



Beef Cutting Guidelines

Thank you for selecting Providence Farms beef, and congratulations on choosing the very best meat you can buy. All of our animals are raised in a healthy and sustaining environment, free from chemicals, hormones and antibiotics. Buying beef in bulk saves you money, but it can also be intimidating the first time around. To ensure your confidence, the following is an explanation of how your steer will become the specific cuts you enjoy the most. If you still have questions, please don't hesitate to contact us: **269.857.1215** | info@providencefarms.org

Ordering:

Your order is for a live animal we have raised to Providence Farms' stringent specifications. Because animals come in all shapes and sizes we cannot guarantee everyone will be matched perfectly to the size they prefer, but we do try our best to meet your needs.

Your beef order is processed by a butcher of our choosing, to your specifications. We notify you when we are taking the animals in and let you know where the butcher is located. We then suggest that you contact the butcher a week or two prior in order to specify your chosen cuts (see below for guidelines). Use their expertise to arrive at decisions about how to have your meat cut if you are unsure, or contact us as well. We will then notify you again to set a date to pick up your meats.

As with any bulk food purchase, you want to be sure to have adequate freezer space. The best investment we've made in years is an upright chest freezer for all of our local meats, fruits and vegetables. We find that it pays for itself in no time in money saved. And this is to say nothing of the quality of food we eat throughout the year! Another option is to join in a purchase with friends.

As noted on the order form, we charge by the animals hanging weight. Hanging weight is the carcass weight after everything is removed, but before being processed into specific cuts. A typical whole steer will provide a 500-pound to 600-pound hanging-weight carcass. An important point to note is the difference between the hanging weight and the final "take home" package weight of your chosen cuts. The packaged weight can be 30% less than the hanging weight, due to the dry-aging process and the cuts you choose with our butcher. Boneless cuts will obviously weigh less than cuts with the bone intact, but will not benefit from the rich flavor provided by the bones, or the unparalleled soup-making opportunities. The amount of beef to place in your freezer will vary depending on the boning instructions, but would roughly equate to 3 shopping bags for a mixed quarter. (As a family of three, we will finish a side, or half, of beef within one year.) Providence Farms pricing includes all butchering, shrink-wrapping and freezing. A basic approximation of how the primal cuts may finish out, using standard retail cuts, includes:

Primal Cut	% of Hanging Wt.	Description <i>(see below for specific cuts)</i>
Chuck	20%	Great for roasts, stew meat and ground beef
Rib	5%	Premium "steak" cuts with meat that is light, fine-grained and savory
Short Loin	8%	
Sirloin	8%	
Round	14%	Provides a balance between cuts that can be grilled and those that lend themselves to tender roasts and stews
Flank & Plate	3%	Firmer sections that yield delicious, hearty flavors from slow, moist roasting and stewing dishes, as well as most of the ground beef
Brisket & Foreshank	2%	
Trim	30%	
Soup Bones/Organ Meats	5%- 10%	Soup bones, dog bones and "other cuts" such as tongue,



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		liver and hearts. These are delicious elements that provide outstanding flavor to many dishes, as well as stand-alone entrees
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Processing:

When determining how to have your meat cut, consider a few “lifestyle” questions:

- What type of beef cuts do you enjoy eating?
- what would you like to experiment with?
- how do you usually cook?
- what size packages do you usually buy?

These questions will help you work with the butcher to get to the specific cuts you will enjoy the most. For example, we are big fans of slow-cooking chuck roasts in a broth with vegetables. Other folks may have less time or desire for that, and thus will convert that same cut to ground beef for grilling, meat loafs, or stuffed peppers. Similarly, we love leftovers so we tend to order larger individual cuts. The same would be the case for larger families feeding more mouths. Don’t be afraid to experiment! I used to think anything with the name “steak” had to be grilled. A Round Steak is delicious marinated and grilled, but is also wonderful cubed for stew or sliced thin for fajitas. Flip through a favorite cook book, call us with questions, and ask our butcher for ideas. So, how do we get this thing cut up?

All of our beef is dry-aged prior to processing into specific cuts. Dry aging naturally breaks down connective tissues in the meat and removes a significant portion of the moisture through evaporation. This process dramatically increases both the tenderness of the meat and the natural, rich beef flavor.

Specific Cuts

Once it is dry-aged, your order is divided into specific cuts of beef. The key is to know where the cuts come from, and how best to cook them. Many cook books have diagrams showing the following eight primal cuts: Chuck, Rib, Short Loin, Sirloin, Round, Flank, Short Plate and the Foreshank/Brisket. Each of these primal cuts yields the specific cuts we see in a conventional supermarket.

Chuck - The chuck is the shoulder portion of the animal and includes a section of the forward-most ribs (ribs 1-5). Because it is made up of large, actively used muscles, it renders tougher but more robustly flavored cuts. Chuck is typically processed into very flavorful boneless and bone-in roasts, as well as excellent stewing meat and burger. Common cuts include:

- Chuck Roast or Pot Roast
- Cross Rib Roast
- Boneless Chuck Eye Roast
- Short Ribs
- Ground Beef

Rib – The rib section provides both steaks and roasts. This area spans the tougher cuts of the chuck, and the most-tender portions from the Short Loin. Made up of the upper back portion of the steer, this section spans ribs 6-12. The rib section includes the King of Roasts, the Standing Rib Roasts or Prime Rib. It also includes my favorite steak, the Rib-Eye. Other standard cuts include:

- Rib-eye Roasts (a boneless version of the Standing Rib Roast)
- Rib Roast
- Rib Steak (bone-in or boneless)
- Rib-eye steaks (also called Delmonicos)
- Short Ribs



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Short Loin – The short loin renders mostly steaks, but also roasts, that are noted for their tenderness. Coming from the middle of the back, a T-shaped bone separates the top loin from the prized tenderloin. When cut into boneless steaks, the top loin becomes New York Strip while the tenderloin becomes the wonderful Fillet Mignon. When cut with the bone in, steaks contain portions of both the top loin and the tenderloin. The Porterhouse will take a larger portion of the tenderloin, while a smaller portion makes the world famous T-Bone steak. All of these steaks are ideal for cooking on the grill. Just remember, low heat! The short loin provides:

- Fillet Mignon
- New York Strip
- Porterhouse or T-Bone steaks
- Club Steaks
- Top Loin Roast
- Tenderloin Roast

Sirloin – The sirloin is located at the inside hip area, transitioning between the tender rib and short loin portions and the Round or rear leg of the steer. The sirloin is very flavorful as well as versatile, providing steaks, roasts, and stewing and kabob meat. Typical cuts include:

- Sirloin Steaks (bone-in and boneless)
- Sirloin Roasts
- Sizzler Steaks
- Ground Beef
- Cubes (stewing and Kabobs)

Round – The round is the rear leg of the steer, and is very lean. As such, it should always be cooked to rare or medium rare, and is ideally suited for roasts, stewing and ground beef. The round is divided into four sections including the Top Round, Bottom Round, Rump and Eye of Round. Retail cuts include:

- Top Round Steak (great as a marinated steak or sliced for fajitas)
- Eye of Round Roast
- Rump Roast
- Cube Steaks and Swiss Steaks
- Stewing Meat
- Ground Beef

Flank – The flank provides primarily one cut – the Flank Steak. My favorite cut of beef, and arguably one of the most flavorful cuts. When properly prepared it is juicy, rich and delicious. Cook this cut in a broiler or on the grill at high heat for a very brief period, then remove and allow it to self-simmer for a few minutes before cutting.

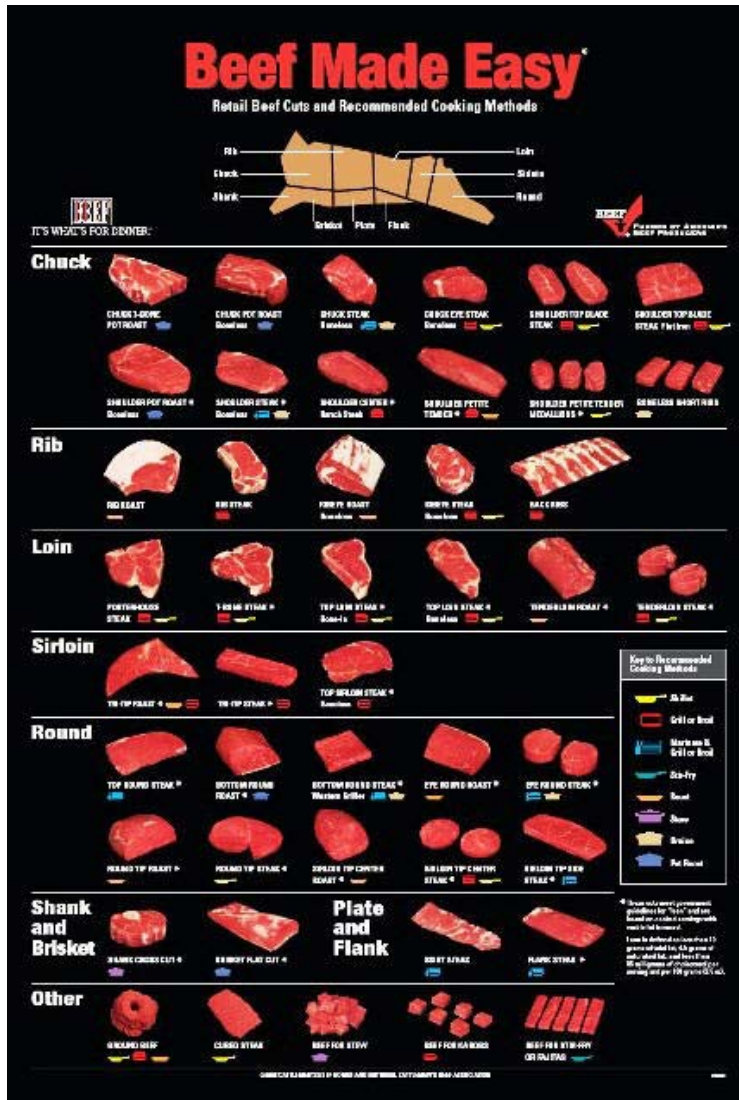
Short Plate – The short plate is a very small portion moving forward to the lower ribs. It provides primarily ground beef, but also the Skirt steak and Short Ribs (yum-yum).

Brisket – If you go to Texas for barbeque, you will be eating brisket! It is also the cut used to make Corned Beef. As a fresh cut, it also makes a wonderful pot roast.

Shank – The shank is the lower front leg, and is used primarily for stewing meat, ground beef, and Shank Cross Cuts. These Cross Cuts are a bone-in cut that make a delightful soup or stew meat.



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Cooking:

Perhaps the most important element in enjoying our all-natural, grass-finished beef is in the cooking method. Because our beef is much leaner than conventional store-bought beef, it should always be cooked at a slower rate over a lower heat. Because the meat is not insulated with excessive fat, it will cook more quickly. Always remove the meat from the oven or grill just prior to being done to choice. For example, if you like your meat medium, remove it from the heat source with a tint of pink in the center. It will continue to “cook” and reach medium as you are ready to enjoy it.

Natural, grass finished beef contains less saturated fat, but it also contains more Omega-3 fats as well as higher levels of Vitamin B and beta-carotene. Savor the wonderful flavor of our meats, while enjoying the benefits of a healthy alternative.

Thank you for your order!