $1\frac{1}{2}$  to 2 inches thick.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2734	2874

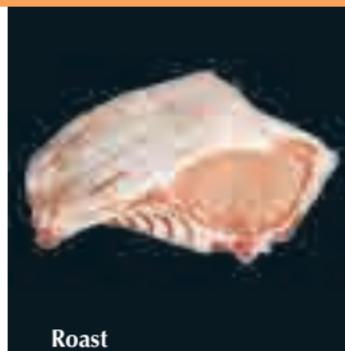


Braise, Cook in Liquid

## Veal Rib Roast

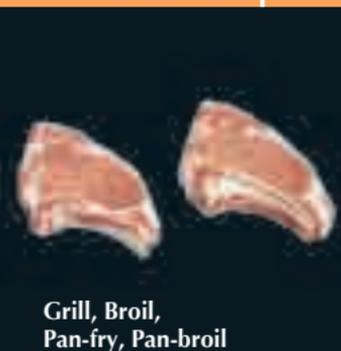
Contains ribeye and other small muscles, ribs and part of the chine bone.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2656	2796



Roast

## Veal Rib Chop

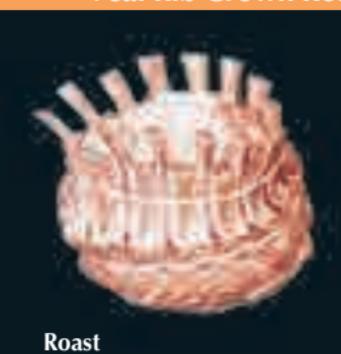


Same muscle structure as Rib Roast but cut thinner, usually 1 to 1½ inches thick.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2659	2799

Grill, Broil,  
Pan-fry, Pan-broil

## Veal Rib Crown Roast

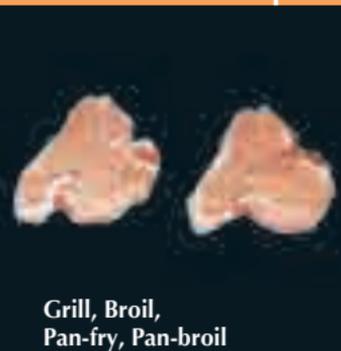


Cut is made from two rib sections with chine bone removed. The rib ends are “Frenched,” and the two sections tied, rib-side out, to form a “crown” shape.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2658	2798

Roast

## Veal Loin Chop

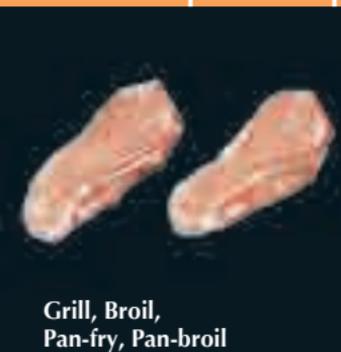


Contains “T-Bone,” top loin and tenderloin muscles. Similar in appearance to Beef T-Bone and Porterhouse Steaks, but smaller in size and lighter in muscle color.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2669	2809

Grill, Broil,  
Pan-fry, Pan-broil

## Veal Top Loin Chop

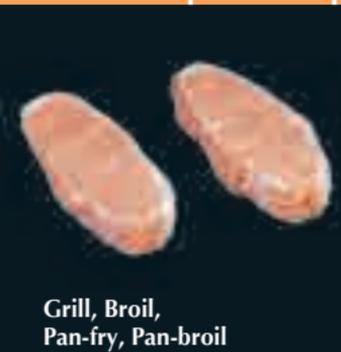


Similar to Loin Chop but with tenderloin muscles and part of the chine bone removed.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2670	2810

Grill, Broil,  
Pan-fry, Pan-broil

## Veal Top Loin Chop Boneless



Same muscle structure as Top Loin Chop but with bones removed.

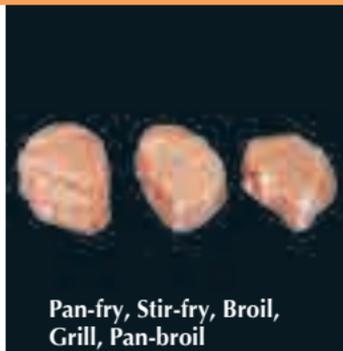
<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2671	2811

Grill, Broil,  
Pan-fry, Pan-broil

## Veal Loin Tenderloin Steak

Cut across the grain from the tenderloin muscle, usually 1 to 1½ inches thick.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2674	2814

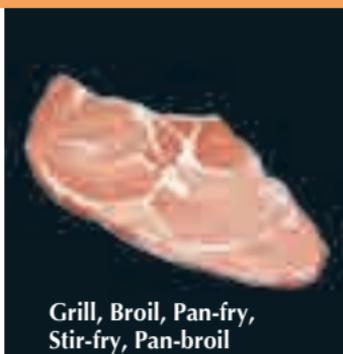


Pan-fry, Stir-fry, Broil,  
Grill, Pan-broil

## Veal Leg Sirloin Steak

Contains portion of backbone and hip bone. Size and shape of muscles and bones vary with each steak.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2699	2839

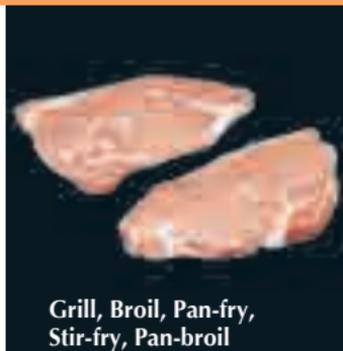


Grill, Broil, Pan-fry,  
Stir-fry, Pan-broil

## Veal Leg Sirloin Steak Boneless

Similar muscle structure to Sirloin Steak but with all bones removed.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2700	2840

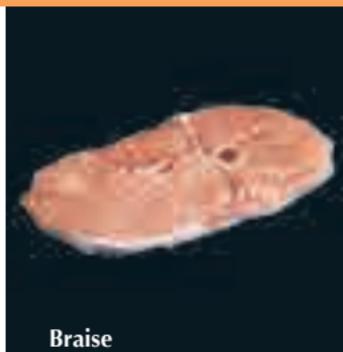


Grill, Broil, Pan-fry,  
Stir-fry, Pan-broil

## Veal Leg Round Steak

Cut from center of leg. Contains top, bottom, eye and tip muscles and a cross section of the round leg bone.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2688	2828



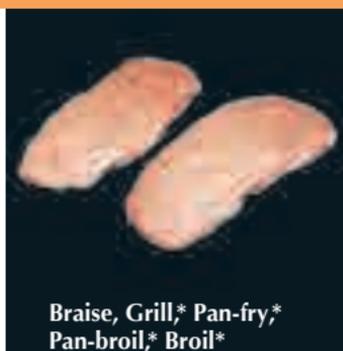
Braise

## Veal Leg Top Round Steak

The top muscle from the leg, usually cut about ¾ inch thick.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2705	2845

\*Marinate before cooking



Braise, Grill,\* Pan-fry,\*  
Pan-broil,\* Broil\*

## Veal Leg Bottom Steak

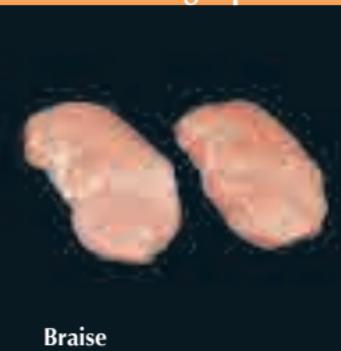


The bottom muscle from the leg, usually cut about  $\frac{3}{4}$  inch thick.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2707	2847

Braise

## Veal Leg Tip Steak

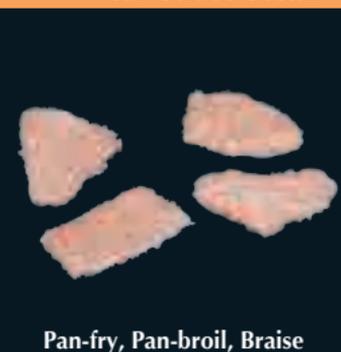


The tip muscles from the leg, usually cut about  $\frac{3}{4}$  inch thick.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2709	2849

Braise

## Veal Cubed Steak

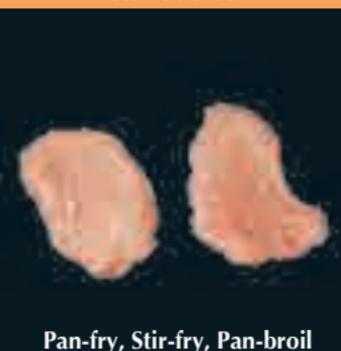


Can be made from any boneless, lean cut. Cubed effect made by machine that tenderizes mechanically.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2736	2876

Pan-fry, Pan-broil, Braise

## Veal Cutlet

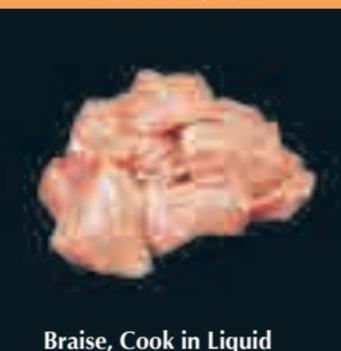


Thin, boneless slices, usually from the leg.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2652	2792

Pan-fry, Stir-fry, Pan-broil

## Veal for Stew



Pieces from lean muscle sections, cut into 1- to  $1\frac{1}{2}$ -inch cubes. Usually from the leg and shoulder.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2742	2882

Braise, Cook in Liquid

## NEW, LEAN PORK

### JUICY AND FLAVORFUL BUT WITH MUCH LOWER FAT CONTENT AND CALORIES

The pork sold today comes from improved hogs that have been selected and bred to produce leaner cuts of meat. These hogs are marketed when they are five to six months old.

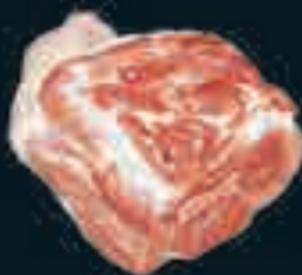
Pork may be purchased in many forms – fresh (whole muscle or ground), seasoned, marinated, pre-cooked, cooked, cured and smoked, canned, frozen or frozen entrees. About 35 percent of the pork is sold as fresh; the remaining 65 percent is cured or is used in manufactured meat products, such as sausage. The color of pork ranges from the reddish-pink of fresh pork to the delicate rose color of cured pork.

Pork sold today is younger, leaner meat than it used to be, and therefore, it is naturally tender. It can be prepared by dry-heat cooking such as broiling and roasting. Fresh pork should be cooked to an interior doneness temperature of 160°F for maximum flavor and juiciness. Medium doneness assures a tender, juicy pork product. A slight hint of pink in the center of a correctly cooked pork roast or chop may be seen, but the juices will run clear. Roasts can be removed from the oven at an internal temperature of 150 to 155°F, as the temperature will rise slightly upon standing.

The two types of cured-and-smoked pork cuts are “fully cooked” and “cook-before-eating.” The label on the wrapped meat should clearly indicate what type it is although most ham products sold today are fully cooked. Fully cooked hams do not require further heating unless you want to serve them hot.

The label “ham, water added,” appears on many types of ham. Hams labeled as such have been pumped with a curing solution and then smoked. If enough moisture does not evaporate during the smoking process to reduce the ham to its original fresh weight, the ham is labeled “water added.”

## Pork Shoulder Arm Picnic



Contains arm bone, shank bone, portion of blade bone and a variety of muscles. Shank and part of shoulder covered with skin.

URMIS # 3655

Roast, Braise

## Pork Shoulder Arm Roast



Cut from Arm Picnic. Shank removed, leaving round arm bone and a variety of muscles.

URMIS # 3172

Roast, Braise

## Pork Shoulder Arm Steak

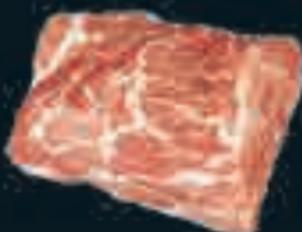


Same muscle and bone structure as Arm Roast but cut about  $\frac{3}{4}$  inch thick.

URMIS # 3174

Braise, Pan-fry, Pan-broil,  
Grill, Broil

## Pork Shoulder Blade Boston Roast



Contains blade bone, exposed on two sides of the cut. Includes a variety of muscles.

URMIS # 3184

Roast, Braise

## Pork Shoulder Blade Boston Roast Boneless



Same as Blade Boston Roast but blade bone has been removed. May be tied or netted.

URMIS # 3185

Roast, Braise

## Pork Shoulder Blade Steak

Cut from Blade Boston Roast  $\frac{3}{4}$  to 1 inch thick. Contains blade bone and surrounding muscles.

URMIS # 3186



## Pork Shoulder Blade Steak Boneless

Similar muscle structure to Blade Steak but blade bone absent.

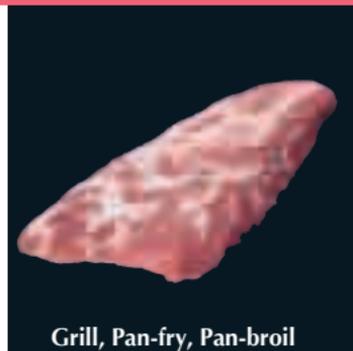
URMIS # 3192



## Pork Shoulder Breast Boneless

Pectoral meat from behind the front leg in the picnic shoulder.

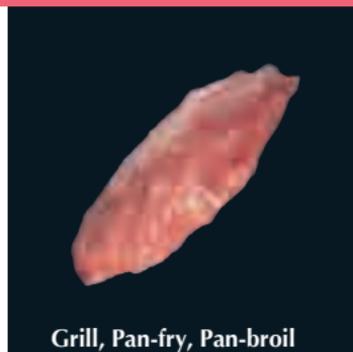
URMIS # 3604



## Pork Shoulder Petite Tender Boneless

Teres major next to the scapula bone in picnic shoulder.

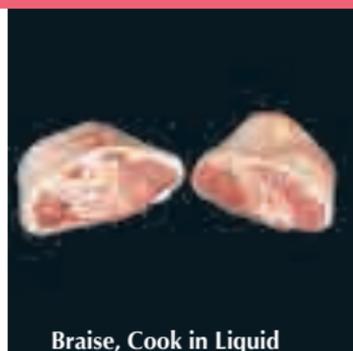
URMIS # 3605



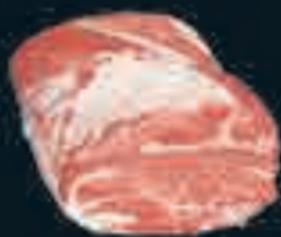
## Pork Hocks

Cut from Pork Shoulder containing shank bones and surrounding muscles. Skin usually remains on cut.

URMIS # 3511



## Pork Loin Blade Roast

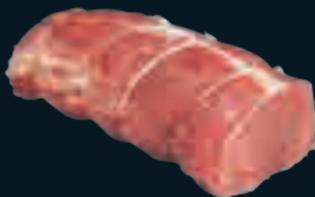


Contains part of blade bone, rib bones and backbone. Loin eye muscle is surrounded by several smaller muscles.

**URMIS #** 3247

Roast, Braise

## Pork Loin Blade Roast Boneless\*



Similar to Blade Roast but blade bone (and covering muscles), rib bones and backbones are removed.

**URMIS #** 3248

\*May have additional designation of Chef's Prime Roast

Roast, Grill, Broil, Braise

## Pork Loin Blade Chop



Cut from blade end of loin, containing blade, rib and backbones and a variety of muscles.

**URMIS #** 3250

Grill, Broil, Pan-fry,  
Pan-broil, Braise

## Pork Loin Chop Boneless



From the lower back (just behind the rib chop).

**URMIS #** 3374

Braise, Broil, Grill,  
Pan-fry, Pan-broil

## Pork Loin Country-Style Ribs



Made by splitting blade end of loin into halves lengthwise. Contains part of loin eye muscle and either rib bones or backbones. May be cut into 3/4- to 1-inch thick slices as shown here.

**URMIS #** 3275

Braise, Cook in Liquid,  
Grill, Broil

## Pork Loin Country-Style Ribs Boneless

Cut from the sirloin or rib end of the pork loin. Prepared from the blade end of a bone-in pork loin and includes not less than three, or more than six, ribs. Sold either as “slabs” or in individual servings.

**URMIS #** 3278

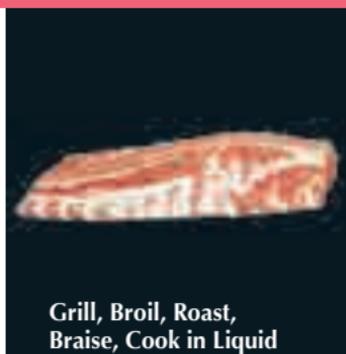


Braise, Broil, Grill,  
Pan-fry, Pan-broil

## Pork Loin Back Ribs

Cut from blade and center section of loin. Contains rib bones and muscles between ribs.

**URMIS #** 3243



Grill, Broil, Roast,  
Braise, Cook in Liquid

## Pork Loin Center Rib Roast

Cut from center rib section of loin. Contains loin eye muscle and rib and back bones.

**URMIS #** 3268



Roast, Grill (indirect heat)

## Pork Loin Half Boneless Rib End

Whole pork loin divided at midpoint and trimmed so that one piece of the boneless loin does not extend more than 1 inch in total length past its opposing piece. The rib end of the loin is near the shoulder butt.

**URMIS #** 3292

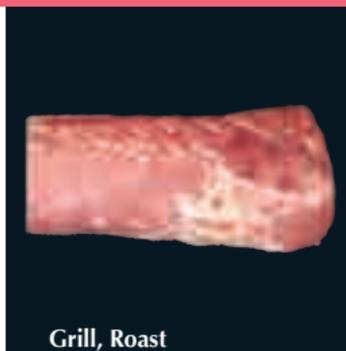


Grill, Roast

## Pork Loin Half Boneless Sirloin End

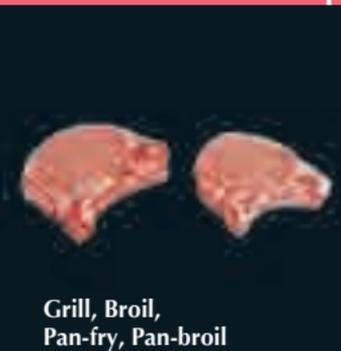
Whole pork loin divided at midpoint and trimmed so that one piece of the boneless loin does not extend more than 1 inch in total length past its opposing piece. The sirloin end of the loin is near the leg.

**URMIS #** 3332



Grill, Roast

## Pork Loin Rib Chop\*



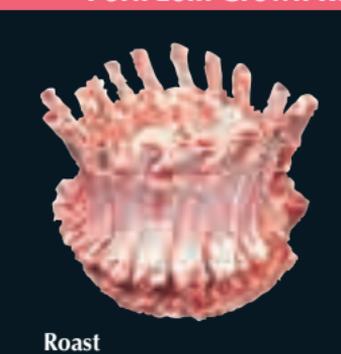
Contains loin eye muscle, backbone and part of rib bone. Usually cut 1/4 to 1 inch in thickness.

**URMIS #** 3298

\*May be labeled as Pork Loin Center Cut Chop

Grill, Broil,  
Pan-fry, Pan-broil

## Pork Loin Crown Roast

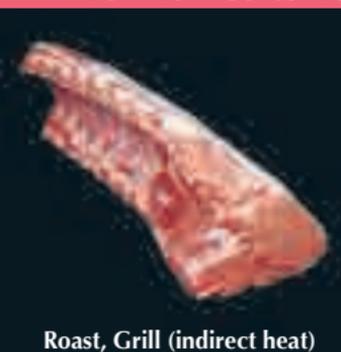


Formed from a pork rib roast/rack of pork that is tied into a circle, ribs up.

**URMIS #** 3271

Roast

## Pork Loin Center Loin Roast

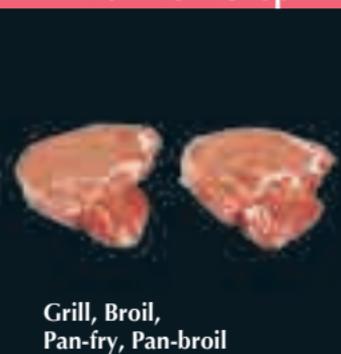


Cut from center of loin. Contains loin eye, tenderloin, several smaller muscles, rib bones and "T-Bones."

**URMIS #** 3266

Roast, Grill (indirect heat)

## Pork Loin Chop

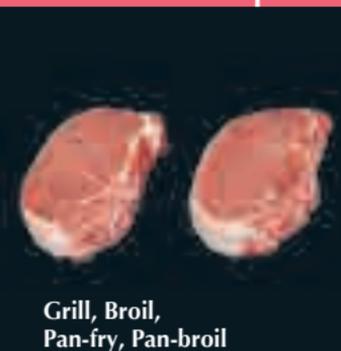


Cut from sirloin half of loin. Contains loin eye and tenderloin muscles separated by the "T-Bone."

**URMIS #** 3313

Grill, Broil,  
Pan-fry, Pan-broil

## Pork Loin Top Loin Chop



Similar to Loin Chop, but tenderloin muscle and part of chine bone removed. Primary muscle is the loin eye (top loin) muscle.

**URMIS #** 3369

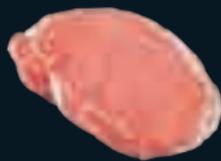
Grill, Broil,  
Pan-fry, Pan-broil

### Pork Loin Top Loin Chop Boneless\*

Same muscle structure as Top Loin Chop but bones removed.

URMIS # 3374

\*May have additional designation of America's Cut

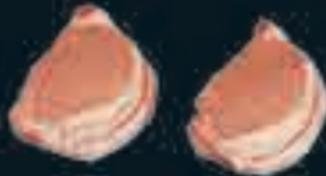


Grill, Broil,  
Pan-fry, Pan-broil

### Pork Loin Top Loin Chop Boneless for Stuffing

Same muscle structure as Top Loin Chop Boneless. Cut thick enough to allow a "pocket" to be cut on the fat side for stuffing.

URMIS # 3380



Grill, Broil,  
Pan-fry, Pan-broil

### Pork Loin Butterflied Chop Boneless

Double chop, initially cut about 2 inches thick from boneless loin. Sliced almost in half from fat side to form two sides resembling a butterfly.

URMIS # 3382



Grill, Broil,  
Pan-fry, Pan-broil

### Pork Loin Top Loin Roast Boneless

Cut from center of the loin. Primary muscle is the loin eye with several smaller surrounding muscles. The tenderloin muscle and all bones have been removed.

URMIS # 3368



Roast, Grill, Broil

### Pork Loin Top Loin Double Roast Boneless

Two Top Loin Roasts Boneless tied or netted together, fat side out.

URMIS # 3270



Roast, Grill (indirect heat)

## Pork Loin Sirloin Roast

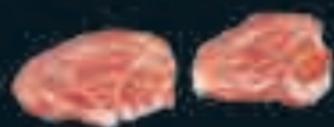


Contains hip bone and backbone. Larger muscle on end is the loin eye, separated from tenderloin muscle by "T-Bone."

URMIS # 3328

Roast

## Pork Loin Sirloin Chop



Cut from sirloin end of loin. Same muscle and bone structure as Sirloin Roast but cut into chops 3/4 to 1 inch thick.

URMIS # 3338

Grill, Broil,  
Pan-fry, Pan-broil

## Pork Loin Sirloin Chop Boneless



From the area around the hip.

URMIS # 3344

Braise, Broil, Grill,  
Pan-fry, Pan-broil

## Pork Loin Tenderloin Whole



Boneless cut from the inside of the loin, located next to the backbone. Larger end is round in shape, and gradually tapers to the thinner, flat end.

URMIS # 3358

Roast, Grill, Broil

## Pork Loin Tenderloin Tips



Thin end of the Whole Tenderloin. Removed from the Whole Tenderloin to make the tenderloin roast more uniform in shape for cooking.

URMIS # 3364

Pan-fry, Pan-broil, Stir-fry

## Pork Loin Whole Boneless

Originates from the section between the shoulder and the leg (ham), all skin, bones and cartilage removed. The tenderloin and lean and fat overlying the blade bone are excluded.

URMIS # 3224

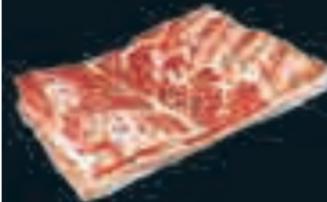


Grill, Roast

## Pork Fresh Pork Side

Section of side remaining after loin and spareribs have been removed. Similar in appearance to Smoked Pork Slab Bacon but fresh.

URMIS # 3160



Cook in Liquid

## Pork Spareribs

Contains long rib bones with thin covering of meat on outside and between ribs. May contain rib cartilage.

URMIS # 3468

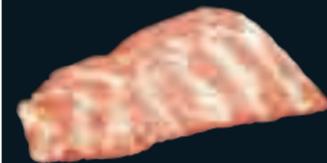


Braise, Cook in Liquid, Grill, Broil

## Pork Spareribs St. Louis Style

Originates from the sparerib. Prepared by removing the brisket bone approximately parallel to the rib side, exposing cartilage on the brisket bone.

URMIS # 3478



Braise, Broil, Grill, Roast, Cook in liquid

## Pork Leg Cap Steak Boneless

The cap from the inside muscle of the hind leg.

URMIS # 3646



Grill, Pan-fry, Pan-broil

## Pork Leg Sirloin Tip Roast Boneless



Comes from upper front portion of hind leg, also known as the knuckle.

**URMIS #** 3647

Grill, Roast

## Pork Leg (Fresh Ham) Shank Half\*



Lower half of leg. Contains shank bone and part of round leg bone. Skin partially covers shank end of cut.

**URMIS #** 3396

\*If Center Slices removed, labeled as Shank Portion

Braise, Roast,  
Grill (indirect heat)

## Pork Leg (Fresh Ham) Rump Half\*



Sirloin end of the pork leg. Contains pelvic bone and part of round leg bone.

**URMIS #** 3392

\*If Center Slices removed, labeled as Rump Portion

Braise, Roast,  
Grill (indirect heat)

## Pork Leg (Fresh Ham) Center Slice



Cut from center of leg. Contains top, bottom, eye and tip muscles, and cross section of round leg bone.

**URMIS #** 3404

Braise, Pan-fry, Pan-broil

## Pork Leg (Fresh Ham) Top Roast Boneless



Top muscle from the pork leg, practically free of surface fat.

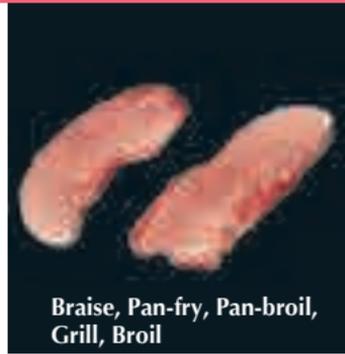
**URMIS #** 3408

Roast, Grill (indirect heat)

### Pork Leg (Fresh Ham) Top Steak Boneless

Cross section cut from the Top Roast, usually  $\frac{3}{4}$  to 1 inch thick.

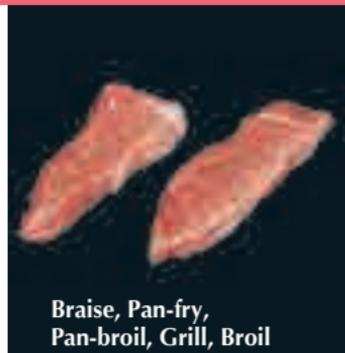
URMIS # 3410



### Pork Leg (Fresh Ham) Bottom Steak Boneless

Cross section cut from the bottom section of the pork leg, usually  $\frac{3}{4}$  to 1 inch thick.

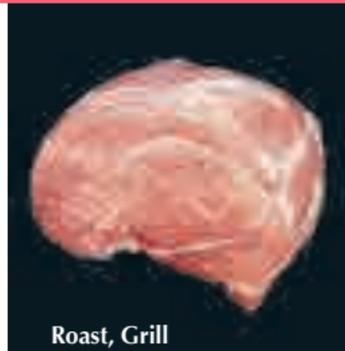
URMIS # 3412



### Pork Leg (Fresh Ham) Tip Roast Boneless

Tip muscles from the pork leg. Practically free of surface fat.

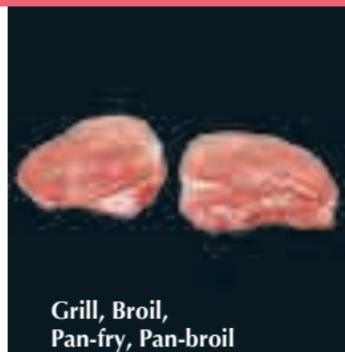
URMIS # 3415



### Pork Leg (Fresh Ham) Tip Steak Boneless

Cross section cut from the Tip Roast, usually  $\frac{3}{4}$  to 1 inch thick.

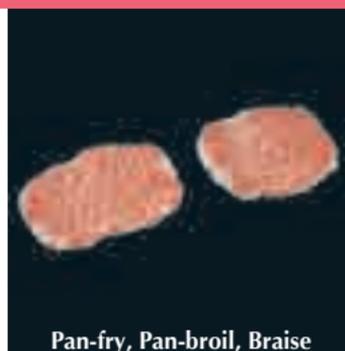
URMIS # 3416



### Pork Cubed Steaks

Can be made from any boneless, lean cut. Cubed effect made by a machine that tenderizes mechanically.

URMIS # 3489



## Pork Cubes for Kabobs



Lean pieces of pork cut into uniform cubes, usually 1 to 1½ inches in size. Contain little fat.

URMIS # 3494

Grill, Broil

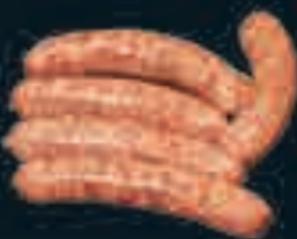
## Pork Sausage



Made from fresh ground pork and seasonings such as salt, pepper and sage. Sold in bulk or as patties, shown here.

Pan-fry, Pan-broil

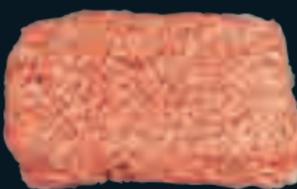
## Pork Sausage Links



Made from fresh ground pork and seasonings such as salt, pepper and sage. Stuffed into edible casings and shaped into links.

Pan-fry, Pan-broil

## Ground Pork



Ground pork is unseasoned and made by mechanically grinding lean meat and/or trimmings from several larger cuts.

Available case-ready or consult URMIS Guide for complete listing of store grind numbers.

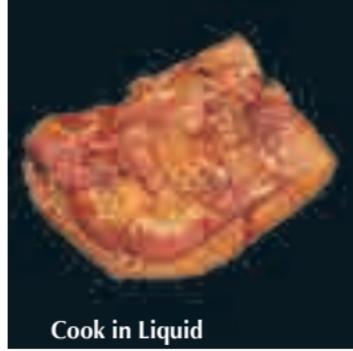
Roast, Broil, Grill,  
Pan-fry, Pan-broil

## SMOKED PORK PRODUCTS

Consult URMIS Guide for a listing of smoked pork products in a variety of packaging options.

### Smoked Pork Jowl

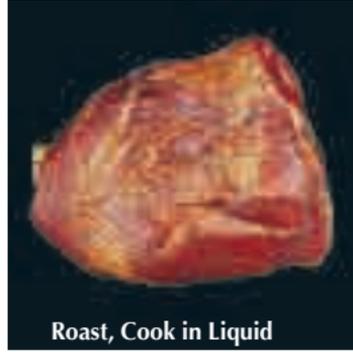
Square-shaped cut from neck (jowl) area. Cured and smoked.



Cook in Liquid

### Smoked Pork Shoulder Picnic Whole

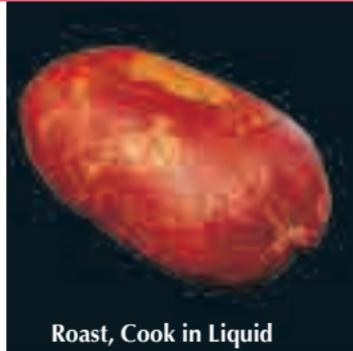
Same muscle and bone structure as fresh Arm Picnic. Cured and smoked.



Roast, Cook in Liquid

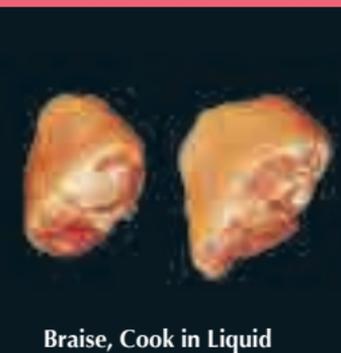
### Smoked Pork Shoulder Roll

Cured and smoked boneless eye section of fresh Blade Boston Roast.



Roast, Cook in Liquid

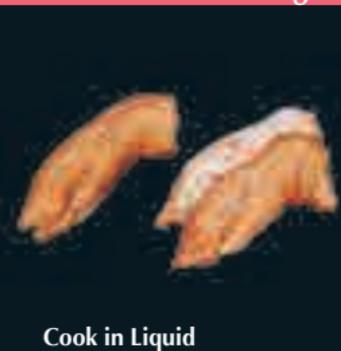
## Smoked Pork Hocks



Cured and smoked cut containing shank bones and surrounding muscles. Oval in shape, cut 2 to 3 inches thick.

Braise, Cook in Liquid

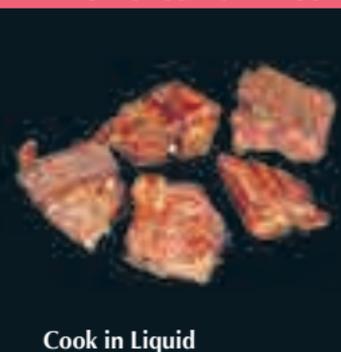
## Smoked Pork Pig's Feet



Fore- and hind-feet, cured and smoked. Often split as shown.

Cook in Liquid

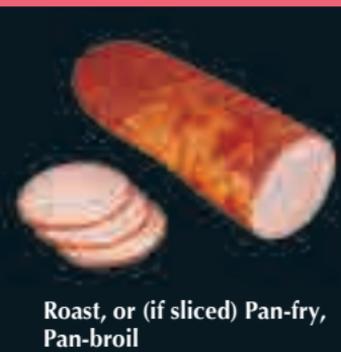
## Smoked Pork Neck Bones



Cured and smoked neck bones removed from pork shoulder. Usually cut into 2- to 3-inch sections, as shown.

Cook in Liquid

## Smoked Pork Loin Canadian Style Bacon



Boneless loin eye muscle from the pork loin, cured and smoked. May be sold sliced or in larger portions as roasts.

Roast, or (if sliced) Pan-fry, Pan-broil

## Smoked Pork Loin Rib Chop

Same muscle and bone structure as fresh Loin Rib Chop, but cured and smoked.



Roast, Broil,  
Pan-fry, Pan-broil

## Smoked Pork Loin Chop

Same muscle and bone structure as fresh Loin Chop, but cured and smoked.



Roast, Broil,  
Pan-fry, Pan-broil

## Smoked Ham Whole

Entire leg of pork, cured and smoked.

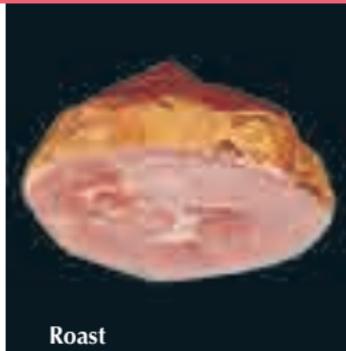


Roast

## Smoked Ham Shank Portion\*

Lower part of leg, cured and smoked. Center slices have been removed. Contains shank bone and part of round leg bone.

\*If "Center Slices" not removed, labeled as "Shank Half"



Roast

### Smoked Ham Rump Portion\*

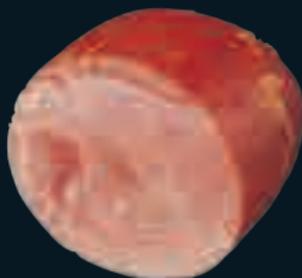


Section of leg from the sirloin end, cured and smoked. Center slices have been removed. Contains pelvic bone and part of round leg bone.

\*If "Center Slices" not removed, labeled as "Rump Half"

Roast

### Smoked Ham Boneless



Fresh pork leg with bones, skin and fat removed. Remaining leg muscles are cured, placed in a casing, and smoked.

Roast

### Smoked Ham Center Slice



Cut from center portion of Whole Smoked Ham, about  $\frac{3}{4}$  to 1 inch thick. Contains top, bottom, eye and tip muscles, and cross section of round leg bone.

Broil, Grill,  
Pan-fry, Pan-broil

### Smoked Ham Center Slice Boneless



Same muscle structure as Center Slice, but bone has been removed.

Broil, Grill,  
Pan-fry, Pan-broil

## Smoked Pork Slab Bacon

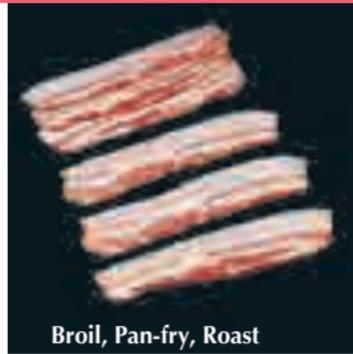
Cured and smoked pork side. Other side may be covered with skin.



Roast, Broil, Pan-fry

## Smoked Pork Sliced Bacon

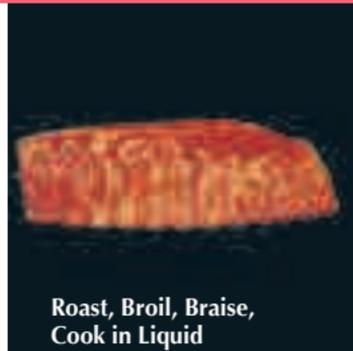
Sliced from Slab Bacon. Thickness based on customer desires (usually 1/8 inch or less).



Broil, Pan-fry, Roast

## Smoked Pork Spareribs

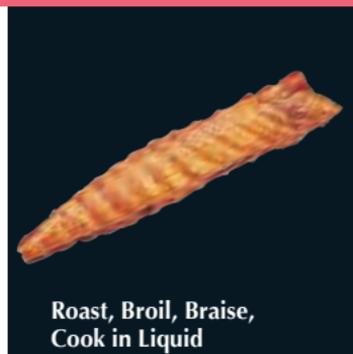
Cured and smoked version of fresh Pork Spareribs.



Roast, Broil, Braise,  
Cook in Liquid

## Smoked Pork Loin Back Ribs

Cured and smoked version of fresh Loin Back Ribs.



Roast, Broil, Braise,  
Cook in Liquid

## LAMB, DELICATE IN FLAVOR AND TEXTURE

### THIS MAKES IT THE RIGHT CHOICE FOR A BREAK FROM TODAY'S HARRIED PACE

Lamb lends itself to a variety of preparation techniques from quick and easy grilling to roasting and braising. Whether you are planning a backyard barbecue, a dinner party or an everyday family meal, look to easy-to-prepare American Lamb.

Lamb is lean and tender, and when you buy American Lamb, you can count on freshness. Produced in nearly every state across the country, American Lamb is available year round.

Lamb comes in a variety of cuts – chops, leg, roasts, racks, ribs, ground lamb, stew meat and more. You can find American Lamb year round in grocery stores, gourmet food retailers and butcher shops.

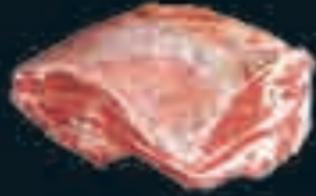
On average, a three-ounce serving of lamb has just 175 calories and meets the Food and Drug Administration's definition for lean. Lamb contains many essential nutrients. On average, lamb is an excellent source of protein, vitamin B<sub>12</sub>, niacin, zinc and selenium and a good source of iron and riboflavin.

American Lamb has a distinctive, mild (never gamey) flavor that marries well with a variety of spices, herbs and marinades. For tips and recipes using American Lamb, visit [www.americanylamb.com](http://www.americanylamb.com).

## Lamb Shoulder Square Cut Whole

Square-shaped cut containing arm, blade and rib bones, as well as a variety of muscles.

URMIS #	Select	Choice
	2913	3038



Braise

## Lamb Shoulder Roast Boneless

All bones are removed from the Square Cut Shoulder, and the remaining muscles rolled and tied (or netted).

URMIS #	Select	Choice
Boneless	2929	3054



Braise

## Lamb Shoulder Blade Chop

Chops made from the blade portion of the shoulder contain part of the blade bone, ribs and backbone.

URMIS #	Select	Choice
Bone-In	2922	3047
Boneless	2924	3049

\*Marinate before cooking



Grill,\* Broil,\* Pan-fry,\*  
Pan-broil,\* Braise

## Lamb Shoulder Arm Chop

Cut from the arm portion of the shoulder. Contains cross section of round arm bone and rib bones.

URMIS #	Select	Choice
Bone-In	2918	3043
Boneless	2919	3044



Broil, Pan-fry,  
Pan-broil, Braise

## Lamb Shoulder Neck Slices

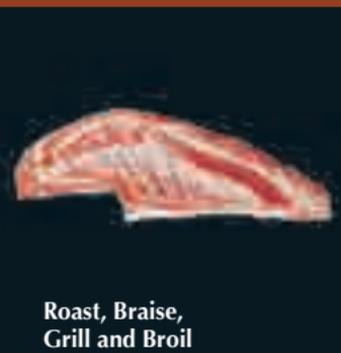
Cross cut of neck portion. Large amount of bone and connective tissue.

URMIS #	Select	Choice
Bone-In	2926	3051



Braise, Cook in Liquid

## Lamb Breast



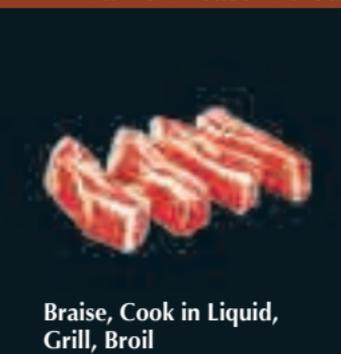
This cut from the breast section contains ribs, breast bone and thin, flat muscles. May be "pocketed" for stuffing.

URMIS #	Select	Choice
Bone-In for stuffing	3003	3128
Rolled Boneless	3004	3129

*Sometimes referred to as:  
Denver Ribs, Spareribs*

Roast, Braise,  
Grill and Broil

## Lamb Breast Riblets

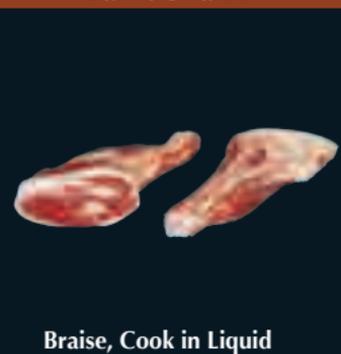


Long, narrow cuts from the breast section, containing rib bones and thin, flat muscles. Some fat is found between muscles.

URMIS #	Select	Choice
Bone-In	3005	3130
Boneless	3006	3131
Bone-In Denver Style	3007	3132

Braise, Cook in Liquid,  
Grill, Broil

## Lamb Shank

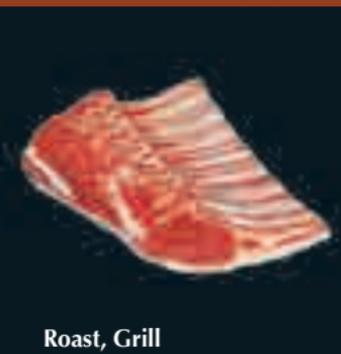


Cut from the forearm portion of the shoulder section. Contains the leg bone and part of the round arm bone.

URMIS #	Select	Choice
Bone-In	3010	3135

Braise, Cook in Liquid

## Lamb Rib Roast



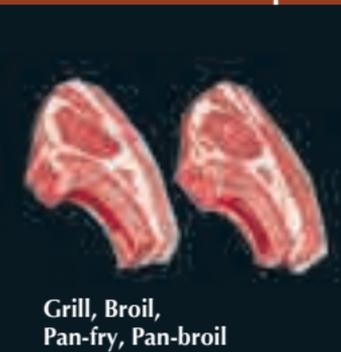
Contains rib bones, and the ribeye muscle, surrounded by several smaller muscles. May also contain part of the backbone.

URMIS #	Select	Choice
Bone-In	2942	3067
Bone-In Frenched Style	2949	3074

*Sometimes referred to as: Rack of Lamb*

Roast, Grill

## Lamb Rib Chop



Contains backbone and rib bones. Larger muscle is the ribeye muscle, surrounded by several smaller muscles. Cut about  $\frac{3}{4}$  to 1 inch thick.

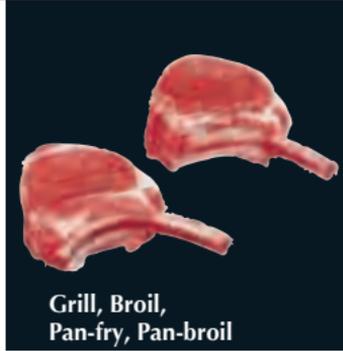
URMIS #	Select	Choice
Bone-In	2948	3135

Grill, Broil,  
Pan-fry, Pan-broil

## Lamb Rib Chop Frenched

Same as Rib Chops, but lean and fat from end of rib bone has been removed, exposing about 1 inch of bone.

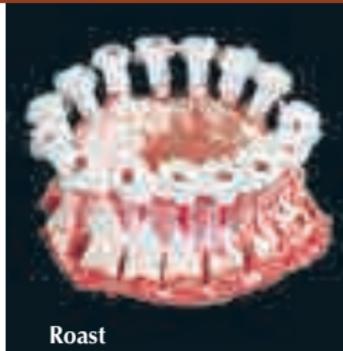
URMIS #	Select	Choice
Bone-In	2949	3074
Cap-Off	2950	3075



## Lamb Rib Crown Roast

Cut is made from two rib sections, with back-bone and chine bone removed. The rib ends are "Frenched," and the two sections tied, rib side out, to form a "crown" shape.

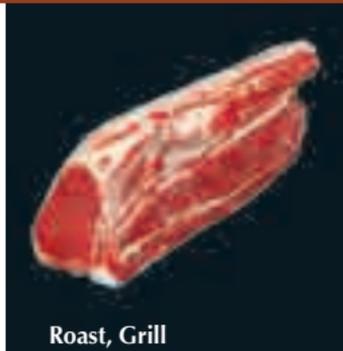
URMIS #	Select	Choice
Bone-In	2944	3069



## Lamb Loin Roast

The loin section, including the "T-Bone," top loin and tenderloin muscle.

URMIS #	Select	Choice
Bone-In	2954	3079

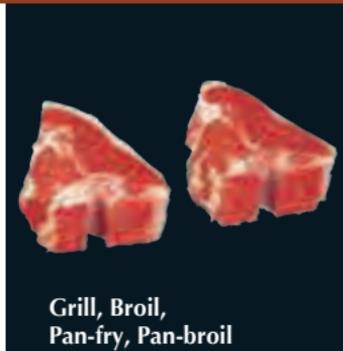


## Lamb Loin Chop

Cut from the Loin Roast, usually 1 to 1½ inches thick. Contains "T-Bone," top loin and tenderloin muscles.

URMIS #	Select	Choice
Bone-In	2955	3080

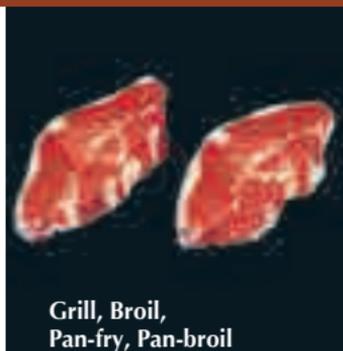
*Sometimes referred to as: Lamb T-Bones*



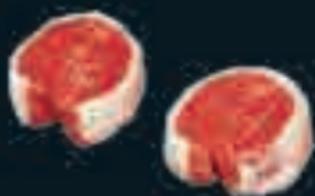
## Lamb Loin Double Chop

Cut is made from an unsplit lamb loin and appears similar to two single Loin Chops. The cut is "double" because it is a cross section of the unsplit loin.

URMIS #	Select	Choice
Bone-In	2959	3084



## Lamb Loin Double Chop Boneless

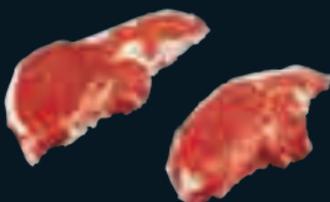


Similar to Loin Double Chop but with tenderloin and bones removed, leaving two attached top loin muscles.

URMIS #	Select	Choice
Boneless	2960	3085

Grill, Broil,  
Pan-fry, Pan-broil

## Lamb Leg Sirloin Chop

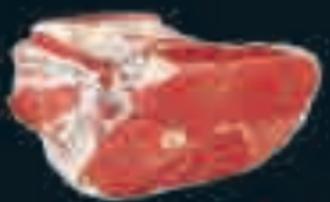


Cut from the sirloin section. Contains backbone and part of hip bones.

URMIS #	Select	Choice
Bone-In	2956	3081
Boneless	2957	3082

Grill, Broil,  
Pan-fry, Pan-broil

## Lamb Leg Sirloin Half

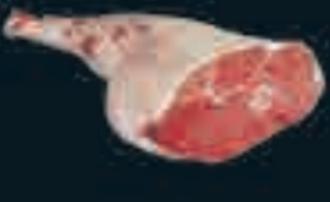


Shank half of leg removed. Sirloin half of leg, hip bone and part of leg bone included.

URMIS #	Select	Choice
	2981	3106

Roast

## Lamb Leg Shank Half



Sirloin half of leg removed. Lower half of leg and round bone included.

URMIS #	Select	Choice
	2969	3094

Roast

## Lamb Leg Frenched Style Roast



Shank bone of the lamb leg is "Frenched," exposing 1 inch or more of bone.

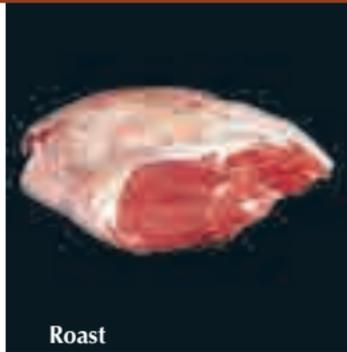
URMIS #	Select	Choice
	2965	3090

Roast

## Lamb Leg American Style Roast

Shank bone of the lamb leg is removed.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2966	3091



Roast

## Lamb Boneless Leg Roast

All bones are removed from the leg and the remaining muscles are rolled and tied or netted.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2973	3098

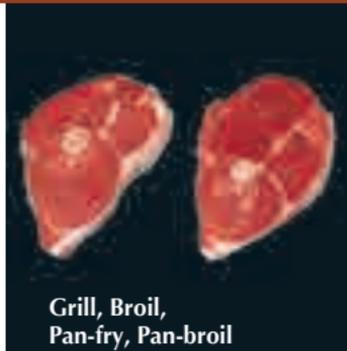


Roast, Grill

## Lamb Leg Center Slice

Cut from center of leg. Contains top, bottom, eye and tip muscles and a cross section of the round leg bone.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
Bone-In	2980	3105
Boneless	2994	3119

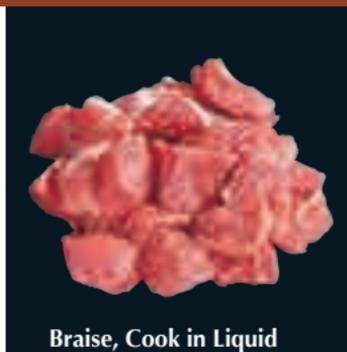


Grill, Broil,  
Pan-fry, Pan-broil

## Lamb for Stew

Pieces from lean muscle sections cut into 1- to 1½-inch cubes. Usually from the leg and shoulder.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	3016	3141

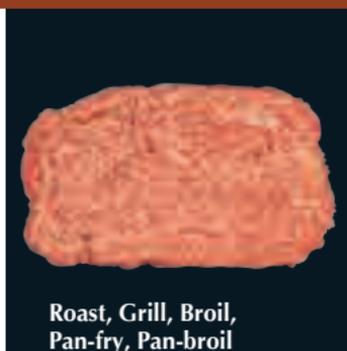


Braise, Cook in Liquid

## Ground Lamb

Ground Lamb is made by mechanically grinding lean meat and/or trimmings from several larger cuts.

<b>URMIS #</b>	<b>Select</b>	<b>Choice</b>
	2998	3123



Roast, Grill, Broil,  
Pan-fry, Pan-broil

## VARIETY MEATS

A catch-all term for various nonmuscular parts of the carcasses of beef and veal, mutton and lamb, and pork, variety meats are either consumed directly as food or used in the production of other foods. Since the invention of cooking, variety meats have been a part of the human diet. Earlier civilizations often treated many of the organs as delicacies, a well-earned term, since many can be as tender and flavorful as the finest meat cuts. In nutritional terms, some variety meats are better sources of certain vitamins, minerals, and forms of protein than muscle tissue. Calf's liver, for example, is a major dietary source of iron. Variety meats should be refrigerated and used within two days of purchase or frozen.

### Livers



Pictured at top is beef. Middle left is veal. Middle right is lamb. Bottom is pork. Beef, lamb and veal livers have two lobes, one predominately larger than the other. Pork liver has three lobes of about equal size.

URMIS #	Cat A	Cat B
Sliced Beef	1781	2596
Sliced Veal	2753	2893
Sliced Pork	3551	
Sliced Lamb	3026	3151

### Kidneys



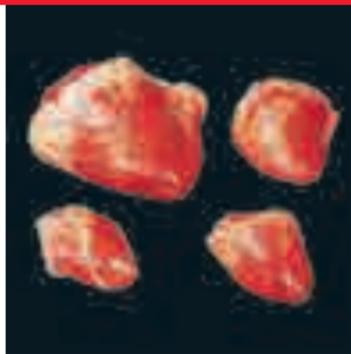
Pictured at top left is beef. Top right is veal. Lower left is lamb. Lower right is pork. Beef and veal kidneys are made up of many lobes. Pork kidney is larger than lamb kidney.

URMIS #	Cat A	Cat B
Beef	1779	2594
Veal	2758	2898
Pork	3549	
Lamb	3024	3149

## Hearts

Pictured in order of size: beef, veal, pork and lamb. All are basically shaped the same. Generally sold cut or split. Beef heart has more fat than the others.

URMIS #	Cat A	Cat B
Beef	1777	2592
Veal	2757	2897
Pork	3548	
Lamb	3023	3148



## Tongues

Pictured in order of size: beef, veal, pork and lamb. Rough skin covers muscles of tongue including the base. It is removed before serving. Sold fresh, cured, or cured and smoked.

URMIS #	Cat A	Cat B
Beef	1794	2609
Veal	2760	2900
Pork	3552	
Lamb	3027	3152



## Sweetbreads

Thymus glands. Creamy white, soft consistency covered with a thin membrane. Largest from young beef, smallest from lamb. Not found in mature beef.

URMIS #	Cat A	Cat B
Beef	1792	2607
Veal	2759	2899
Lamb	3029	3154



## Oxtail

Removed from the carcass between the 2nd and 3rd coccygeal (tail) vertebrae. The last 2 to 3 vertebrae are also removed from the tip end.

URMIS #	Cat A	Cat B
Beef	1788	2603



## Tripe

Usually taken from the first (paunch) or second (honeycomb) stomach of ruminant animals. Honeycomb tripe is shown here.

URMIS #	Cat A	Cat B
Beef	1799	2614
Veal	2761	2901



# STORAGE AND DEFROSTING GUIDELINES FOR BEEF

## RECOMMENDED STORAGE TIMES FOR MAXIMUM QUALITY

	<b>Beef Cut</b>
<b>Fresh Beef</b>	Steaks, Roasts
	Beef for Stew, Kabobs or Stir-Fry
	Ground Beef
<b>Leftover Cooked Beef</b>	All
<b>Cured and/or Smoked and Ready-to-Serve Beef Products</b>	Corned Beef, <i>ready-to-cook</i>
	Frankfurters, Deli Meats
	Sausage, smoked
	Sausage, Dry and Semi-dry, <i>unsliced</i>

## DEFROSTING GUIDELINES

Always defrost beef in the refrigerator, never at room temperature. Place frozen package on a plate or tray to catch any juices and defrost in the refrigerator according to chart.

<b>Beef Cut</b>	<b>Thickness</b>
Steaks, Ground Beef,*	1/2 to 3/4 inch
Beef for Stew, Kabob or Stir-Fry	1 to 1 1/2 inch
Small Roasts Thin Pot Roasts	Varies
Large Roasts Thick Pot Roasts	Varies

\*Cook as soon as possible after defrosting.

<b>Refrigerator (35°F to 40°F)</b>	<b>Freezer (0°F or below)</b>
3 to 4 days	6 to 12 months
2 to 3 days	6 to 12 months
1 to 2 days	3 to 4 months
3 to 4 days	2 to 3 months
1 week	2 weeks
3 to 5 days	1 to 2 months
1 week	Not recommended
2 to 3 weeks	Not recommended

<b>Approximate Refrigeration Time (at 35°F to 40°F)</b>
12 hours
24 hours
3 to 5 hours per pound
4 to 7 hours per pound

# BEEF COOKERY

## THREE EASY STEPS

### ROASTING



1. Heat oven to desired temperature (325°F to 350°F for most cuts; 425°F for tenderloin cuts).
2. Place roast (directly from the refrigerator), fat side up, on rack in shallow roasting pan. The exception is a rib roast; the ribs form a natural rack. Season roast with herbs and seasonings, as desired. Insert ovenproof meat thermometer so tip is centered in thickest part of roast, not resting in fat or touching bone. Do not add water. Do not cover.
3. Roast to desired degree of doneness. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise 5°F to 10°F to reach desired doneness and roast will be easier to carve.)

### BROILING



1. Set oven for broiling; preheat for 10 minutes. (Consult owner's manual for specific information.)
2. Season beef (directly from the refrigerator) with herbs or spices, as desired. Place beef on rack of broiler pan. Position broiler pan so that surface of beef is within desired distance from the heat source (about 2 to 3 inches for cuts  $\frac{3}{4}$  to 1 inch thick; 3 to 4 inches for thicker cuts).
3. Broil to desired degree of doneness, turning once. After cooking, season beef with salt, if desired.

### GRILLING



1. Prepare grill (charcoal or gas) according to manufacturer's directions for medium heat.
2. Season beef (directly from the refrigerator) with herbs or spices, as desired. Place on cooking grid.
3. Grill to desired degree of doneness, turning occasionally. After cooking, season with salt, if desired.



## PAN-BROILING

1. Heat heavy, nonstick skillet 5 minutes over medium heat.
2. Season beef (directly from the refrigerator), as desired. Place beef in preheated skillet (do not overcrowd). Do not add oil or water; do not cover.
3. Pan-broil to desired doneness, turning once. (For cuts 1-inch thick or thicker, turn occasionally.) After cooking, season beef with salt, if desired.



## PAN-FRYING\*

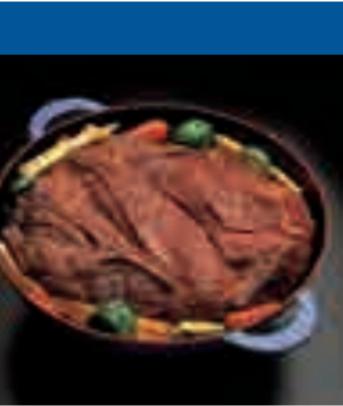
1. Heat small amount of oil in heavy, nonstick skillet over medium heat until hot.
2. Season beef (directly from the refrigerator), as desired. Place beef in preheated skillet (do not overcrowd). Do not add water. Do not cover.
3. Pan-fry to desired doneness, turning occasionally. After cooking, season beef with salt, if desired.

\*This cooking method is best for thin, tender beef cuts, 1/2 inch thick or less. Cuts such as cubed steak, or other cuts that are floured or breaded, may require additional oil to prevent sticking.



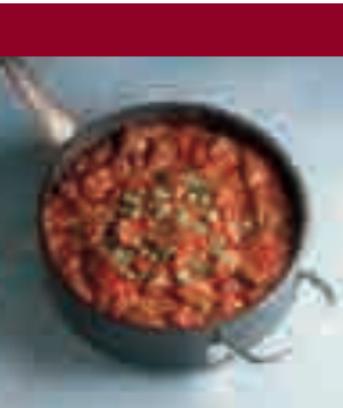
## STIR-FRYING

1. Cut beef into thin, uniform strips. (Partially freeze beef for easier slicing, about 30 minutes.) Marinate beef strips to add flavor while preparing other ingredients, if desired.
2. Heat small amount of oil in large, heavy, nonstick skillet or wok over medium-high heat until hot.
3. Stir-fry beef in half-pound batches (do not overcrowd), continuously turning with a scooping motion, until outside surface of beef is no longer pink. Add additional oil for each batch, if necessary. (Cook beef and vegetables separately and then combine and heat through.)



## BRAISING

1. Slowly brown beef on all sides in small amount of oil in heavy pan over medium heat. Pour off drippings. Season beef with herbs or spices, as desired.
2. Add small amount (1/2 to 2 cups) of liquid (such as broth, water, juice, beer or wine).
3. Cover tightly and simmer gently over low heat on top of the range or in a preheated 325°F oven or until beef is fork-tender.



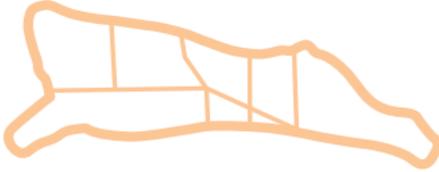
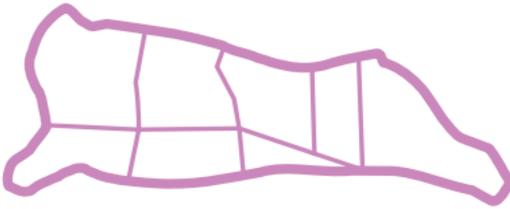
## COOKING IN LIQUID

1. Coat beef lightly with seasoned flour, if desired. Slowly brown beef, in batches, on all sides in small amount of oil in heavy stockpot over medium heat. Pour off drippings. (Omit browning step for corned beef brisket.)
2. Cover beef with liquid (such as broth, water, juice, beer or wine). Add herbs or seasonings, as desired. Bring liquid to boil; reduce heat to low.
3. Cover tightly and simmer gently over low heat on top of the range or until beef is fork-tender.



**FOR MORE INFORMATION, CONTACT:**

**National Cattlemen's Beef Association**  
Research, Education and Innovation Department  
9110 East Nichols Avenue, Suite 300  
Centennial, Colorado 80112  
Phone: 303.694.0305  
[www.beefresearch.org](http://www.beefresearch.org)  
[www.beef.org](http://www.beef.org)



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