

The background of the slide is a photograph of several beef carcasses hanging vertically in a processing plant. The carcasses are arranged in a row, showing the ribcage and muscle structure. The lighting is bright, highlighting the texture of the meat and bone. A blue wavy line separates the image from the text below.

Beef yield guide

Animal to carcase, to primals, to muscles

Contents

- 2 Processing the beef carcase, from farm to plate
- 4 Beef primal cuts
- 6 Beef carcase classification
- 7 Beef carcase to primal cuts – yield information
- 11 Primals into individual muscles
- 12 Shoulder muscles
- 14 Chuck roll muscles and cuts
- 15 Fore rib muscles and cuts
- 16 Brisket muscles
- 17 Topside muscles
- 19 Silverside cuts
- 20 Thick flank muscles
- 21 Rump muscles
- 22 Fillet muscles and cuts
- 23 Sirloin muscles and cuts
- 24 Thin flank muscles
- 25 Heel muscle and hind shin muscles

Introduction

The industry aim is to add value, use every part of the carcase and minimise wastage. This brochure has been produced to help people working with beef to get a basic understanding about the yield figures from farm to plate. Traditionally, the carcase is divided into hindquarter and forequarter primal cuts. Each of these primal cuts is then cut into a range of individual cuts and muscles, from which weights have been taken, to calculate the overall yield.

Dick van Leeuwen

AHDB Business Development Manager and Master Butcher

Processing the beef carcase, from farm to plate

Animal = 100%



Waste/offal/by-products = 47%

Product	Figures from a from a 600kg steer of average fatness R4L		
	kg	% of carcase weight	% of liveweight
Hide			
Hide	42.49	15.07	7.08
Fat can be used directly with the meat ¹			
Lung fat	1.57	0.56	0.26
Caul fat	14.54	5.16	2.42
KKCF	11.18	3.96	1.86
Cod fat	4.49	1.59	0.75
There is normally a home market for all these products			
Skirt	1.23	0.44	0.21
Tail	1.12	0.40	0.19
Kidneys	1.12	0.40	0.19
Heart	2.23	0.79	0.37
Liver	7.85	2.78	1.31
Tongue incl trimmings	2.24	0.79	0.37
Head & cheek meat incl. trimmings	2.12	0.75	0.35
Lips	1.12	0.40	0.19
Edible co products ²			
Stomachs	15.65	5.55	2.61
Feet	11.18	3.96	1.86
Fit for human consumption			
Lungs	3.58	1.27	0.60
Trachea (weasand) & trim	1.11	0.39	0.19
Pizzle & testicles	1.32	0.47	0.22
Oesophagus	0.22	0.08	0.04
Sweetbreads (thymus)	0.34	0.12	0.06
Other ³			
Spleen & pancreas	1.27	0.45	0.21
Gall bladder	0.54	0.19	0.09
Ears	1.26	0.45	0.21
Mandible	1.55	0.55	0.26
Remainder	7.27	2.58	1.21
Blood	20.13	7.14	3.36
Gut & intestinal contents	86.00	30.50	14.33
Remainder head: skull, tonsils, brain, eyes	6.91	2.45	1.15
Spinal cord	0.18	0.06	0.03
Intestinal fat	13.42	4.76	2.24
Intestines incl. fill	16.77	5.95	2.80
Total	282.00	100.00	47.00

1. KKCF or can go as an edible co-product to be rendered for human consumption, e.g. baking and frying, petfood, soap manufacture, pharmaceuticals or biofuel.
2. These products require further processing before they are fit for human consumption.
3. See Regulation (EC) No 1069/2009 and gov.uk/dealing-with-animal-by-products.

Carcase = 53%




Bone/fat/drip loss = 13%





Edible meat = 40%





Forequarter primal cuts


Neck of Beef (boneless)

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

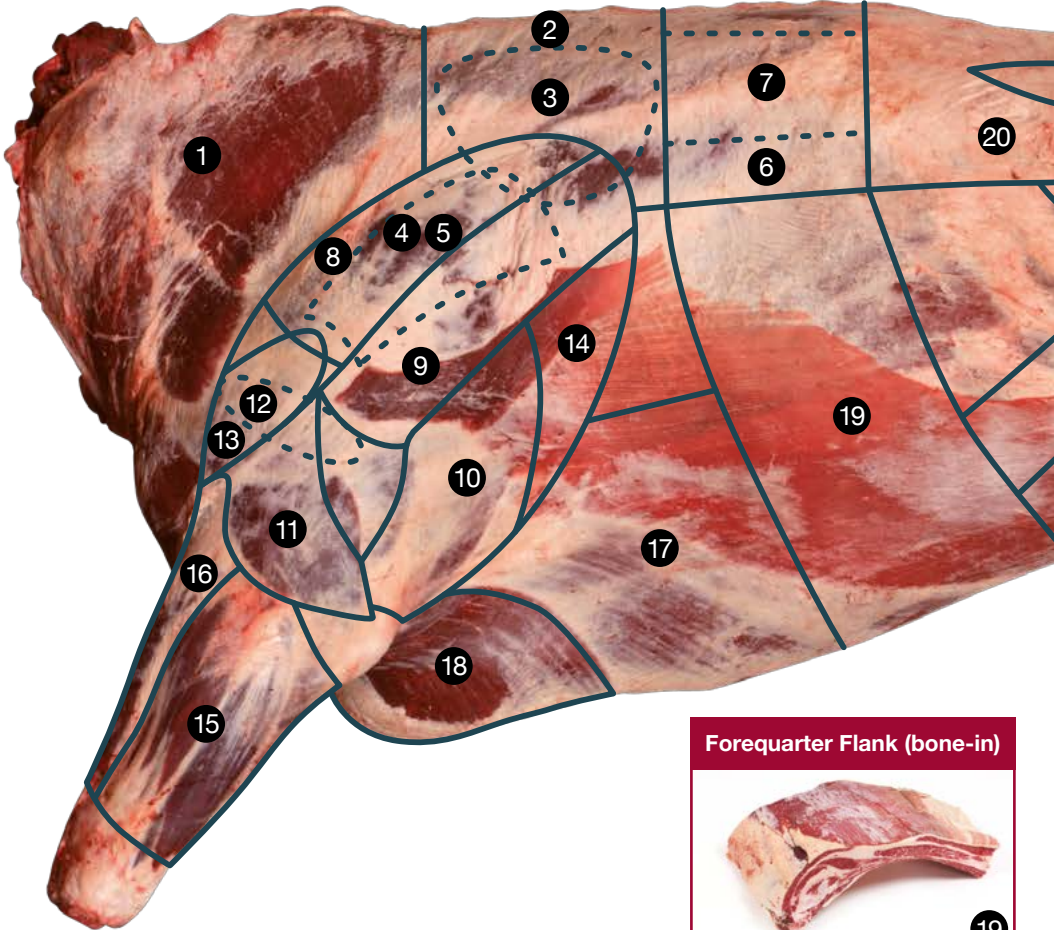
Shoulder Brisket Muscle

14


Fore Shin

15

Needle

16

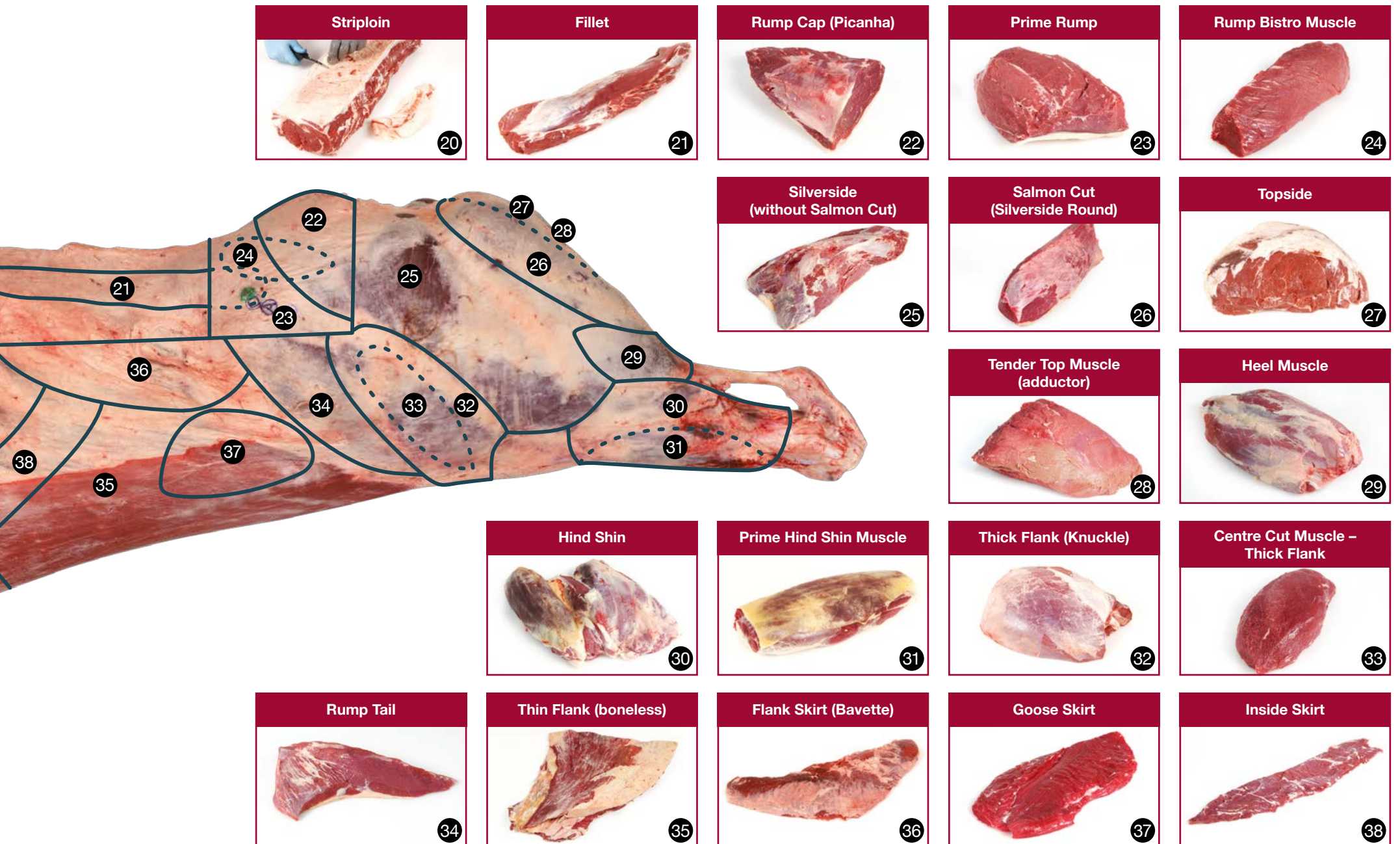
Flat Brisket

17

Brisket Cap Muscle

18



Forequarter Flank (bone-in)

19

Hindquarter primal cuts



Beef carcass classification

Carcass 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.

		FAT CLASS						
		Increasing fatness						
		1	2	3	4L	4H	5L	5H
CONFORMATION CLASS	E							
	U+							
	-U							
	R							
	O+							
	-O							
	P+							
	-P							

Improving conformation

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

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

Carcasses within the following parameters can carry the Quality Standard Mark.

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



Beef carcass to primal cuts – yield information

Neck of Beef (boneless)

Code: **Chuck B033**



Description: The neck is removed by a straight cut parallel to the first rib and through the junction of the 7th cervical and 1st thoracic vertebrae.

Weight	3.92 kg
Percentage of carcass	2.59%

Chuck Roll

Code: **Chuck B002**



Description: The chuck roll is a versatile muscle and can be used for a slow cooked roast, steaks or dice.

Weight	7.19 kg
Percentage of carcass	4.75%

Fore Rib bone-in

Code: **Forerib B001**



Description: The fore rib contains ribs 7, 8, 9 and 10 counting from the neck upwards. Maximum 60 mm tail. Maximum fat thickness 10 mm.

Weight	8.23 kg
Percentage of carcass	5.43%

Flat Brisket

Code: **Brisket B001**



Description: Flat Brisket is boneless and highly trimmed, maximum fat thickness 10 mm.

Weight	5.34 kg
Percentage of carcass	3.52%

Blade (Chuck Tender) (Supraspinatus)

Code: **Chuck B008**



Description: The blade is a forequarter muscle and is ideal for slow cooking.

Weight	1.50 kg
Percentage of carcass	0.99%

Feather (Infraspinatus)

Code: **Chuck B010**



Description: The feather is a distinctive muscle with lots of flavour. It contains a thick gristle running through the middle of the joint and, when cooked slowly, the gristle will turn into jelly.

Weight	2.46 kg
Percentage of carcass	1.62%

LMC (single muscle) (Triceps brachii caput longum)

Code: **LMC B001**



Description: A cut from the shoulder with very versatile usage.

Weight	3.31 kg
Percentage of carcass	2.18%

Baby LMC (Triceps brachii caput laterale)

Code: **FQ B004**



Description: This cut is from the shoulder and is situated next to the LMC.

Weight	0.71 kg
Percentage of carcass	0.47%

The information in this brochure is based on a 303kg carcass (**side weight 151.5kg**), Classification R4H (after 2 weeks maturation).

Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcass weights and types may vary from one business to another.

Beef carcass to primal cuts – yield information

Underblade Muscle (Subscapularis)

Code: **Chuck B021**



Description: When trimmed of all connective tissue, this muscle is very tender and ideal for stir-fry, steaks or pavés.

Weight	1.09 kg
Percentage of carcass	0.72%

Underblade Fillet (Teres minor)

Code: **Chuck B022**



Description: When trimmed of all connective tissue, this muscle is very tender and ideal for stir-fry, steaks or pavés.

Weight	0.43 kg
Percentage of carcass	0.28%

Fore Shin

Code: **Shin B003**



Description: Trimmed of excess fat. This muscle is ideal for slow cooking.

Weight	2.05 kg
Percentage of carcass	1.35%

Needle (Extensor carpi radialis)

Code: **Shin B008**



Description: The needle is a single muscle situated next to the fore shin muscle and is ideal for braising steaks, slow or sous vide cooking.

Weight	0.64 kg
Percentage of carcass	0.42%

Clod Shin Muscle (Biceps brachii)

Code: **Shin B011**



Description: The clod shin is a single muscle from the shoulder with a similar grain to shin, hence the name. It is ideal for slow or sous vide cooking.

Weight	0.60 kg
Percentage of carcass	0.40%

Clod Flat Muscle (Brachialis)

Code: **FQ B006**



Description: This cut is from the shoulder and is situated next to the Baby LMC.

Weight	0.45 kg
Percentage of carcass	0.30%

Shoulder Brisket Muscle (Latissimus dorsi)

Code: **FQ B008**











Description: This muscle is the extension of the rib cap muscle and is attached to the LMC. The grain of the muscle is similar to the brisket, hence the name.

Weight	0.72 kg
Percentage of carcass	0.48%

The information in this brochure is based on a 303kg carcass (**side weight 151.5kg**), Classification R4H (after 2 weeks maturation).

Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcass weights and types may vary from one business to another.

Beef carcass to primal cuts – yield information

<div>Topside</div> <div>Code: Topside B001</div> <div></div> <div><div>Description: Whole topside. Exposed blood veins are removed and maximum fat thickness is 10 mm.</div><div><div>Weight9.89 kg</div><div>Percentage of carcase6.53%</div></div></div>	<div>Silverside (without silver gristle)</div> <div>Code: Silverside B001</div> <div></div> <div><div>Description: Whole silverside and salmon cut. Internal fat pockets and silver gristle are removed. Maximum fat level 15 mm.</div><div><div>Weight9.66 kg</div><div>Percentage of carcase6.38%</div></div></div>	<div>Thick Flank (Knuckle)</div> <div>Code: Thick Flank B001</div> <div></div> <div><div>Description: Rump tail and fat pockets are removed, maximum fat level 10 mm.</div><div><div>Weight6.40 kg</div><div>Percentage of carcase4.22%</div></div></div>	<div>'D' Rump (without tail)</div> <div>Code: Rump B004</div> <div></div> <div><div>Description: This rump contains no rump tail. Maximum fat thickness is 10 mm.</div><div><div>Weight5.99 kg</div><div>Percentage of carcase3.95%</div></div></div>
<div>Rump Tail (Tensor fasciae latae)</div> <div>Code: Rump B012</div> <div></div> <div><div>Description: Maximum fat thickness 10 mm.</div><div><div>Weight1.42 kg</div><div>Percentage of carcase0.94%</div></div></div>	<div>Striploin</div> <div>Code: Sirloin B002</div> <div></div> <div><div>Description: A 3-rib boneless sirloin with the flank removed 40 mm from the tip of the eye muscle. 25 mm backstrap is removed and fat level is not to exceed 10 mm.</div><div><div>Weight6.80 kg</div><div>Percentage of carcase4.49%</div></div></div>	<div>Fillet (Psoas major and psoas minor)</div> <div>Code: Fillet B001</div> <div></div> <div><div>Description: Whole fillet with chain. External fat and discoloured tissue removed.</div><div><div>Weight2.91 kg</div><div>Percentage of carcase1.92%</div></div></div>	<div>Thin Flank (boneless)</div> <div>Code: Thin Flank B009</div> <div></div> <div><div>Description: 3- bone thin flank primal (boneless).</div><div><div>Weight10.09 kg</div><div>Percentage of carcase6.66%</div></div></div>

The information in this brochure is based on a 303kg carcass (side weight 151.5kg), Classification R4H (after 2 weeks maturation).

Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcass weights and types may vary from one business to another.

Beef carcass to primal cuts – yield information

Heel Muscle (Gastrocnemius)

Code: **Leg B001**



Description: The heel muscle is trimmed of excess fat. This muscle is ideal for slow cooking and is similar to shin meat.

Weight	2.63 kg
Percentage of carcass	1.74%

Trim/Muscles 85% VL

Code: **Trim B019**



Description: Example of 85% visual lean muscle/trimmings.

Weight	17.29 kg
Percentage of carcass	11.41%

Hind Shin

Code: **Shin B002**



Description: Trimmed of excess fat. This muscle is ideal for slow cooking.

Weight	2.58 kg
Percentage of carcass	1.70%

Fat

Weight	8.75 kg
Percentage of carcass	5.78%

Bone

Weight	24.49 kg
Percentage of carcass	16.17%

Drip Loss

Weight	3.96 kg
Percentage of carcass	2.61%

Primal cuts as a percentage of the carcass

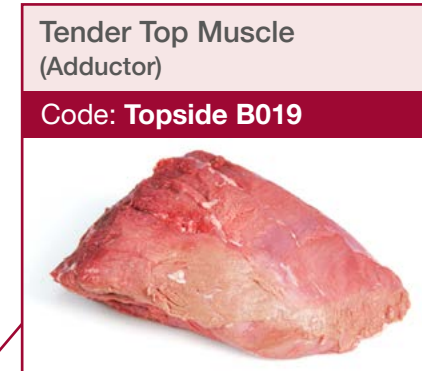
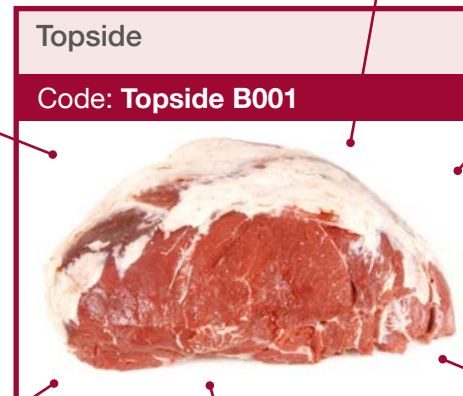
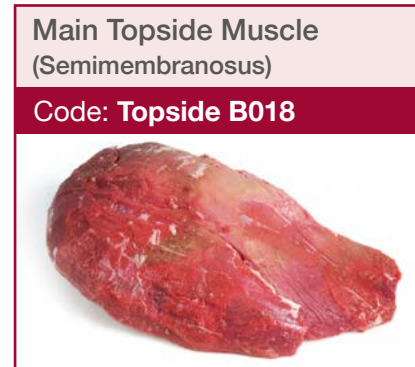
Cut	Code	% of carcass
Neck	Chuck B033	2.59
Chuck Roll	Chuck B002	4.75
Fore Rib bone-in	Fore Rib B001	5.43
Blade (Chuck Tender)	Chuck B008	0.99
Feather	Chuck B010	1.62
LMC (single muscle)	LMC B001	2.18
Underblade Muscle	Chuck B021	0.72
Underblade Fillet	Chuck B022	0.28
Flat Brisket	Brisket B001	3.52
Fore Shin	Shin B003	1.35
Clod Shin Muscle	Shin B011	0.40
Clod Flat Muscle	FQ B006	0.30
Baby LMC	FQ B004	0.47
Shoulder Brisket	FQ B008	0.48
Needle	Shin B008	0.42
Topside	Topside B001	6.53
Silverside	Silverside B001	6.38
Thick Flank	Thick Flank B001	4.22
"D" Rump (without tail)	Rump B004	3.95
Rump Tail	Rump B012	0.94
Striploin	Sirloin B002	4.49
Fillet	Fillet B001	1.92
Thin Flank (boneless)	Thin Flank B009	6.66
Heel Muscle	Leg B001	1.74
Hind Shin	Shin B002	1.70
Trim 85% VL	Trim B019	11.41
Fat	–	5.78
Bone	–	16.17
Drip/cutting loss (2 weeks maturation)	–	2.61
Total		100

The information in this brochure is based on a 303kg carcass (**side weight 151.5kg**), Classification R4H (after 2 weeks maturation).

Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcass weights and types may vary from one business to another.

Primals into individual muscles

This section shows the individual muscles and cuts as a percentage of the primal and of the carcass. This example shows how the topside primal is broken down into the main muscles.



The information in this brochure is based on a 303kg carcass (side weight 151.5kg), Classification R4H (after 2 weeks maturation). Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcass weights and types may vary from one business to another.

Shoulder muscles

Shoulder (bone-in)

Code: **FQ B001**



Description: Bone-in shoulder of beef.

Weight	22.10 kg
Percentage of carcass	14.59%

Shoulder (boneless)

Code: **FQ B002**



Description: Boneless shoulder of beef.

Weight	17.06 kg
Percentage of bone-in primal	77.19%
Percentage of carcass	11.26%

Blade (Chuck Tender) (Supraspinatus)

Code: **Chuck B008**



Description: The blade is a forequarter muscle and is ideal for slow cooking.

Weight	1.51 kg
Percentage of bone-in primal	6.79%
Percentage of carcass	0.99%

Feather (Infraspinatus)

Code: **Chuck B010**



Description: The feather is a distinctive muscle with lots of flavour. It contains a thick gristle running through the middle of the joint and, when cooked slowly, the gristle will turn into jelly.

Weight	2.46 kg
Percentage of bone-in primal	11.13%
Percentage of carcass	1.62%

LMC (single muscle) (Triceps brachii caput longum)

Code: **LMC B001**



Description: A cut from the shoulder with very versatile usage.

Weight	3.31 kg
Percentage of bone-in primal	14.98%
Percentage of carcass	2.18%

Baby LMC (Triceps brachii caput laterale)

Code: **FQ B004**



Description: This cut is from the shoulder and is situated next to the LMC.

Weight	0.71 kg
Percentage of bone-in primal	3.21%
Percentage of carcass	0.47%

Underblade Muscle (Subscapularis)

Code: **Chuck B021**



Description: When trimmed of all connective tissue, this muscle is very tender and ideal for stir-fry, steaks or pavés.

Weight	1.09 kg
Percentage of bone-in primal	4.93%
Percentage of carcass	0.72%

Underblade Fillet (Teres minor)

Code: **Chuck B022**



Description: When trimmed of all connective tissue, this muscle is very tender and ideal for stir-fry, steaks or pavés.

Weight	0.43 kg
Percentage of bone-in primal	1.95%
Percentage of carcass	0.28%

The information in this brochure is based on a 303kg carcass (**side weight 151.5kg**), Classification R4H (after 2 weeks maturation).

Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcass weights and types may vary from one business to another.

Shoulder muscles

Fore Shin

Code: **Shin B003**



Description: Trimmed of excess fat. This muscle is ideal for slow cooking.

Weight	2.05 kg
Percentage of bone-in primal	9.28%
Percentage of carcass	1.35%

Needle (Extensor carpi radialis)

Code: **Shin B008**



Description: The needle is a single muscle situated next to the fore shin muscle and is ideal for braising steaks, slow or sous vide cooking.

Weight	0.64 kg
Percentage of bone-in primal	2.90%
Percentage of carcass	0.42%

Clod Shin Muscle (Biceps brachii)

Code: **Shin B011**



Description: The clod shin is a single muscle from the shoulder with a similar grain to shin, hence the name. It is ideal for slow or sous vide cooking.

Weight	0.60 kg
Percentage of bone-in primal	2.71%
Percentage of carcass	0.40%

Clod Flat Muscle (Brachialis)

Code: **FQ B006**



Description: This cut is from the shoulder and is situated next to the Baby LMC.

Weight	0.45 kg
Percentage of bone-in primal	2.04%
Percentage of carcass	0.30%

Shoulder Brisket Muscle (Latissimus dorsi)

Code: **FQ B008**



Description: This muscle is the extension of the rib cap muscle and is attached to the LMC. The grain of the muscle is similar to the brisket (hence the name).

Weight	0.72 kg
Percentage of bone-in primal	3.26%
Percentage of carcass	0.48%

The information in this brochure is based on a 303kg carcass (**side weight 151.5kg**), Classification R4H (after 2 weeks maturation).

Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcass weights and types may vary from one business to another.

Chuck roll muscles and cuts

Chuck Roll

Code: **Chuck B002**



Description: The chuck roll is a versatile muscle and can be used for a slow cooked roast, steaks or dice.

Weight	7.19 kg
Percentage of carcass	4.75%

Denver Muscle (Serratus ventralis)

Code: **Chuck B034**



Description: The Denver muscle (serratus ventralis), also called the spider muscle, with discoloured tissue, gristle and excess fat removed.

Weight	2.36kg
Percentage of primal	32.82%
Percentage of carcass	1.56%

Chuck Eye 'Centre Cut' Joint

Code: **Chuck B026**



Description: This joint has a smaller diameter than the Chuck Eye Joint and is ideal for a slow roast.

Weight	2.76 kg
Percentage of primal	38.38%
Percentage of carcass	1.82%

Rib Eye Fillet (Longissimus dorsi)

Code: **Chuck B027**



Description: The rib eye fillet is the continuation of the rib eye situated in the chuck.

Weight	0.38 kg
Percentage of primal	5.29%
Percentage of carcass	0.25%

The information in this brochure is based on a 303kg carcass (**side weight 151.5kg**), Classification R4H (after 2 weeks maturation).

Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcass weights and types may vary from one business to another.

Fore rib muscles and cuts

Fore Rib (bone-in)

Code: **Fore Rib B001**



Description: The fore rib contains ribs 7, 8, 9 and 10 counting from the neck upwards. Maximum 60 mm tail. Maximum fat thickness 10 mm.

Weight	8.23 kg
Percentage of carcass	5.43%

Fore Rib – Carvery (rolled)

Code: **Fore Rib B005**



Description: Back, chine bones and backstrap are removed. Maximum 75 mm tail and fat thickness 10 mm.

Weight	7.17 kg
Percentage of primal	87.12%
Percentage of carcass	4.73%

Rib Eye Roll

Code: **Fore Rib B009**



Description: The eye muscle is removed from the fore rib (Code: Fore Rib B001) and can be used as a joint or cut into rib eye steaks. Maximum fat thickness 10 mm.

Weight	2.82 kg
Percentage of primal	34.26%
Percentage of carcass	1.86%

Beef Mini Back Ribs – 2-bone Rack

Code: **Fore Rib B016**



Description: These racks are produced from the fore rib section.

Weight	1.25 kg
Percentage of primal	15.19%
Percentage of carcass	0.83%

The information in this brochure is based on a 303kg carcass (**side weight 151.5kg**), Classification R4H (after 2 weeks maturation).

Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcass weights and types may vary from one business to another.

Brisket muscles

Flat Brisket

Code: **Brisket B001**



Description: Flat brisket is boneless and highly trimmed, maximum fat thickness 10 mm.

Weight	5.34 kg
Percentage of carcass	3.52%

Brisket PAT (Pectoralis profundus)

Code: **Brisket B012**



Description: This is the single brisket muscle with the cap removed. Trimmed of all excess fat and gristle.

Weight	2.80 kg
Percentage of primal	52.43%
Percentage of carcass	1.84%

Brisket Cap Muscle (Pectoralis superficialis)

Code: **Brisket B013**



Description: The cap muscle is a single muscle removed from the brisket and trimmed of all excess fat and gristle. The meat has a coarse texture/grain and needs slow, long cooking.

Weight	1.30 kg
Percentage of primal	24.34%
Percentage of carcass	0.86%

The information in this brochure is based on a 303kg carcass (**side weight 151.5kg**), Classification R4H (after 2 weeks maturation).

Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcass weights and types may vary from one business to another.

Topside muscles

Topside

Code: **Topside B001**



Description: Whole topside. Exposed blood veins are removed and maximum fat thickness is 10 mm.

Weight	9.89 kg
Percentage of carcass	6.53%

Topside (without gracilis)

Code: **Topside B016**



Description: Boneless trimmed topside without gracilis.

Weight	7.21 kg
Percentage of primal	72.90%
Percentage of carcass	4.76%

Topside fully trimmed (without gracilis)

Code: **Topside B017**



Description: This topside contains only the main topside muscle (semimembranosus) and the tender top muscle (adductor) and is fully trimmed.

Weight	6.70 kg
Percentage of primal	67.70%
Percentage of carcass	4.42%

Main Topside Muscle (Semimembranosus)

Code: **Topside B018**



Description: The main topside muscle (semimembranosus) is fully trimmed.

Weight	5.14 kg
Percentage of primal	52.00%
Percentage of carcass	3.39%

Tender Top Muscle (Adductor)

Code: **Topside B019**



Description: The tender top muscle (adductor) is fully trimmed.

Weight	1.55 kg
Percentage of primal	15.67%
Percentage of carcass	1.02%

The information in this brochure is based on a 303kg carcass (**side weight 151.5kg**), Classification R4H (after 2 weeks maturation).

Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcass weights and types may vary from one business to another.

Topside muscles

Gracilis and associated muscles – Topside

Code: **Topside B020**



Description: This group of muscles contains the gracilis, pectineus and sartorius.

Weight	2.37 kg
Percentage of primal	23.96%
Percentage of carcass	1.56%

Gracilis Muscle – Topside

Code: **Topside B021**



Description: This muscle is positioned on top of the topside.

Weight	1.33 kg
Percentage of primal	13.45%
Percentage of carcass	0.88%

Small Side Bullet Muscle (Pectineus)

Code: **Topside B022**



Description: This muscle is positioned next to the tender top muscle (adductor) and is extremely tender.

Weight	0.55 kg
Percentage of primal	5.56%
Percentage of carcass	0.36%

Topside Flap Muscle (Sartorius)

Code: **Topside B023**



Description: This muscle is positioned between the topside muscles and the thick flank.

Weight	0.25 kg
Percentage of primal	2.53%
Percentage of carcass	0.17%

The information in this brochure is based on a 303kg carcass (**side weight 151.5kg**), Classification R4H (after 2 weeks maturation).

Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcass weights and types may vary from one business to another.

Silverside cuts

Silverside (with silver gristle)
(Gluteobiceps and semi tendinosus)

Code: **Silverside B009**



Description: Whole silverside and salmon cut. Internal fat pockets are removed but silver gristle remains. Maximum fat level 15 mm.

Weight	9.66 kg
Percentage of carcass	6.38%

Silverside (without silver gristle)
(Gluteobiceps and semi tendinosus)

Code: **Silverside B001**



Description: Whole silverside and salmon cut. Internal fat pockets and silver gristle are removed. Maximum fat level 15 mm.

Weight	9.45 kg
Percentage of primal	97.82%
Percentage of carcass	6.24%

Silverside (without Salmon Cut)

Code: **Silverside B011**



Description: Whole silverside without the salmon cut. Internal fat pockets and silver gristle are removed. Maximum fat level 15 mm.

Weight	6.38 kg
Percentage of primal	66.05%
Percentage of carcass	4.21%

Salmon Cut (Silverside Round)
(Semi tendinosus)

Code: **Silverside B010**



Description: Maximum fat level 15 mm.

Weight	2.80 kg
Percentage of primal	29.00%
Percentage of carcass	1.85%

The information in this brochure is based on a 303kg carcass (**side weight 151.5kg**), Classification R4H (after 2 weeks maturation).

Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcass weights and types may vary from one business to another.

Thick flank muscles

Thick Flank (Knuckle)

Code: **Thick Flank B001**



Description: Rump tail and fat pockets are removed, maximum fat level 10 mm.

Weight	6.40 kg
Percentage of carcass	4.22%

Pavé Muscle – Thick Flank (Vastus medialis)

Code: **Thick Flank B008**



Description: The pavé muscle from the thick flank is positioned next to the topside and is extremely tender.

Weight	0.68 kg
Percentage of primal	10.62%
Percentage of carcass	0.45%

Femur Muscle – Thick Flank (Vastus intermedius)

Code: **Thick Flank B009**



Description: The femur muscle from the thick flank is positioned next to the femur bone.

Weight	0.63 kg
Percentage of primal	9.84%
Percentage of carcass	0.42%

Centre Cut Muscle – Thick Flank (Rectus femoris)

Code: **Thick Flank B010**



Description: This is the centre muscle from the thick flank, also known as the bullet muscle.

Weight	2.01 kg
Percentage of primal	31.41%
Percentage of carcass	1.33%

Plate Muscle – Thick Flank (Vastus lateralis)

Code: **Thick Flank B011**



Description: The plate muscle from the thick flank is positioned next to the silverside.

Weight	2.19 kg
Percentage of primal	34.22%
Percentage of carcass	1.45%

The information in this brochure is based on a 303kg carcass (**side weight 151.5kg**), Classification R4H (after 2 weeks maturation).

Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcass weights and types may vary from one business to another.

Rump muscles

'D' Rump (without tail)

Code: **Rump B004**



Description: This rump contains no rump tail. Maximum fat thickness is 10 mm.

Weight	5.99 kg
Percentage of carcass	3.95%

Rump Cap (Picanha) (Part of the Gluteobiceps)

Code: **Rump B015**



Description: This rump cap muscle/picanha is removed from a traditional rump and is therefore smaller than the rump cap (picanha) – large cut (Code: Rump B016). Fat level not to exceed 10 mm.

Weight	1.44 kg
Percentage of primal	24.00%
Percentage of carcass	0.66%

Prime Rump (Larger part of the Gluteus medius including the Gluteus accessorius)

Code: **Rump B018**



Description: This rump has the cap muscle/picanha (Code: Rump B015) and the bistro muscle (Code: Rump B019) removed. Fat level not to exceed 10 mm.

Weight	2.54 kg
Percentage of primal	42.40%
Percentage of carcass	1.68%

Rump Bistro Muscle (Smaller part of the Gluteus medius)

Code: **Rump B019**



Description: This premium muscle comes from the most tender part of the rump and contains no gristle.

Weight	1.18 kg
Percentage of primal	19.70%
Percentage of carcass	0.78%

The information in this brochure is based on a 303kg carcass (**side weight 151.5kg**), Classification R4H (after 2 weeks maturation).

Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcass weights and types may vary from one business to another.

Fillet muscles and cuts

Fillet

Code: **Fillet B001**



Description: Whole fillet with chain. External fat and discoloured tissue removed.

Weight	2.91 kg
Percentage of carcass	1.92%

Fillet excl. chain (Psoas major)

Code: **Fillet B002**



Description: Whole fillet without chain. External fat and discoloured tissue removed.

Weight	2.58 kg
Percentage of primal	88.66%
Percentage of carcass	1.70%

Rump Fillet

Code: **Fillet B008**



Description: The head of the fillet (rump end), chain removed and trimmed of all fat, gristle and connective tissue.

Weight	1.04 kg
Percentage of primal	35.74%
Percentage of carcass	0.69%

Middle Fillet

Code: **Fillet B008**



Description: The fillet which is attached to the sirloin. The chain and tail are removed and the remainder is trimmed of all fat, gristle and connective tissue.

Weight	1.25 kg
Percentage of primal	42.96%
Percentage of carcass	0.83%

Fillet Tail

Code: **Fillet B008**



Description: The tail end of the fillet trimmed of all fat, gristle and connective tissue.

Weight	0.29 kg
Percentage of primal	9.97%
Percentage of carcass	0.19%

The information in this brochure is based on a 303kg carcass (**side weight 151.5kg**), Classification R4H (after 2 weeks maturation).

Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcass weights and types may vary from one business to another.

Sirloin muscles and cuts

Striploin

Code: **Sirloin B002**



Description: A 3-rib boneless sirloin with the flank removed 40 mm from the tip of the eye muscle. 25 mm backstrap is removed and fat level is not to exceed 10 mm.

Weight	6.80kg
Percentage of carcass	4.49%

Larder Trim Sirloin

Code: **Sirloin B015**



Description: A 3-rib boneless sirloin with the flank removed 25 mm from the tip of the eye muscle. 60 mm backstrap is removed and fat level is not to exceed 5 mm.

Weight	5.34kg
Percentage of primal	78.53%
Percentage of carcass	3.52%

Top Sirloin Pavé (Gluteus medius)

Code: **Sirloin B013**



Description: Seam cut from the rump end of the sirloin with the natural thin layer of fat still attached. All gristle is removed. Ideal as a single portion.

Weight	0.28 kg
Percentage of primal	4.12%
Percentage of carcass	0.18%

Lower Sirloin Pavé (Longissimus dorsi)

Code: **Sirloin B014**



Description: Seam cut from the rump end of the sirloin with all gristle and fat removed. Can be used for pavés, minute steaks or stir-fry.

Weight	0.18kg
Percentage of primal	8.24%
Percentage of carcass	0.37%

The information in this brochure is based on a 303kg carcass (**side weight 151.5kg**), Classification R4H (after 2 weeks maturation).

Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcass weights and types may vary from one business to another.

Thin flank muscles

Thin Flank (boneless)

Code: **Thin Flank B009**



Description: 3-bone thin flank primal (boneless).

Weight	10.09 kg
Percentage of carcass	6.66%

Flank Skirt (Bavette) – fully trimmed (Obliquus internus abdominis)

Code: **Thin Flank B008**



Description: Flank skirt (bavette) fully trimmed of gristle and excess fat.

Weight	1.44 kg
Percentage of bone-in primal	14.27%
Percentage of carcass	0.95%

Goose Skirt (Rectus abdominis)

Code: **Thin Flank B002**



Description: The goose skirt is trimmed of all gristle and excess fat.

Weight	0.77 kg
Percentage of bone-in primal	7.63%
Percentage of carcass	0.51%

Inside Skirt

Code: **Thin Flank B012**



Description: Inside skirt fully trimmed of excess fat and gristle.

Weight	0.72 kg
Percentage of bone-in primal	7.14%
Percentage of carcass	0.48%

The information in this brochure is based on a 303kg carcass (**side weight 151.5kg**), Classification R4H (after 2 weeks maturation).

Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcass weights and types may vary from one business to another.

Heel muscle and hind shin muscles

Heel Muscle (Gastrocnemius)

Code: Leg B001



Description: The heel muscle is trimmed of excess fat. This muscle is ideal for slow cooking and is similar to shin meat.

Weight	2.63 kg
Percentage of carcass	1.74%

Pencil Muscle (Flexor digitorum superficialis)

Code: Leg B003



Description: This muscle is part of the heel muscle and is similar to the shin muscle structure.

Weight	0.53 kg
Percentage of primal	20.15%
Percentage of carcass	0.35%

Heel Muscles for Pavé (Gastrocnemius)

Code: Leg B002



Description: These two muscles are extremely tender and suitable for pavés.

Weight	0.96 kg
Percentage of primal	36.50%
Percentage of carcass	0.63%

Heel Muscle for Braising (Gastrocnemius)

Code: Leg B002



Description: While tender, this muscle has some connective tissue running through it and is more suitable for braising.

Weight	0.69 kg
Percentage of primal	26.24%
Percentage of carcass	0.46%

Hind Shin

Code: Shin B002



Description: Trimmed of excess fat. This muscle is ideal for slow cooking.

Weight	2.58 kg
Percentage of carcass	1.70%

Prime Hind Shin Muscle (Peroneus terius, extensor digitorum longus, extensor digiti terii proprius)

Code: Shin B007



Description: This muscle is the thickest muscle in the hind shin and ideal for slow cooking methods.

Weight	0.90 kg
Percentage of primal	34.88%
Percentage of carcass	0.59%

The information in this brochure is based on a 303kg carcass (side weight 151.5kg), Classification R4H (after 2 weeks maturation).

Therefore, the weights/percentages of cuts are intended to act as a guide only, as butchery techniques, carcass weights and types may vary from one business to another.

Produced for you by:

AHDB
Stoneleigh Park
Kenilworth
Warwickshire
CV8 2TL

T 024 7669 2051
E comms@ahdb.org.uk
W ahdb.org.uk
Twitter @TheAHDB

If you no longer wish to receive this information, please email us on comms@ahdb.org.uk

All other trademarks, logos and brand names contained in this publication are the trademarks of their respective holders. No rights are granted without the prior written permission of the relevant owners.

While the Agriculture and Horticulture Development Board seeks to ensure that the information contained within this document is accurate at the time of printing, no warranty is given in respect thereof and, to the maximum extent permitted by law, the Agriculture and Horticulture Development Board accepts no liability for loss, damage or injury howsoever caused (including that caused by negligence) or suffered directly or indirectly in relation to information and opinions contained in or omitted from this document.

© Agriculture and Horticulture Development Board 2020.
All rights reserved.

ISBN: 978-1-904437-64-8

