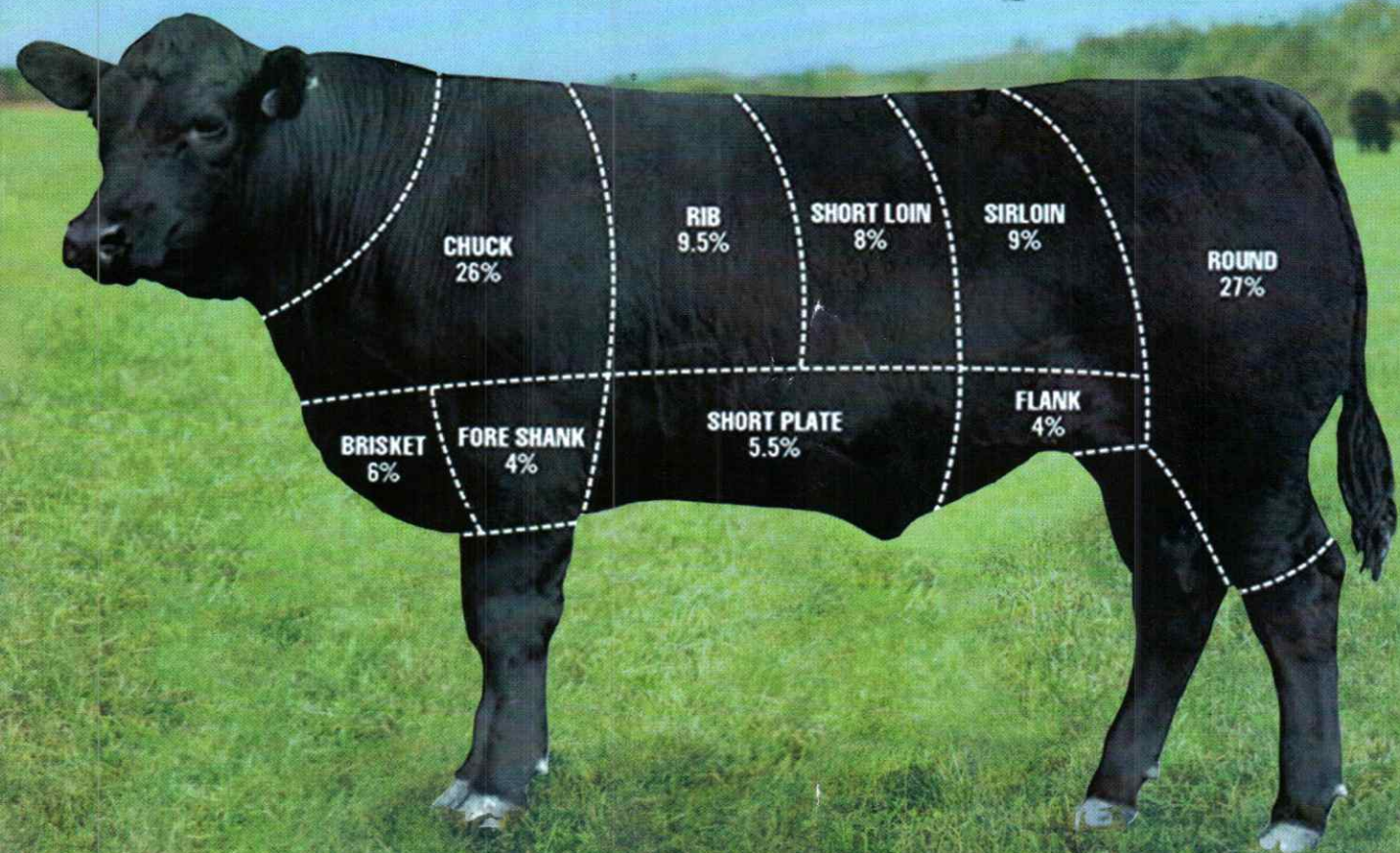


Beef, Pork, & Lamb Cuts & Yields



This BEEF, PORK, & LAMB, CUTS & YIELDS book is a reproduction of a publication originally produced by the UNIVERSITY OF WISCONSIN EXTENSION OFFICE. The original name was MEAT YIELDS FROM BEEF, PORK, & LAMB, by Dennis R. Buege. The last print was in 1982.

I have used, and greatly appreciated my original copy, and since it has been out of print for over 25 years, we decided to redesign the book, producing full-color cutting charts instead of the original black and white. The text is mostly original, with a few minor changes and additions.

The meat prices given in the back section are for illustrative purposes only, and do not reflect current market values. We chose to leave them the same as given in the original text.

Sincerely,
James Martin Family

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For permission to copy, or reproduce
any portion of this book, please contact:
James S. Martin
10887 SW County Rd 4007
Rich Hill, MO 64779-1863

Gail's Graphics, Book Designer
7606 N 14th Street
Rich Hill, MO 64779

Introduction

Not all of the live weight of beef, pork or lamb ends up as edible meat. And not all of the meat obtained from a carcass is high-priced steaks or chops. People purchasing meat by the carcass, side or quarter usually want to know:

- a) how much "take-home" meat they will receive;
- b) the proportion of meat that will be steaks, roasts, ground meat, etc; and
- c) the actual cost per pound of the "take-home" meat.

This publication answers those questions and gives additional information about bulk meat purchases.

In converting the live animal into the hanging carcass, a large percentage of the animal's weight is removed as inedible items, such as the hide, feet, and digestive tract. Some removable parts such as the liver and heart are edible. These are variety meats. More trimmable fat and bone is removed when the carcass is fabricated into retail cuts. The following table gives average values for the conversion of live animals into packaged meat.

	Live Weight	Approx. Dressing %	Approx. Dressed Carcass Weight	Approx. Cutting Loss	Approx. Packaged Meat Weight
Beef	1000 lbs.	60%*	600 lbs	162 lbs	438 lbs
Pork	230 lbs.	72%	166 lbs	35lbs	131 lbs
Lamb	100 lbs.	50%	50 lbs	10lbs	40lbs

* Holstein steers have slightly lower dressing percent (56-58%) than beef breed animals

Definitions of Commonly Used Terms

Dressing Percent: The carcass weight expressed as a percentage of the live weight. For example, a 100-pound lamb which yields a 50-pound carcass has a dressing percent of 50%. Dressing percent varies with species of animal, live weight, hide cleanliness, fill in the digestive tract, degree of muscle development, fatness, and dressing procedure. Heavier weights, clean hides, minimum fill, heavy muscling and higher fat content increase dressing percentage.

Dressed Weight: The same as "carcass weight" or "hanging weight". The weight of the carcass after removal of the head, hide, feet, organs, and digestive tract during slaughter. Meat sold in bulk for the home freezer is usually priced on a carcass or hanging weight basis.

Sides and Quarters: A side is half of a carcass. It is a common method by which beef or pork are sold for home freezers. Beef is also sold as quarters. A front quarter is the front half of a carcass side. A hindquarter is the back half of a carcass side. Because the hindquarter contains a larger proportion of higher priced cuts, it always sells for more per pound than the front quarter. Lambs are usually sold by the full carcass.

Processing Cost: The cost of cutting, wrapping and freezing a carcass, side or quarter. The processing cost is usually charged on a per-pound basis for the hanging weight. Additional processing charges may be assessed for extra services such as curing hams and bacons, making patties or sausages, etc.

Cutting Loss: Also known as "processing loss." It is the percent of the carcass weight lost as bone or fat when a carcass is fabricated into packaged cuts. Cutting loss may vary considerably. It depends largely on the fat content of the carcass. For example, a very lean beef carcass may have a cutting loss of only 20%, while a very fat carcass may have a loss of 35-40%. Cutting loss is also affected by cutting method (bone-in vs. boneless cuts), and how closely the fat is trimmed. Individual meat cuts sold at retail counters are subject to similar cutting losses. Final retail prices reflect these packer-to-retailer cutting losses.

Packaged Weight: Weight of packaged retail cuts that are ready for display in a meat case, or storage in a home freezer.

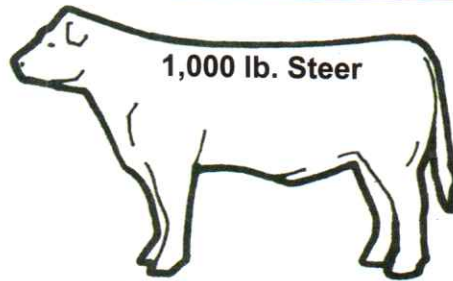
Aging: Holding meat animal carcasses at low temperatures (35-45°F) for 7 to 14 days so naturally occurring enzymes tenderize the meat. Most tenderization occurs during the first 10 days of aging. Subtle flavor changes may also occur due to chemical reactions in the fat. Only high-quality beef and lamb carcasses with a uniform protective fat cover should be aged. Very lean carcasses will lose excessive surface moisture, if they are not wrapped in a protective packaging material when aged. Pork should be cut up the following day after slaughter. It should not be aged.

Marbling: Flecks of fat in the lean. Marbling contributes to the flavor and juiciness of meat. Larger amounts of marbling increase the caloric content of meat.

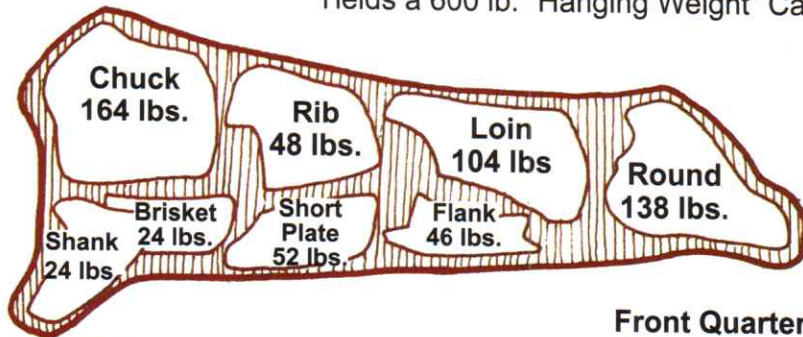
Beef Grades: A voluntary carcass classification system, administered by the United States Department of Agriculture (USDA). Graded carcasses are assigned a "quality grade" based on the estimated eating quality, and a "yield grade" based on the expected yield of retail cuts from the carcass. Quality grades, (*Prime, Choice, Good, etc.*) reflect animal age and the amount of marbling in the lean. As the quality grade increases from USDA Good to USDA Prime, the amount of fat (marbling) in the lean increases. Yield grades (1,2,3,4, and 5) primarily measure the trimmable fat content of the carcass. Yield grade 1 carcasses are exceptionally lean while yield grade 5 carcasses are very fat. The following table gives the average cutting losses for the five beef yield grades.

Yield Grade	Expected Cutting Loss
1	<20%
2	20-25%
3	26-31%
4	32-35%
5	>35%

BEEF YIELD CHART



Yields a 600 lb. "Hanging Weight" Carcass (60% of live weight)

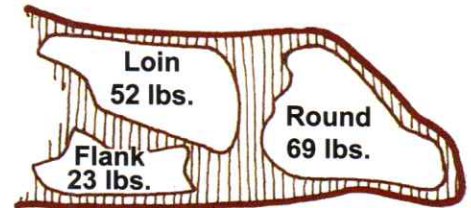
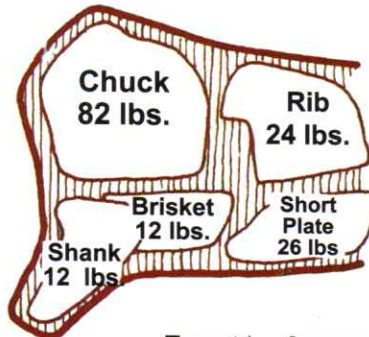


Yields:

2 Front Quarters (52%)
2 Hindquarters (48%)

Front Quarter: 156 lbs.

Hindquarter: 144 lbs.



Approximate yield from a 1000-pound live steer

Summary

	Lbs.
Live steer	1000
Dressed Wt.	600
—packaged meat	438
—cutting loss	162(27%)
Side	300
—packaged meat	219
—cutting loss	81(27%)
Front Quarter	156
—packaged meat	117
—cutting loss	39(25%)
Hind Quarter	144
—packaged	104
—cutting loss	40(28%)

Front Quarter Cuts	Approx. lbs., Side or Quarter	Percent of Front Quarter	Percent of Side or Carcass
Chuck Roasts or Steaks	44	28	14
Rib Steaks or Roasts	17	11	6
Short Ribs	9	6	3
Ground Beef	47	30	16
Fat and Bone	39	25	13
	156 lbs.	100%	52%

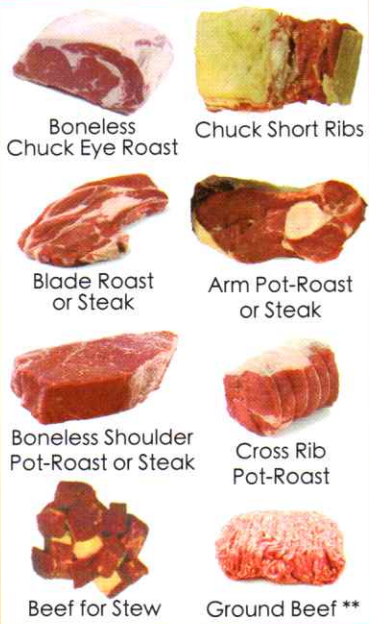
Hind Quarter Cuts	Approx. lbs., Side or Quarter	Percent of Hind Quarter	Percent of Side or Carcass
Round steaks or roasts	25	17	8
Tip steaks or roasts	8	6	3
Rump roast (boneless)	6	4	2
Flank steak	2	1	1
Club, T-bone, Porterhouse Steaks	17	12	6
Sirloin Steaks	17	12	6
Ground Beef*	29	20	9
Fat and Bone**	40	28	14
	144 lbs.	100%	48%

*Some of the meat going into ground beef could be used for stew meat or sausage trimmings.

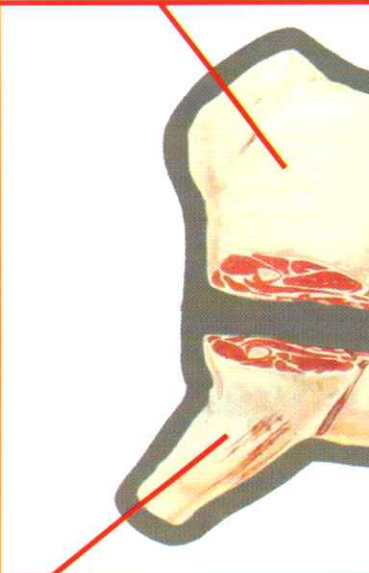
**Some of the bones could be used as "soup bones". Average quantities available are 6 lbs. from the front quarter and 4 lbs. from the hindquarter. Cutting loss will then be reduced by that amount.

Retail Cuts of Beef

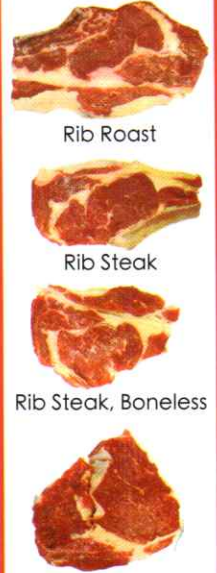
Where they come from and how to cook them



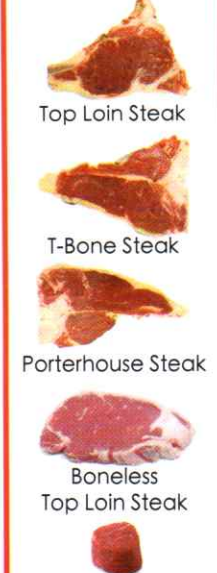
Chuck
Braise, Cook in Liquid



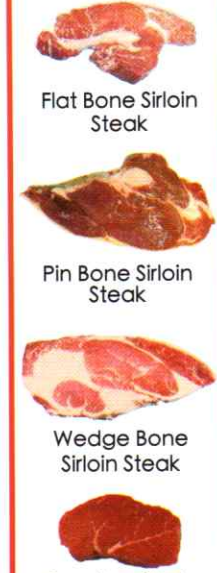
Chuck
Braise, Cook in Liquid



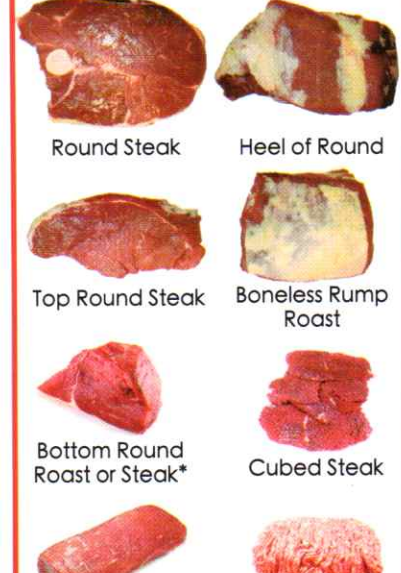
Rib
Roast, Broil, Panbroil, Panfry



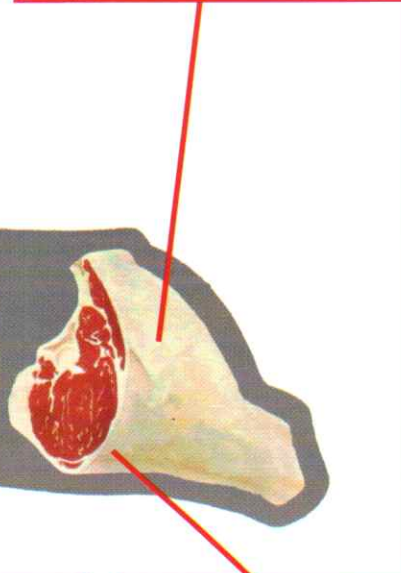
Short Loin
Roast, Broil Panbroil, Panfry



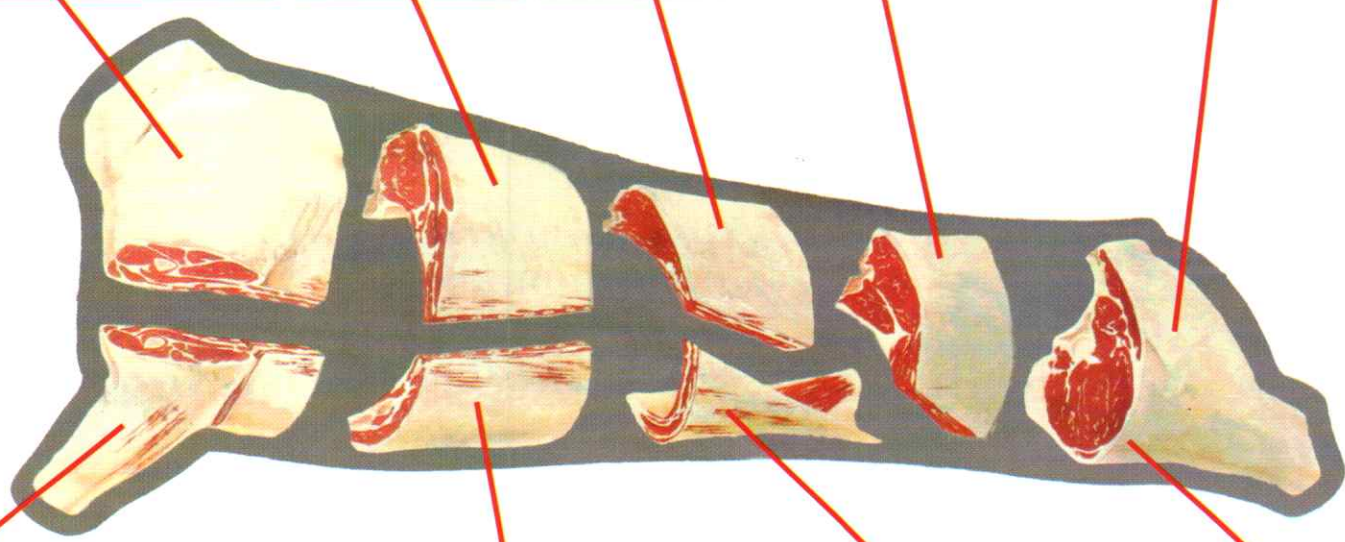
Sirloin
Broil, Panbroil, Panfry



Round
Braise, Cook in Liquid



Round
Braise, Cook in Liquid



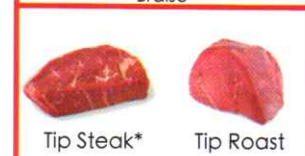
Foreshank
Braise, Cook in Liquid



Short Plate
Braise, Cook in Liquid



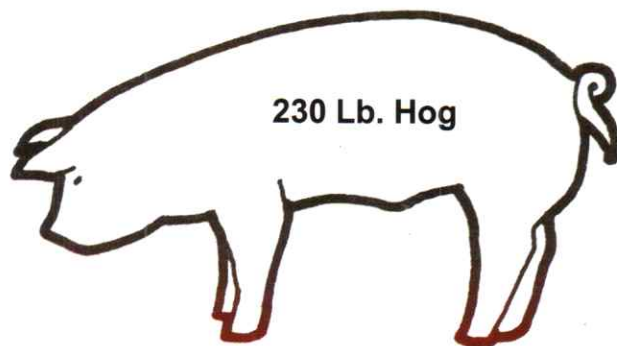
Flank
Braise, Cook in liquid



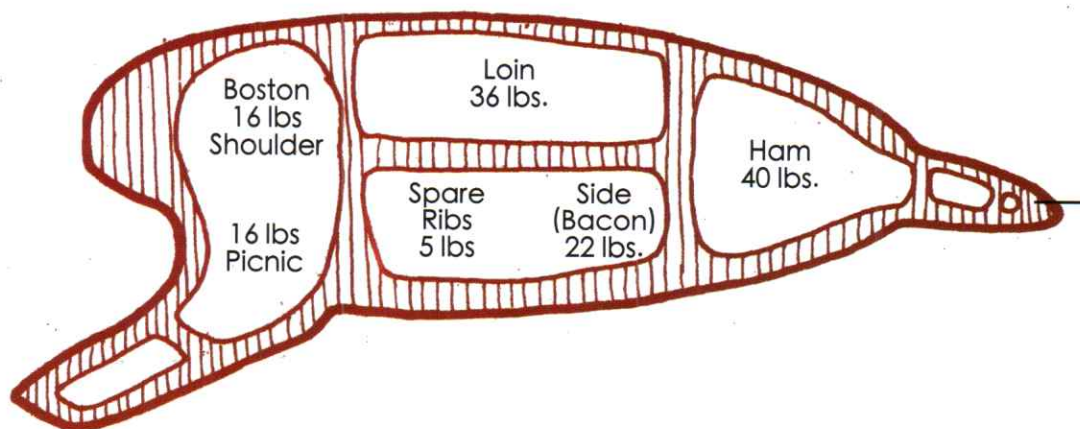
Tip
Braise

* May be Roasted, Broiled, Panbroiled or Panfried from high quality beef
 ** May be Roasted, (Baked), Broiled, Panbroiled or Panfried.

HOG YIELD CHART



Yeilds a 166 lb. "Hanging Weight" carcass (72% of live weight)



Yeilds two 83 lb. pork sides

Approximate meat yield from 230-pound live hog:

Pork cuts	Lbs.	% of carcass
Boston roasts or steaks	15	9
Picnic (smoked or fresh roast)	15	9
Pork chops or loin roasts	28	17
Bacon (cured or fresh side pork)	20	12
Spare ribs	5	3
Ham	36	22
Sausage trimmings or ground pork	12	7
Bone and Fat**	35	21
	166 lbs.	100%

* Estimated for a 166-pound pork carcass. Weights for a pork side would be one-half of the full carcass values.

** Approximately one-half of this weight can be reclaimed as lard.

Retail Cuts of Pork

Where they come from and how to cook them

Leg (Fresh Or Smoked Ham)

Boneless Leg (Fresh Ham)
—Roast—

Sliced Cooked "Boiled" Ham
—Serve hot or cold—

Boneless Smoked Ham
—Roast (Bake)—

Canned Ham

Center Smoked Ham Slice
—Broil, Panbroil, Panfry—

Smoked Ham, Rump (Butt) Portion
—Roast (Bake), Cook in Liquid—

Smoked Ham, Shank Portion

Loin

Sirloin Chop

Rib Chop

Loin Chop

Sirloin Cutlet

Butterfly Chop
—Braise, Broil, Panbroil, Panfry—

Top Loin Chop

Country-Style Ribs
—Roast, Braise, Cook in Liquid—

Back Ribs
—Roast, Braise, Panfry—

Canadian Bacon

Boneless Top Loin Roast

Boneless Top Loin Roast (Double)
—Roast—

Blade Loin

Sirloin

Tenderloin
—Roast, Braise, Panfry—

Center Loin
—Roast—

Back Fat

Cubed Steak*

Pork Cubes
—Braise, Cook in Liquid—

Blade Steak
—Braise, Panfry—

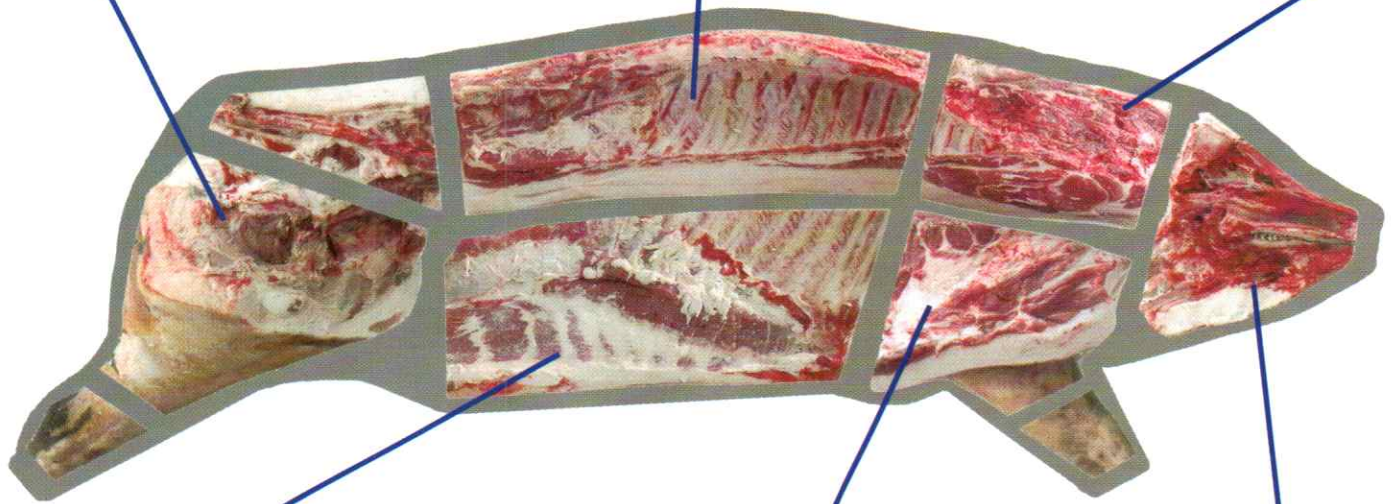
Fat Back
—Panfry, Cook In Liquid—

Lard
—Pastry, Cookies, Quick Breads, Cakes, Frying—

Boston Shoulder

Shoulder Steak

Boneless Blade Boston Roast
—Braise, Roast—



Spareribs Bacon (Side Pork)

Spareribs

Slab Bacon

Salt Pork
—Bake, Broil, panbroil, Panfry, Cook in Liquid—

Sliced Bacon
—Bake, Broil, Panbroil, Panfry—

—Braise, Cook in Liquid—

Picnic Shoulder

Fresh Arm Picnic
—Roast—

Arm Roast
—Roast—

Ground Pork*
—Roast (Bake), Panbroil, Panfry—

Smoked Hock
—Cook in Liquid—

Neck Bones

Arm Steak
—Braise, Panfry—

Sausage Link*
—Panfry, Braise, Bake—

Jowl

Fresh Jowl
—Cook in Liquid, Broil, Panbroil Panfry—

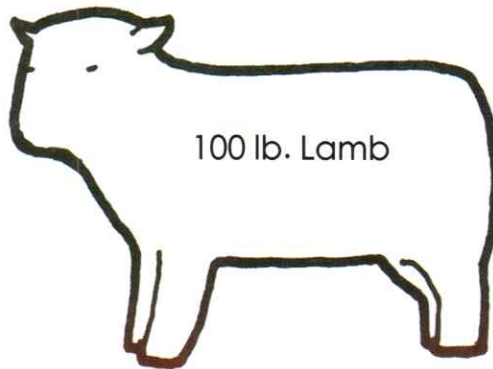
Pork Hocks

Pigs Feet
—Cook in Liquid, Braise—

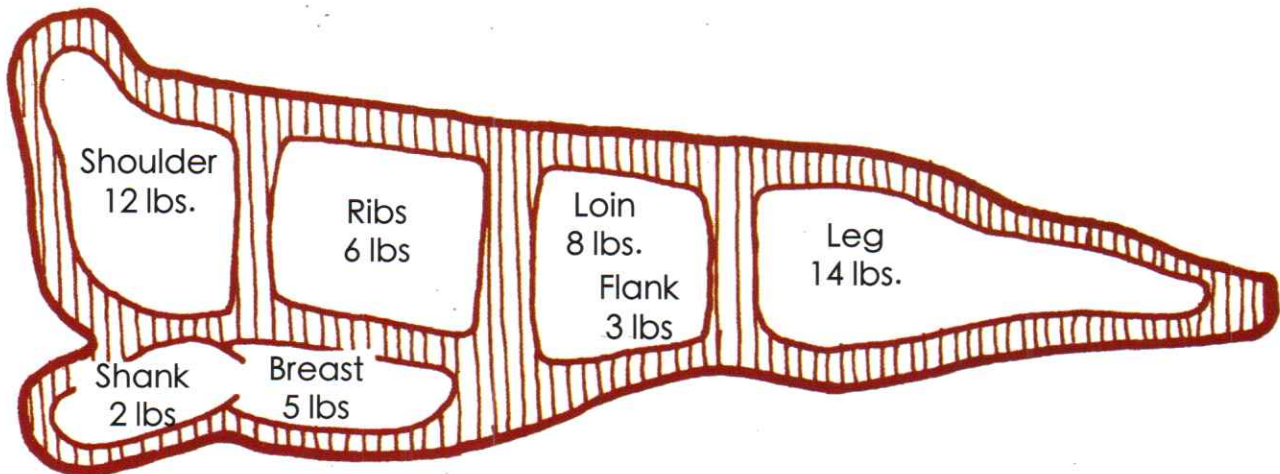
Fresh Hock

* May be made from Boston Shoulder, Picnic Shoulder, Loin or Leg

LAMB YIELD CHART



Yields a 50-pound "hanging weight" carcass (50% of live weight.)



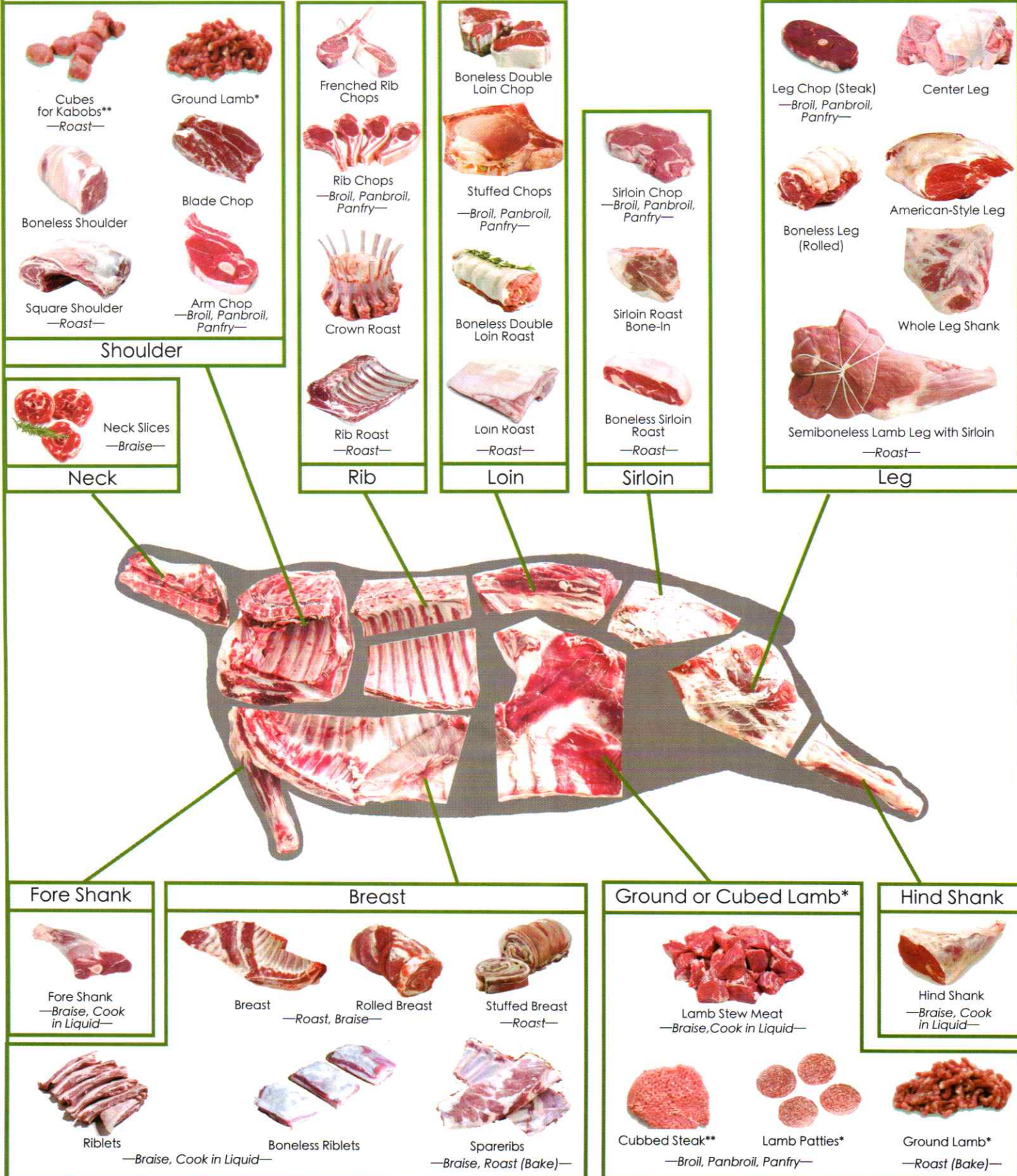
Approximate meat yield from 100-pound lamb:

Lamb Cuts	Lbs.	% of carcass
Leg roasts or steaks	11	22
Loin chops	5	10
Rib chops or roasts	4	8
Shoulder roasts or chops	10	20
Shanks	2	4
Riblets, stew meat, ground meat	8	16
Bone and Fat	10	20
	50 lbs.	100%

Young goat or deer, yields and cuts, will be similar to lamb. Older goats or deer, are best ground into hamburger or processed as sausage or bologna.

Retail Cuts of Lamb

Where they come from and how to cook them



*Lamb for stew meat or grinding may be made from any cut

**Kabobs or cube steaks may be made from any thick solid piece of boneless Lamb.

Cost Per Pound of Take-Home Meat

Meat sold by the carcass, side or quarter is usually priced on a "carcass weight" basis. The selling price includes two costs: (1) a per pound cost for the carcass, and (2) a per pound cost for processing (cutting, wrapping and freezing). Some processors express these costs separately Example; (beef side—\$1.20 per pound plus \$.20 per pound for processing). Other processors combine these two costs (beef side— \$1.40 per pound). There may be extra charges for services such as making patties, curing hams, manufacturing sausage, etc. Be sure you understand the pricing system used by a meat processor.

To determine the actual price per pound of the take-home meat, the cutting loss and all the charges must be taken into account. Use the following steps to calculate the price per pound of take-home meat:

1. Add together: a) the per pound charges for the carcass, side or quarter, and b) the per pound charge for processing (if these haven't already been combined into one price).
2. Multiply the combined price (1) by hanging weight of the carcass side or quarter.
3. Add any extra charges for services such as curing of hams and bacons, etc. The sum represents the total cost of the meat.
4. To determine the expected take-home pounds of meat:
 - a) multiply the hanging weight by the expected percent cutting loss. b) subtract the pounds of cutting loss from the initial hanging weight.
5. To determine the cost per pound of the take-home meat, divide the total meat cost (3) by the expected pounds of take-home meat (4).

Example No. 1: Purchasing a Side of Beef

Price: \$1.40 per pound (includes processing)
(no other charges applied)

Hanging weight: 300 lbs.

Expected cutting loss = 27%

Total cost of meat: 300 lbs. x \$1.40/lb. = \$420

Expected take-home pounds of meat:

300 lbs. (hanging weight) x .27 (% cutting loss) = 81 lbs. (cutting loss)

300 lbs. - 81 lbs. = 219 lbs. (take-home weight)

Cost per pound of take-home weight:

$\$420 \div 219 \text{ lbs.} = \underline{\$1.92/\text{lb.}}$

Example No. 2 Purchasing a side of Pork

Prices: \$.80 per pound (hanging weight)

\$.20 per pound for processing

\$.30 per pound for curing hams and bacons

Hanging weight: 80 lbs. (ham and bacon weigh 25 lbs.)

Expected cutting loss: 20%

Total cost of meat:

a) Meat cost and processing cost:

\$.80 (meat) + \$.20 (processing) = \$1.00 per pound 80 lbs. x \$1.00 = \$80

b) Curing and smoking hams and bacons: 25 lbs. x \$.30 = \$7.50

c) Total \$80 + \$7.50 = \$87.50

Expected take-home pounds of meat:

80 lbs. (hanging weight) x .20 (% cutting loss) = 16 lbs. (cutting loss)

80 lbs. - 16 lbs. = 64 lbs.

Cost per pound of take-home weight:

$\underline{\$87.50} \div 64 \text{ lbs.} = \underline{\$1.37/\text{lb}}$

*Note Underlined prices are used solely for illustrating the calculations, and do not reflect current market conditions.

***“For Every Beast of the Forest is
Mine, and the Cattle Upon a
Thousand Hills...”***

If I were hungry, I would not tell thee, For the world is mine, and the Fullness thereof.

Offer unto God thanksgiving; and pay thy vows unto the most high. Psalms 50:10, 12, 14

