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CUTTING THE BEEF CARCASS

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After slaughtering, hang the carcass where it will cool without freezing to any appreciable extent. Do not expose recently slaughtered flesh to any foreign odors or let it become contaminated in any way. This is very important to produce palatable and wholesome meat. Wash bloody areas off with a clean cloth wrung out in cold water. Wash soiled spots with a clean cloth and water as hot as the hands can stand. If it isn't possible to cleanse soiled areas thoroughly, trim them off with a knife, even though a lot of meat may be lost.

To improve the tenderness and flavor of meat, hold carcasses at a temperature ranging from 32° to 40° F. for from 3 to 10 days. This process of "aging" is advisable only when carcasses are of good to choice grades, having a fair covering of outside fat to prevent excessive drying. Aging the meat causes chemical changes in the muscle that break down some of the connective tissues. This makes the meat more tender and develops a higher flavor. For more extensive aging, consult your locker service.

Under farm conditions it is not always possible to follow this procedure, although it is desirable. During extremely warm weather it may be necessary to cut up the carcass as soon as possible and keep the meat where it will not spoil. On the other hand, excessive freezing makes the process of cutting difficult; as a rule, freezing to such an extent causes the meat to lose flavor. After meat has thawed out, it is never again as firm or attractive in appearance. Under farm conditions, chill the carcass to remove the body heat and to firm the muscle and fat. Then start cutting the carcass into table-sized portions and freeze the portions.

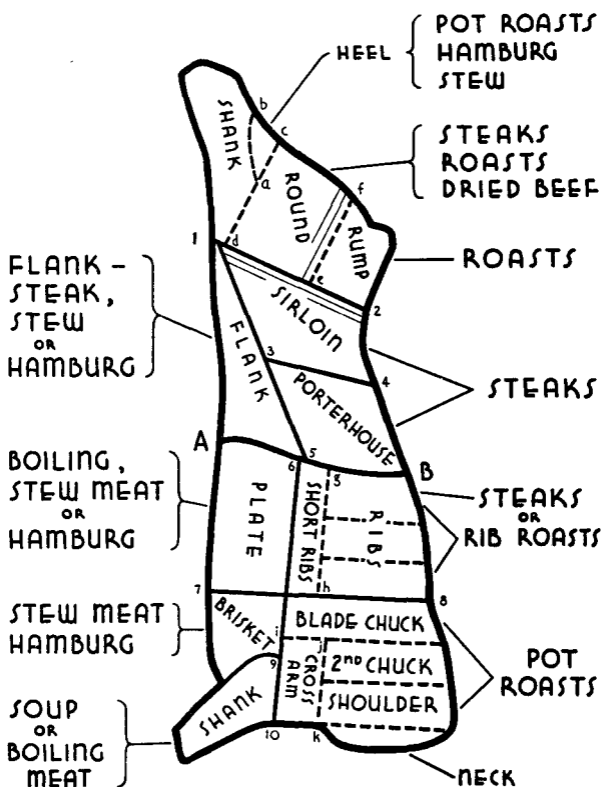
After splitting the carcass down the back, cut the side of beef in halves, making the fore and hind quarters of about equal weight. Insert the knife between the twelfth and thirteenth ribs mid-way between the backbone and flank. Cut first in the direction of the backbone parallel with the ribs, then in the opposite direction through the flank (A to B on the diagram), leaving about 4 inches of the flank uncut to hold up the forequarter. Now saw the backbone through to meet the knife cut. Next support the fore quarter with your arm and shoulder while cutting the remaining 4 inches of flank to complete the separation. Trim off all soiled and bruised portions. The neck must be well trimmed of bloody portions.

THE FORE QUARTER

In cutting the fore quarter, first remove the plate, brisket, and shank as follows. The thick muscle along the back at point B is called the eye muscle. Measure down on the rib, twice the length of this eye muscle plus an additional inch for good measure, to point 6 on the diagram. Point 10 is approximately where the shank joins the body. With saw and knife, cut from point 6 to 10.

The Shank—Remove the shank by lifting up on it and cutting the tissue that connects it with the brisket. You may use the shank for soup meat. Cut it crosswise into three or four pieces, or remove the meat from the bone and use it for boiling or grind it for hamburger.

STANDARD CUTS OF BEEF



The Brisket—Sever the plate from the brisket by cutting at point 7. You can cut the brisket for boiling or bone it and use it for stew or hamburger. You can also bone the brisket and cure it whole as corned beef, using the same process ordinarily used in curing hams and bacon. Use the plate, likewise, for stew meat. Use the long flat ribs for soup stock. You can get boiling ribs or short ribs also from this cut if it is not boned. Cut ribs into 4 or 5 inch lengths for braising.

The Rib Portion—Count up seven ribs from point B to point 8 on the diagram. This portion of the carcass makes the choicest rib roasts. You can divide the rib cut as indicated by the broken lines on the diagram, or otherwise as you desire. You can cut the rib ends for short ribs as indicated on the diagram, point g to h. This will shorten the roast.

You can use the tenth, eleventh, and twelfth ribs for small steaks, and the other ribs for roasts. Rib roasts may be fashioned in different ways. One is to remove all the rib and backbone and then roll the roast and tie it; this is known as a "rolled rib roast."

Another method is to remove only a small outer edge of the main backbone and saw the ribs through once, preferably twice, as a bone-in roast or standing rib roast.

The Chuck Ribs—These include the remaining five ribs and may be serviced as follows. Cutting off the two outside ribs as indicated by the dotted line produces a chuck roast of very high quality that makes an ideal pot roast. Next, make the cross arm cut i, j, k, and 10 on the diagram. The remaining portion of the chuck is indicated as the second chuck. The cross arm cut is an excellent pot roast and its removal reduces the last two remaining chuck roasts to a convenient size.

The Shoulder—Divide the shoulder into two equal parts for pot roasts, or use it in other ways. The large bone or knuckle may be taken off for soup and the upper shoulder may be used for pot roast, stew meat, hamburger, or mince meat.

You may bone out the entire chuck, cut up the meat for canning, and use the bones for soup stock. Trim the neck for stew meat and hamburger, or use it with bones for soup.

THE HIND QUARTER

The hind quarter of beef furnishes the choicest cuts of the carcass, with the larger part used for steaks. If you don't want steaks, all except the flank is suitable for roasts. For cutting, place the hind quarter meat side down.

The Flank—Remove the flank by starting at the point where the flank attaches to the round and cut down without cutting the fleshy portion of the round to a point approximately 2 inches in front of the stifle joint, indicated as point 1 on the diagram. At the rib end of the flank, cut straight down from the kidney knob, point 5, and continue until the stifle cut is met. Saw through the thirteenth rib.

There are two important points to keep in mind when cutting up the flank. One is to take off a small part of the connective tissue and tendon on the lower portion of the flank, on the diagram point 1 to 5. After this is removed, you can easily pull off the thick parchment membrane that covers the muscle. This increases the tenderness and palatability of the meat materially.

The flank is cheap meat used for boiling, stewing, or grinding and, at certain times of the year, for making mince meat. However, there is a small flat elongated muscle on the inside of the flank (approximately point 1 on the diagram) that may be removed and used for what is known as "flank steak" by the

meat trade. Score this muscle with a knife in different ways, and use a meat hammer to tenderize it.

The next step is to separate the loin proper from the round or leg portion of the hind quarter. First remove the kidney fat to point 2. For the beginner, the best method to remove the loin from the round is to count off four sections of the backbone from the tail joint, and on the flank side mark the carcass at point 1 about 4 inches from the stifle joint. Then cut straight through on line 1 to 2 and saw through the bone. As a rule, it does not make much difference whether this removal is slightly toward one side or the other.

If you are going to make steaks from the loin, cut the steaks any thickness parallel to lines 1 and 2 on the diagram. The first two steak cuts are not the most desirable sirloin steaks, but as you continue through to the hip bone, which is indicated on the diagram as points 3 to 4, the quality increases. The best porterhouse steaks are the ones next in order, and you may cut until little or none of the tenderloin muscle remains on the backbone. The club steaks are also here—they are nothing more than rib steaks.

If you desire a beef tenderloin lay the loin on the meat side and take a knife and follow along the backbone. This must be done before you cut the steaks. Remove the long tapering muscle that is attached to the bone. This is the tenderloin muscle. It may be cut into small steaks—the most desirable ones that are to be found in the entire carcass. Do not cut steaks less than $\frac{1}{2}$ inch thick; broiling steaks are cut up to $1\frac{1}{2}$ inches thick.

Service the round in the following way. Place it with the meat side down and the bone up. First cut and remove the rump by sawing parallel to the pelvic bone, as indicated on the diagram by the broken line e to f. Then remove the rump from the round proper. You may use it for oven roasts, providing the beef is of superior quality. If not, service the cut into one or two pot roasts of excellent quality. Remove the large knuckle portions from a part of the pelvic bone and use it for soup stock. If you don't plan to use this cut as fresh meat, you may cure it for corn beef.

The Round—You can cut the round into round steaks not much more than $\frac{1}{2}$ -inch thick. Steaks cut thicker than this are not desirable for pan-frying. You can cut Swiss steaks from this same portion in thicknesses of 1 to 2 inches. Cut round roasts into any thicknesses and then divide them into two or more pieces, according to the size of the family.

Round steaks do not, as a rule, serve as well when prepared as oven roasts and should be used for pot roasts. Don't make round cuts much lower than the broken line c to d. Below this point, the quality is much inferior. However, use the top portion of the

shank, as indicated by the broken line a b c, for pot roasts, stew, boiling meat, and hamburger steak. Where it is customary to make dried beef on the farm, the round is the portion most often used.

After you've removed the rump, you can usually divide the round rather easily into three portions by "seams" in the muscle. The top or inside portion (approximately at point 1 on the diagram) of the round is the large continuous muscle and is the most tender part of the entire round. The bottom round on the outside is the least desirable.

The Shank—What remains of the hind quarter is the shank. You can service this by cutting off the unusable portion of the hock. You may serve the rest in portions similar to those outlined for the fore shank.

When cutting beef for freezing, trim the cuts very close to avoid loose ends that make wrapping difficult. Also, remove all sharp bones to avoid tearing the wrapping paper. Remove large surface bones from cuts and make smaller cuts to save freezer space.

Wrap the meat in good quality freezer paper or aluminum foil if you desire the best. Wrap meat cuts well so that you will get a good seal and so the paper fits closely to the meat being wrapped. You may use the ordinary store wrap if you fold and crease in folds of paper to get a double thickness of paper. Tape the ends with freezer tape or tie the package well with strong twine. Some use a drug store wrap—fold the two sides in until you reach the meat, then fold the ends and tie with string or use tape.

It is not necessary to use a double wrap unless your paper is poor quality. Aluminum paper is always single wrap unless very thin paper is used. Label the cuts for identity and size.

Freeze at 0° F. or below. Space the cuts until they are well frozen and then repack the meat. **Store beef up to 12 months. Store pork up to 6 months. Store lamb up to 10 months.**

Do not permit storage temperatures above +8° F. The lower the temperature the more success you will have.

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