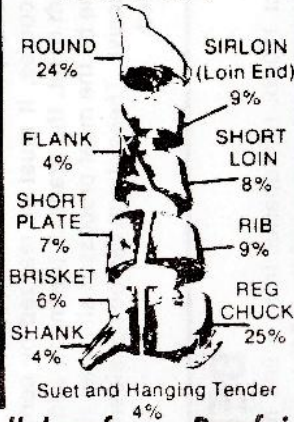


# HOW MUCH EATING MEAT?

## 1,000 lb. STEER



## 590 lbs. GOOD TO CHOOSE BEEF



## 425 lbs. Retail Cuts

Cut	LBS.
PORTERHOUSE, T-BONE & CLUB STEAK	34
SIRLOIN STEAK	40
ROUND STEAK	57
RIB ROAST	36
BONELESS RUMP ROAST	16
CHUCK ROAST	110
HAMBURGER	90
STEW MEAT & MISC. CUTS	42
BONES, FAT, WASTE & SHRINK	165

Cattle are not all beef . . . Beef is not all steak

## How Much Meat In A Steer-Calf-Lamb Or Hog

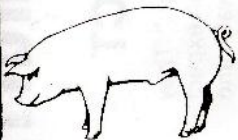
The following table shows the pounds of carcass that you can expect from different classes and grades of livestock. In addition it shows the amount of meat that you can expect to get from each 100 pounds of carcass (dressing percentage).

This dressing percentage will vary with the amount of fat (finish), the amount of weight in the digestive tract and conformation. A thick muscled, fat animal will yield a heavier carcass than one poorly muscled or finished.

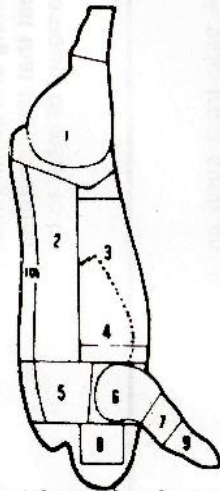
Cutting losses will vary with the amount of boning and closeness of trimming.

	Live Weight	Approx. Dressing	If Dressed Wt. Was:	Approx. Pkg. Wt. Would Be:
<b>BEEF</b>				
Choice	1000 lbs.	59%-62%	590 lbs.	425 lbs.
Good	1000 lbs.	56%-59%	560 lbs.	470 lbs.
Standard	1000 lbs.	50%-53%	500 lbs.	455 lbs.
Commercial	1000 lbs.	48%-53%	480 lbs.	425 lbs.
<b>PORK</b>				
[Head & Leaf Lard In]	210 lbs.	71%	150 lbs.	120 lbs.
<b>VEAL</b>	200 lbs.	61%	122 lbs.	107 lbs.
<b>LAMB</b>	90 lbs.	48%	43 lbs.	33 lbs.

## 210 lb. HOG



## 150 lb. PORK CARCASS



## Pork Carcass Yield

Cut	Approx % of Dressed Wt.	Approx. Lbs.
1. HAM	18%	27
2. PORK LOIN Chops & Roasts	16%	24
3. BACON	16%	24
4. SPARERIBS	4%	6
5. BOSTON BUTTS	6%	10
6. PICNIC SHOULDERS	7%	9
7. PORK HOCKS	3%	4
8. HEAD	5%	8
9. FEET	3%	5
10. LARD	16%	24
Misc. Waste & Sausage Trimmings	6%	9
<b>EATING MEAT</b>		<b>120 lbs.</b>

A hog is not all ham and pork chops

## BEEF CARCASS MEAT YIELD

	APPROX % OF DRESSED WT:	FROM 590 LB. CARCASS
1. ROUND (Slow Cooking Steaks, Roasts)	22%	120-130 lbs.
2. LOIN (Sirloin, T-Bone, Club Steaks)	17%	95-105 lbs.
3. RIBS (Standing & Rolled Rib Roasts)	9%	48-58 lbs.
4. FLANK (Steaks or Stew Meat)	4%	20-25 lbs.
5. CHUCK or SHOULDER (Pot Roast & Slow Cooking Steaks)	26%	148-158 lbs.
6. PLATE (Corned Beef, Stew Meat, Short Ribs)	12%	65-75 lbs.
7. SHANK (Soups & Stews)	4%	20-25 lbs.
8. SUET	6%	30-40 lbs.
	<b>100%</b>	

## AGING . . .

Never "Age" Pork. Instead freeze it as soon as possible after chilling. Only good quality Beef and Lamb should be "Aged" before cutting for storage. Low grade, lean meat will shrink excessively if "Aged." "AGING" means holding the meat (before cutting) at 34 to 38 degrees for seven to ten days.

## FREEZING . . .

Slow freezing is undesirable as it makes for greater breakdown of muscle cells and subsequent greater juice losses when meat is thawed. Freeze at temperatures as far below zero as possible.

Store meat at zero or lower to prevent rapid development of rancidity. The storage temperature should not vary, fluctuations foster dehydration.