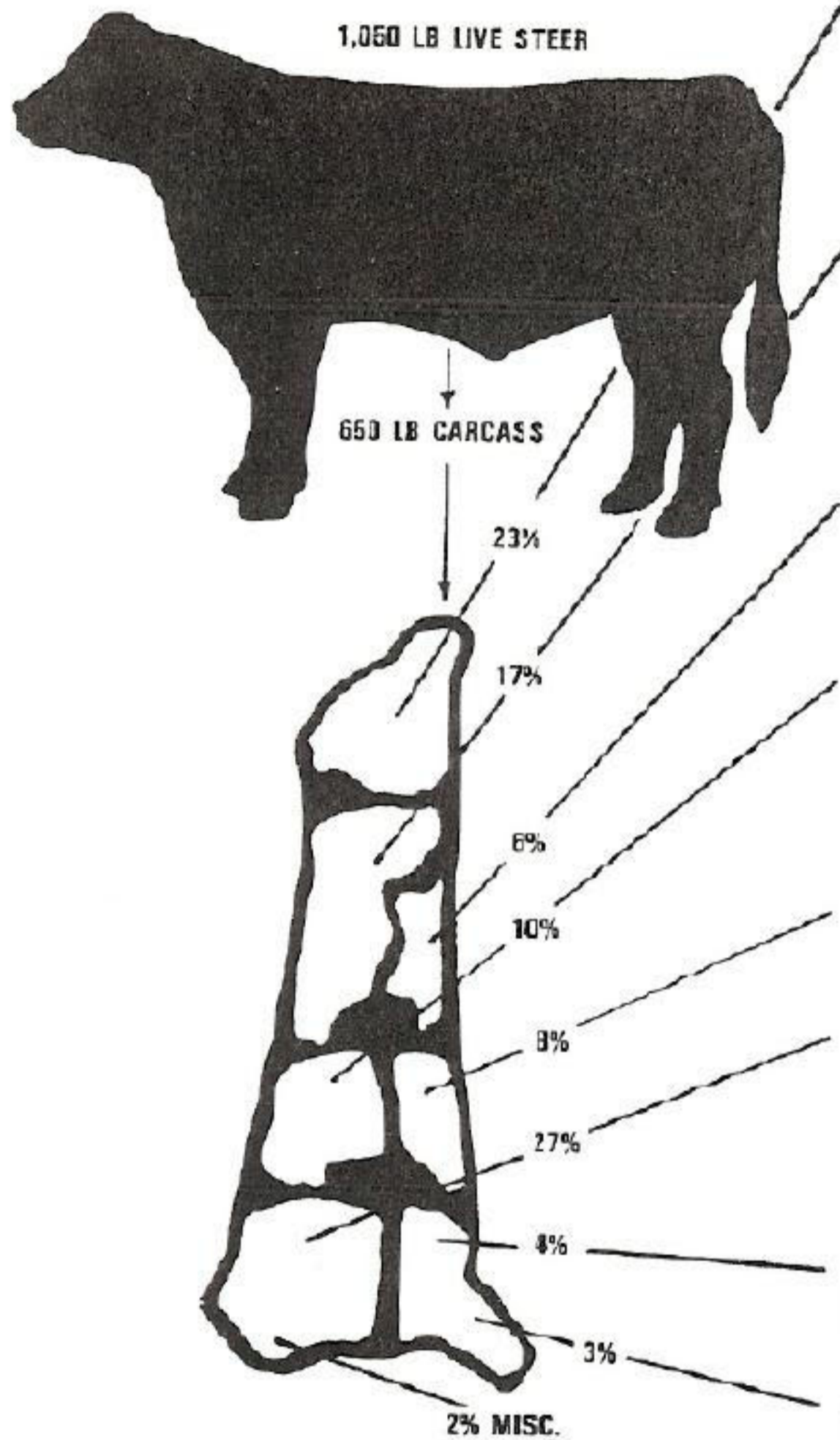


# A STEER IS NOT ALL STEAK!

## STEER CARCASS BREAKDOWN



|                                 | Retail Beef (lb) | Other Products (lb) | Carcass Total (lb) |
|---------------------------------|------------------|---------------------|--------------------|
| <b>ROUND (147.6 lb)</b>         |                  |                     |                    |
| Top round                       | 22.5             |                     |                    |
| Bottom round                    | 21.7             |                     |                    |
| Tip                             | 14.0             |                     |                    |
| Rump                            | 5.1              |                     |                    |
| Stewing beef, ground beef, etc. | 26.3             |                     |                    |
| Fat, bone                       |                  | 58.0                |                    |
| <b>Total</b>                    | <b>99.6</b>      | <b>58.0</b>         | <b>147.6</b>       |
| <b>LOIM (110.5 lb)</b>          |                  |                     |                    |
| Porterhouse steak               | 19.5             |                     |                    |
| T-bone steak                    | 9.9              |                     |                    |
| Top loin steak                  | 5.4              |                     |                    |
| Sirloin steak                   | 43.2             |                     |                    |
| Ground beef                     | 3.0              |                     |                    |
| Fat, bone                       |                  | 29.5                |                    |
| <b>Total</b>                    | <b>81.0</b>      | <b>29.5</b>         | <b>110.5</b>       |
| <b>FLANK (37.1 lb)</b>          |                  |                     |                    |
| Flank steak                     | 3.7              |                     |                    |
| Ground beef                     | 13.8             |                     |                    |
| Fat                             |                  | 19.6                |                    |
| <b>Total</b>                    | <b>17.5</b>      | <b>19.6</b>         | <b>37.1</b>        |
| <b>RIB (62.0 lb)</b>            |                  |                     |                    |
| Rib roast                       | 25.4             |                     |                    |
| Rib steak                       | 13.0             |                     |                    |
| Short ribs                      | 1.9              |                     |                    |
| Braising beef, ground beef      | 6.5              |                     |                    |
| Fat, bone                       |                  | 12.2                |                    |
| <b>Total</b>                    | <b>46.8</b>      | <b>12.2</b>         | <b>62.0</b>        |
| <b>PLATE (54.0 lb)</b>          |                  |                     |                    |
| Plate, stew, short ribs         | 43.2             |                     |                    |
| Fat, bone                       |                  | 10.8                |                    |
| <b>Total</b>                    | <b>43.2</b>      | <b>10.8</b>         | <b>54.0</b>        |
| <b>CHUCK (176.8 lb)</b>         |                  |                     |                    |
| Blade roast                     | 63.6             |                     |                    |
| Arm pot roast                   | 23.9             |                     |                    |
| Cross rib pot roast             | 22.1             |                     |                    |
| Stew, ground beef               | 34.4             |                     |                    |
| Fat, bone                       |                  | 32.8                |                    |
| <b>Total</b>                    | <b>144.0</b>     | <b>32.8</b>         | <b>176.8</b>       |
| <b>BRISKET (27.3 lb)</b>        |                  |                     |                    |
| Boneless brisket                | 11.0             |                     |                    |
| Fat, bone                       |                  | 16.3                |                    |
| <b>Total</b>                    | <b>11.0</b>      | <b>16.3</b>         | <b>27.3</b>        |
| <b>FORESHANK (18.9 lb)</b>      |                  |                     |                    |
| Shank meat                      | 9.0              |                     |                    |
| Bone                            |                  | 9.9                 |                    |
| <b>Total</b>                    | <b>9.0</b>       | <b>9.9</b>          | <b>18.9</b>        |
| <b>MISCELLANEOUS (15.8 lb)</b>  |                  |                     |                    |
| Kidney, hanging tender          | 3.7              |                     |                    |
| Fat, suet, shrink, and loss     |                  | 12.1                |                    |
| <b>Total</b>                    | <b>3.7</b>       | <b>12.1</b>         | <b>15.8</b>        |
| <b>TOTAL</b>                    | <b>448.8</b>     | <b>201.2</b>        | <b>650.0</b>       |

Fig. 14-13. Cattle are not all beef, and beef is not all steak! This shows the approximate (1) percentage yield of carcass in relation to the weight of the animal on foot, and (2) the yield of different retail cuts. Note that a 1,050 lb live steer produces approximately a 650-lb carcass, and ends up with only 448.8 lb of retail beef. Note, too, the small amount of steak. (Source: Adapted by the author from *Meat Facts*, published by the American Meat Institute, Washington, DC. Data derived from USDA and industry figures.)

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