Meat Education Programme

AHDB BEEF & LAMB

PRACTICAL SKILLS

Beef – Practical – Level 3

Cutting beef primal cuts into advanced retail and foodservice cuts

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QUALITY STANDARD
beef
English
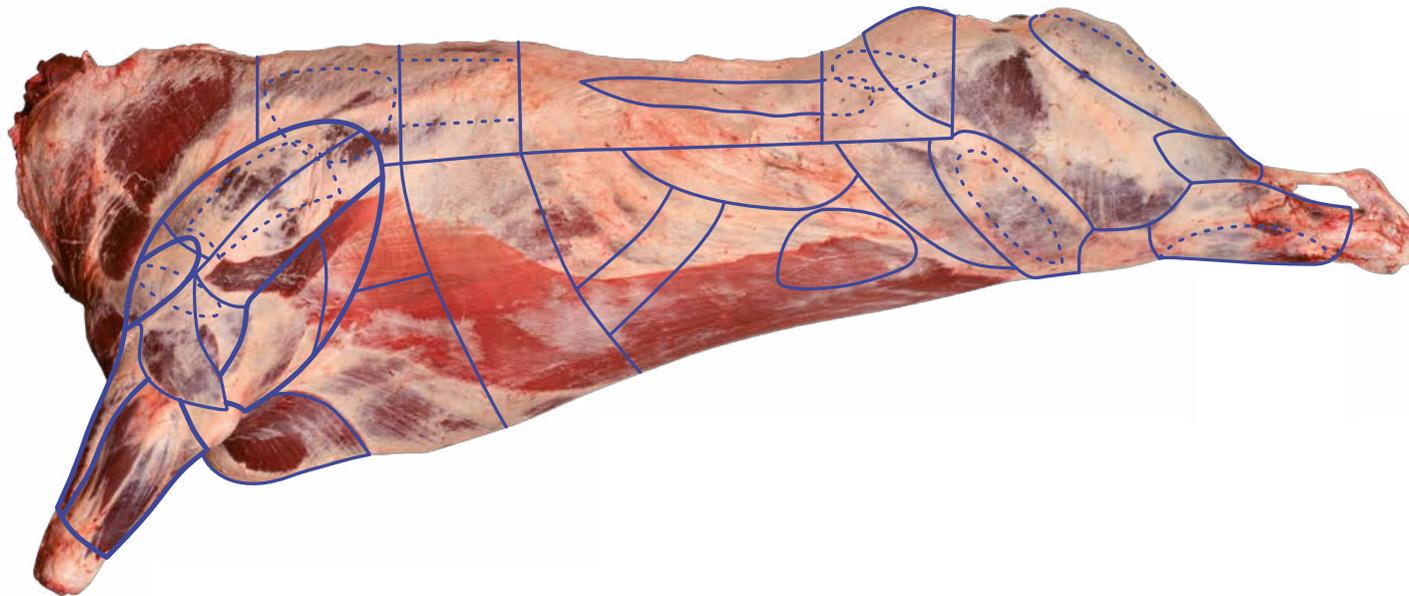
Introduction

Welcome to the AHDB Beef and Lamb Education Programme, Beef – Level 3, which focuses on cutting beef primal cuts into more advanced retail and foodservice cuts.

By using more seam butchery the primal cuts are cut into different retail and foodservice cuts. The benefit of seam butchery is that beef primals containing more than 1 muscle can be cut into individual muscles with different eating qualities and usage. Gristle and connective can then be removed creating cuts which do have a more consistent eating quality.

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.

Good luck!

Dick van Leeuwen

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

- To be able to seam cut the primal muscles into individual muscles by following the natural seams.

- To be able to recognise the direction of the grain of the meat.

- To understand that within certain muscles we can have a range of tenderness levels and certain part of these muscles might have to be removed to create consistency in tenderness and eating quality.

- To be able to cut each primal muscle into the retail and foodservice cuts 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!

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Exam requirement:

- On the day of the examination the examiner will select 3 primal beef cuts from the following list: Topside, Thick Flank, Rump, Heel Muscle, Neck and Chuck Roll, Fore Rib (to produce a Rib Eye Roll) and Thin Flank, which you need to seam cut into individual muscles.

- The examiner will then provide you with 8 cutting specifications to produce a selection of retail and foodservice cuts from these primal muscles.

- You need to be able to do this in a reasonable time, taking into account all the requirements previously stated.

QUALITY STANDARD
beef
English

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)*

Fat class   increasing fatness

Fat is determined by visual assessment of external fat cover. There are five main classes. Class 4 and 5 are subdivided into L (leaner) and H (fatter).

	1	2	3	4L	4H	5L	5H
E							
U+							
-U							
R							
O+							
-O							
P+							
-P							

improving conformation

Conformation Class

Conformation is determined by a visual appraisal of shape, taking into account top, loin and shoulder. No adjustment is made for influence of fat on overall shape.

QUALITY STANDARD beef English

Quality Standard beef – Forequarter Primal Cuts

QUALITY STANDARD beef English

| Neck ① | Chuck Roll ② | Denver Muscle ③ | Underblade Muscle ④ | Underblade Fillet ⑤ | Fore Rib (bone-in) ⑥ | Rib Eye ⑦ |

| Blade (Chuck Tender) ⑧ | Feather ⑨ | LMC (single muscle) ⑩ |

| Baby LMC ⑪ | Clod Flat Muscle ⑫ | Clod Shin Muscle ⑬ | Shoulder Brisket Muscle ⑭ |

| Fore Shin ⑮ | Needle ⑯ | Flat Brisket ⑰ | Brisket Cap Muscle ⑱ | Forequarter Flank ⑲ |
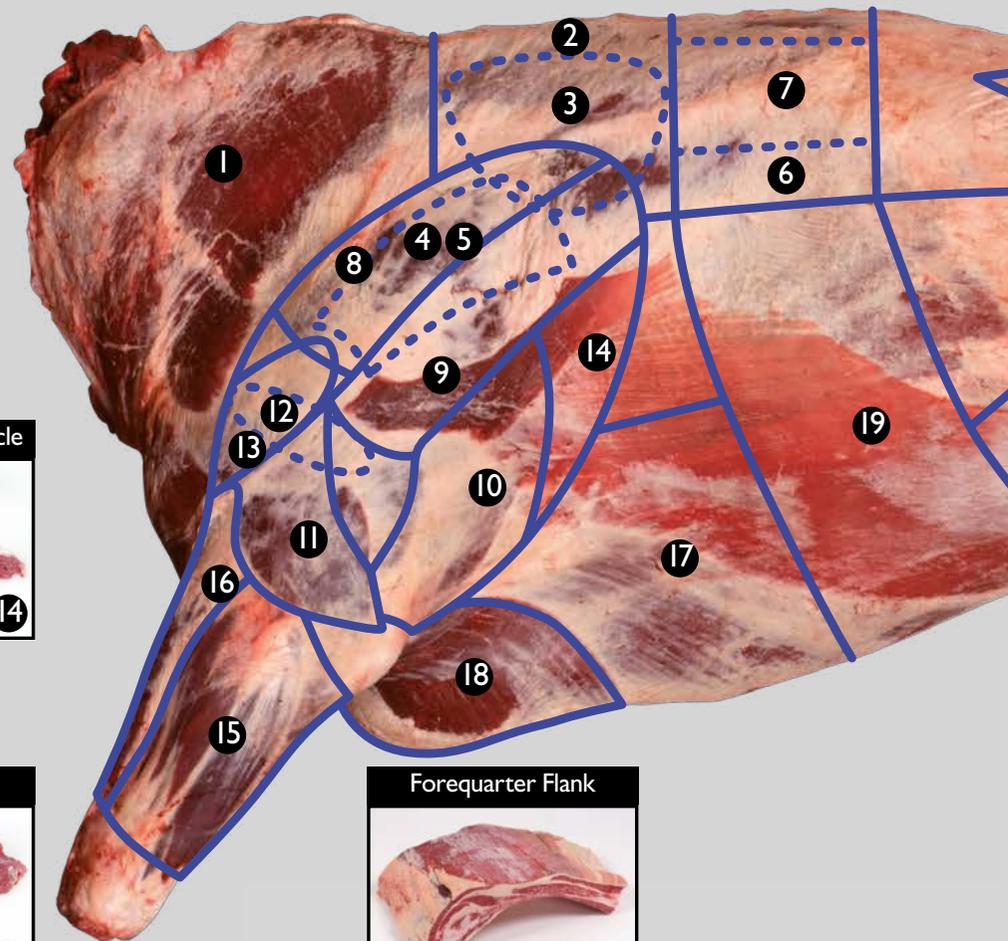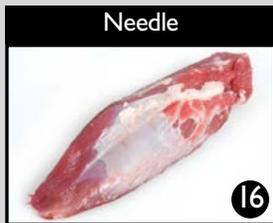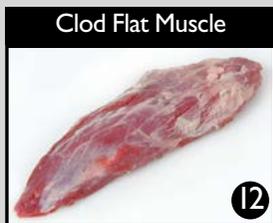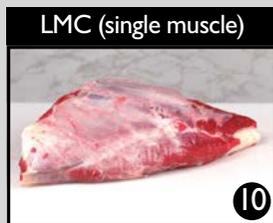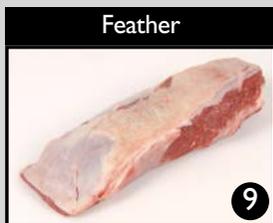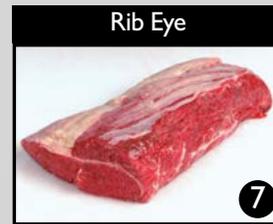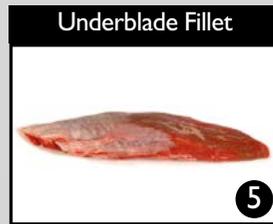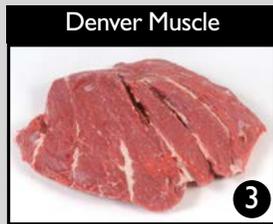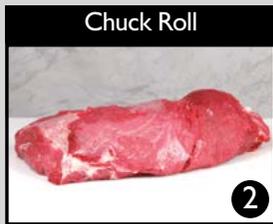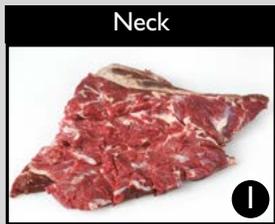
Quality Standard beef – Hindquarter Primal Cuts

QUALITY STANDARD beef English

Striploin	Fillet	Rump Cap (Picanha)	Prime Rump	Rump Bistro Muscle	Silverside	Salmon Cut
20	21	22	23	24	25	26

Topside	Tender Top
27	28

Heel Muscle	Hind Shin	Prime Hind Shin Muscle
29	30	31

Thick Flank (Knuckle)	Centre Cut Muscle	Rump Tail	Thin Flank	Flank Skirt (Bavette)	Goose Skirt	Inside Skirt
32	33	34	35	36	37	38

Beef Bone Structure
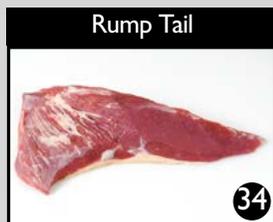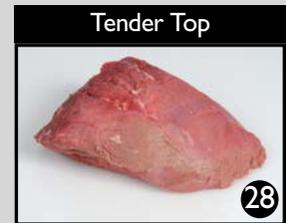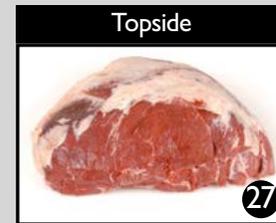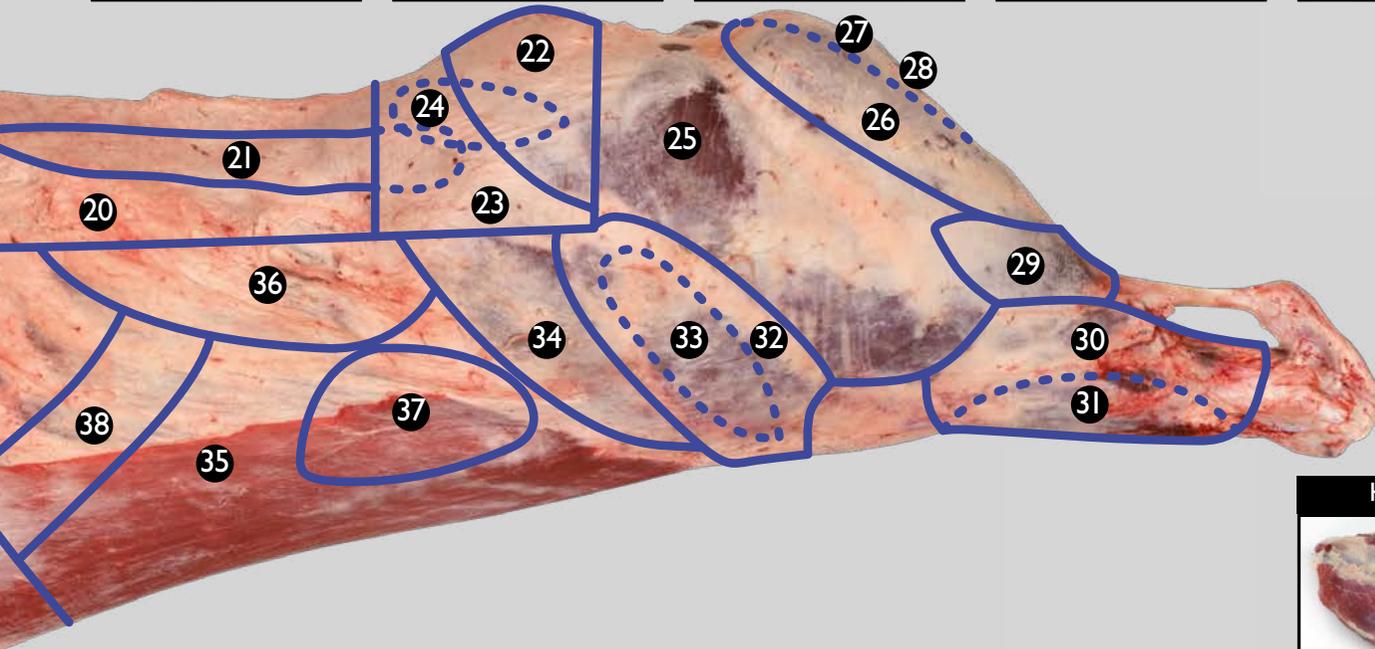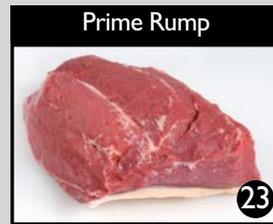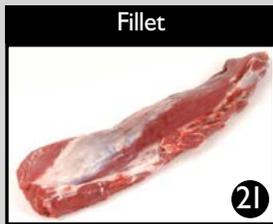
Beef Bone Structure
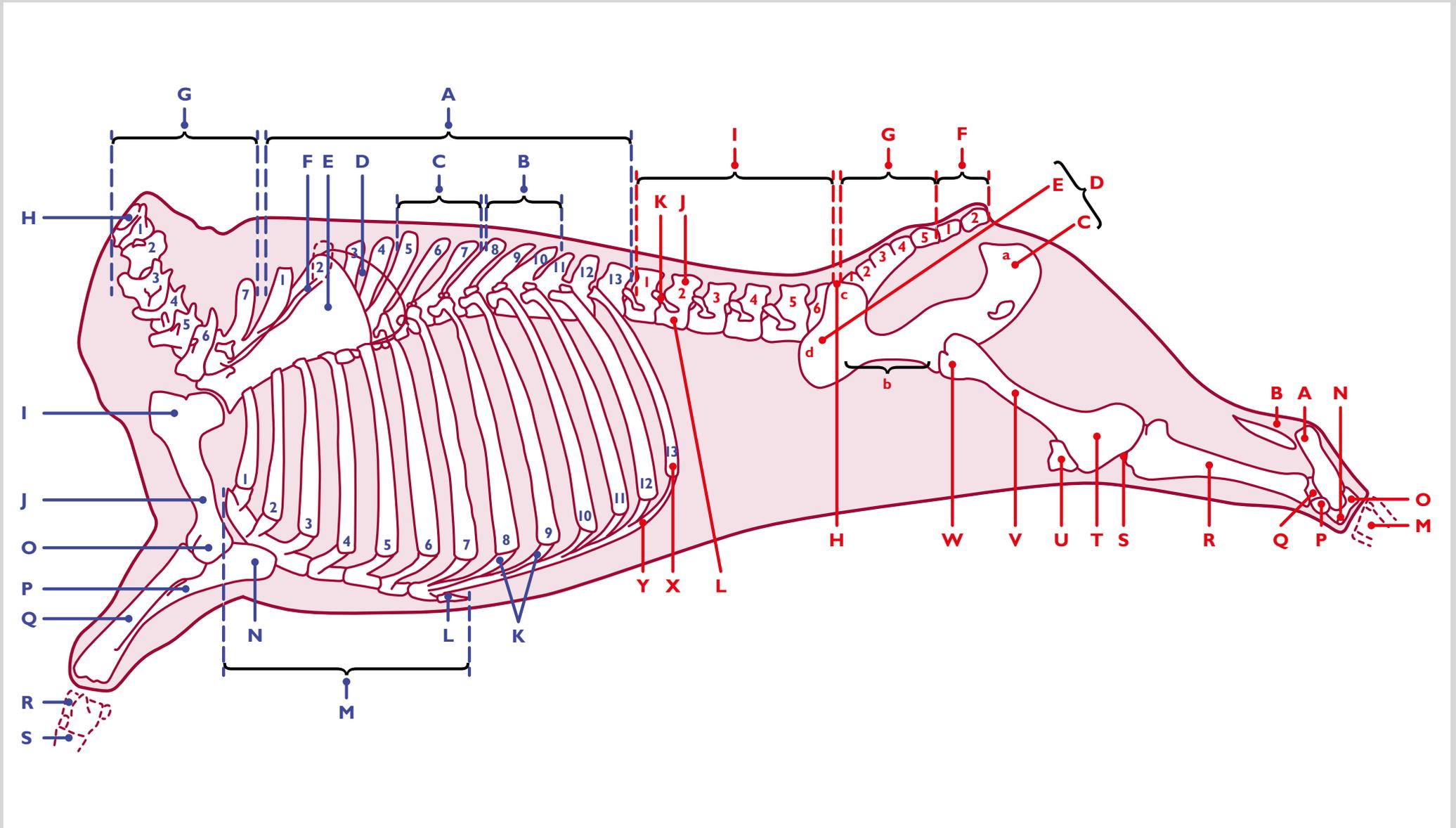
SKELETAL PARTS OF THE FORE QUARTER

A **Back Bones**
Thoracic vertebrae, 1-13

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**
1st 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**

O **Distal extremity of humerus**

FORE SHANK BONES

P **Ulna**

Q **Radius**

KNEE BONES

R **Carpal Bones**

S **Metacarpus**

SKELETAL PARTS OF THE HIND QUARTER

A **Tuber calcis**

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, 1-2

G **Sacrum**
Sacral vertebrae, 1-5

H **Slip Joint**
Sacroiliac joint

I **Loin Bones**
Lumbar vertebrae, 1-6

J **Spinous Process**

K **Finger Bone**
Transverse process

L **Chine Bone**
Body of lumbar vertebrae

M **Metatarsus**

HOCK BONES

N **Fused 2nd and 3rd tarsals**

O **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
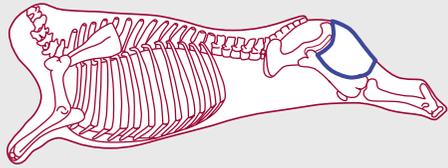
U **Kneecap**
Patella

V **Round Bone**
Femur

W **Rump Knuckle Bone**
Proximal extremity of femur

X **Ribs, 1-13**

Y **Rib Cartilage**
Costal cartilage

1. Position of the topside.

2. Remove the loosely attached muscle (gracilis) by cutting along the natural seam.

3. Boneless trimmed topside ready for further preparation.

4. Cut the topside into three equal sized portions.

5. Add a 5mm thick layer of fat to lean surface parts on the top of the joint and tie securely with string at regular intervals.


6. Topside roasting joints prepared and ready to cut into joints of the required size.

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"Premium" Topside Joints
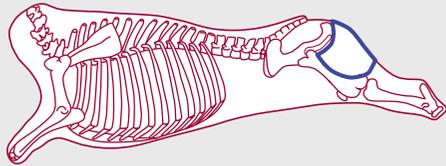
1. Position of the topside.

2. Remove the first joint of the topside, which contains the thickest part of the gracilis. This part can be used for a traditional roasting joint.

3. Remove the loosely attached muscle (gracilis) by cutting along the natural seam.

4. Cut the remaining topside into two equalsized portions. Only these parts are to be used for Premium topside joints.

5. Add a 5mm thick layer of fat to any lean surface parts on the top of the joint and tie securely with string at regular intervals.

6. Premium topside roasting joints prepared and ready to cut into joints of the required size.

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# Topside Mini Joints (with added fat)

1. Position of the topside.

2. Remove the loosely attached muscle (gracilis) by cutting along the natural seam.

3. Boneless trimmed topside ready for further preparation.

4. Separate the topside into the two main muscles by cutting along the natural seam between them.

5. Take the largest muscle and cut into smaller pieces as illustrated.

6. Add a 5mm layer of fat over one cut surface and hold in place with elasticated roasting bands at regular intervals.

7. Cut mini joint into required size for sale.

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Topside Mini Joints and Daubes
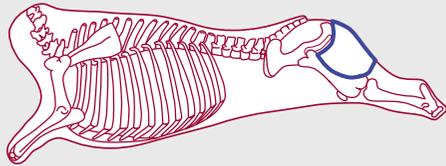
1. Position of the topside.

2. Remove the loosely attached muscle (gracilis) by cutting along the natural seam.

3. Boneless trimmed topside ready for further preparation.

4. Separate the topside into the two main muscles by cutting along the natural seam between them.
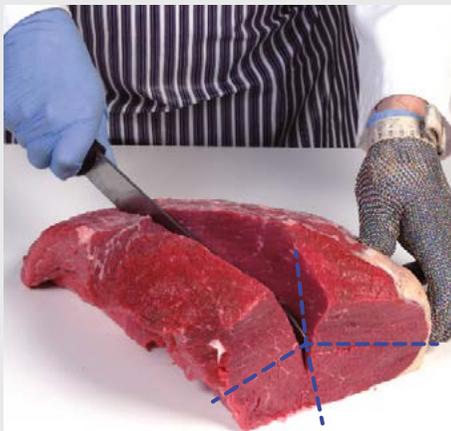
5. Take the largest muscle and cut into smaller pieces as illustrated.

6. Add a 5mm layer of fat over one cut surface and hold in place with elasticated roasting bands at regular intervals.

7. Cut mini joint into required size for sale.

8. Alternatively cut the mini joints into 50mm cubes, place a band in both directions and display for sale as "Daubes".
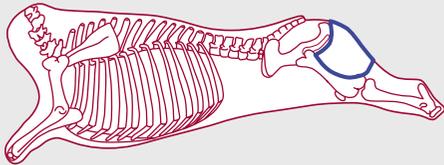
QUALITY STANDARD beef English

AHDB BEEF & LAMB

Ranch Steaks

1. Position of the topside.

2. Remove the loosely attached muscle (gracilis) by cutting along the natural seam.

3. Boneless trimmed topside ready for further preparation.

4. Separate the topside into the two main muscles by cutting along the natural seam between them.

5. Slice the larger muscle across the grain and evenly at 10mm intervals.

6. Lightly score each steak with a diamond pattern and display for sale.

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

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Tender Top Steaks
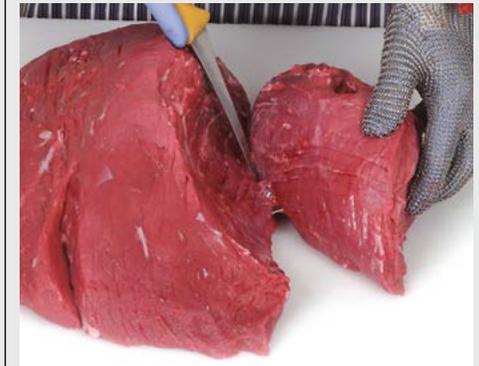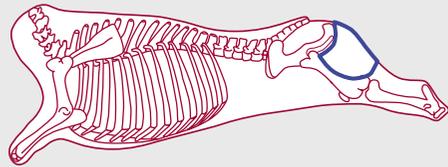
1. Position of the topside.

2. Trim topside of all visible fat, gristle and connective tissue.

3. Remove gracilis muscle by following the natural seam and trim all connective tissue.

4. Separate the topside into the two main muscles by cutting along the natural seam between them. Only the side muscle (bullet) is to be used for this steak.
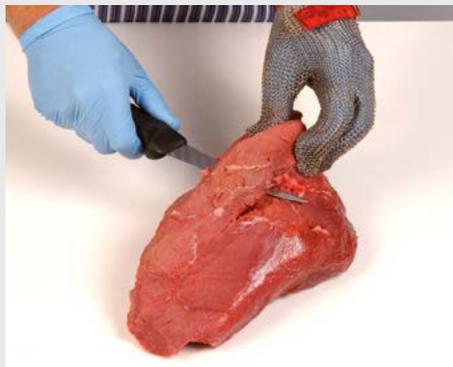
5. Expose the main blood veins by removing...

6. ...the top layer of the muscle. Remove the main blood veins.

7. Cut into portions of required weight.

8. Tender Top Steak.

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

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Small Side Bullet Muscle (pectineus) – Topside
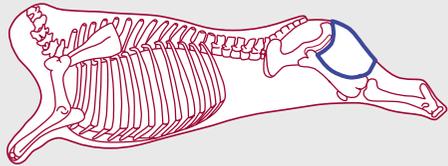
1. Position of the topside.

2. Remove the loosely attached muscle block...

3. ...gracilis, pectineus and sartorius from the topside.

4. Gracilis and associated muscles.

5. Remove the small side bullet muscle (pectineus) by...


6. ...following the natural seams.

7. Small Side Bullet Muscle – Topside

Ranch Steaks – Thin Cut
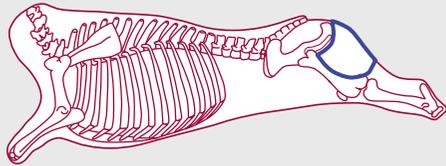
1. Position of the topside.

2. Remove the loosely attached muscle block,...

3. ...gracilis, pectineus and sartorius from the topside.

4. Remove fat and connective tissue.
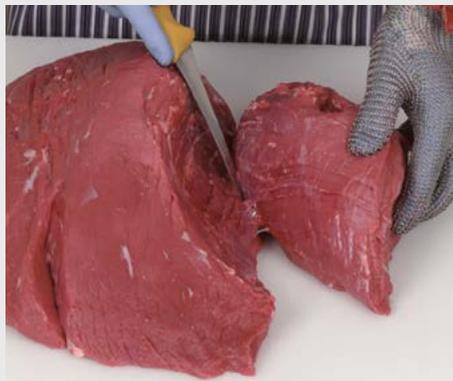
5. Separate the main topside muscle (semimembranosus) and the tender top muscle (adductor) following a very thin natural seam.

6. Main Topside Muscle (semimembranosus). This muscle can be cut into logs prior to slicing, to reduce steak size.

7. Cut across the grain into thin steaks, maximum thickness 5-7mm. (This is done easier on a gravity feed slicer).

8. Ranch Steaks – Thin Cut.

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

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"Premium" Bistro Topside Steaks
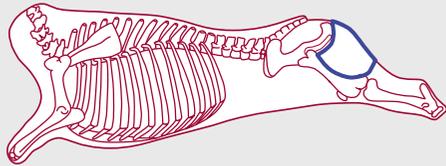
1. Position of the topside.

2. Remove the loosely attached muscle block...

3. ...gracilis, pectineus and sartorius from the topside.

4. Gracilis and associated muscles.

5. Remove the small side bullet muscle (pectineus) by...

6. ...following the natural seams.

7. Small side bullet muscle – Topside. Trim ends and cut into steaks of required thickness.

8. "Premium" Bistro Topside Steaks.

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

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Stir-Fry – Topside Flap Muscle (Sartorius)
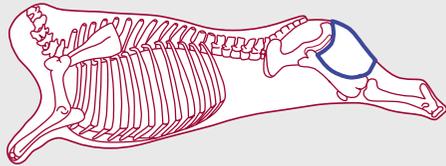
1. Position of the topside.

2. Remove the loosely attached muscle block...

3. ...gracilis, pectineus and sartorius from the topside.

4. Gracilis and associated muscles.

5. Remove the small side bullet muscle (pectineus) by following the natural seams.

6. Remove the sartorius muscle by following the natural seam.

7. Remove all fat, gristle and connective tissue and cut into stir-fry.


8. Stir-Fry – Topside Flap Muscle (Sartorius).

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

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Gracilis Muscle – fully trimmed
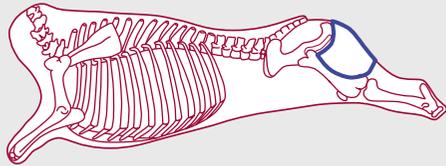
1. Position of the topside.

2. Remove the loosely attached muscle block...

3. ...gracilis, pectineus and sartorius from the topside.

4. Gracilis and associated muscles.

5. Remove the small side bullet muscle (pectineus) by following the natural seams.

6. Remove the sartorius muscle by following the natural seam.

7. The remainder is the Gracilis Muscle – Topside.

8. Gracilis Muscle – fully trimmed.

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Silverside Mini Joints (with added fat)
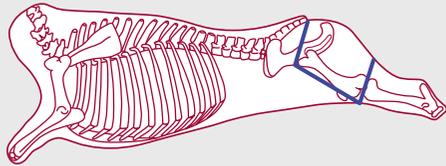
1. Position of the silverside.

2. Boneless untrimmed silverside anterior view.

3. Boneless untrimmed silverside posterior view.

4. Remove the salmon cut from the rest of the silverside by cutting along the natural seam. Remove silverwall, excess fat and connective tissue.

5. Cut into mini joints.

6. Add a 5mm layer of fat if required.

7. Secure with elasticated roasting bands.

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

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Silverside Steaks – Thin Cut

1. Position of the Silverside.

2. Silverside (Biceps femoris) and Salmon cut (Semitendinosus).

3. Remove the Salmon muscle by following the natural seam.

4. Silverside with the Salmon Cut removed.

5. Remove all connective tissue and gristle.

6. Follow the seam as illustrated…

7. …to remove the side muscle (Biceps femoris – ischiatic head).

8. The side muscle (Biceps femoris – ischiatic head) fully trimmed. This part of the Silverside is tough and cannot be used for thin steaks.

For this product the Silverside must be matured for a minimum of 14 days and will benefit from needle tenderising.

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9. Remove remaining gristle and connective tissue…

10. …but leave natural fat to a maximum thickness of 5 mm.

11. Remove 50mm from the tapered end…

12. …of the silverside as this part is very tough.

13. Cut remainder into 5mm thin steaks. (This is done easier on a gravity feed slicer).

14. Silverside Steak – Thin Cut.

15. If these steaks are to be used for sandwich steaks, stir-fry or fajitas, we recommend that all fat and gristle is removed.

For this product the Silverside must be matured for a minimum of 14 days and will benefit from needle tenderising.

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Silverside Steaks – Thin Cut (cut across the grain)

1. Position of the Silverside.

2. Silverside (Biceps femoris) and Salmon cut (Semitendinosus).

3. Remove the Salmon muscle by following the natural seam.

4. Silverside with the Salmon Cut removed.

5. Remove all connective tissue and gristle.

6. Follow the seam as illustrated…

7. …to remove the side muscle (Biceps femoris – ischiatic head).

8. The side muscle (Biceps femoris – ischiatic head) fully trimmed. This part of the Silverside is tough and cannot be used for thin steaks.

**For this product the Silverside must be matured for a minimum of 14 days and will benefit from needle tenderising.**

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9. Remove remaining gristle and connective tissue…

10. …but leave natural fat to a maximum thickness of 5 mm.

11. Remove 50mm from the tapered end…

12. …of the silverside as this part is very tough.

13. Cut the silverside muscle in half…

14. …and cut remaining 2 logs sideways across the grain into 5mm thin steaks. (This is done easier on a gravity feed slicer).

15. Silverside Steak – Thin Cut (cut across the grain).
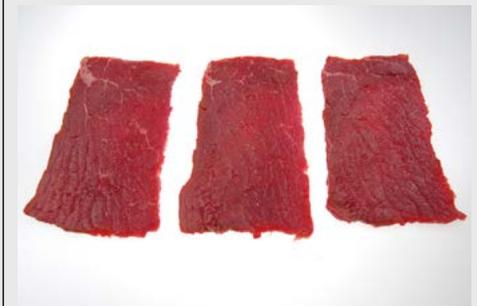
16. If these steaks are to be used for sandwich steaks, stir-fry or fajitas, we recommend that all fat and gristle is removed.

For this product the Silverside must be matured for a minimum of 14 days and will benefit from needle tenderising.

QUALITY STANDARD beef English

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Thick Flank – seam cut
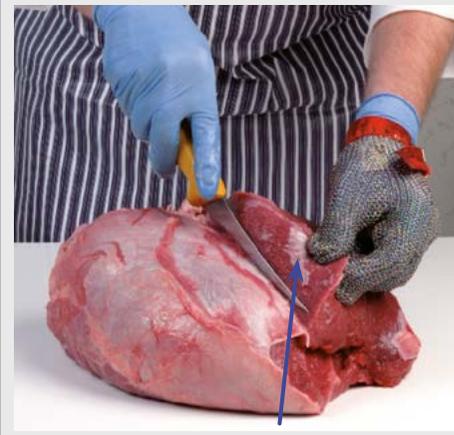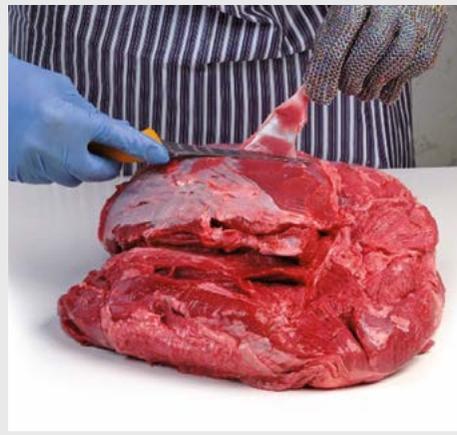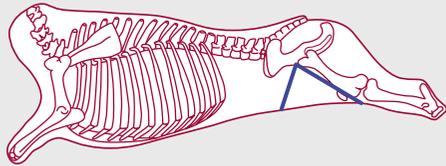
1. Position of the thick flank, without rump tail.


2. Remove the gristle from the thin top muscle (A).

3. Separate the thin top muscle (A) from the main muscle block.

4. Continue by also removing the muscle which runs along the femur, muscle (B).
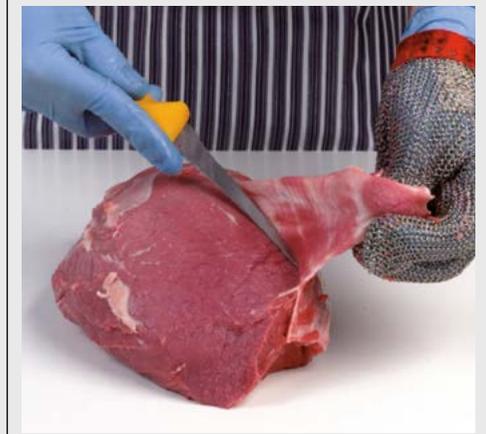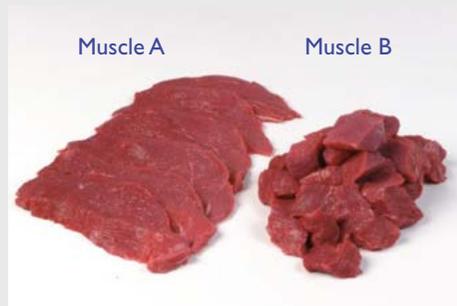
Muscle A   Muscle B

5. Separate muscles A and B and remove all connective tissue.

Muscle A   Muscle B

6. Muscle A can be used for frying steaks. Muscle B can be used for braising.

7. Separate muscle C (Bullet) and muscle D.

8. Remove all gristle and connective tissue from muscle C (Bullet).

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

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Braising

9. Muscle C (Bullet): remove a 3cm thick slice from where the muscle is attached to the knee cap and use for braising.

10. Follow the centre gristle and split the muscle into two.

11. Remove all gristle.

12. Hold the joints in shape by placing elasticated roasting bands at regular intervals.


13. Cut joints into half to create "Centre Cut" Mini Joints.
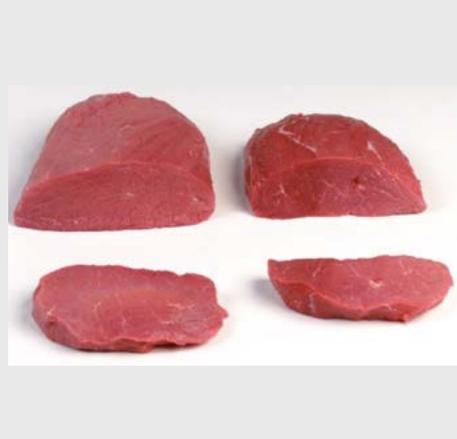
14. Alternatively Muscle C (Bullet) can be cut into "Centre Cut" Steaks.

15. "Centre Cut" steak for frying or grilling.
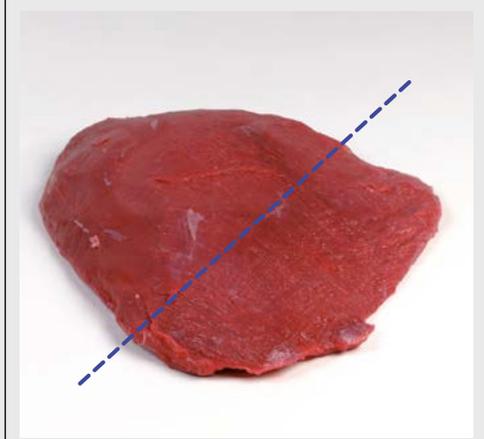
16. Remove all gristle and connective tissue from muscle D. Muscle D contains a section of fine and a section of coarse grain.

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

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25
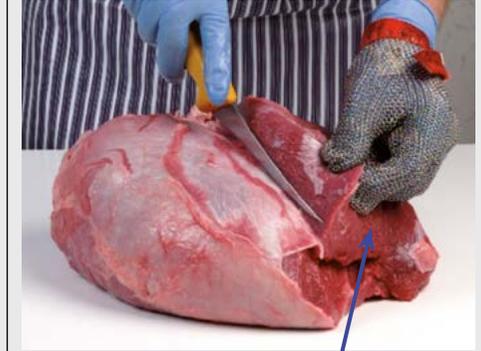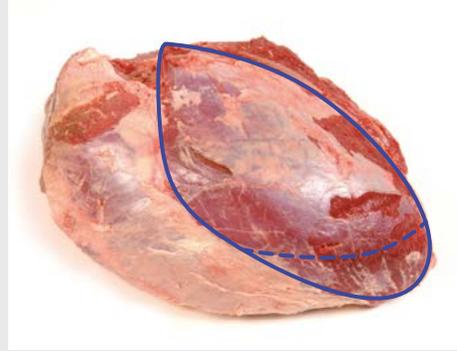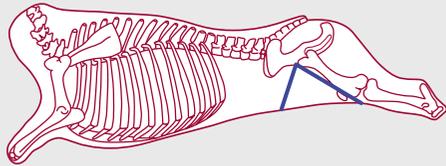
1. Position of the thick flank, without rump tail.

2. The selected muscle is to be used for this Pavé. The small section below the dotted line is removed and used for braising.

3. Remove the gristle from the thin top muscle (A).

4. Separate the thin top muscle (A) from the main muscle block.
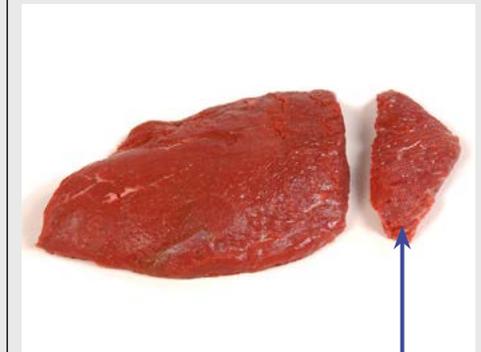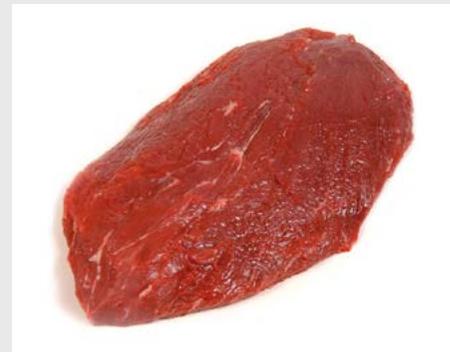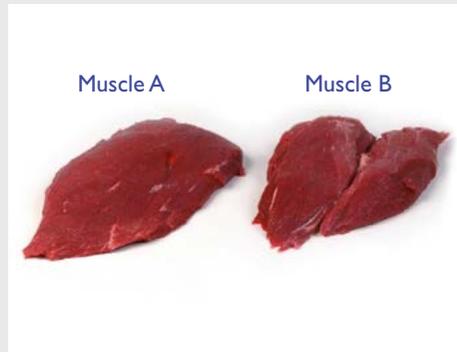
5. Continue by also removing the muscle which runs along the femur, muscle (B).

Muscle A   Muscle B

6. Separate muscles A and B and remove all connective tissue. Muscle A can be used for Pavés. Muscle B can be used for braising.

7. Remove all gristle and connective tissue from the muscle A.

8. Remove the section where the muscle grain is coarse. This coarse grain part is to be used for braising..

For this product the thick flank must be matured for a minimum of 14 days.

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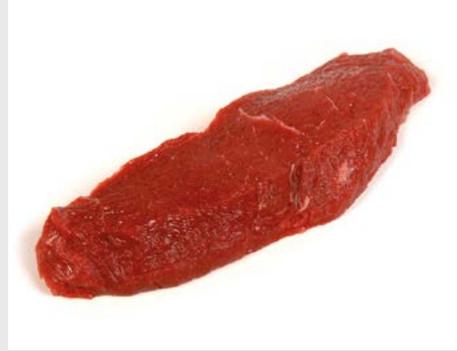
Depending on the size of the muscle, steaks can be cut on an angle to achieve the required portion weight and cut size.

9. The remainder to be cut into Pavés of required weight.

10. Pavé.

For this product the thick flank must be matured for a minimum of 14 days.

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Centre Cut Steaks – Thin Cut
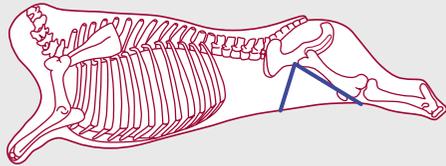
1. Position of the thick flank without rump tail.

2. Separate the Pavé muscle (Vastus Medialis) from the main muscle block.

3. Continue by also removing the muscle with runs along the femur (Vastus Intermedius).

4. Separate the centre cut muscle (Rectus Femoris) from the plate muscle (Vastus Lateralis).

5. Centre Cut Muscle (Rectus Femoris) also known as the bullet muscle. Remove all gristle and connective tissue.

Braising

6. Remove 3 cm thick slice from where the muscle is attached to the knee cap and use for braising. Follow the centre gristle and split the muscle into two.

7. Remove remaining gristle and cut Centre Cut muscle into thin steaks, maximum thickness 5-7mm. (This is done easier on a gravity feed slicer).

8. Centre Cut Steaks – Thin Cut.

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

Escallops (Thick Flank) – Thin Cut
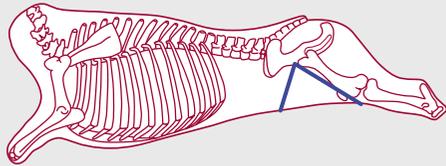
1. Position of the thick flank without rump tail.

2. Separate the Pavé muscle (Vastus Medialis) from the main muscle block.

3. Continue by also removing the muscle with runs along the femur (Vastus Intermedius).

4. Separate the centre cut muscle (Rectus Femoris) from the plate muscle (Vastus Lateralis).
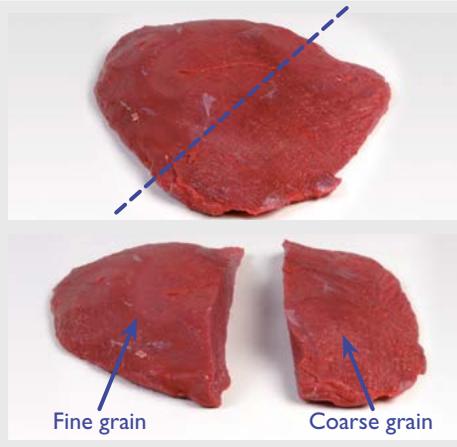
5. Remove fat, gristle. and connective tissue. Plate Muscle (Vastus Lateralis).

Fine grain   Coarse grain

6. This muscle contains a section of fine and a section of coarse grain. Separate the two…

7. …and cut the finely grained section into thin escallops of maximum thickness 5-7mm. (This is done easier on a gravity feed slicer).

8. Escallops (Thick Flank) – Thin Cut.

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

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Pavé (Thick Flank) – Thin Cut
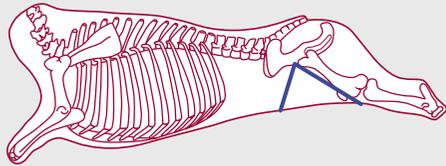
1. Position of the thick flank without rump tail.

2. Separate the Pavé muscle (Vastus Medialis) from the main muscle block.

3. Continue by also removing the muscle with runs along the femur (Vastus Intermedius).


4. Separate the Pavé muscle (Vastus Medialis) from the femur muscle (Vastus Intermedius).
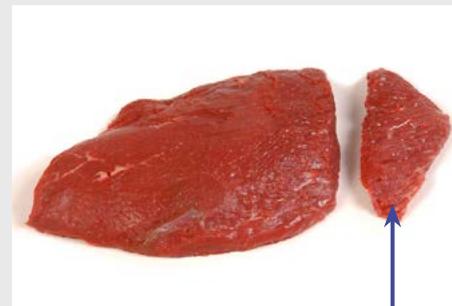
5. Remove all fat, gristle and connective tissue from the Pavé muscle (Vastus Medialis).

6. Pavé muscle – Thick Flank (Vastus Medialis).

7. Remove the section where the muscle grain is coarse. This coarse grain part is to be used for braising.

8. Cut the remainder into thin steaks, maximum thickness 5-7mm.

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

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30

"Premium" Prime Rump Steaks
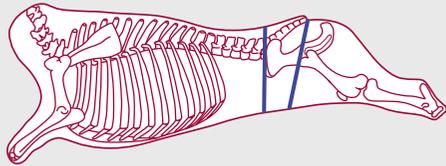
1. Position of the rump.

2. Boneless untrimmed rump with the tail muscle (TFL) removed.

3. Remove the cap muscle by cutting along the seam between it and the rest of the rump.

4. Separate the remaining two muscles by cutting along the seam between them.

5. Remove excess fat, gristle and connective tissue to leave exposed lean surfaces.

6. Slice the centre rump muscle evenly across the grain into…
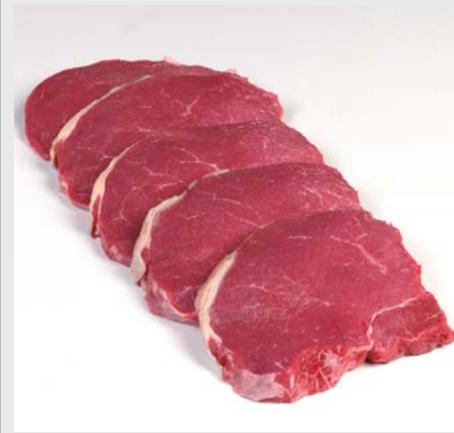
7. "Premium" Prime Rump Steak.

8. Slice the side rump muscle evenly across the grain into…

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9. "Premium" Bistro Rump Steaks.

Rump and Picanha Steak
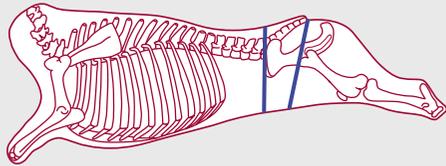
1. Position of the rump.

2. Tail muscle to be removed from the rump.

3. Remove any bone fragments, gristle and discoloured tissue.

4. Separate the two main rump muscles by following the natural seam.

5. Remove all gristle from the cap muscle.

6. The cap muscle and the main rump muscle.

7. Cut the main rump muscle into steaks of even thickness, (no wedge shapes) across the grain.

8. Traditionally the cap muscle is left on the main rump muscle and is cut along the grain which creates less tender steaks.

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9. By removing the cap muscle, the steaks can be cut across the grain to improve tenderness.

10. Cut the cap muscle across the grain into picanha steaks of even thickness (no wedge shapes).

11. Steaks to be vacuum packed and the picanha and main rump steaks…

12. should be delivered in natural proportions (approx. 5-6 picanha steaks per whole rump).

Picanha Steak
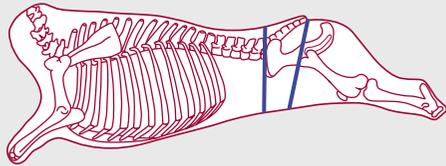
1. Position of the rump.

2. Separate the cap muscle by cutting along the seam between it and the main rump muscle.


3. Carefully remove external sheets of gristle from the cap muscle.

4. Slice the cap muscle across the grain, evenly to a required thickness.

5. Picanha steak sliced and ready for sale.

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Picanha Steaks – large cut
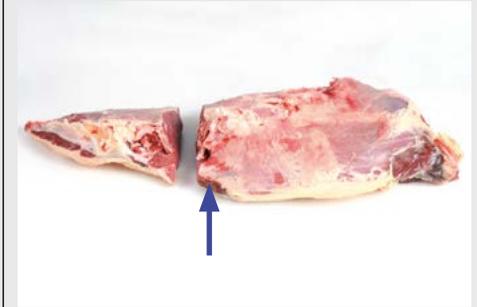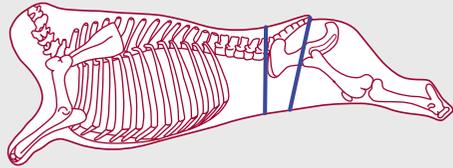
1. Position of the rump.

2. The rump, silverside, salmon cut and heel muscle section.

3. Separate the main rump muscles by following the natural seams as illustrated.

4. Remove the rump cap/picanha muscle in line with the tip of the salmon cut.
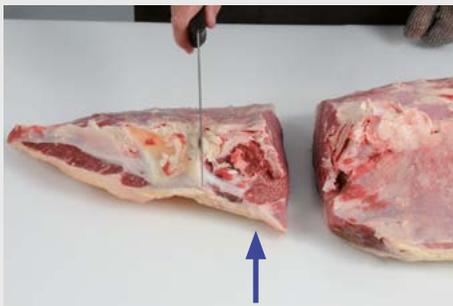
5. By removing the cap/picanha muscle this way, compared to the traditional method, the yield is increased by approx 25%.

6. Remove gristle and excess fat and slice across the grain...

7. ...up to the blue line as illustrated as the remainder is less tender.

8. Picanha Steak – Large Cut.

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For this steak the cap/picanha should be matured for a minimum of 14 days.

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Picanha Roast
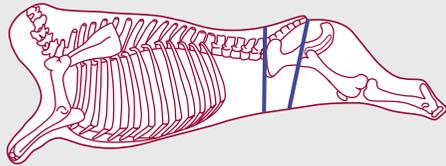
1. Position of the rump.

2. Separate the cap muscle by cutting along the seam between it and the main rump muscle.

3. Carefully remove external sheets of gristle from the cap muscle.

4. Score the fat in a diamond pattern taking care not to cut into the underlying lean.
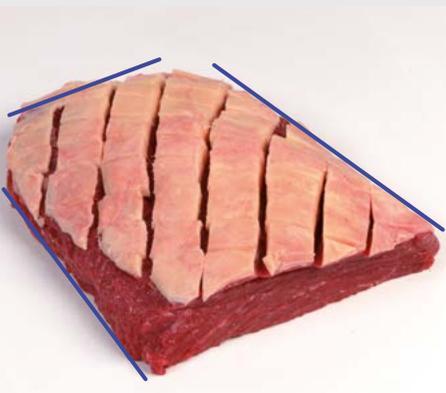
5. Square ends and sides and sell as a whole roast.

6. Alternatively cut into two equal-sized portions and sell as smaller roasting joints…


7. or cut into individual portions of 150-200 gm.

8. Picanha roast prepared to specification.

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"Premium" Easy-Carve Rump Roast
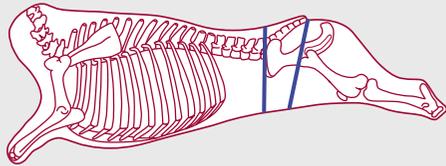
1. Position of the rump.

2. Remove any small loosely attached muscles.

3. Separate the cap muscle by cutting along the seam between it and the main rump muscles.


4. Carefully remove external sheets of gristle.
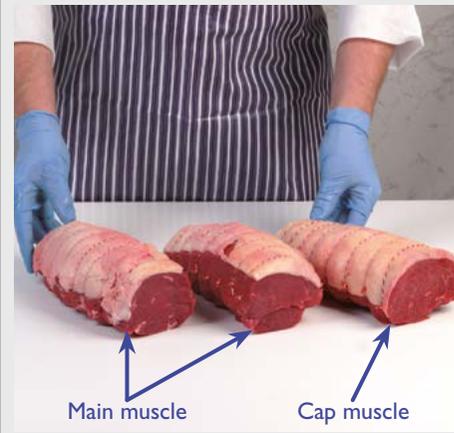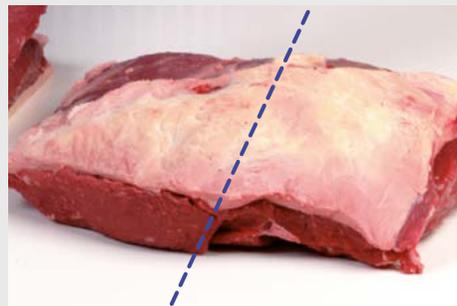
5. Add 5mm thick fat to cover lean parts of joint if required.

6. Cut the main muscle into two portions.

Main muscle   Cap muscle

7. Main muscle (two portions) and cap tied securely for use as roasting joints.
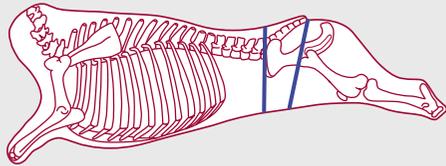
QUALITY STANDARD beef English

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"Premium" Rump Roast

1. Position of the rump.

2. Remove any small loosely attached muscles.

3. Separate the cap muscle by cutting along the seam between it and the main rump muscles.

4. Carefully remove external sheets of gristle.

5. Add 5mm thick fat to cover lean parts of joint if required.

6. Tie the cap and main rump muscle securely with string at regular intervals.

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Rump Tail/Tri-tip Mini Joint
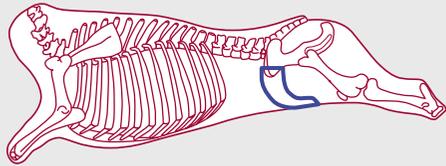
1. Position of the Rump Tail.

2. Max. fat thickness on the outside of the muscle not to exceed 10mm.

3. Remove excess fat and gristle.

4. The lines indicate the direction of the muscle grain.

5. Cut rump tail into 2 and remove thin ends as illustrated. Tie muscle across the grain as the lines illustrate.

6. Tri-tip Mini Joints.

For this product, the rump tail should be matured for a minimum of 14 days.

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Tri-tip Steaks
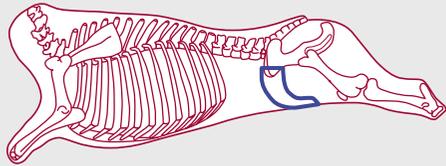
1. Position of the Rump Tail.

2. Max. fat thickness on the outside of the muscle not to exceed 10mm.

3. Remove excess fat and gristle.

4. The lines indicate the direction of the muscle.
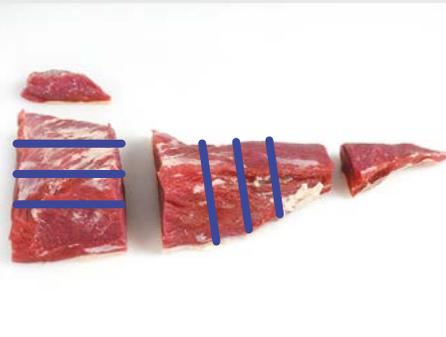
5. Cut rump tail into 2 and remove thin ends as illustrated. Cut the muscle across the grain as the lines illustrate.


6. Tri-tip Steaks.

7. Tri-tip Steaks.

For this product, the rump tail should be matured for a minimum of 14 days.

QUALITY STANDARD beef English

AHDB BEEF & LAMB
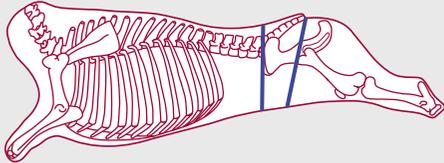
Hip Steak

1. Position of the hip (aitch) bone.

2. This muscle is attached to the hip (aitch) bone and partly to the topside.


3. Excess gristle and fat is removed.


4. Hip Steak.

Prime Rump Steaks – Thin Cut
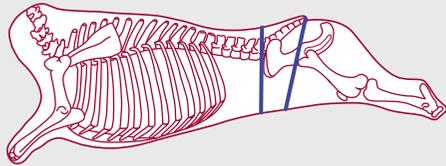
1. Position of the rump.

2. Boneless untrimmed rump with the tail muscle (TFL) removed.

3. Remove the cap muscle/picanha by cutting along the seam between it and the rest of the rump.

4. Separate the prime rump and the bistro rump muscles by cutting along the seam between them.

5. Prime Rump Muscle. External fat level trimmed back to a maximum of 10mm.

6. Prime Rump Muscle.

7. Cut across the grain into thin steaks, maximum thickness 5-7mm. (This is done easier on a gravity feed slicer).

8. Prime Rump Steaks – Thin Cut.
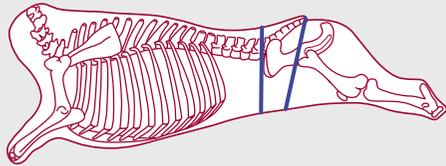
QUALITY STANDARD beef English

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"Premium" Bistro Rump Steaks – Thin Cut

1. Position of the rump.

2. Boneless untrimmed rump with the tail muscle (TFL) removed.

3. Remove the cap muscle/picanha by cutting along the seam between it and the rest of the rump.

4. Separate the prime rump and the bistro rump muscles by cutting along the seam between them.
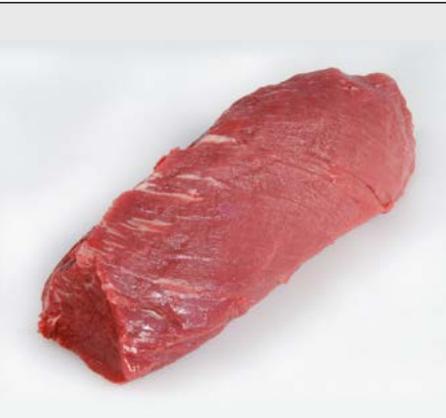
5. Rump Bistro Muscle.

6. Cut across the grain into thin steaks, maximum thickness 5-7mm. (This is done easier on a gravity feed slicer).

7. "Premium" Bistro Rump Steaks – Thin Cut.

Picanha Steaks – Thin Cut
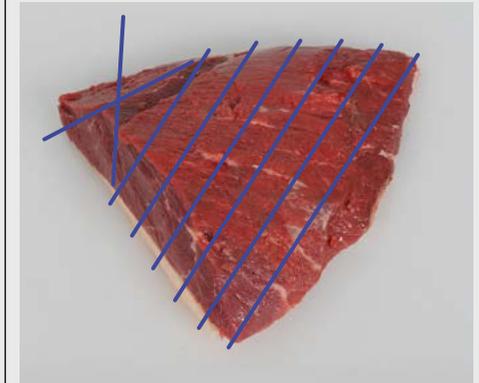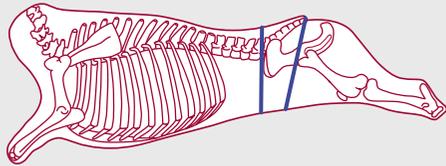
1. Position of the rump.

2. Separate the cap muscle by cutting along the seam between it and the main rump muscle.

3. Carefully remove external sheet of gristle from the cap muscle.

4. The direction the steaks need to be cut. Use the end piece for trim as this part is not so tender.

5. Cut across the grain into 5-7mm thick steaks. (This is done easier on a gravity feed slicer).

6. Picanha Steaks – Thin Cut.

7. If these steaks are to be used for sandwich steaks, stir-fry or fajitas, we recommend that all fat and gristle is removed.

For this steak the cap/picanha should be matured for a minimum of 14 days.

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Tri-Tip Steaks – Thin Cut
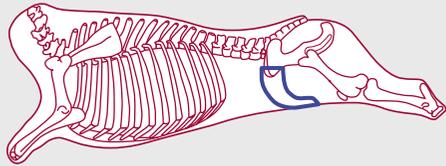
1. Position of the Rump Tail (M. tensor fasciae latae).


2. Max. fat thickness on the outside of the muscle not to exceed 10mm.

3. Remove excess fat and gristle.

4. The lines indicate the direction of the muscle grain.
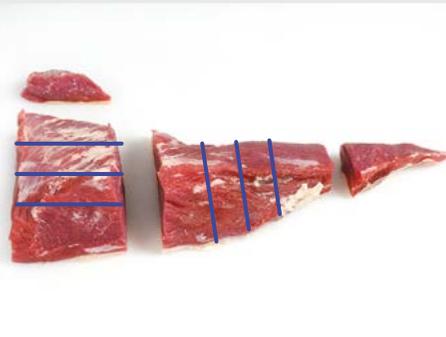
5. Cut rump tail into 2 and remove thin ends as illustrated. Cut the muscle across the grain as the lines illustrate.

6. Cut into thin steaks, maximum thickness 5-7mm. (This is done easier on a gravity feed slicer).

7. Tri-Tip Steaks – Thin Cut.

8. If these steaks are to be used for sandwich steaks, stir-fry or fajitas, we recommend that all fat and gristle is removed.

For this product, the rump tail/tri-tip should be matured for a minimum of 14 days.

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Larder Trim Sirloin
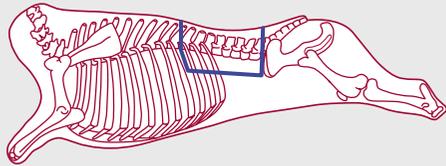
1. Position of the sirloin.

2. Carefully remove the intercostal meat, gristle and chain muscle. Remove the tail to a length of 25mm.

3. Remove the backstrap to a width of 60mm and parallel to the backline of the carcase.

4. Trim external fat to a maximum thickness of 5mm.

5. Larder trimmed sirloin prepared to specification.

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"Premium" Sirloin Steaks
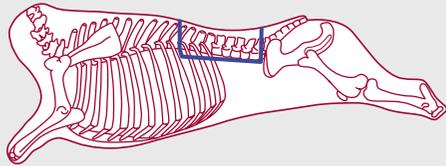
1. Position of the three-rib sirloin.

2. Boneless untrimmed sirloin.

3. Remove the tail by cutting 25mm from the ventral tip of the eye muscle. Remove the chain.

4. Remove the backstrap to a width of 70mm and parallel to the backline of the carcase. Trim external fat to a maximum thickness of 8mm.


Gluteus medius   Spinalis dorsi
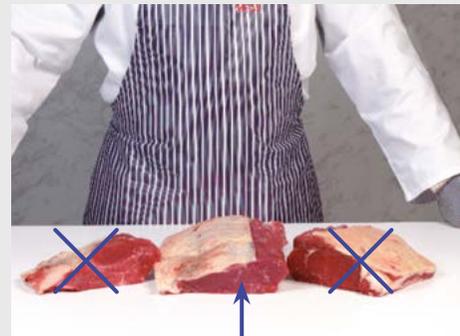
5. Separate the sirloin into three by cutting across the anterior tip of the gluteus medius and the posterior tip of the spinalis dorsi.

"Premium" Sirloin

6. The sirloin cut into the three different types of steak.

"Premium" Sirloin

7. Steaks cut to specification from the three pieces. Only centre steaks are eligible for "Premium" status.

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Sirloin Steak (without "D" muscle)
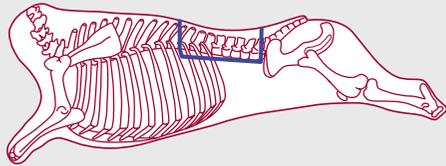
1. Position of the two-rib sirloin.

2. Remove the bones by sheet boning technique. Trim the tail to a maximum width of 25mm from the tip of the eye muscle.

3. Remove all gristle and connective tissue…

4. and internal fat pockets.

5. Remove 70mm of the backstrap. Chain to be trimmed of excess fat and gristle but left on the loin.

6. Trim external fat to a maximum thickness of 10mm.

7. Remove the D muscle (not to be included with these sirloin steaks).

8. Cut remaining sirloin into steaks of even thickness (no wedge shapes) and of required portion weight.

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Sirloin Cannon
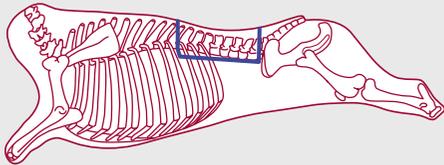
1. Position of two-rib bone sirloin.

2. Remove the bones by sheet boning technique. Remove the tail by cutting 25mm from the tip of the eye muscle

3. Trim all gristle, connective tissue...

4. and fat from the internal side.

5. Remove the D muscle from the rump end of the loin as illustrated.

6. Remove chain and external fat.

7. Cut the eye muscle of the sirloin...

8. into two, lengthways.

"Premium" Sirloin Cannon Steak
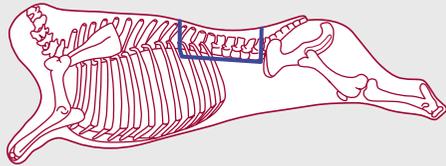
1. Position of two-rib bone sirloin.

2. Remove the bones by sheet boning technique.

3. Remove the tail by cutting 25mm from the tip of the eye muscle and parallel to the backline of the carcase.

4. Trim all gristle, connective tissue…

5. and fat from the internal side.

6. Remove the D muscle from the rump end of the loin as illustrated.

7. Remove chain and external fat.

8. Cut the eye muscle of the sirloin…

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9. into two, lengthways.

10. Cut into individual portions.

11. Vacuum pack in quantities required.

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Sirloin Banqueting Roast – Cannon Steaks
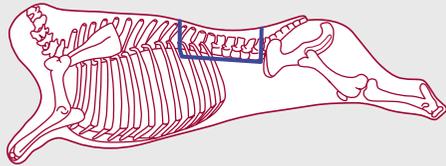
1. Position of the sirloin.

2. Remove the chain, all gristle and connective tissue.

3. Lift up the layer of fat to expose gristle sheet. Remove gristle.

4. Remove part of the sirloin (8cm diameter) as illustrated.

5. Fold back the layer of fat and secure at regular intervals with roasting bands.

6. Sirloin Banqueting Roast

7. Cut cannon into required weight portions.

8. Sirloin cannon steaks.
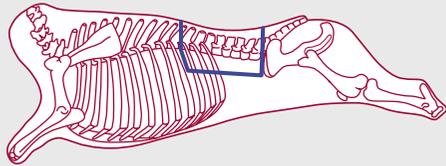
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Top Sirloin Pavé

1. Position of the sirloin.

2. Remove the pavé section from the rump side of the sirloin…

3. as illustrated.

4. Remove the top sirloin pavé muscle by cutting close and on to the underlying gristle sheath.

5. Trim top sirloin pavé muscle of excess fat.


6. Top sirloin pavé ready for use.
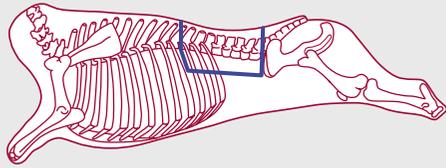
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54

Lower Sirloin Pavé

1. Position of the sirloin.

2. Remove the pavé section from the rump side of the sirloin…

3. as illustrated.

4. Remove the top sirloin pavé muscle by cutting close and on to the underlying gristle sheath.

5. Trim lower sirloin pavé muscle of all fat and gristle.

6. Lower sirloin pavé ready for use.

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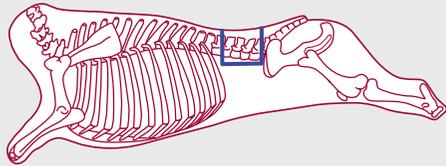
1. T-Bone position.

2. From a sirloin with the fillet attached…

3. remove a four-vertebrae section counting from the rump end.

4. Four-vertebrae T-bone section.

5. Remove all kidney fat and gristle. Trim the tail to a maximum width of 25mm from the tip of the eye muscle.

6. Internal and external fat thickness not to exceed 10mm. Cut and saw the T-bone section into steaks of required weight and remove bone dust.

Bone-in Porterhouse Steak
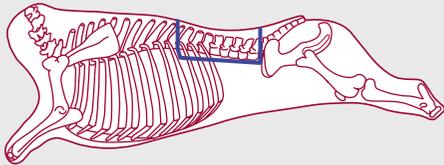
1. Position of the 3 bone sirloin.

2. Bone-in sirloin with the fillet removed.

3. Separate the rib section by cutting in a straight line from the tip of the first rib.

4. Trim the tail to a maximum 25mm from the tip of the eye muscle. Remove part of the vertebrae as illustrated.

5. Cut/saw rib section into steaks of required thickness or weight.

6. Bone-in Porterhouse Steak.
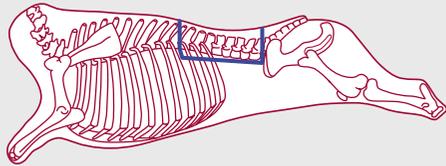
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Bone-In Sirloin Steak

1. Position of the 3 bone sirloin

2. Bone-in sirloin with the fillet removed.

3. Separate the rib section by cutting in a…

4. …straight line from the tip of the first rib.

5. Trim the tail to a maximum 25mm from the tip of the eye muscle. Remove part of the vertebrae as illustrated.

6. Remove paddywack and cut/saw sirloin section into steaks.

7. Bone-in Sirloin Steaks.

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"Premium" Fillet Steaks
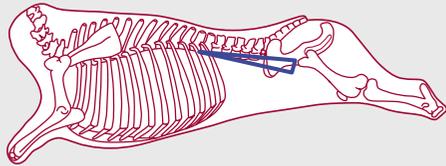
1. Position of the fillet.

2. Boneless untrimmed fillet primal.

3. Remove excess fat, gristle and connective tissue to expose underlying lean cut surface.

4. Remove the chain muscle.
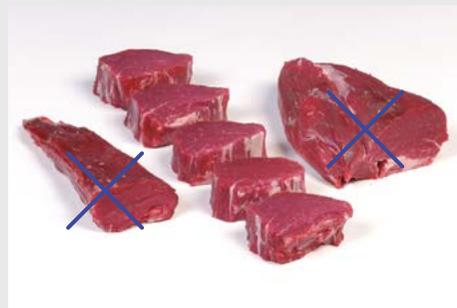
5. Remove the tail and head so that the remaining steaks have a minimum diameter of 60mm.

6. Head and tail not to be used for "Premium" fillet steaks.

7. Cut the remaining part of the fillet across the grain and evenly at the thickness required.

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"Extra Trim" Fillet Steaks (ex. chain trimmed head)
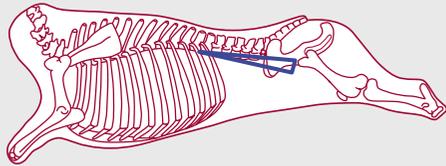
1. Remove whole fillet from hindquarter.

2. Whole fillet of beef untrimmed.

3. Remove the chain muscle and…

4. all gristle, fat and connective tissue.

5. Free the top of the fillet of all connective tissue, gristle and fat.

6. Remove all fat, gristle and bone sinews from underside of the fillet.

7. Underside of the fillet free of all connective tissue, gristle and fat.

8. Remove loose hanging chain muscle from the head of the fillet (1) and square cut the side muscle (2).

9. Remove the tail leaving the fillet with a minimum 40mm diameter.

10. Cut the fillet across the grain into steaks of even thickness, not wedge shaped.

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Spatchcock Fillet
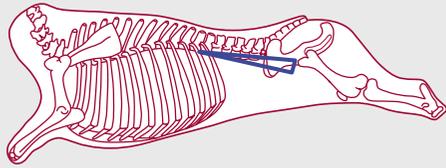
1. Position of the fillet.

2. Whole fillet of beef untrimmed.

3. Remove the chain muscle and all gristle, fat and connective tissue.

4. Free the top and underside of the fillet of all connective tissue, gristle and fat.

5. Remove the tail as illustrated leaving the middle fillet with a minimum 40mm diameter.

6. Fillet tail.

7. Butterfly cut the fillet tail to create a spatchcock fillet.
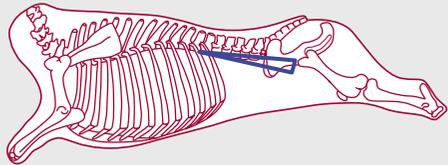
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Fillet Steak on the bone

1. Position of the fillet.

2. Sheet bone the sirloin leaving the bones attached to the fillet.

3. Saw and remove excess back bones from the fillet.

4. Bones not to exceed 25mm thickness at any point.

5. Cut and saw into steaks of required weight/thickness.
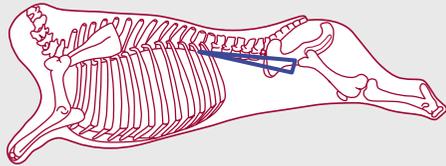
QUALITY STANDARD beef English

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Fillet Tail on the bone

1. Position of the fillet.

2. Sheet bone the sirloin leaving the bones attached to the fillet.

3. Saw and remove excess back bones from the fillet.

4. Bones not to exceed 25mm thickness at any point.

5. Cut and saw into Fillet Steaks on the bone of required weight/thickness.

6. Fillet tail on the bone. The thickest part of the fillet tail should be 40mm minimum.

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Baby LMC – fully trimmed (Triceps Brachaii Caput Laterale)
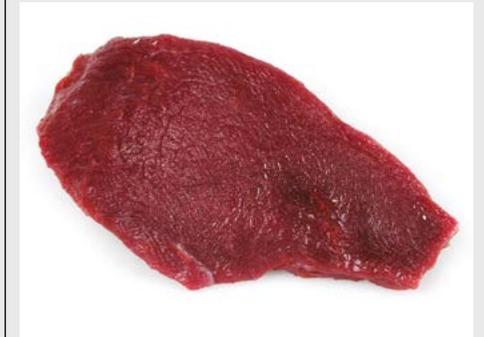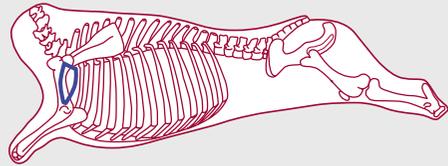
1. Position of the Baby LMC.

2. To see the full cutting specification of removal from the carcase refer to specifications FQ B001, FQ B002 and FQ B003.

3. Baby LMC (Triceps Brachaii Caput Laterale).

4. Baby LMC (Triceps Brachaii Caput Laterale) fully trimmed.
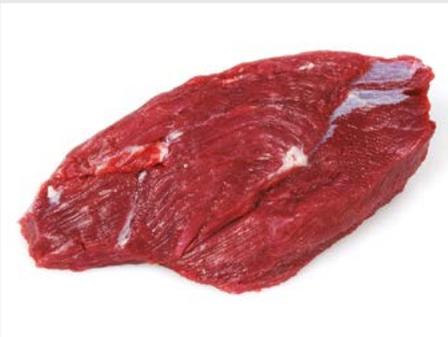
5. Baby LMC (Triceps Brachaii Caput Laterale) fully trimmed.
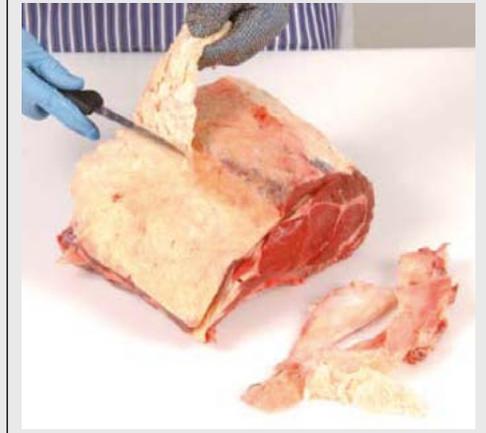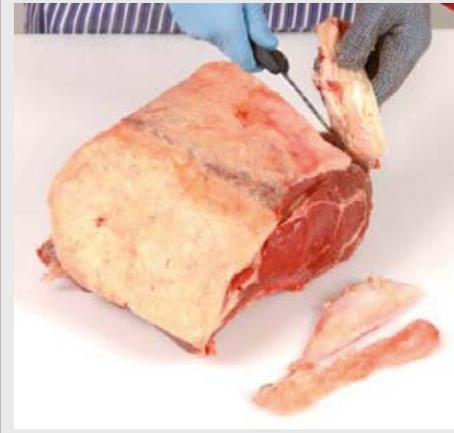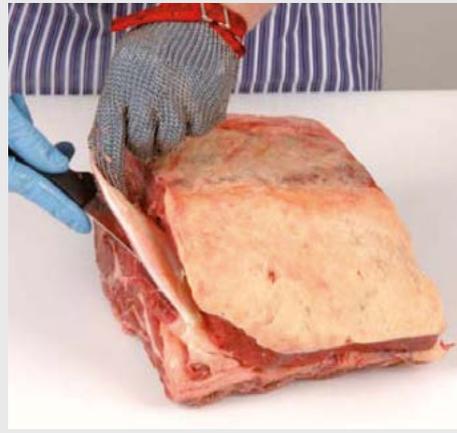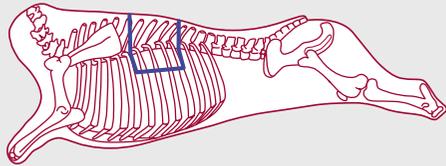
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Fore rib – Carvery

1. The fore rib should be removed from the carcase between rib bones 6-7 and 10-11 (counting from the neck upwards).

2. The length of the tail is not to exceed 60mm from the outer tip of the eye muscle. Remove the blade bone cartilage.

3. Saw through the ribs and remove back and feather bones. Remove the thick yellow gristle (backstrap).

4. External fat cover trimmed to a maximum of 10 mm.


5. Internal view.

6. External view.

7. Carvery rib is vacuum packed individually and packed four per box.

Fore rib – French Trimmed
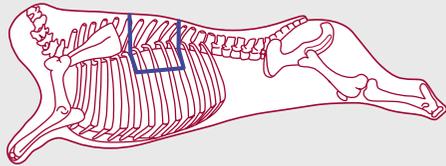
1. The fore rib should be removed from the carcase between rib bones 6-7 and 10-11 (counting from the neck upwards).

2. Blade bone cartilage to be removed. The length of the tail is not to exceed 60mm from the outer tip of the eye muscle.

3. Trim back 40mm of the meat to expose the rib bone ends

4. Remove the chine bone.

5. Remove feather bones and backstrap. Trim external fat to a maximum thickness of 10mm.

6. Tie the joint securely with string between the ribs to hold it in shape.

7. Either sell whole or cut into smaller-sized joints.

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Fore rib French Trimmed oven-prepared
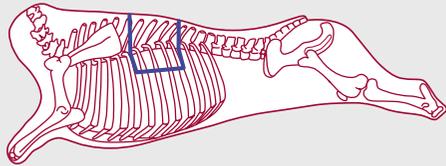
1. The fore rib should be removed from the carcase between rib bones 6-7 and 10-11 (counting from the neck upwards).

2. Blade bone cartilage to be removed. The length of the tail is not to exceed 60mm from the outer tip of the eye muscle.

3. Trim back 40mm of the meat to expose the rib bones. Trim external fat thickness to a maximum of 10mm, internal fat thickness to a maximum of 15mm.

4. Saw through the chine bone…

5. and remove the feather bones separately.

6. Remove yellow sinew (backstrap). Place feather bones back on the joint to give it support during cooking…

7. and tie the joint securely with string at regular intervals as illustrated.

8. Rib of Beef French Trimmed and oven prepared.
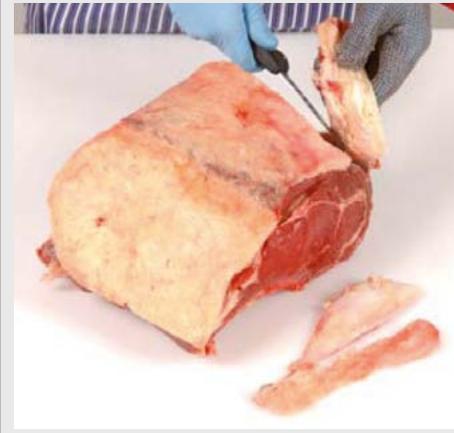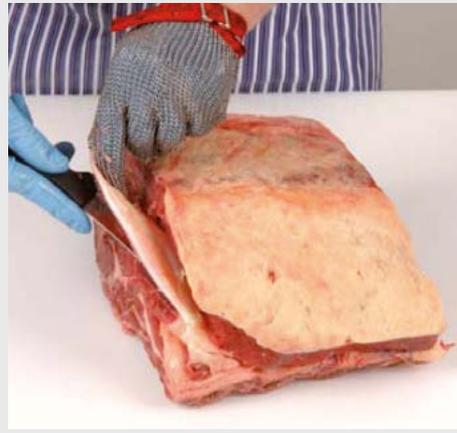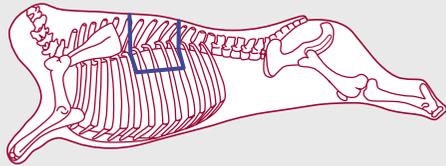
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Fore rib – boned and rolled

1. The fore rib should be removed from the carcase between rib bones 6-7 and 10-11 (counting from the neck upwards).

2. The length of the tail is not to exceed 60mm from the outer tip of the eye muscle.

3. Remove the rib and back bones using a sheet boning method.

4. Remove backstrap.

5. Trim external fat to a maximum thickness of 10mm.

6. Roll and tie joint securely with string at regular intervals.

7. Rolled rib is vacuum packed individually.
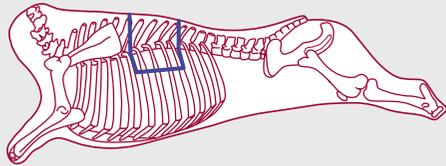
QUALITY STANDARD beef English

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Fore rib – boned and rolled

1. The fore rib should be removed from the carcase between rib bones 6-7 and 10-11 (counting from the neck upwards).

2. The length of the tail is not to exceed 60mm from the outer tip of the eye muscle.

3. Remove the rib and back bones using a sheet boning method.

4. Remove backstrap.
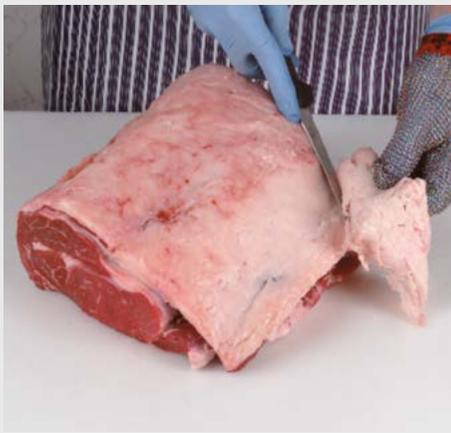
5. Trim external fat to a maximum thickness of 10mm.

6. Roll and tie joint securely with string at regular intervals. Cut to required size for sale.

7. Square slicing surfaces as illustrated.

8. Cut to required size for sale.

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"Premium" Rib of Beef – boned and rolled
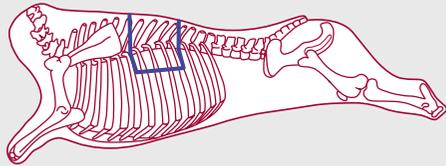
1. The fore rib should be removed from the carcase between rib bones 6-7 and 10-11 (counting from the neck upwards).

2. The length of the tail is not to exceed 60mm from the outer tip of the eye muscle.

3. Blade bone cartilage to be removed.

4. Bones should be removed by sheet boning. Remove yellow sinew (backstrap).

5. Cut back the cap muscle to expose internal fat layer.

6. Remove the internal fat layer.

7. Trim back external fat level to a maximum thickness of 10mm. Internal fat thickness not to exceed 15mm.

8. Tie the joint securely including two ties lengthways to ensure the joint keeps its shape during cooking.
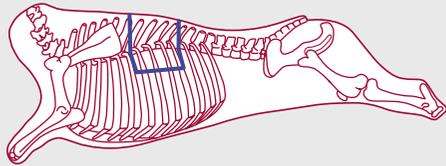
QUALITY STANDARD beef English

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Rib Eye Roll

1. The fore rib should be removed from the carcase between rib bones 6-7 and 10-11 (counting from the neck upwards).

2. The length of the tail is not to exceed 60mm from the outer tip of the eye muscle.

3. Blade bone cartilage to be removed.

4. Remove bones by sheet boning.

5. Remove the eye muscle by following the natural seam.

6. Trim excess fat and gristle. Internal and external fat thickness not to exceed 15mm.

Rib Eye Steaks
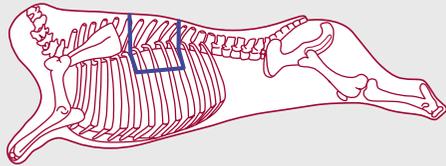
1. The fore rib should be removed from the carcase between rib bones 6-7 and 10-11 (counting from the neck upwards).

2. The length of the tail is not to exceed 60mm from the outer tip of the eye muscle.

3. Blade bone cartilage to be removed.

4. Remove bones by sheet boning.

5. Remove the eye muscle by following the natural seam.

6. Trim excess fat and gristle.

7. Internal and external fat thickness not to exceed 15mm.

8. Cut rib eye into steaks of even thickness and of required weight.
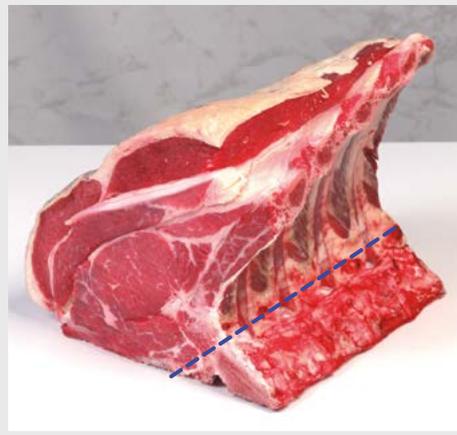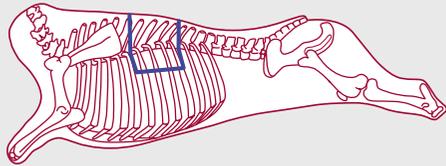
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Club Steaks

1. The fore rib should be removed from the carcase between rib bones 6-7 and 10-11 (counting from the neck upwards).

2. The length of the tail is not to exceed 60mm from the outer tip of the eye muscle. Remove the chine bone by sawing along the line as illustrated.

3. Remove the outer muscle layer and cut and saw into 2cm thick club steaks. Trim back 40mm of the meat to expose the rib bone ends. Each steak to contain half a rib bone.
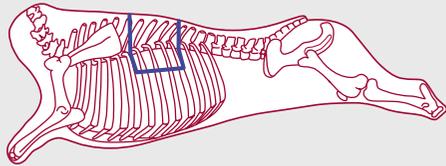
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Beef Back Ribs – 2 bone Rack

1. The fore rib should be removed from the carcase between rib bones 6-7 and 10-11 (counting from the neck upwards).

2. The length of the tail is not to exceed 60mm from the outer tip of the eye muscle.

3. Remove the bone by sheet boning.

4. Saw to remove the rib section.

5. Cut between the ribs to produce 2 bone racks.

6. Beef Back Ribs - 2 bone rack.
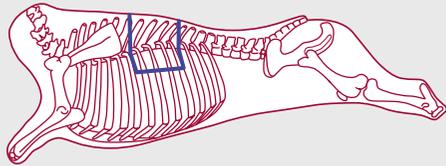
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Beef Back Ribs – 4 bone Rack

1. The fore rib should be removed from the carcase between rib bones 6-7 and 10-11 (counting from the neck upwards).

2. The length of the tail is not to exceed 60mm from the outer tip of the eye muscle.

3. Remove the bone by sheet boning.

4. Saw to remove the rib section.

5. Saw ribs in half to create Beef Back Ribs - 4 bone racks.

Neck and Chuck Roll – Seam Cut
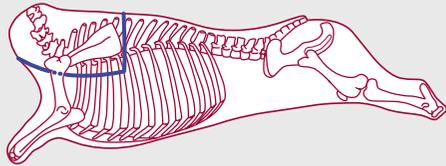
1. Position of the neck and chuck roll.

2. Start by removing the neck chain muscle (Longus colli).

3. Neck chain muscle (Longus colli).

4. Neck chain muscle (Longus colli).

5. Turn the neck and chuck roll over

6. And remove the thin part of the…

7. …Trapezius muscle.

8. Thin part of the Trapezius muscle.

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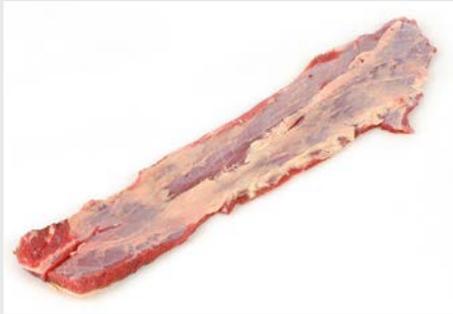
9. Thin part of the Trapezius muscle.

10. Continue to remove the thick part of the Trapezius muscle…

11. …by following the natural seams.

12. The thick part of the Trapezius muscle.

13. The thick part of the Trapezius muscle.

14. Remove the pocket of…

15. …fat.

16. Continue removing the neck crest muscle (Rhomboideus) by following the natural seam.

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17. The neck crest muscle (Rhomboideus).

18. The neck crest muscle (Rhomboideus).

19. Remove the short oval group of…

20 …neck muscles which are attached to the atlas bone…

21. …by following the natural seams.

22. Atlas Muscle.

23. Atlas Muscle.

24. From the remainder, remove the group of muscles which are attached to the neck and…

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25. …feather bones (cervical Vertebrae and Spinous processes).

26. Group of neck and feather bone muscles.

27. Group of neck and feather bone muscles.

28. Remove the small Rib Eye Fillet (Longissimus dorsi).
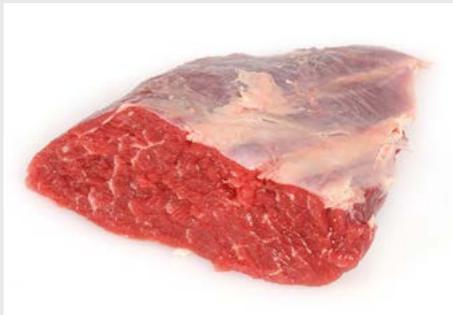
29. Rib Eye Fillet (Longissimus dorsi).

30. From the remainder remove the Splenius muscle by…

31. …following the natural seams.

32. Splenius muscle.

33. Remove the remaining muscle groups from the Denver Muscle (Serratus ventralis).

34. Remaining neck muscles.

35. We are now left with the remaining…

36. …Denver muscle (Serratus ventralis) untrimmed.
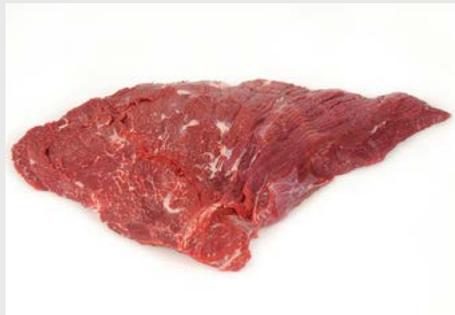
37. Denver muscle (Serratus ventralis) fully trimmed.

38. Denver muscle (Serratus ventralis) fully trimmed.

Neck and Chuck Roll (Boneless)
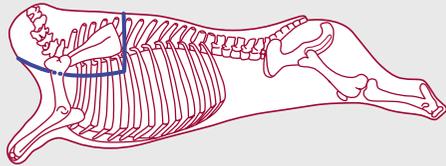
1. Position of the neck and chuck roll.

2. Expose the back bones (Thoracic vertebrae) and neck bones (Cervical vertebrae)…

3. …by cutting back the neck and chuck chain muscle (Longus colli).

4. Cut along each side of the ribs.

5. Turn the muscle block around and cut through the back bone cartilage…

6. …and remove back and rib bones.

7. Remove the Atlas (1st cervical vertebra)…

8. …and remaining neck bones.

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9. Boneless Neck and Chuck Eye.

Rhomboideus
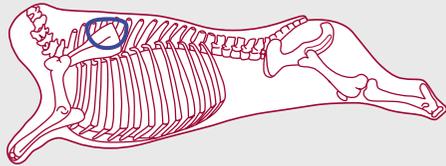
1. Position of the Denver Muscle.

2. The Denver Muscle and the Rhomboideus. To see the full cutting specification of removal from the carcase, refer to EBLEX specification Chuck B041.

3. Remove the Rhomboideus by…

4. …following the natural seam.

5. Rhomboideus muscle.

6. Rhomboideus muscle fully trimmed.

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Feather – split and fully trimmed (Infraspinatus)
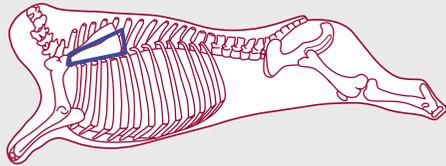
1. Position of the feather.

2. Untrimmed feather muscle.

3. Remove all visible external fat and gristle.

4. Remove the muscle and gristle at the anterior end of the feather muscle.

5. Separate the feather into two parts by carefully cutting on and along the central gristle sheath.

6. Remove the gristle sheath.

Underblade Muscle – fully trimmed (Subscapularis)
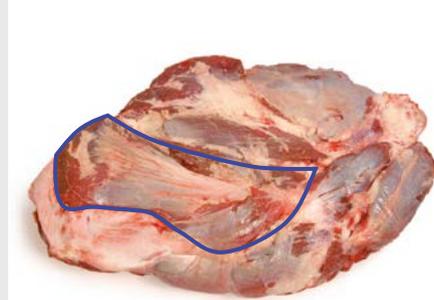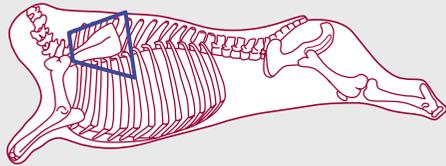
1. Position of the underblade muscles.

2. Underblade muscles as highlighted.

3. Start removing the underblade muscles by exposing the blade bone (scapula).

4. Underblade muscles.

5. Separate the muscle as illustrated. The highlighted muscle is only suitable for braising as it contains connective tissue through the centre of the muscle.

6. Remove the small muscle on top of the main muscle to expose gristle.

7. Remove all gristle from both sides of the muscle.

QUALITY STANDARD beef English

AHDB BEEF & LAMB
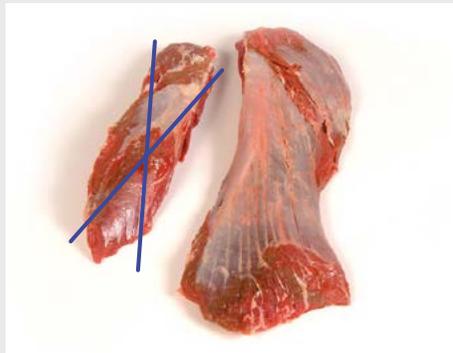
Underblade Fillet – fully trimmed (Teres Minor)
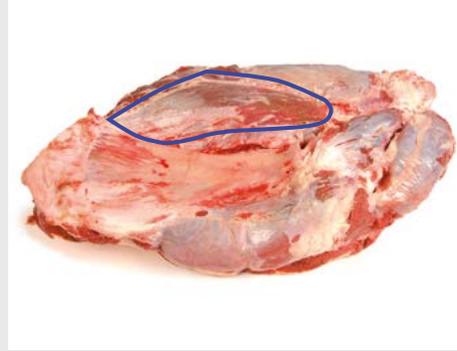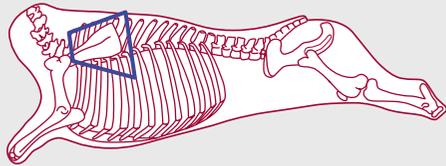
1. Position of the underblade muscle (underblade fillet).

2. Underblade muscle (underblade fillet) as highlighted.

3. Remove the underblade muscle (underblade fillet)...

4. by following the natural seam between it and the LMC (thick rib).
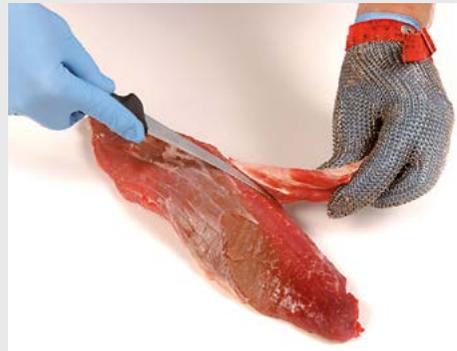
5. Underblade muscle (underblade fillet).

6. Trim the muscle of all fat and connective tissue.

7. Fully trimmed underblade fillet.

AHDB BEEF & LAMB
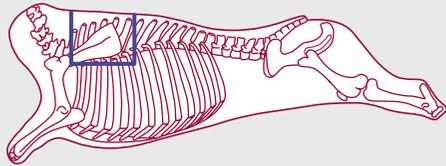
Chuck Daubes

1. Position of chuck eye.

2. Chuck.

3. Cut into 50mm^2 chuck daubes and use roasting bands to maintain even shape.
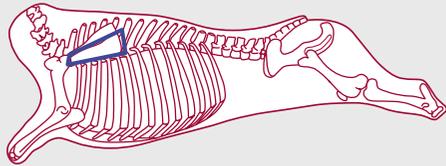
AHDB
BEEF & LAMB

Flat Iron Steak

1. Position of the feather.

2. Untrimmed feather muscle.

3. Remove all visible external fat and gristle.

4. Remove the muscle and gristle at the anterior end of the feather muscle.

5. Separate the feather into two parts by carefully cutting on and along the central gristle sheath.

6. Remove the gristle sheath.

7. Cut into portions of the required sized and score diagonally.

8. These portions are ideal for marinating.

QUALITY STANDARD beef English

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

AHDB BEEF & LAMB
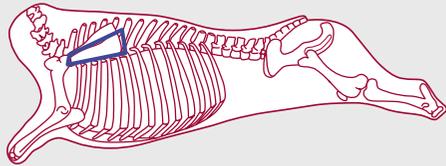
1. Position of the feather.

2. Untrimmed feather muscle.

3. Remove all visible external fat and gristle.

4. Remove the muscle and gristle at the anterior end of the feather muscle.

5. Split the muscle by following the centre gristle and remove the gristle.

6. Butterfly each portion.
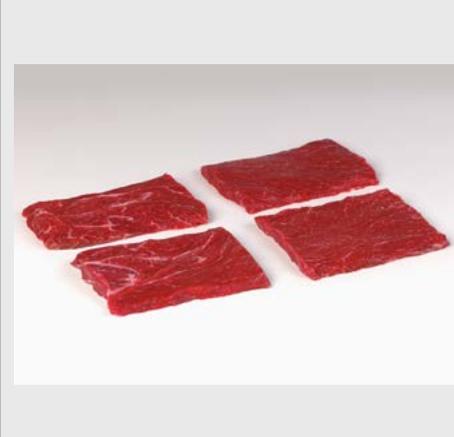
7. Cut butterfly portions into escallops.
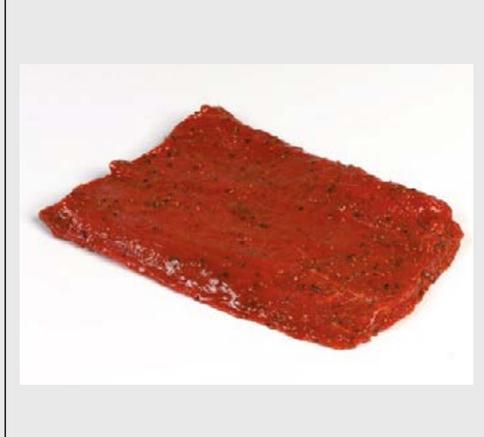
8. Escallops are ideal for marinating.

QUALITY STANDARD beef English

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

AHDB BEEF & LAMB

1. Position of the underblade muscles.

2. Underblade muscles as highlighted.

3. Start removing the underblade muscles by exposing the blade bone (scapula).

4. Underblade muscles.
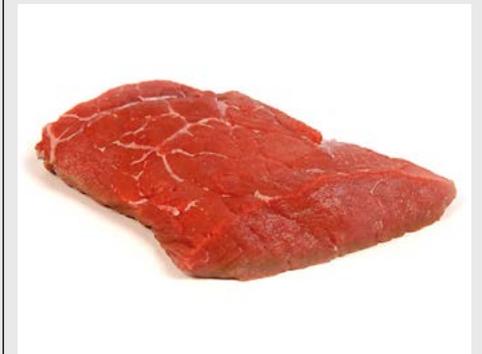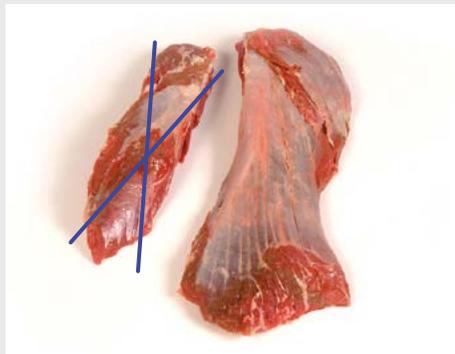
5. Separate the muscle as illustrated. The highlighted muscle is only suitable for braising as it contains connective tissue through the centre of the muscle.

6. Remove the small muscle on top of the main muscle to expose gristle.

7. Remove all gristle from both sides of the muscle and cut into Pavés.

8. Pavé (underblade).

For this product the underblade muscle must be matured for a minimum of 14 days.

QUALITY STANDARD beef English

AHDB BEEF & LAMB

Pavé (underblade fillet)
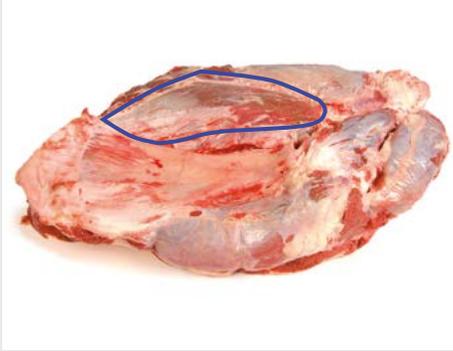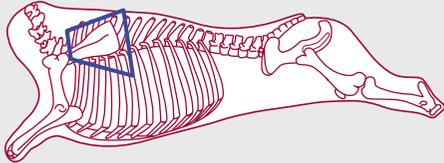
1. Position of the underblade muscle (underblade fillet).

2. Underblade muscle (underblade fillet) as highlighted.

3. Remove the underblade muscle (underblade fillet)...

4. by following the natural seam between it and the LMC (thick rib).
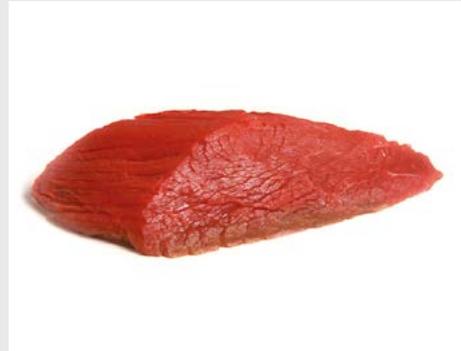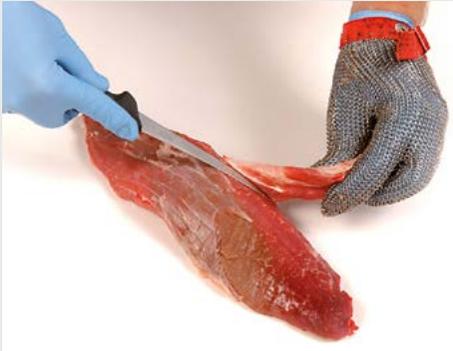
5. Underblade muscle (underblade fillet).

6. Trim the muscle of all fat and connective tissue.

7. Fully trimmed muscle to be cut into Pavés.

8. Pavé (underblade fillet).

QUALITY STANDARD beef English

For this product the underblade muscle must be matured for a minimum of 14 days.

AHDB BEEF & LAMB

Denver Steak
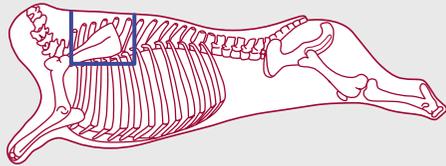
1. Chuck roll.

2. Remove yellow gristle (backstrap).

3. Follow the natural seam of the top muscles of the chuck roll starting with the chuck eye and...

4. ...remove the crest muscle (Rhomboideus).
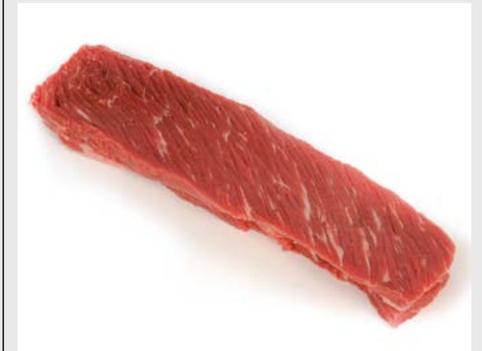
5. Discoloured tissue, gristle and excess fat is to be removed from the spider muscle (Serratus ventralis).

6. Cut spider muscle into Denver Steaks along the grain as illustrated.

7. Denver Steaks.

8. Denver Steak.

For this product the spider muscle (Serratus ventralis) must be matured for a minimum of 14 days.

QUALITY STANDARD beef English

AHDB BEEF & LAMB

Chuck Eye "Centre Cut" Joint
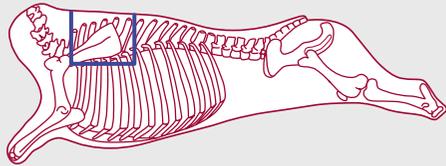
1. Position of the Chuck roll.

2. Remove yellow gristle (backstrap).

3. Follow the natural seams, starting with the chuck eye and remove the spider muscle (Serratus ventralis).

4. Remove the continuation of the rib eye.

5. Discoloured tissue, gristle and excess fat is removed...


6. ...from the Chuck Eye "Centre Cut".

7. Roll "Centre Cut" and secure with string.

8. The joint can be left whole or cut into smaller portions.
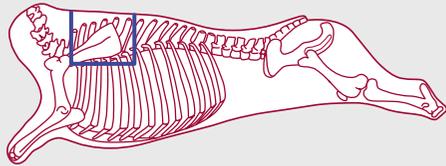
QUALITY STANDARD beef English

AHDB BEEF & LAMB

Rib Eye Fillet

1. Position of the chuck roll.

2. Remove yellow gristle (backstrap) from the chuck roll.

3. Follow the natural seams, starting with the chuck eye and remove the spider muscle (Serratus ventralis).

4. Remove the continuation of the rib eye following the natural seams.

5. Remove excess fat and gristle.

6. Rib Eye Fillet.
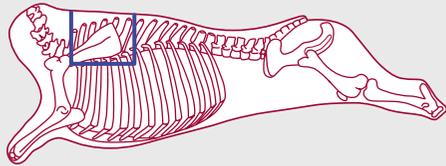
QUALITY STANDARD beef English

AHDB
BEEF & LAMB

Chuck Eye "Centre Cut" Steak

1. Position of the Chuck roll.

2. Remove yellow gristle (backstrap) from the chuck roll.

3. Follow the natural seams, starting with the chuck eye and remove the spider muscle (Serratus ventralis).

4. Remove the continuation of the rib eye.

5. Discoloured tissue, gristle and excess fat is removed...

6. ...from the Chuck Eye "Centre Cut".

7. Cut into Chuck Eye "Centre Cut" Steak.

QUALITY STANDARD beef English

AHDB
BEEF & LAMB

Back Rib Steaks on the bone

1. Position of the Chuck roll.

2. Saw and remove vertebrae as illustrated, leaving just the rib bones.

3. Remove yellow gristle (backstrap) and any bone gristle.

4. Follow the natural seams, starting with the chuck eye and remove the spider muscle (Serratus ventralis).

5. Excess fat is removed.

6. Cut between the ribs and French trim.

7. The first 2-3 ribs next to the Fore Rib (depending on 5 or 6 bone forequarter) produce Back Rib Steaks on the bone.

8. Back Rib Steaks on the bone.

QUALITY STANDARD beef English

AHDB BEEF & LAMB

Chuck Rib Steaks on the bone

Code:
Chuck B030
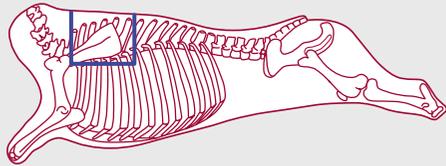
1. Position of the Chuck roll from a 6 bone forequarter.

2. Saw and remove vertebrae as illustrated, leaving just the rib bones.

3. Remove yellow gristle (backstrap) and any bone gristle.

4. Follow the natural seams, starting with the chuck eye and remove the spider muscle (Serratus ventralis).

5. Excess fat is removed.

6. Cut between the ribs and French trim.

7. The first 2-3 ribs next to the Fore Rib (depending on 5 or 6 bone forequarter) produce Back Rib Steaks on the bone.

8. The remainder produces Chuck Rib Steaks on the bone.

QUALITY STANDARD beef English

AHDB BEEF & LAMB

1. Position of the chuck roll.

2. Remove yellow gristle (backstrap).

3. Follow the natural seam of the top muscles of the chuck roll starting with the chuck eye and…

4. …remove the crest muscle (Rhomboideus).

5. Discoloured tissue, gristle and excess fat is to be removed from the Denver muscle (Serratus ventralis).

6. Remove the thin part of the muscle.

7. Cut the remainder of the muscle in half and cut across the grain into thin cut Denver Steaks. Maximum thickness 5-7mm.

8. Denver Steaks – Thin Cut (cut across the grain).

QUALITY STANDARD beef English

For this product the Denver muscle (Serratus ventralis) must be matured for a minimum of 14 days.

AHDB BEEF & LAMB

Denver Steak (cut across the grain)
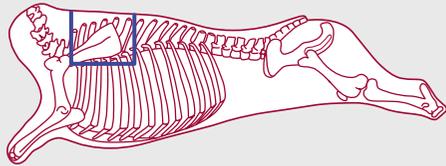
1. Position of the chuck roll.

2. Remove yellow gristle (backstrap).

3. Follow the natural seam of the top muscles of the chuck roll starting with the chuck eye and...

4. ...remove the crest muscle (Rhomboideus).

5. Discoloured tissue, gristle and excess fat is to be removed from the Denver muscle (Serratus ventralis).

6. Remove the thin part of the muscle.

7. Cut the remainder of the muscle in half.

8. Cut across the grain into Denver Steaks of required thickness.

For this product the Denver muscle (Serratus ventralis) must be matured for a minimum of 14 days and will benefit from needle tenderising.

QUALITY STANDARD beef English

AHDB BEEF & LAMB

1. Position of the LMC

Braising

2. Remove external fat gristle and connective tissue.

Braising

3. Follow the central gristle sheath and separate the muscle. Remove gristle.

Braising

4. Remove part of the muscle for braising meat as illustrated.

Braising   Stir-fry
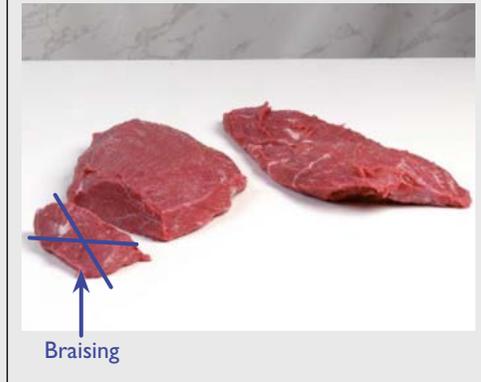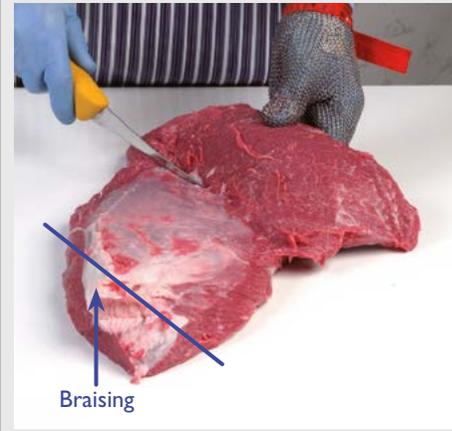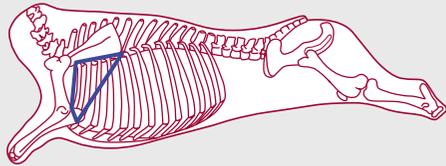
5. Trim muscle as illustrated and cut into steaks of the required weight.

6. Top part of the LMC.

7. Cut into half along the grain and cut into steaks of the required weight across the grain.

8. Score each steak.

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

QUALITY STANDARD beef English

AHDB BEEF & LAMB

Escallops (LMC)

1. Position of the LMC.

Braising

2. Remove external fat gristle and connective tissue.

Braising

3. Follow the central gristle sheath and separate the muscle. Remove gristle.

Braising

4. Remove part of the muscle for braising meat as illustrated.

Braising   Stir-fry

5. Trim muscle as illustrated and cut into 10mm thick escallops.

6. Top part of the LMC.

7. Cut into half along the grain and cut into 10 mm thick escallops across the grain.

8. Escallops.

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

QUALITY STANDARD beef English

AHDB BEEF & LAMB

Mini Joints (LMC)

1. Position of the LMC.

2. Remove external fat gristle and connective tissue.

Braising

3. Follow the central gristle sheath and separate the muscle. Remove gristle.

Braising

4. Remove part of the muscle for braising meat as illustrated.

Braising   Stir-fry

5. Trim muscle as illustrated and cut into mini joints of the required weight.

6. Top part of the LMC.

7. Cut into half along the grain and cut into mini joints of the required weight.

8. Use elasticated roasting bands to secure joint.

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

QUALITY STANDARD beef English

AHDB BEEF & LAMB

Daubes (LMC)

Braising
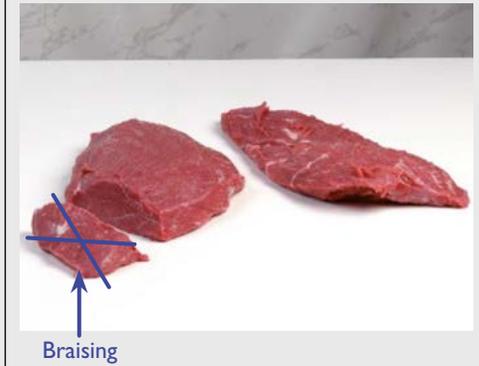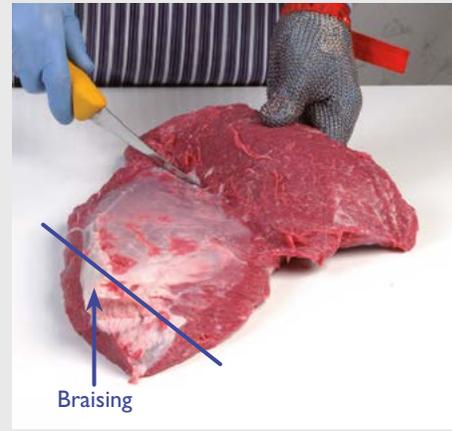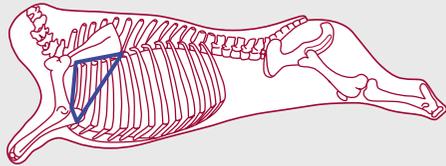
Braising

Braising

1. Position of the LMC.

2. Remove external fat gristle and connective tissue.

3. Follow the central gristle sheath and separate the muscle. Remove gristle.

4. Remove part of the muscle for braising meat as illustrated.

Braising   Stir-fry

5. Trim muscle as illustrated and cut into required weight daubes.

6. Top part of the LMC.

7. Cut into half along the grain and cut into daubes of the required weight.

8. Place roasting bands in opposite directions to secure the daubes into shape.

LMC (single muscle) – fully trimmed (Triceps brachii caput longum)

1. Position of the LMC.

2. LMC (single muscle).

3. LMC (single muscle).

4. Remove all gristle and connective muscle.

5. Follow the centre gristle…

6. …and remove.

7. LMC (single muscle) fully trimmed of fat and connective tissue.

8. LMC (single muscle) fully trimmed of fat and connective tissue split into two.

QUALITY STANDARD beef English

AHDB BEEF & LAMB

LMC (thick muscle) – fully trimmed (Triceps brachii caput longum)

1. Position of the LMC.

2. LMC (single muscle).

3. LMC (single muscle).

4. Remove all gristle and connective muscle.

5. Follow the centre gristle and separate the two parts.

6. LMC (single muscle) fully trimmed of fat and connective tissue split into two.

7. Only the LMC thick muscle is to be used for this specification.

QUALITY STANDARD beef English

AHDB BEEF & LAMB

LMC (triangle muscle) – fully trimmed (Triceps brachii caput longum)

Code: LMC B012
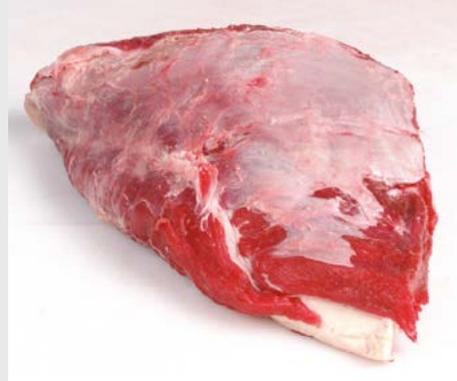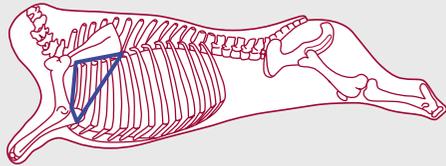
1. Position of the LMC.

2. LMC (single muscle).

3. LMC (single muscle).

4. Remove all gristle and connective muscle.
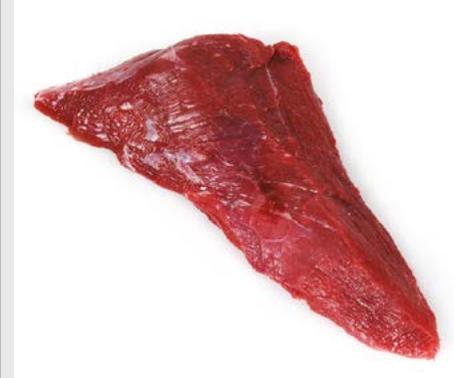
5. Follow the centre gristle and separate the two parts.

6. LMC (single muscle) fully trimmed of fat and connective tissue split into two.

7. Only the LMC triangle muscle is to be used for this specification.

QUALITY STANDARD beef English

AHDB BEEF & LAMB
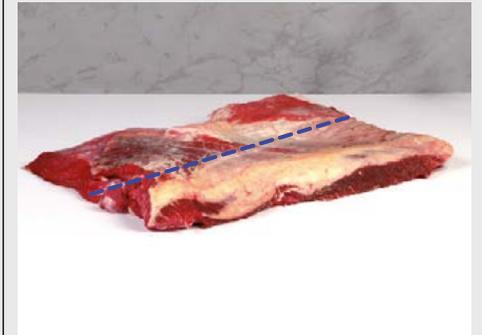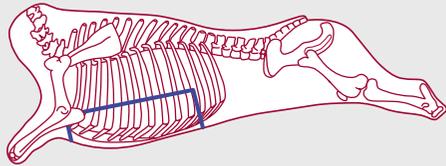
Brisket Pavé

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.

4. Cut the prepared brisket into two equal-sized pieces as illustrated.
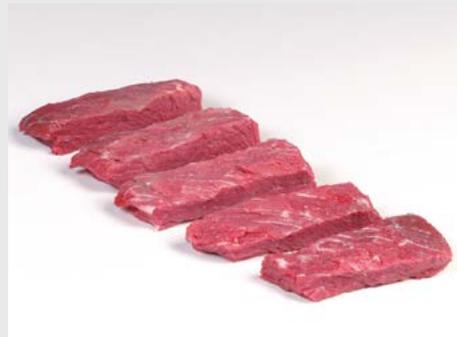
5. Slice into pavé for braise or casserole.

6. Brisket pavé prepared to specification and ready for sale.
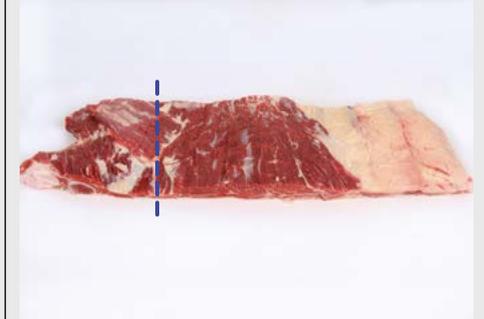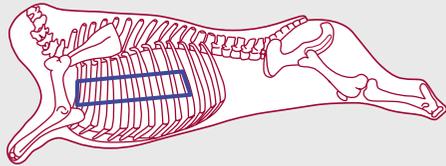
QUALITY STANDARD beef English

AHDB BEEF & LAMB

Beef Ribs – French Trimmed

1. Position of the Jacobs ladder.

2. Jacobs ladder from a 10 bone fore.

3. Trim outer muscle by following the natural seam and expose fat layer.

4. Trim fat and gristle and remove first 3 or 4 ribs (the ribs from the chuck area).
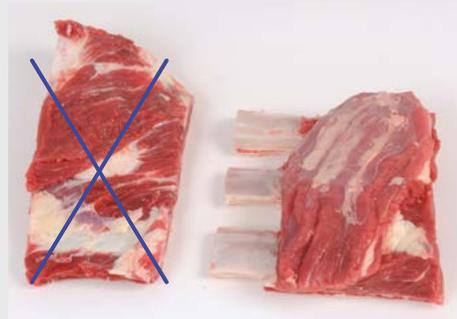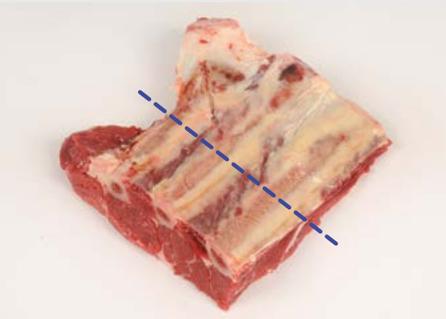
5. Saw the ribs in half.

6. Discard the thin side and use the...

7. ...meaty side for ribs and French trim.

8. Beef Ribs - French Trimmed.

QUALITY STANDARD beef English

AHDB
BEEF & LAMB

Beef Short Ribs (Jacobs ladder)
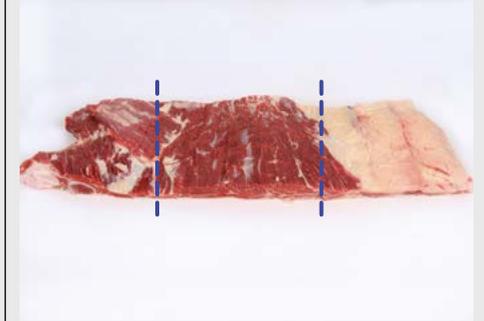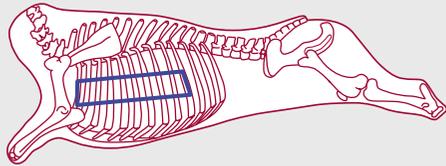
1. Position of the Jacobs ladder.

2. Jacobs ladder from a 10 bone fore.

3. Trim outer muscle by following the natural seam and expose the fat layer.

4. Trim fat and gristle and remove first 3 and last 3 ribs.
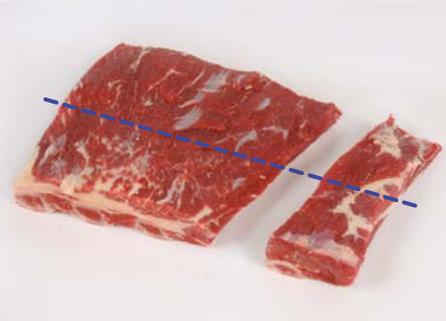
5. Saw through ribs as illustrated...

6. ...and cut between the ribs to create Beef Short Ribs.

Whole Beef Ribs (Jacobs ladder)
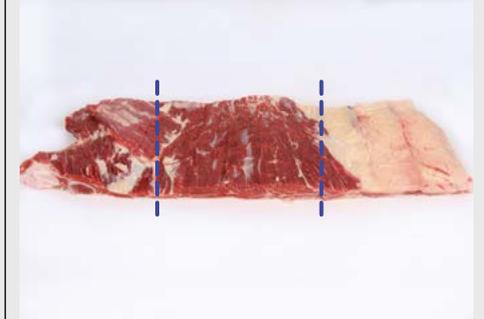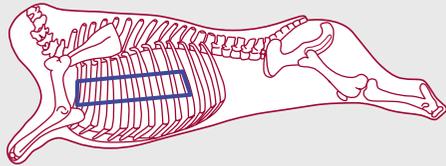
1. Position of the Jacobs ladder.

2. Jacobs ladder from a 10 bone fore.

3. Trim outer muscle by following the natural seam and expose fat layer.

4. Trim fat and gristle and remove first 3 and last 3 ribs.

5. Cut between the ribs of the remainder to create Whole Beef Ribs.

6. Whole Beef ribs.

QUALITY STANDARD beef English

AHDB
BEEF & LAMB

Beef Ribs – split (Jacobs ladder)

1. Position of the Jacobs ladder.

2. Jacobs ladder from a 10 bone fore.

3. Trim outer muscle by following the natural seam and expose fat layer.

4. Trim fat and gristle and remove first 3 and last 3 ribs.

5. Cut between the ribs of the remainder to…

6. …create single Whole Beef Ribs and saw through the middle of the rib.

7. Beef Ribs.

QUALITY STANDARD beef English

AHDB BEEF & LAMB

Beef Ribs – split (Jacobs ladder)

1. Position of the Jacobs ladder.

2. Jacobs ladder from a 10 bone fore.

3. Trim outer muscle by following the natural seam and expose fat layer.

4. Trim fat and gristle and remove first 3 and last 3 ribs.

5. Cut between the ribs of the remainder to…

6. …create single Whole Beef Ribs and saw through the middle of the rib.

7. Beef Ribs.

QUALITY STANDARD beef English

AHDB
BEEF & LAMB

Brisket Cap Muscle (prepared and trimmed)

1. Position of the brisket cap muscle.

2. Flat Brisket.

3. Follow the natural seam to remove the brisket cap muscle.

4. Trim all excess fat and gristle.

5. Brisket Cap muscle prepared and trimmed.

Jacobs Ladder
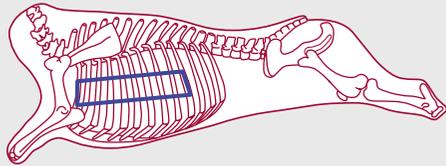
1. Position of the Jacobs Ladder.

2. After the brisket muscle is removed…

3. …remove the thin muscles…

4. …as illustrated.
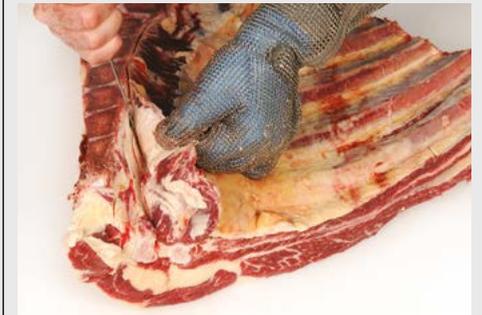
5. Trim excess fat…

6. …taking care not to…

7. …cut into underlying muscles.

8. Remove the muscle on top…

QUALITY STANDARD beef English

AHDB BEEF & LAMB

9. …of the breast bone (Transversus thoracic).

10. Make a mark following the joints of the soft bone (Xiphoid cartilage) and the rib bones.

11. Saw through the cartilage and…

12. …remove the breastbone (Sternum) with the soft bone (Xiphoid cartilage).

13. The Jacobs Ladder.

14. The Jacobs Ladder.

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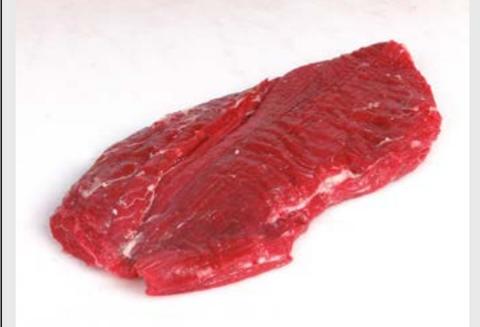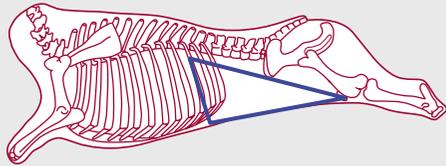
Thin Flank 70%VL

1. Position of the Thin Flank

2. 3 rib bone thin flank. Internal view.

3. Remove the inside skirt.

4. Remove the goose skirt.

5. Remove the bavette (flank skirt).

6. Remove the intercostal muscles.

7. Trim remainder of excess fat to achieve a 70%VL.

Goose Skirt Steak-dice
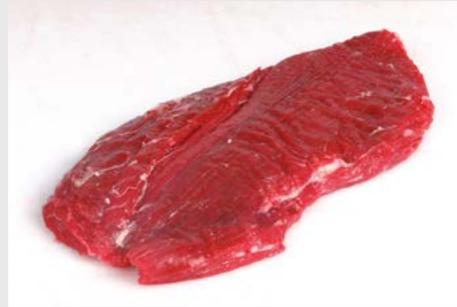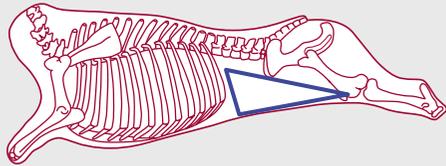
1. Position of goose skirt.

2. Goose skirt.

3. Cut into portions for braising or…

4. use for diced beef.

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Bavette (flank skirt)
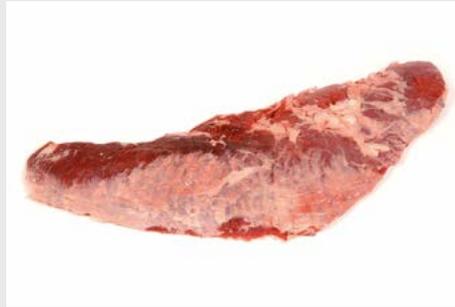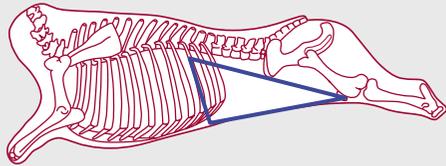
1. Position of the flank skirt.

2. Trim flank skirt muscles of external fat and connective tissue.

3. Lean flank skirt.

4. Cut steaks on an angle to create a larger surface area.
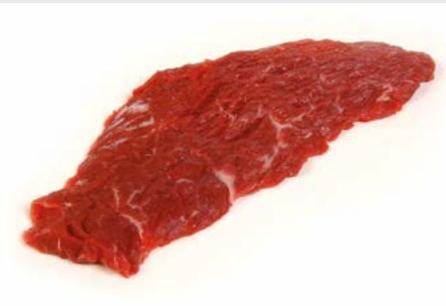

5. Bavette.

For this product the flank skirt must be matured for a minimum of 14 days.

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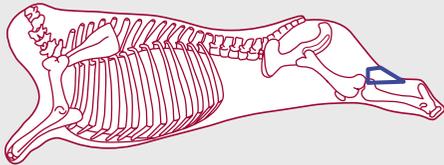
1. Position of the Heel muscle.

2. Heel muscle.

3. Remove the Pencil muscle by following the natural seams.

4. Pencil muscle (flexor superficialis).
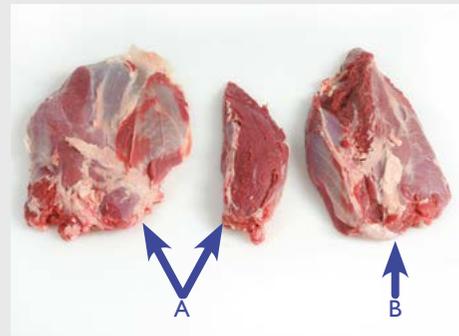
5. The remaining muscle (gastrocnemius) can be…

6. …separated into 3 parts by following…

7. …the natural seams between them.

8. **A.** very tender – frying quality
   B. less tender – braising quality

For this product, the heel muscle should be matured for a minimum of 14 days.

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120

9. From the less tender muscle,…

10. …remove excess gristle and…

11. …cut into Braising Steaks.

12. The remaining 2 muscles are extremely tender and suitable for Pavés.

13. Remove all connective tissue and gristle.

14. Remove the coarse section of the larger muscle and square the ends of the smaller muscle.

15. Cut muscle into Pavés of required weight.

16. Both muscles cut into Pavés.

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Prime Hind Shin Muscle
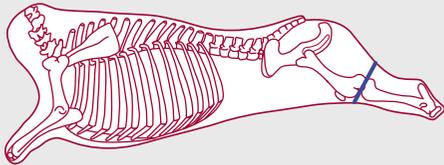
1. Position of the hind shin.

2. De-boned hind shin.

3. Remove the thick shin muscle...

4. ...by following the natural seams.

5. Remove the thick gristles by cutting the ends.


6. Prime Hind shin Muscle trimmed.

7. Prime Hind shin Muscle.

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Beef Shank – boneless and netted (Needle)
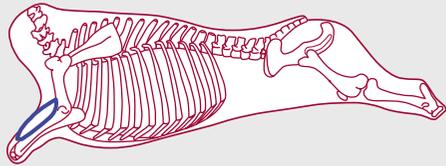
1. Position of the needle (Extensor Carpi Radialis).

2. To see removal of the needle from the carcase refer to specification of…

3. …shoulder of beef (seamcut) specification FQ B003.

4. Remove excess fat and gristle.

5. Net the needle.

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Beef Shank Portions (Clod Shin)
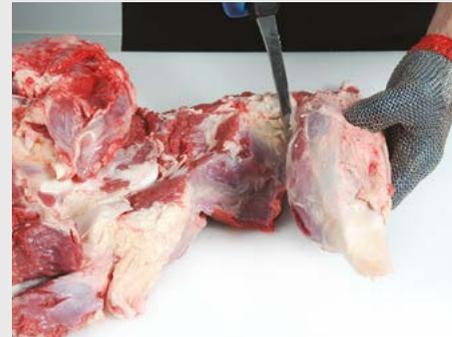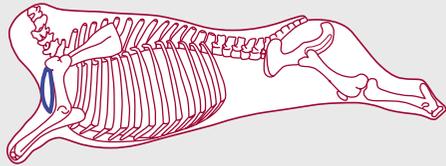
1. Position of the Clod Shin.

2. To see the full cutting specification of removal from the carcase refer to specifications FQ B001, FQ B002 and FQ B003.

3. Remove the clod shin muscle by following the natural seams.

4. Remove excess fat and tendon ends.

5. Clod Shin (Biceps Brachaii).

6. Net the Clod Shin and cut into required weight portions.


7. Beef shank portions.

Beef Shank Portions (Fore Shin)
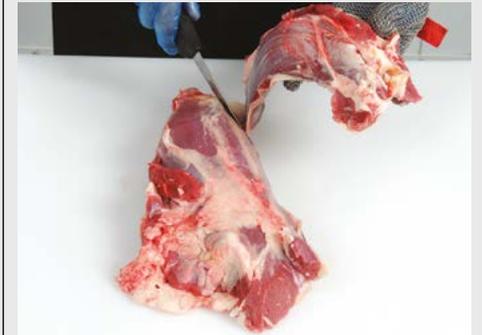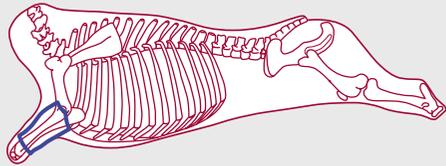
1. Position of the boneless fore shin.

2. Boneless fore shin.

3. Boneless fore shin.

4. Remove the smaller side muscle.

5. Remove excess fat…

6. …and tendon ends.

7. Net the muscle.

8. Cut into required weight portions.

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Beef Shank Portions (Hind Shin)
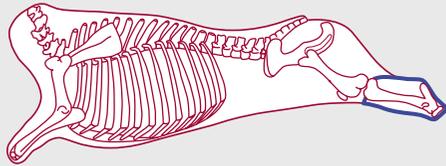
1. Position of the hind shin.

2. Boneless hind shin.

3. Separate the two main muscles.

4. Remove the triangle section of the largest section…

5. …and remove excess fat and tendon ends.

6. Net the two main muscles

7. Cut into required size portions.

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Needle – fully trimmed (Extensor Carpi Radialis)
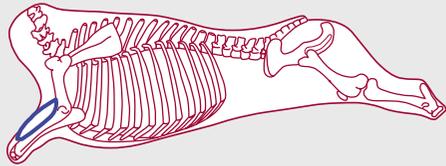
1. Position of the needle.

2. To see the full cutting specification of removal from the carcase refer to specifications FQ B001, FQ B002 and FQ B003.

3. Needle (Extensor Carpi Radialis).

4. Needle fully trimmed

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Skirt Steaks (diaphragm)
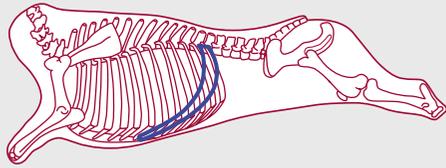
1. Position of the skirt (diaphragm).

2. Whole skirt (diaphragm) with all connective tissue and gristle attached.

3. Remove the gristle by following the contour of the muscle.

4. Remove the gristle on both sides of the meat by gently pulling it away, being careful not to pull the muscle apart.

5. Lean skirt (diaphragm).

6. Cut into steaks of required weight.

7. Skirt Steak.

For this product the skirt (diaphragm) must be matured for a minimum of 14 days, in vacuum bags, not on the bone, to enhance keeping quality.
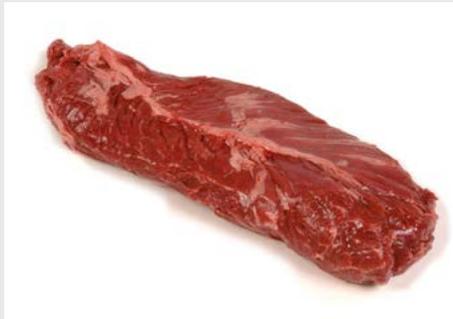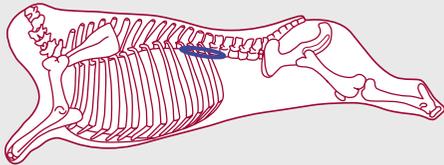
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Hanger Pavé (body skirt)

1. Position of the body skirt.

2. Remove all connective tissue and gristle from the outside of the body skirt.

3. Follow the centre gristle...

4. ...being careful not to cut into lean muscle.
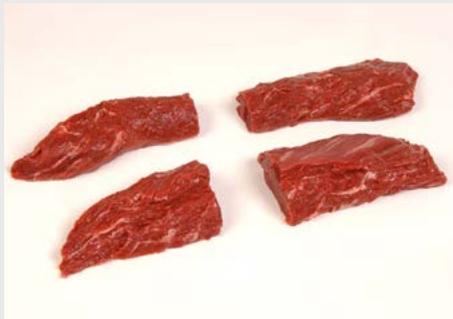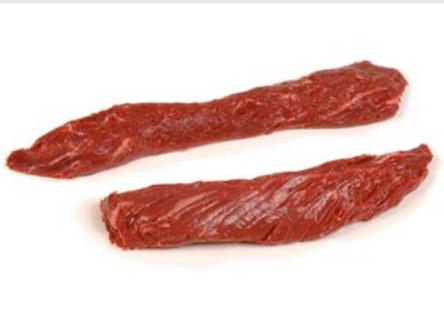
5. Remove centre gristle.

6. Cut each part into two to create Hanger Pavés.

7. Hanger Pavé.

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Hanger Steaks (body skirt)
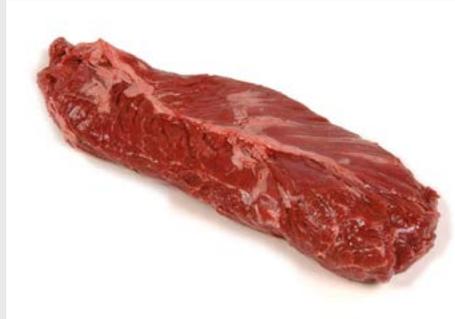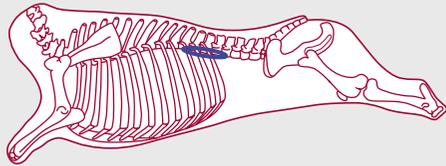
1. Position of the body skirt.

2. Remove all connective tissue and gristle from the outside of the body skirt.

3. Follow the centre gristle...

4. ...being careful not to cut into lean muscle.
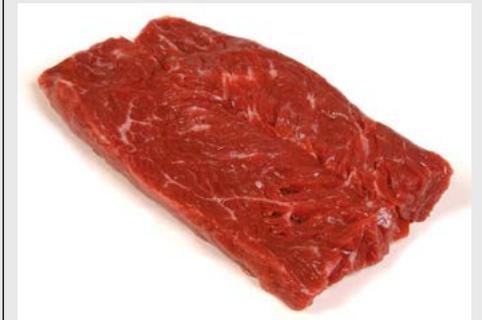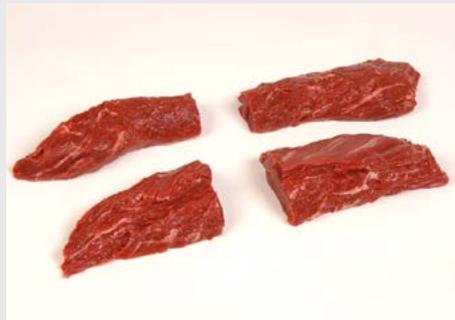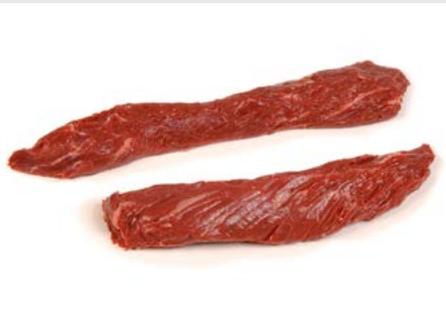
5. Remove centre gristle.

6. Cut each part into two portions.

7. Butterfly cut each portion to create steaks with a bigger surface area.

8. Hanger Steak.

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Other useful resources

Meat Purchasing Guide
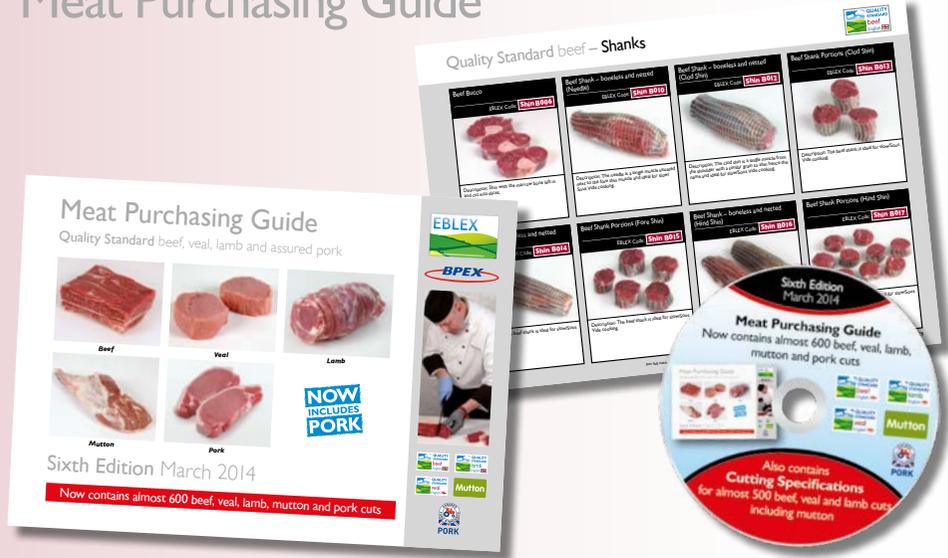
Beef Yield Guide

Meat Purchasing Guide App
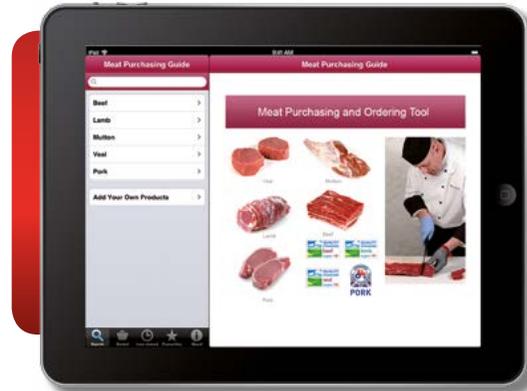
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