



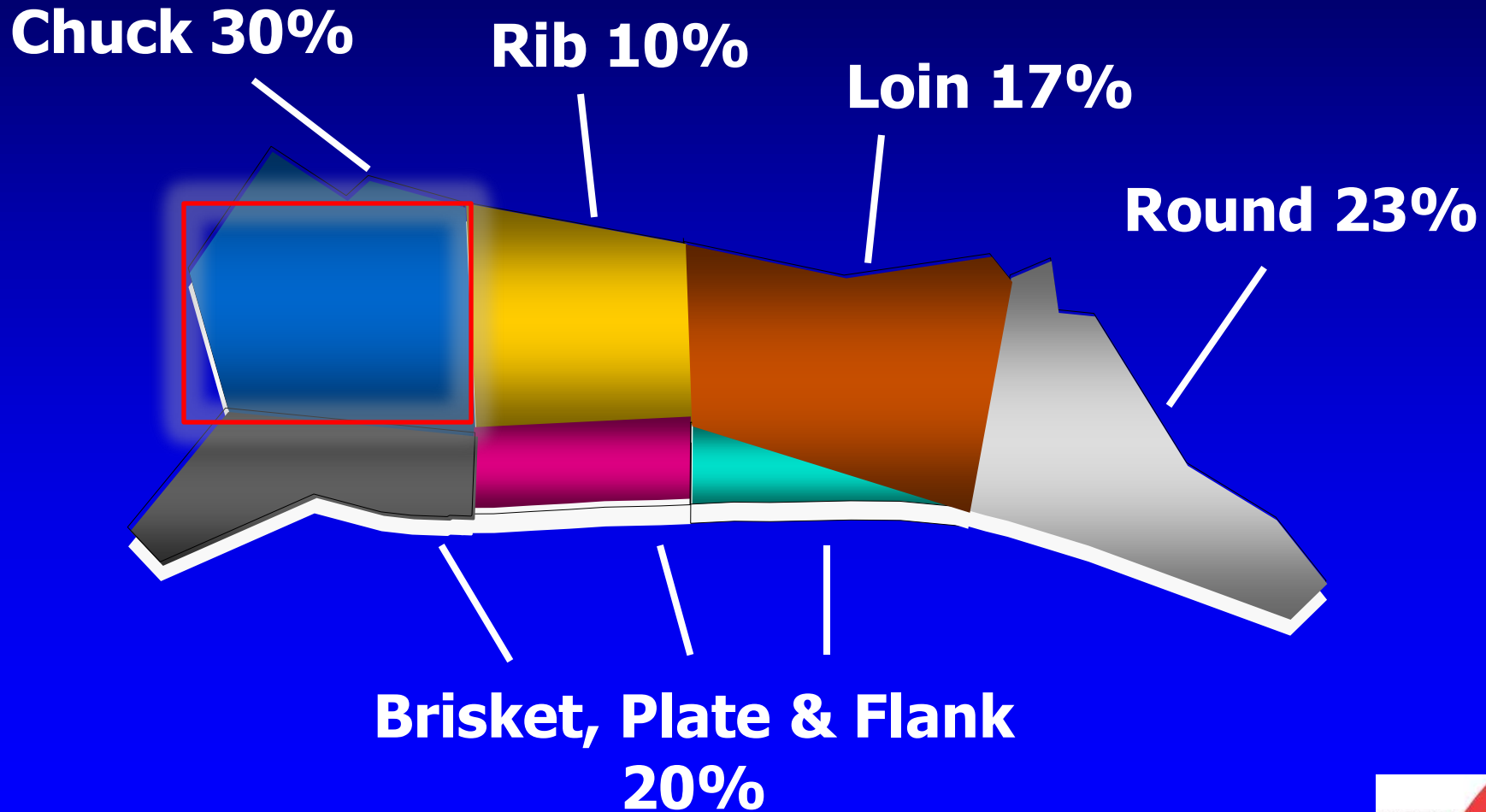
High Dollar Taste on a Low Dollar Budget

Steve Pritchard
UNL Extension Educator

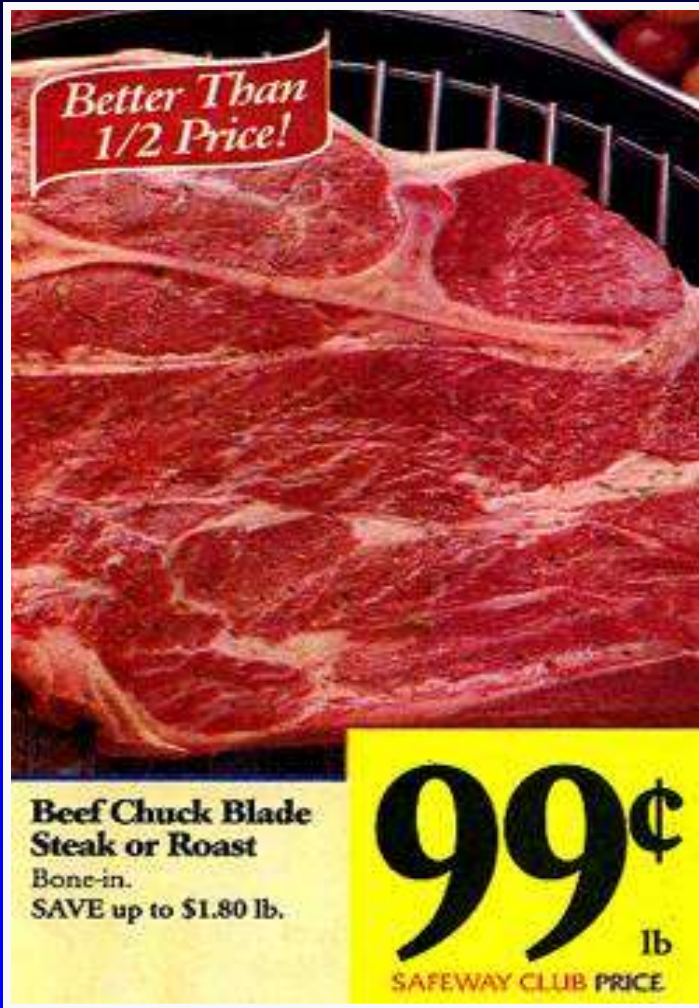
Special Acknowledgement
Chris Calkins & Dennis Burson



The Beef Carcass



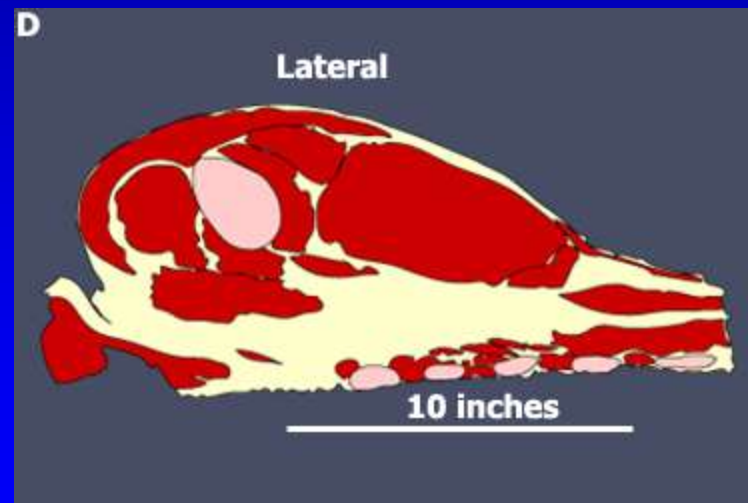
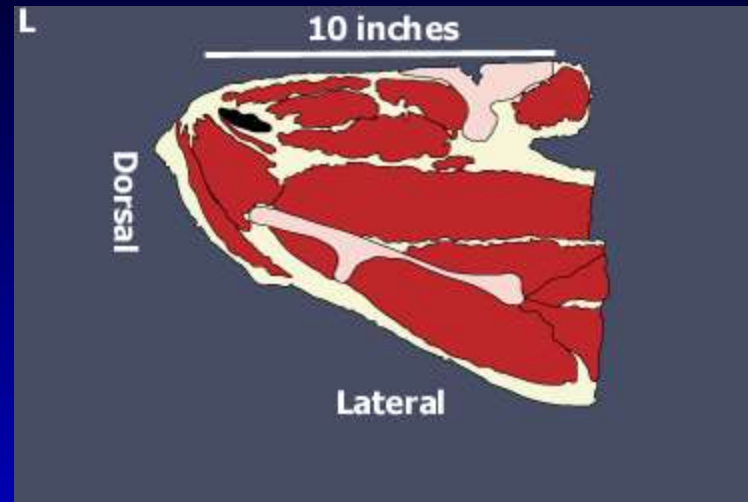
Cheap Chuck Roast



Better Than 1/2 Price!

**Beef Chuck Blade
Steak or Roast**
Bone-in.
SAVE up to \$1.80 lb.

99¢ lb
SAFEGWAY CLUB PRICE



Muscle Profiling is:

A comprehensive body of work that fully characterizes the chuck and round, such as:

- Tenderness
- Composition
- Processing traits
- Dimensions
- Color
- Others

Chuck Summary Data

	Fat %	pH	WHC	Bind, mL	Myoglobin mg/g	Collagen mg/g	Moist, WBS	Dry, WBS	
Biceps brachii	Yellow	Yellow	Yellow	Red	Yellow	Yellow	Green	Green	Shear G = <8.5 Force Y = 8.5-11.0 Value R = >11.0
Brachiocephalicus omot.	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Red	Red	
Brachialis	Green	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Yellow	
Cutaneous omo brachialis	Red	Yellow	Green	Green	Red	Yellow	Black	Black	Fat G = < 5% Y = 5-10 % R = > 10%
Complexus	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Yellow	
Deep pectoral	Yellow	Yellow	Yellow	Green	Red	Yellow	Red	Red	pH G = > 5.8 Y = 5.8 - 5.7 R = < 5.7
Deltoideus	Yellow	Yellow	Red	Yellow	Red	Yellow	Yellow	Red	
Dorsalis oblique	Yellow	Green	Yellow	Green	Yellow	Yellow	Green	Green	
Infraspinatus	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Green	Green	Pressible G = < 36% Moisture Y = 36-38% (WHC) R = > 38%
Intertransversales	Yellow	Yellow	Green	Yellow	Yellow	Yellow	Yellow	Yellow	
Latissimus dorsi	Yellow	Yellow	Yellow	Green	Red	Yellow	Red	Yellow	Bind G = >175 mL Y = 170-175 mL R = <170 mL
Longissimus cap. et Atlantis	Yellow	Yellow	Yellow	Green	Yellow	Yellow	Green	Yellow	
Longissimus costarum	Red	Green	Green	Yellow	Yellow	Yellow	Yellow	Red	
Longissimus dorsi	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Myoglobin G = >25 mg/g Y = 20-25 mg/g R = <20 mg/g
Levatores costarum	Yellow	Green	Yellow	Yellow	Yellow	Green	Green	Green	
Multifidus & spinalis dorsi	Red	Green	Yellow	Red	Yellow	Red	Green	Green	Collagen G = <10 mg/g Y = 10-15 mg/g R = >15 mg/g
Rhomboidus	Yellow	Green	Yellow	Yellow	Yellow	Yellow	Red	Red	
Scalenius dorsalis	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Yellow	Red	
Serratus ventralis	Red	Green	Yellow	Green	Yellow	Green	Yellow	Green	Myoglobin G = >25 mg/g Y = 20-25 mg/g R = <20 mg/g
Splenius	Green	Yellow	Yellow	Green	Red	Yellow	Yellow	Yellow	
Superficial pectoral	Red	Yellow	Green	Yellow	Yellow	Green	Yellow	Yellow	Collagen G = <10 mg/g Y = 10-15 mg/g R = >15 mg/g
Subscapularis	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	
Supraspinatus	Green	Yellow	Red	Green	Yellow	Red	Green	Red	Collagen G = <10 mg/g Y = 10-15 mg/g R = >15 mg/g
Tensor fascia antibrachii	Green	Yellow	Yellow	Yellow	Red	Green	Yellow	Yellow	
Teres major	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Green	Green	Collagen G = <10 mg/g Y = 10-15 mg/g R = >15 mg/g
Trapezius	Yellow	Green	Green	Green	Red	Green	Black	Black	
Triceps brachii	Yellow	Yellow	Yellow	Red	Yellow	Green	Yellow	Yellow	

**Bovine Myology – Muscle
Profiling Web Site**

Dr. Steve Jones

Univ. of NE

<http://bovine.unl.edu>

Volume - Steaks in Foodservice 2007

<u>Steaks</u>	<u>Pounds in Millions</u>	<u>%</u>
Ribeye and Strip Steaks	373	26
Sirloin	292	21
Other steaks	222	16
Filet Mignon	253	18
T- Bone	62	4.4
Porterhouse	35	2.5
Flat Iron	92	6.5
Petite Tender	40	2.8
Ranch Cut	37	2.6

Muscle Rank based on Tenderness

Rank	Muscle name	Common name	Primal cut	Cortes bovino
1	Psoas major	Tenderloin	Tenderloin	Lomo
2	Infraspinatus	Top blade	Clod	Marucha
3	Spinalis dorsi	Rib cap	Ribeye	Tapa de bife ancho
4	Serrtus ventralis	Boneless short rib	Chuck roll	10 costillas - Plancha
5	Multifidus dorsi		Chuck roll	Aguja
6	Subscapularis		Chuck roll	Tapa de aguja
7	Teres major	Petite tender	Clod	Aguja
8	Rectus femoris	Sirloin tip center	Knuckle	Bola de lomo (centro)
9	Longissimus dorsi	Loin eye	Loin	Bife angosto
10	Obliques internus abdominus	Bottom sirloin flap	Sirloin	Bife grande de vacio
11	Gracilis	Round cap	Inside round	Tapa de nalga
12	Triceps brachii	Clod heart	Clod	Centro de carnaza de paleta
13	Gastrocnemius	Heel	Heel	Bananita
14	Rectus abdominis	Flank	Flank	Bife de vacio
15	Semimembranosus/Adductor	Inside round	Inside round	Nalga de adentro sin tapa
16	Biceps femoris	Outside round flat	Outside round	Cuadrada
17	Supraspinatus	Mock tender	Clod	Chingolo
18	Semitendinosus	Eye of round	Eye of round	Peceto
19	Splenius	Sierra cut	Chuck roll	Aguja
20	Superficial & deep pectoral	Brisket	Brisket	Pecho
21	Gluteus medius	Top sirloin	Sirloin	Cuadril sin tapa
22	Trapezius	Lifter meat	Lifter meat	Tapa de bife ancho
23	Rhomboideus	Hump	Chuck roll	Aguja

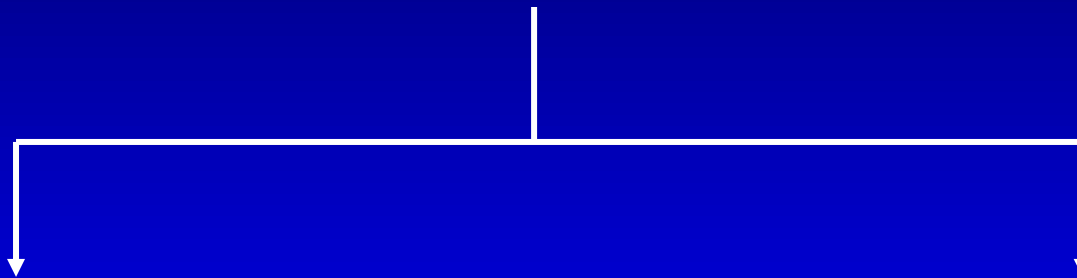
Next Frontier...Chuck Roll



Chuck Roll
NAMP 116A



**Chuck Roll
NAMP 116A**



**Chuck Eye
NAMP 116D**



**Under blade
NAMP 116E**



Chuck Eye Steaks



Boneless, Country-Style Beef Chuck Eye Ribs



America's Beef Roast



Sierra Cut



Denver Cut



The Chuck is on a Roll!

Chuck Eye Roll



Blade Roast



Delmonico Steak
(Chuck Eye
Steak)



**Country-Style
Beef Chuck Ribs**



**America's
Beef Roast**



**Sierra
Cut**



Denver Cut



Delmonico Steak



Sierra Cut



Boneless Country-Style Ribs



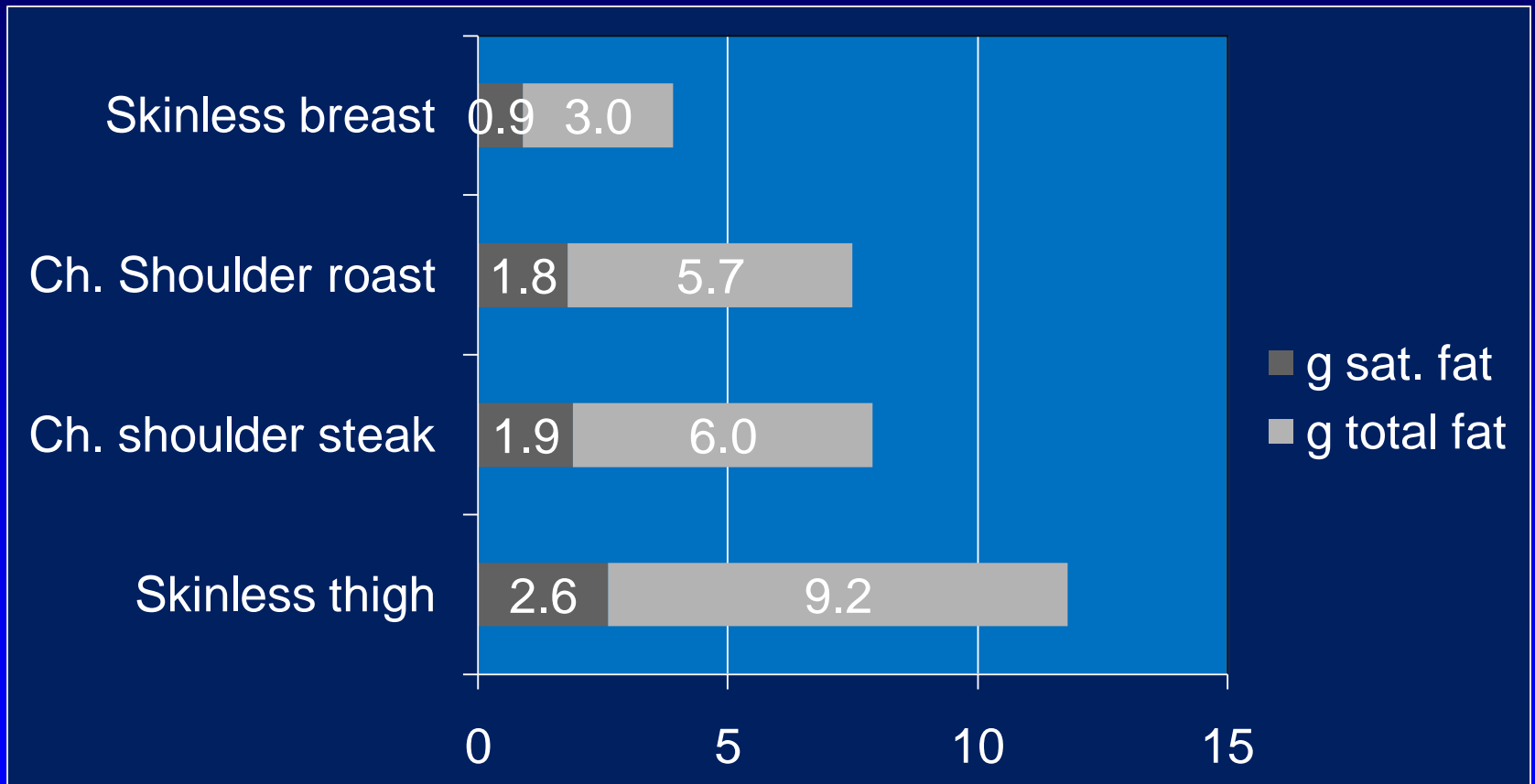
America's Beef Roast



Denver Cut

Lean Beef Cuts – 3 oz serving

Source: USDA, ARS, 2005.



Access to Cutting Sheets and Sell Sheets

- <http://www.beefinnovationsgroup.com/>
- Click on Value-Added Cuts for:
 - How To Cut
 - Sell Sheets



Funded by America's Beef Producers

Steve Pritchard

University of Nebraska-Lincoln Extension
Boone & Nance Counties

402-395-2158

308-536-2691

sritchard1@unl.edu

