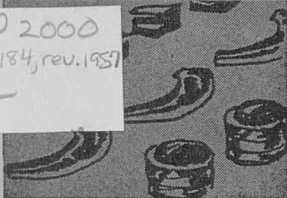


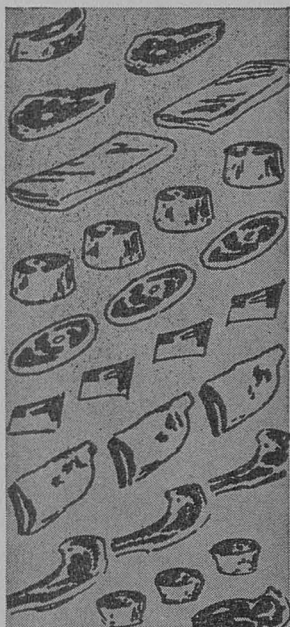
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KNOW THE meat YOU BUY

ELEANOR LOOMIS



UNIVERSITY OF MINNESOTA
Agricultural Extension Service
U. S. DEPARTMENT OF AGRICULTURE



EAT MEAT EVERY DAY – IT'S GOOD TO EAT AND GOOD FOR YOU

BEEF

Market classes of beef

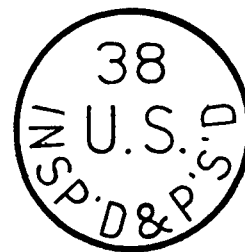
The market classes of beef animals are steer, heifer, cow, bull, and stag. Young cattle provide veal and calf.

Many cattle are raised on the ranges and then shipped to the corn belt. There they are fed grain for 90 days to a year to increase weight and improve quality. These "fed cattle" produce the highest grades of beef cattle. The higher grades of beef are most plentiful in the spring. Grass-fed cattle are raised on pasture and ranges and marketed in largest numbers in the fall.

Altogether it takes from two to three years to raise and fatten a beef animal for market.

Inspection

In 1950, 76 percent of the beef produced for commercial use was federally inspected. In addition, much of the commercial beef which is not federally inspected is slaughtered according to state and local Board of Health regulations.



Inspection stamp

identifies the packing house. The vegetable dye used for stamping is harmless.

U. S. Government Grades

The U. S. Government grade stamped on beef gives an indication of probable tenderness and cooking quality. The grades are based on three factors:

1. **Conformation**—the general shape of the carcass and the ratio of lean meat to bone.
2. **Finish**—the amount, character, and distribution of the fat.
3. **Quality**—the color, firmness, texture, and distribution of fat, lean, and bone.

Government grades are identified by a stamp on the carcass as U. S. Prime, U. S. Choice, U. S. Good, U. S. Standard, U. S. Commercial, and U. S. Utility.



Government grade

The highest grades of beef come from steers and heifers that are bred and fed for meat production and slaughtered as yearlings or two-year-olds. Such high-grade beef has a high proportion

Did you know that a quarter to a third of your food budget dollar goes for meat? Sounds like a lot, but when you consider the fact that meat is an essential part of your diet and is also pretty enjoyable fare, it doesn't seem too high.

The average person in this country ate 164.7 pounds of meat in 1956—84.2 pounds of beef, 66.8 pounds of pork (not including lard), 9.3 pounds of veal, and 4.4 pounds of lamb and mutton.

MEAT IS AN IMPORTANT PART OF THE DIET—As one of the basic foods, meat is an important source of complete protein and thus is impor-

tant for building and repairing tissues. Meat is also a valuable source of the B vitamins, minerals, phosphorus, iron, and copper, but part of these are lost through cooking, processing, and storage. Temperature and length of treatment determine how much that loss will be.

Meat shrinks when cooked—particularly when cooked at a high temperature. It loses water through evaporation, and it also loses some of the fat, minerals, protein, and B vitamins in the drippings. Meat also loses thiamine when it is cooked or kept warm for a long time. Freezing does not change nutritive value if the drip from thawed meat is used.

Marketing Beef

There are many necessary services performed before cattle on the hoof can become beef on the table. The cost of these services accounts for the difference between the price paid to the farmer and the price the consumer pays. This cost includes buying, slaughtering, selling, delivering, processing, shrinking, advertising, storing, help, rent, taxes, refrigeration, supplies, electricity, store equipment, and losses due to trimming.

A Beef Animal Isn't All Meat

Live weight U. S. Choice beef—Weight 1,000 pounds
580 pounds of carcass—made up of
340 pounds of lean meat
150 pounds of fat
85 pounds of bone
Few pounds lost to shrinkage and cutting waste

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Packer Beef Brands

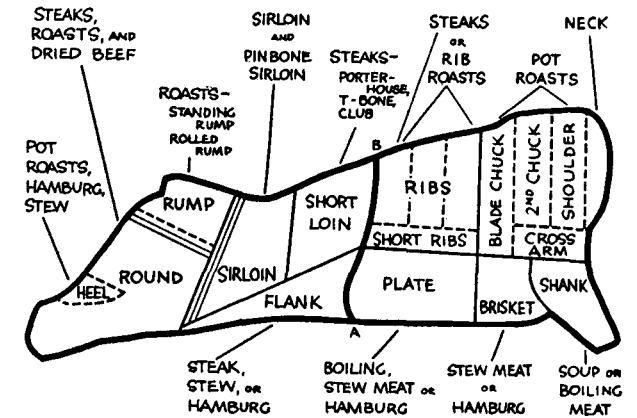
Many packers use their own brand grade to indicate degree of quality. Some 40 to 60 percent of beef carcasses in the wholesale trade now carry a private brand. In buying meat you should understand what brand grade means.

Company	Brand (in descending order of quality)
Armour and Company	Star, Banner, Crescent
Cudahy Packing Company	Puritan, Rex, Fancy, Rivel, Thrift
George A. Hormel and Company	Best, Merit, Value, Hormel
John Morrell and Company	Pride, XTrafine, Famous, Special, Allrite
Swift and Company	Premium, Select, Arrow
Wilson and Company	Certified, Special, Ideal, Leader, Wilso
Oscar Mayer and Company	Yellow Brand, Capital, Special
Rath Packing Company	Blackhawk DeLux, Blackhawk, Cornland, Racon, Sunvale, Budget
Tobin Packing Company	Arpeako Price, Arpeako DeLux, Arpeako Select, Arpeako Standard

Cuts of Beef

One forequarter from this 580-pound carcass weighs 150 pounds—a little over a quarter of the entire carcass

Cuts of Beef



weight or a little more than half of a side of beef. However, this is only an average, and individual carcasses may vary.

This table gives information on such a forequarter from a U. S. Choice carcass.

Wholesale cuts from forequarter	Percentage of carcass weight	Weight in pounds	Retail cuts
Chuck	23	66.7	Boneless neck, rolled neck, pot roast, arm steak, blade pot roast, blade steak, boneless chuck pot roast, shoulder fillet, English cut, or bread and butter roast
Shank	4	11.7	Shank knuckle, cross-cut foreshank, ground beef from shank, and lean trimmings
Brisket—bone in	6½	18.8	Corned beef, brisket
Rib	10	29	Standing rib roast, rolled rib roast, rib steak
Short plate	8½	24.6	Short ribs, rolled plate, ground or stewing meat, boiling beef
Total	52	150.8	

One hindquarter from a 580-pound carcass weighs 139 pounds. This is a little less than a quarter of the total carcass weight or a little less than half of a side of beef. Such a hindquarter yields these cuts:

Wholesale cuts from hindquarter	Percentage of carcass weight	Weight in pounds	Retail cuts
Short loin	7½	21.8	Porterhouse steak, T-bone steak, club steak
Sirloin	10	29	Sirloin steak, pin- bone sirloin steak
Round	15.45	44.8	Round steak, top round, bottom round
Rump	4	11.6	Standing rump roast, rolled rump
Heel of round	2.55	7.4	Heel of round, ground beef, hind shank
Flank	4½	13	Flank steak fillets, flank steak, flank meat, rolled flank
Kidney and suet	4	11.6	
Total	48	139.2	

PORK

Quality Pork

High-quality pork is grayish-pink to rose in color, and the flesh is firm and fine grained. It is free from excessive moisture and fibers, and the fat is firm and white. Three-fourths of all the pork sold is sold as fresh or cured meat, and the rest is sold as lard and sausage.

Supplies are high in the fall and winter, with a lower peak in the spring.

Grades of Pork

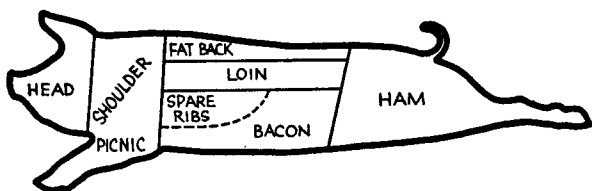
Because most hogs come to market at the same age (six months) and because much of the pork is processed, there is little demand for pork grade standards.

Packers brand their pork only by name and weight. Tentative pork grades developed by the United States Department of Agriculture are used experimentally in some plants, but whether or not this will be practical is still a question.

Buying Pork in Large Quantities

In selecting a pork carcass consider the thickness of the backfat. This is a good indication of the amount of fat in the whole carcass. The thickness of the backfat reflects quite accurately the amount of cutting fat and at the same time the amount of five primal cuts: ham, loin, belly, picnic, and Boston butt.

Cuts of Pork



An average backfat thickness of 1.4 to 1.6 inches in a 160-pound carcass should indicate that about 60-64 percent of the carcass will be in the form of five primal cuts. By comparison, 1.9-2.2 inches average backfat thickness in the same weight carcass indicates that about 54-58 percent of the carcass weight will be in the form of five primal cuts. The remainder of the carcass includes feet, neck bones, spareribs, jowl, and cutting fat.

Consumers Want Lean Pork

Squeezed between low lard prices and high demand for lean pork, the too-fat hog is out of style. Today's food buyer wants lean pork. The yield of lard per hog slaughtered should be about 14 percent per 100 pounds liveweight. This percentage includes lard and rendered pork fat but does not include bacon and salt pork.

RETAIL CUTS FROM WHOLESALE CUTS

Wholesale cuts	Retail cuts
Head	jowl bacon squares
Shoulder	Boston butt, rolled Boston butt, smoked shoulder butt, blade steaks, lard, salt pork
Picnic	Fresh picnic shoulder, smoked picnic shoulder, cushion picnic shoulder, rolled fresh picnic shoulder, fresh shoulder hock, arm steak
Loin	Loin roast, sirloin roast, blade loin roast, crown roast, fatback, salt pork, lard, shortening
Spareribs	Spareribs
Bacon	Bacon, salt pork
Hams	Ham, butt half, shank half, ham slices, fresh ham roast, rolled fresh ham

LAMB

Quality Lamb

Lamb is from a young sheep usually 8-12 months old, though it may be younger. The meat has a smooth cover-

ing of clear white brittle fat which is covered with a fell or skin. This fell is removed from steaks and chops but not roasts.

The lean is pinkish to deep pink in color. The cut surface of the backbones is red and porous.

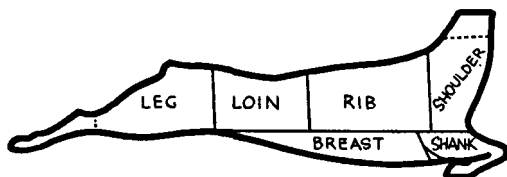
Supplies are highest in the fall and winter months.

Grades of Lamb

The percentage of edible meat from a lamb carcass varies with the grade. Lamb, yearling, and mutton may be graded Prime, Choice, Good, Utility, or Cull, with Prime at the top. From a whole carcass of Choice grade, 80 percent is edible meat, Good grade 76 percent, and Utility grade 77 percent.

A lamb of U. S. Choice grade whose liveweight is 90 pounds yields a carcass which weighs 45 pounds and retail cuts which weigh about 35 pounds.

Cuts of Lamb



WHOLESALE AND RETAIL CUTS

Wholesale cuts— Prime, Choice, Good, Utility

Retail cuts

Shoulder or chuck	Neck slices, boneless shoulder chops, rolled shoulder, Saratoga chops, cushion shoulder, square cut shoulder, arm chop, blade chop
Rack or rib	Frenched rib chops, rib chops, crown roast
Loin	Loin chop, English chop, rolled loin roast
Leg	Leg of lamb, Frenched leg, American leg, boneless sirloin roast, leg slices
Breast	Rolled breast, breast, riblets, stew meat, ground meat for patties and loaf
Shank	Shank

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