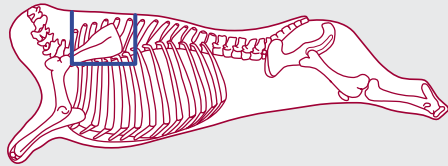# Chuck Eye "Centre Cut" Joint

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".
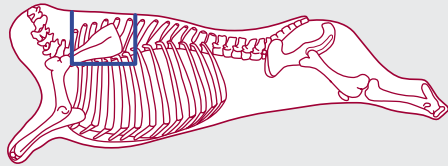

7. Roll "Centre Cut" and secure with string.

8. The joint can be left whole or cut into smaller portions.

QUALITY STANDARD beef English

EBLEX

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).

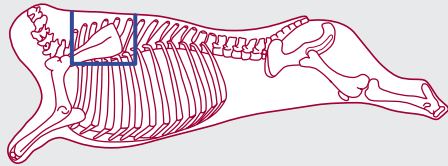4. Remove the continuation of the rib eye following the natural seams.

5. Remove excess fat and gristle.

6. Rib Eye Fillet.

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...
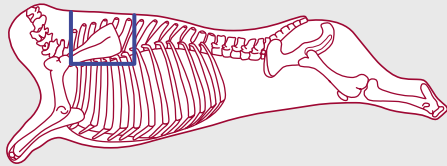

6. ...from the Chuck Eye "Centre Cut".

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

QUALITY STANDARD beef English

EBLEX

Denver Steaks – Thin Cut (cut across the grain)

1. Position of the chuck roll.

2. Remove yellow gristle (backstrap).

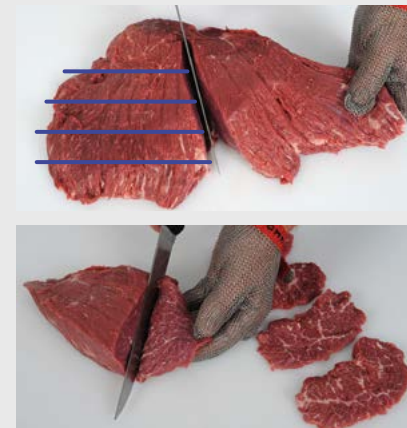3. Follow the natural seam of the top muscles of the chuck roll starting with the chuck eye and…

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 and cut across the grain into thin cut Denver Steaks. Maximum thickness 5-7mm.

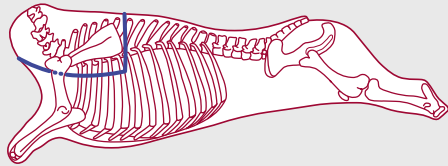8. Denver Steaks – Thin Cut (cut across the grain).

QUALITY STANDARD beef English

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

EBLEX

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.

QUALITY STANDARD beef English

EBLEX

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.

QUALITY STANDARD beef English

EBLEX

EBLEX Code:
Chuck B041

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…

QUALITY STANDARD beef English

EBLEX

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.

QUALITY STANDARD beef English

EBLEX

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.
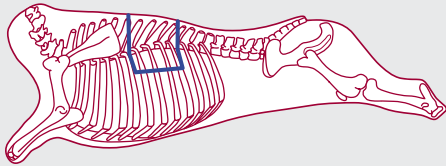

38. Denver muscle (Serratus ventralis) fully trimmed.

QUALITY STANDARD beef English

EBLEX

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.

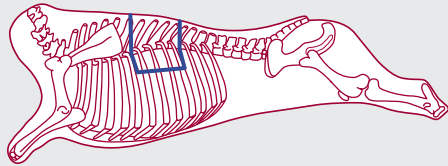7. Internal and external fat thickness not to exceed 15mm.

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

QUALITY STANDARD beef English

EBLEX

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.
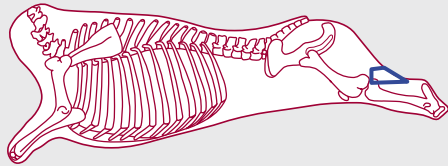
4. Saw to remove the rib section.

5. Saw ribs in half to create Beef Back Ribs - 4 bone racks.
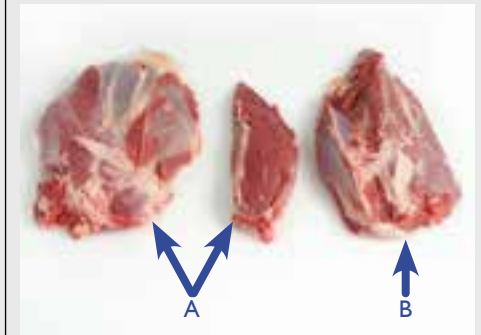
Pavé (heel muscle)

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.

QUALITY STANDARD beef English

EBLEX

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.
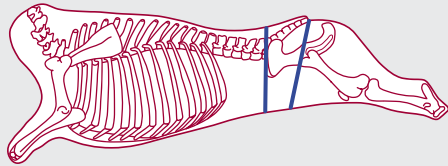

15. Cut muscle into Pavés of required weight.

16. Both muscles cut into Pavés.

QUALITY STANDARD beef English

EBLEX

"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…
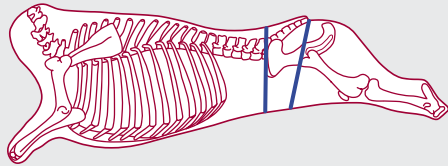
QUALITY STANDARD beef English

EBLEX

Premium" Bistro Rump Steaks

9. "Premium" Bistro Rump Steaks.

Picanha Roast
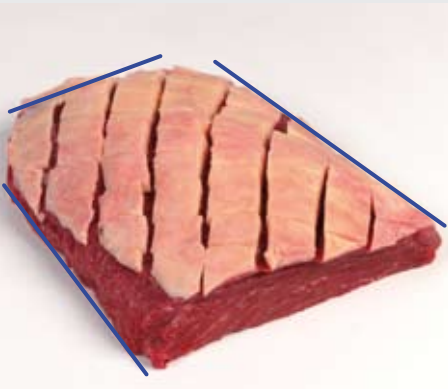
1. Position of the rump.

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…
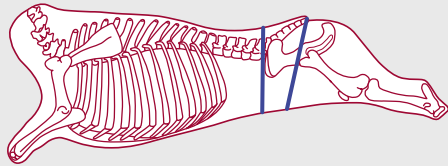

7. or cut into individual portions of 150-200 gm.

8. Picanha roast prepared to specification.

QUALITY STANDARD beef English
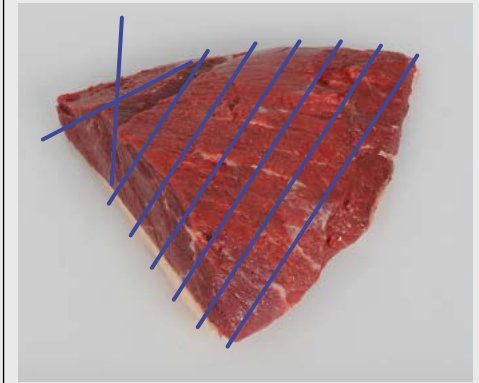
EBLEX

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.
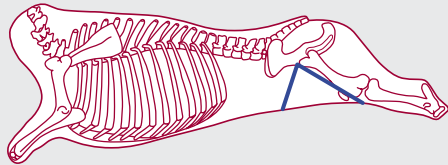
QUALITY STANDARD beef English

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

EBLEX

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.

QUALITY STANDARD beef English

EBLEX

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.
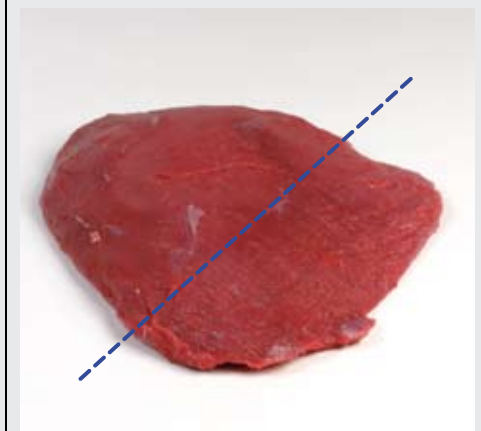

13. Cut joints into half to create "Centre Cut" Mini Joints.

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.
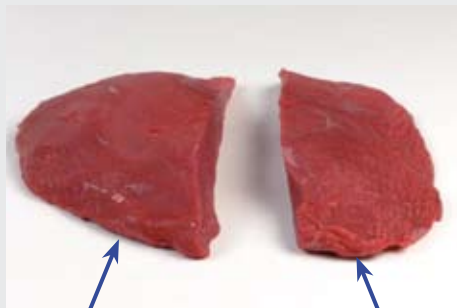
QUALITY STANDARD beef English

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

EBLEX

Fine grain   Coarse grain

17. Separate the two.

18. The fine grain section of muscle D can be cut into Escallops.

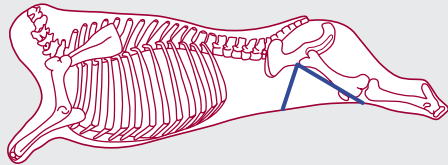19. The coarse section of muscle D can be…

20. used for Diced Braising.

QUALITY STANDARD beef English

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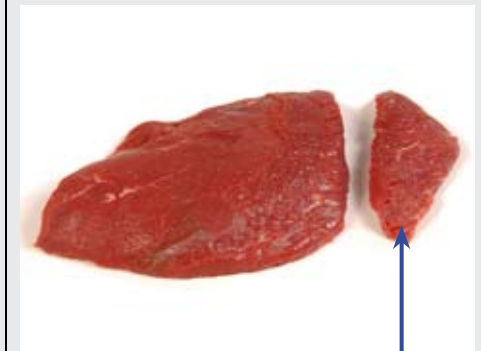
EBLEX

Pavé (thick flank)

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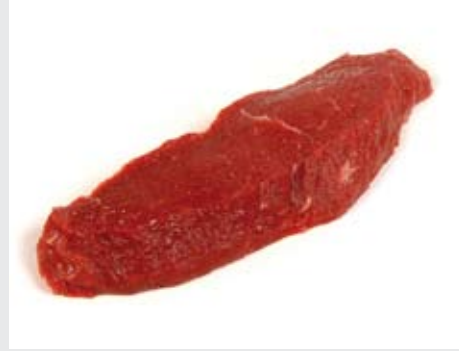
For this product the thick flank must be matured for a minimum of 14 days.

EBLEX

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

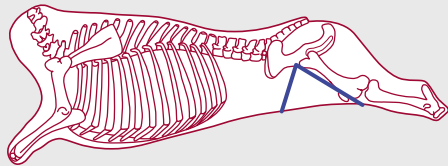9. The remainder to be cut into Pavés of required weight.

10. Pavé.

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

QUALITY STANDARD beef English

EBLEX

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).
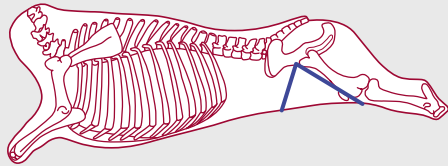

8. Centre Cut Steaks – Thin Cut.

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

QUALITY STANDARD beef English

EBLEX

Escallops (Thick Flank) – Thin Cut

1. Position of the thick flank without rump tail.

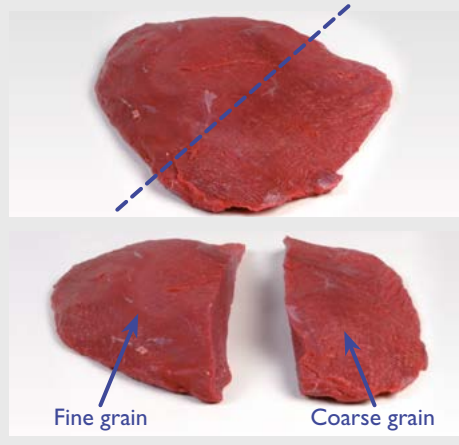2. Separate the Pavé muscle (Vastus Medialis) from the main muscle block.

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).

Fine grain   Coarse grain

5. Remove fat, gristle. and connective tissue. Plate Muscle (Vastus Lateralis).

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).
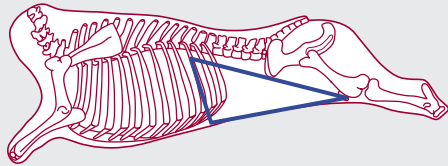
8. Escallops (Thick Flank) – Thin Cut.

QUALITY STANDARD beef English

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

EBLEX

Bavette (flank skirt)

1. Position of the flank skirt.

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

3. Lean flank skirt.

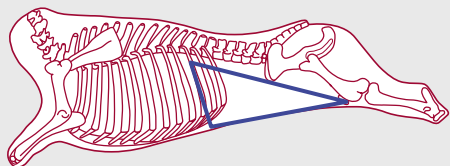4. Cut steaks on an angle to create a larger surface area.

5. Bavette.

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

QUALITY STANDARD beef English

EBLEX

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).

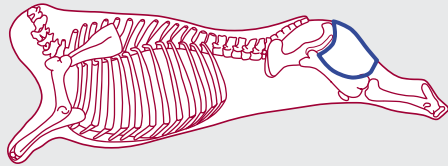6. Remove the intercostal muscles.

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

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.
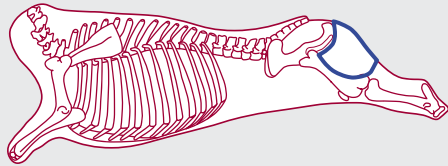
QUALITY STANDARD beef English

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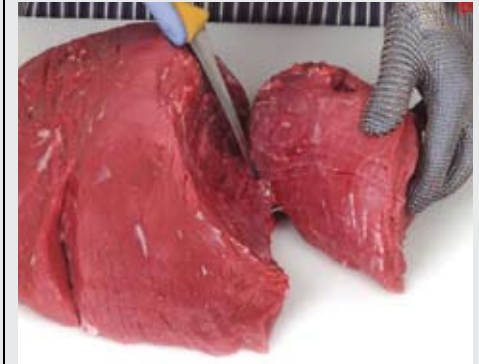
EBLEX

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.
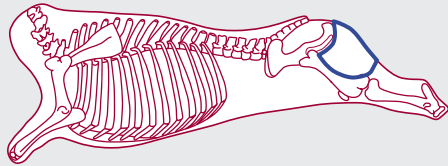
8. Tender Top Steak.

QUALITY STANDARD
beef
English

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

EBLEX

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.

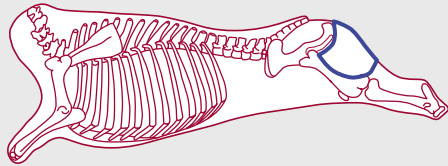5. Remove the small side bullet muscle (pectineus) by...

6. ...following the natural seams.

7. Small Side Bullet Muscle – Topside

QUALITY STANDARD beef English
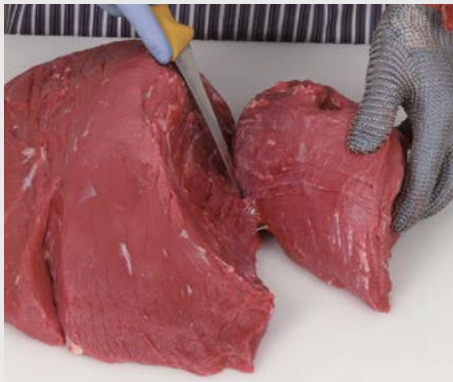
EBLEX

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).
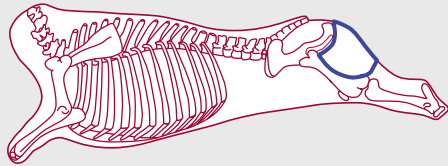

8. Ranch Steaks – Thin Cut.

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

QUALITY STANDARD beef English

EBLEX

"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.

QUALITY STANDARD beef English

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

EBLEX