

Beef – Practical – Level 2

Cutting beef primal cuts into basic retail and foodservice cuts











Introduction

Welcome to the AHDB Beef and Lamb Education Programme, Beef – Level 2, which focuses on cutting beef primal cuts into basic retail and foodservice cuts.

Each primal cut can be cut into different retail and foodservice cuts.

Starting with the topside right through to the shin, this brochure includes detailed step by step instructions.

Each stage is shown with both written

and photographic instruction, which will provide you with the required knowledge you will need to pass this particular level.

Once you have successfully completed this level, the next level covers cutting beef primal muscles into advanced retail and foodservice cuts, which involves a lot of seam butchery techniques.

Good luck!

Dick van Leeuwen



You are expected to be able to do and know the following:

- To be able to cut each primal muscle into the retail and foodservice cuts as illustrated in this manual by following natural seams where possible and without cutting unnecessarily into muscles. You are allowed to refer to the cutting specifications.
- Preparing the cuts without any unnecessary cuts/ stab marks or damage to the muscles.
- Cuts should be without bone dust, stringing of joints should be even and tidy, steaks should be of even thickness.
- Minimise wastage by removing gristle, connective tissue and fat cleanly without wasting good meat.
- Recognise and know the names of the primal and retail/foodservice cuts featured.

Note: Learn to do the job properly and accurately in the first place and speed will follow with practise. It is more difficult to loose bad cutting habits later!



Exam requirement:

- On the day of the examination the examiner will select 4 primal beef cuts and will present you with 8 printed copies of cutting specifications from this manual (2 for each primal cut) to produce retail or foodservice cuts.
- You need to be able to do this in a reasonable time, taking into account all the requirements previously stated.



Beef carcase classification

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

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





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

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



Quality Standard beef – Forequarter Primal Cuts





Quality Standard beef – Hindquarter Primal Cuts







Beef Bone Structure





Beef Bone Structure



SKELETAL PARTS OF THE FORE QUARTER

- A Back Bones Thoracic vertebrae, I-I3
- **B** Feather Bones Spinous processes
- C Buttons Cartilage of spinous processes
- D Blade Bone Cartilage Cartilage of scapula
- E Blade Bone Scapula
- F Ridge of Blade Bone Spine of scapula
- G Neck Bones Cervical vertebrae, 1-7
- H Atlas Ist cervical vertebra
- I Arm Bone Muscle Proximal extremity of humerus
- J Arm Bone Humerus

- K Rib Cartilages Costal cartilages
- L Tip of Breastbone Xiphoid cartilage
- M Breastbone Sternum
- ELBOW JOINT
- N Olecranon
- Distal extremity of humerus

FORE SHANK BONES

- P UlnaO Radius
- KNEE BONES
- **R** Carpal Bones
- **S** Metacarpus

A Tuber calcis K Finge

SKELETAL PARTS OF THE HIND QUARTER

- **B** Achilles tendon
- C Aitch Bone Ischium
- D Pelvic Bone-os coxae a) Tuber ischii
 - b) Shaft of ilium
- c) Tuber sacrale
- d) Tuber coxae
- E Hip Bone Ilium
- F Tail Bone Coccygael vertebrae, I-2
- G Sacrum Sacral vertebrae, 1-5
- H Slip Joint Sacroiliac joint
- I Loin Bones Lumbar vertebrae, I-6
- **J** Spinous Process

- K Finger Bone Transverse process
- L Chine Bone Body of lumbar vertebrae
- Metatarsus
- **HOCK BONES**
- N Fused 2nd and 3rd tarsals
- Fused central and 4th tarsals
- P Tibial tarsal bone
- Q Lateral malleolus (distal end of fibula)
- R Hind Shank Bone Tibia
- **S** Stifle Joint
- T Shank Knuckle Bone Distal extremity of femur

- U Kneecap Patella
- V Round Bone Femur
- W Rump Knuckle Bone Proximal extremity of femur
- **X** Ribs, 1-13
- Y Rib Cartilage Costal cartilage

Topside Joints (traditional)

Code: Topside B004

A CONTRACTOR OF			
I. Position of the topside.	2. Remove all discoloured tissue, gristle and excess fat from external side of the topside.	3. From the internal side remove the loose hanging muscle	4. blood veins, gristle and discoloured tissue.
5. Cut the topside into three equal pieces.	6. Add fat to lean parts on top of the joint and tie at regular intervals. Fat thickness not to exceed 10mm.	7. Vacuum pack.	





Topside Joints (without side muscle, fat added)

beef English 🗺

Code: Topside B005

I. Position of the topside.	2. Square cut the side muscle of the topside	3. Cut the remainder into three equal sized pieces.	4. Place a sheet of cod fat (maximum thickness 10mm) over the centre of the lean side of the joint.
5. Tie and secure with string at regular intervals.	6. Square ends	7. as illustrated.	8. Cut into joints of the required size.
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Silverside (without silver gristle)

Code: Silverside B001

Contraction of the second seco			
I. Position of the silverside.	2. The internal fat pocket and	3. silver gristle is removed.	4. External fat level not to exceed 15mm.
5. Silversides are vacuum packed individually.			





Silverside Joint (with added fat)

Code: Silverside B002

A state of the sta			
I. Position of the silverside.	2. Silverside.	 Cut the silverside into two equal-sized joints as illustrated. 	4. Cut cod fat into thin slices and flatten with a fat basher if needed. Alternatively use pre-pressed cod fat.
 Place a layer of cod fat (maximum thickness 10 mm) over the centre of the lean side of the joint. 	6. Tie securely with string at regular intervals.	 Silverside joints prepared and ready to cut into joints of the required size. 	





Silverside Steaks, Escallops and Dice

Code:

Silverside B007

Contraction of the second seco			
I. Position of the silverside.	2. Boneless untrimmed silverside anterior view.	3. Boneless untrimmed silverside posterior view.	 Remove the salmon cut from the rest of the silverside by cutting along the natural seam. Remove silverwall gristle, excess fat and connective tissue.
5. Larger silverside muscle can be cut	6. or square the ends of the salmon cut and	7. Escallops are ideal for marinating.	8. Alternatively the silverside can be used
 Larger silverside muscle can be cut into steaks 	6. or square the ends of the salmon cut and slice into escallops across the grain at 5mm intervals.	7. Escallops are ideal for marinating.	8. Alternatively the silverside can be used for dice.
	Eon this product the silve	nside should be matured	



For this product the silverside should be matured for a minimum of 14 days.



	Aitch Bone Joint		Code: Silverside B014
Contraction of the second seco			
I. Position of the silverside.	2. Silverside with salmon cut.	3. Remove the aitch bone joint in a straight line	4starting from the tip of the salmon cut.
5. Remove all gristle and connective tissue. Note the direction of the grain.	6. Place strings across the grain. External fat not to exceed 15mm.	7. Aitch Bone Joint.	8. Joint can be cut in half to produce Aitch Bone mini joints.
For this product the silverside should be matured for a minimum of 14 days.			

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т	Code: Thick Flank B001		
 Position of the thick flank (knuckle), without rump tail. 	2. Excess fat and	3. discoloured tissue	4. is removed.
5. Thick Flank (Knuckle) is vacuum packed			
individually.			





	Code: Thick Flank B002		
I. Position of the thick flank, with rump tail.	2. Boneless untrimmed thick flank ready for preparation.	3. Seam back large external muscle and cut the primal lengthways along the grain to produce two equal-sized portions.	4. Remove excess fat, connective tissue and gristle. Tie securely with string at regular intervals.
5. The two thick flank rolls are ready to cut into smaller joints.	6. Cut into joint of the size required.		





Code: Thick Flank Joints (with added fat) Thick Flank B003 I. Position of the thick flank, with rump tail. 2. Boneless untrimmed thick flank ready 3. Seam back large external muscle and cut 4. Cut cod fat into thin slices and flatten the primal lengthways along the grain to with a fat basher if needed. Alternatively for preparation. produce two equal-sized portions. use pre-pressed cod fat. 7. Joints vacuum packed and ready for sale. 5. Remove excess fat, connective tissue and 6. Cut into joints of the size required. gristle. Add 10mm thick roasting fat on lean top surface and tie securely with string at regular intervals.





Braisin	Code: Thick Flank B004		
 Position of the thick flank (Knuckle), without rump tail. 	2. Remove excess fat from thick flank (Knuckle).	3. Cut into braising steaks of even thickness.	
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"D" Rump (without tail)

Code: Rump B004

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I. Position of the rump.	2. The rump tail is removed.	3. Excess gristle and blood veins are removed.	 External fat thickness does not exceed 10mm at any point.





Tr	Code: Rump B006		
Contractor of the second secon			
I. Position of the rump.	2. Remove bone and trim fat to a maximum thickness of 10mm.	3. Cut steaks 15mm thick and even	4. throughout each slice.
5. Cut each steak into required portion size.			





"Traditional" Rump Roast

Code: Rump B010

Contraction of the second seco			
I. Position of the rump.	2. Remove any small loosely attached muscles.	3. Remove internal fat deposits.	 Trim external fat to a maximum thickness of 5mm.
 Cut the trimmed primal into two equal sized portions. 	6. Tie securely with string, making sure the cap muscle stays in position to prevent the joint tapering.	7. Rump roasting joints prepared to specification and ready for use.	
·			





Rump Tail/	Code: Rump B012		
I. Position of the Rump Tail.	2. Remove excess fat and gristle.	 Max. fat thickness on the outside of the muscle not to exceed 10mm. 	4. Rump Tail/Tri-tip Roast.



If used as a roasting joint, the rump tail should be matured for a minimum of 14 days.



Rump Tail/Tri-Tip – fully trimmed (Tensor fasciae latae)

Code: Rump B026

I. Position of the Rump Tail/Tri-Tip.	2. Follow the natural seam between the Rump and the Rump Tail/Tri-Tip and	3remove the Rump Tail/Tri-Tip.	4. Rump Tail/Tri-Tip. (Tensor fasciae latae).
5. Rump Tail/Tri-Tip. (Tensor fasciae latae)	6. Remove all fat and gristle from both sides of the muscle.	7. Fully trimmed Rump Tail/Tri-Tip. muscle.	





Striploin			Code: Sirloin B002
I. Position of the three-rib sirloin.	2. Intercostal meat (meat between the ribs) is removed.	3. The tail is trimmed to 40mm maximum from the tip of the eye muscle.	4. 25mm wide back strap is removed.
5. External fat level trimmed back to a maximum of 10mm.	6. Striploin is vacuum packed individually.		





Sirloin Steak – Extra Trim

Code: Sirloin B005

I. Position of the two-rib sirloin.	 Remove the bones by sheet boning technique. 	3. Trim the tail to a maximum width of 25mm from the tip of the eye muscle.	4. Remove all gristle and connective tissue
5. and internal fat pockets.	6. Remove 70mm of the backstrap. Chain to be trimmed of excess fat and gristle but left on the loin.	7. Trim external fat to a maximum thickness of 10mm.	8. Cut remaining sirloin into steaks of even thickness (no wedge shapes) and of required portion weight.
QUALITY			



Sirloin Steaks – Standard Trim

Code: Sirloin B006

1. Position of the three-rib sirloin.	2. Intercostal meat (meat between the ribs) is removed.	3. The tail is trimmed to 50mm maximum from the tip of the eye muscle.	4. 25mm wide backstrap is removed. Chain remains.
5. External fat level trimmed back to a maximum of 10mm.	 The whole sirloin can be cut into steaks of even thickness. Fat thickness not to exceed 10-15mm. 		





	Rolled Sirloin		Code: Sirloin B011
I. Position of the sirloin.	2. Intercostal meat (meat between the ribs) is removed.	3. The tail is trimmed to 50mm maximum from the tip of the eye muscle.	 25mm wide backstrap is removed. Chain remains.
5. External fat level trimmed back to a maximum of 10mm.	 6. Roll and secure the shape using string, tie at regular intervals and cut into required 		
	portion weight.		





	Code: Fillet B001		
I. Position of the fillet.	2. External fat	3. and discoloured tissue from the top of the fillet is removed.	4. Excess fat and bone gristle from the underside of the fillet is removed.
5. Top and	6. underside view of the fillet.		





Fillet Steak	Code: Fillet B005		
Contraction of the second seco			
I. Position of the fillet.	2. Boneless untrimmed fillet primal.	3. Remove excess fat, gristle and connective tissue to expose underlying lean cut surface.	4. Cut the fillet into even-sized steaks. Remove the tail so that remaining steaks have a minimum diameter of 40mm.
GUALITY STANDARD beef English			AHDB BEEF & LAMB

Fillet Steak Standard

Code: Fillet B006

A contraction of the second se			
I. Position of the fillet.	2. External fat and discoloured tissue from the top of the fillet is removed.	 Excess fat and bone gristle from the underside of the fillet is removed. 	4. Cut the fillet into even-sized steaks.
5. Remove the tail so that remaining steaks have a minimum diameter of 40mm.			







Fore rib – bone-in, partly chined

Code: Fore rib B004



Fore rib – Carvery (rolled)

Code: Fore rib B005

 The fore rib should be removed from the carcase between rib bones 6-7 and 10-11 (counting from the neck upwards). 	 Rib of beef. The length of the tail is not to exceed 60mm from the outer tip of the eye muscle. 	3. Saw through the ribs.	4. Remove back and feather bones.
5. Remove the thick yellow gristle (backstrap).	6. Tie securely with string at regular intervals.	7. Cut between the ribs	8. to produce joints.





Rib Cap M	Code: Fore rib B017		
1. The fore rib should be removed from the carcase between rib bones 6-7 and 10-11 (counting from the neck upwards).	 The length of the tail is not to exceed 60mm from the outer tip of the eye muscle. 	3. Bones should be removed by sheet boning.	4. Follow the natural seams to remove the rib cap.
5. Rib cap (Latissimus dorsi and Trapezius).			





	Code: Chuck B001		
Contraction of the second seco			
I. Chuck roll.	2. Yellow gristle (back strap) is removed.	3. Large fat pockets and	4. discoloured tissue is removed.
5. Chuck roll is vacuum packed individually.			





Chuck Eye Joint

I. The chuck is situated in the forequarter as illustrated.	2. Trimmed primal chuck ready for further preparation.	3. Separate the blade and feather muscles by cutting along the natural seam between them and the rest of the chuck.	4. Chuck muscles ready for preparation.
5. Remove the tail by cutting from the ventral tip of the eye muscle and parallel to the back line of the carcase.	6. Tie securely with string at regular intervals.	 Chuck joint prepared to specification and ready to be cut into joints of required size. 	





"Kir	Code: Chuck B029		
Contraction of the second seco			
I. Position of the Chuck roll.	2. Remove yellow gristle (backstrap) and the crest (rhomboideus) muscle.	3. Utilise the cap of the Fore Rib	4and place on top of the Chuck Eye roll.
5. Remove and square end the Chuck Eye in line with the rib cap muscle	6and tie at regular intervals.	7. King Arthur's Beef Roast (Rib end view).	8. King Arthur's Beef Roast (Chuck end view).



For this product the Chuck roll must be matured for a minimum of 14 days.



C	Code: Chuck B032		
Several Andrews			
1. Position of the bone-in chuck roll from a 5 rib forequarter.	2. Bone-in chuck roll (5 rib).	3. Remove the chuck rib on the bone between the 3rd and 4th rib counting from the neck.	4. Saw through the ribs and remove the chine, feather bones and yellow gristle (backstrap).
5 Chuck Rib on the bars	6 Church Rib on the hore		
5. Chuck Rib on the bone.	6. Chuck Rib on the bone.		





Chuck Eye Steaks

orimal chuck ready for further n. 3. Separat cutting them ar	e the blade and feather muscles by along the natural seam between nd the rest of the chuck.	4. Chuck muscles ready for preparation.
huck muscles evenly in thickness ntervals. 7. Chuck specific	steaks cut and prepared to ation.	
	Image: specific s	Image: space of the space of





Blade (Chuck Tender) – trimmed (Supraspinatus)

I. Position of the blade.	2. Blade (chuck tender).	3. Blade (chuck tender).	4. Remove all fat and gristle from the outside of the muscle.
5. Remove the centre gristle.			





Blade Steak

 The chuck is situated in the forequarter as illustrated. 	2. Trimmed primal chuck ready for further preparation.	3. Remove the blade and feather muscles by cutting along the natural seam between them and the rest of the chuck.	 Separate the blade and feather muscles by cutting along the natural seam
5. Blade muscle trimmed of all fat, excess gristle and connective tissue.	6. Cut into steaks of even thickness.	7. Blade steaks.	





Fe	Code: Chuck B012		
I. Position of the feather muscle.	2. Feather muscle.	3. Cut into braising steaks of even thickness and across the grain.	 When the central gristle starts to appear very thick
5. carefully remove it	6. and use the remainder for diced beef.		





LMC (single muscle)			Code:
Contraction of the second seco			
I. LMC (single muscle).	2. Excess fat and	3. discoloured tissue is removed.	4. The LMC muscle is vacuum packed individually.
		<u>.</u>	
			AHDB

LMC Steaks			Code: LMC B004
I. Position of the LMC.	2. LMC.	3. Remove silver gristle sheath	 and the thickest part of the large central gristle.
5. Slice into braising steaks of even thickness and across the grain.			





LMC (Leg of mutton cut) Roast (with added fat)

Code: LMC B008

I. Position of the LMC.	2. The external surface of the LMC after removal from the forequarter.	3. Separate the smaller muscles from the main muscle by cutting along the seams between them.	4. Remove external fat cover taking care not to cut into the underlying muscles.
F. Berera de caracteriale de ca		Adde here of fees while where Free etc.	
5. Remove the external gristle sheath	6. and the thickest part of the large central gristle.	 Add a layer of fat no thicker than 5mm at any point and tie securely with string at regular intervals. 	8. LMC roast prepared to specification



LMC (Leg of mutton cut) Roast (without fat)

Code: LMC B009

I. Position of the LMC.	2. The external surface of the LMC after removal from the forequarter.	3. Separate the smaller muscles from the main muscle by cutting along the seams between them.	4. Remove external fat cover taking care not to cut into the underlying muscles.
5. Remove the external gristle sheath	6. and the thickest part of the large central gristle.	 Tie securely with string at regular intervals. LMC roast prepared to specification. 	





	Code: Brisket B001		
I. Position of flat brisket.	2. Internal and	3. external fat is	 removed to a maximum level of 10mm at any point.
5. Top and	6. under side of the brisket.	 Flat briskets are vacuum packed individually. 	





Brisket Joints			Code: Brisket B002
1. Position of the brisket.	2. Remove all bones, cartilage and fat deposits.	3. Trim external fat to a maximum thickness of 5mm and remove all discoloured tissue.	 The fully trimmed boneless brisket ready for further preparation
5. Roll and tie securely with string at regular intervals.	6. The rolled brisket ready to be cut into smaller joints.	 Cut the rolled brisket into required joint sizes. 	





Brisket Mini Joints

Code: Brisket B003

1. Position of the brisket.	 Remove all bones, cartilage and fat deposits. 	3. Trim external fat to a maximum thickness of 5mm and remove all discoloured tissue.	 Cut the prepared brisket into three pieces as illustrated.
5. Hold in shape with elasticated roasting bands at regular intervals and cut into smaller mini joints.	6. Brisket mini joints prepared to specification and ready for sale.		





Thin Flank (boneless)			Code: Thin Flank B009
I. Position of the 3 rib bone thin flank.	2. 3 rib bone thin flank (boneless). Internal view. Gristle sheet on the internal side to be removed.	3. External view.	
QUALITY STANDARD beef English			BEEF & LAMB

Heel Muscle			Code: Leg B001
I. Heel muscle	2. Excess fat and	3. discoloured tissue is removed.	 Heel muscles are vacuum packed two per bag.
QUALITY STANDARD beef English			BEEF & LAMB

Braising Steaks (heel muscle)			Code: Leg B004
A REAL PROPERTY OF A REAL PROPER			
I. Postion of the Heel Muscle.	2. Heel Muscle.	3. Heel Muscle.	4. Remove the pencil muscle (flexor superficialis) by following the natural seams.
5. Remove the thickest part of the gristle	6. Fold muscle over and cut into	7 steaks of even thickness	8 Braising steaks (beel muscle)
5. Remove the thickest part of the gristle.	6. Fold muscle over and cut into	7steaks of even thickness.	8. Braising steaks (heel muscle).





Sliced Shin			Code: Shin B004
I. Shin and leg illustrated.	 Remove bone, excess fat, gristle, connective tissue and slice to required thickness. 		
QUALITY STANDARD beef English			BEEF & LAMB

	Diced Shin	Code: Shin B005
Contraction of the second seco		
I. Shin and leg illustrated.	2. Remove bone, excess fat, gristle, connective tissue and dice into 3cm cubes.	
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Beef Bucco			Code: Shin B006
Contraction of the second seco			
I. Shin and leg illustrated.	2. Remove excess fat, gristle and connective tissue and cut and saw slices on the bone to a required thickness.		
QUALITY STANDARD beef English			BEEF & LAMB

Quality Standard Specification for Minced Beef	Code: Mince B001			
 All livestock must be from farms operating in compliance with a farm-assurance scheme, and must be transported, slaughtered and processed in compliance with a quality assurance scheme. Each such assurance scheme must have been approved by AHDB Beef and Lamb in relation to this Quality Standard and must be independently audited to EN 45011 standard. 				
Cattle of any age or sex are acceptable.				
 Mince must contain a maximum of 20% fat (as measured by chemical analysis using British Standard methods), approximately equivalent to beef having overall 85% visual lean prior to mincing (final mix stage). 				
• Mince must be 100% beef with no added water, additives, fillers or other ingredients.				
• All minced product must be produced and labelled in accordance with legislative requirements.				
QUALITY STANDARD beef	AHDB			



Quality Standard Mark Burgers	Code: Mince B005
QSM Burger Specification	
• All livestock must be from farms operating in compliance with a scheme, and must be transported, slaughtered and processed in compliance with an AHDB Beef and Lamb approved quality assurance scheme. Each such assurance scheme must be independently audited to EN 45011 standard.	
• No meat other than beef may be used.	
• The beef may be obtained from cattle of any age or sex.	
• The beef used must be of a quality such that it would, if minced, satisfy the requirements of the AHDB Beer and Lamb Quality Standard for minced beef.	f
• The minimum beef content of the burger is 70% (as defined by the Food Labelling Regulations 1996 as amended in 2003).	
• The manufacturer or processor must be a registered member of the AHDB Beef and Lamb QSM scheme.	
QUALITY STANDARD beef English	AHDB REFE & LAMB

BEEF & LAMB

Other useful resources

Meat Purchasing Guide





To order copies or download these materials, call the scheme hotline 0845 491 8787 or visit www.qsmbeefandlamb.co.uk

Other useful resources

Meat Purchasing Guide App



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Beef and Lamb Costing/Yield Calculation Tools





Butchery videos for a range of beef cuts



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The author of this guide, Dick van Leeuwen, would like to thank Martin Eccles for his assistance in compiling the information contained within it.

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AHDB Beef & Lamb, Stoneleigh Park, Kenilworth, Warwickshire CV8 2TL.

AHDB Beef & Lamb is a division of the Agriculture and Horticulture Development Board.

ISBN: 978-1-904437-76-1

