Beef Eye of Round Roast Boneless*
Cut from the eye of round muscle, which is separated from the bottom round.

URMIS # Select Choice
Boneless 1480 2295

Sometimes referred to as: Round Eye Pot Roast
Roast, Braise, Cook in Liquid

Beef Eye of Round Steak Boneless*
Same muscle structure as the Eye of Round Roast. Usually cut less than 1 inch thick.

URMIS # Select Choice
Boneless 1481 2296

**Marinate before cooking**
Grill,** Pan-broil,** Pan-fry,** Braise,
Cook in Liquid

Beef Round Tip Roast Cap-Off Boneless*
Wedge-shaped cut from the thin side of the round with “cap” muscle removed.

URMIS # Select Choice
Boneless 1526 234 1
Sometimes referred to as: Ball Tip Roast, Cap Off Roast, Beef Sirloin Tip Roast, Knuckle Peeled Roast, Grill (indirect heat), Braise, Cook in Liquid

Beef Round Tip Steak Cap-Off Boneless*
The muscle structure as Tip Roast, cut into 1-inch thick steaks.

URMIS # Select Choice
Boneless 1535 2350
Sometimes referred to as: Ball Tip Steak, Trimmed Tip Steak, Knuckle Steak, Peeled
**Marinate before cooking**
Grill,** Broil,** Pan-broil,** Pan-fry, ** Stir-fry

Beef Cubed Steak
Square or rectangular-shaped. Cubed effect made by machine that tenderizes mechanically. May be made from several lean sections.

URMIS # Select Choice
Boneless 1709 2524
**Marinate before cooking**
Grill,** Pan-broil,** Pan-fry, Braise

*Less than 10 grams total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3.5 ounce serving, cooked, visible fat trimmed
ACKNOWLEDGEMENTS

Some photographs in *The Guide to Identifying Meat Cuts* are taken from the *Uniform Retail Meat Identity Standards* manual. Appreciation is expressed to the North American Meat Processors Association, the U.S. Meat Export Federation, the National Pork Board and the American Lamb Board for permission to use photographs.

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1910 Association Drive
Reston, Virginia 20191
Phone: 703.758.1900
www.namp.com

**U.S. Meat Export Federation**
1855 Blake Street, Suite 200
Denver, Colorado 80202
Phone: 303.623.MEAT (6328)
www.usmef.org
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</tbody>
</table>
WHAT CUT IS THIS? HOW SHOULD I COOK IT?

In 1973, a method for identifying meat cuts was developed by a meat industry committee to simplify and standardize the perplexing array of fresh meat cuts and their names. The Uniform Retail Meat Identity Standards (URMIS) program, adopted by food stores, was seen as a guarantee for consumers that the same cut of meat would have the same name in every store, in every city across the country.

Under the URMIS system, each retail meat cut label contains a three part name which identifies 1) the kind of meat (beef, pork, lamb or veal), 2) the primal (or wholesale) cut name, and 3) the retail or consumer name.

The following label illustrates how the three part name would be identified on the label:

A The species, or kind of meat – BEEF, PORK, LAMB OR VEAL – is listed first on every label.

B The primal (wholesale) cut – CHUCK, RIB, LOIN, ROUND, etc. – indicates the anatomical location.

C The retail cut – BLADE ROAST, RIB CHOPS, TENDERLOIN TIPS, etc. – identifies what part of the primal cut the meat comes from.
What is the U.P.C. Number?

In October of 1984, a guideline for assigning retail variable measure identification numbers was approved and the Universal Product Code (U.P.C.) for variable measure meat products was born. The U.P.C. is a standard for encoding a set of lines and spaces that can be scanned and interpreted into numbers to identify a product. With funding from the beef, lamb and pork checkoff programs, as well as participating retailers, www.MeatTrack.com was launched in 2004 to create and manage standards for meat and poultry U.P.C. numbers and descriptions by providing a tool for streamlining the Meat Variable Measure U.P.C. and URMIS standardization process. More than 4,000 different names have been given to retail cuts of beef, pork, veal, lamb, turkey and chicken. Standardizing these cuts has made it easier for retailers to manage inventory, provide labeling, and implement scanning for variable measure meat items. MeatTrack.com offers an automated, real-time system that substantially reduces the retailer’s time for processing U.P.C requests.

Other Labeling Programs

Beef Made Easy* is a program specifically designed for fresh beef products to further simplify identification for today’s busy consumers. Retailers who have adopted this program organize the fresh beef section by cooking method enhanced by color-coded signage and product labels with cooking directions. It allows shoppers to find the right cut for the meal they want to prepare at point of purchase.

Natural and Organic Labeling is often confusing to consumers who may think they are interchangeable terms. In fact, there are significant differences.

The Food Safety and Inspection Service (FSIS) defines a natural product as one “containing no artificial flavor or coloring ingredient, or chemical preservative, or any other artificial or synthetic ingredient; and the product and its ingredients are not more than minimally processed.”

The label must explain the use of the term natural (such as – no added colorings or artificial ingredients; minimally processed). Given this definition, most fresh meat products are natural.
Certified organic meat must meet the U.S. Department of Agriculture’s (USDA) National Organic Program standards set by the Organic Foods Production Act in 1990. For red meat products, organic animals must be raised separately from those raised conventionally and must have access to pasture. Other specific production methods are:

- All feed must be free of animal by-products and be 100% organic.
- No growth hormones or antibiotics can be used. However, if an animal is sick, the animal cannot be denied treatment. Any animal that is treated with antibiotics is taken out of the USDA National Organic Program (NOP).
- Animals can receive preventative medical care, such as vaccines and dietary supplements (vitamins and minerals).
- Living conditions must accommodate the health of the animal and its natural behavior.

For more information about the national organic program, go to www.ams.usda.gov/nop/.

Country of Origin Labeling (COOL) became mandatory in the 2002 Farm Bill and is applicable to beef, lamb, pork, fish, perishable agricultural commodities and peanuts. The Food, Conservation and Energy Act of 2008 (2008 Farm Bill) expands the list of covered commodities to include chicken, goat meat, ginseng, pecans and macadamia nuts. The law states that retailers may use a label, stamp, mark, placard or other clear and visible sign on the package, display, holding unit or bin containing the product at the final point of sale to consumers. The law for red meat was implemented on September 30, 2008. The intent of COOL is to provide consumers with additional information before making purchasing decisions. COOL is a retail labeling program and not a food safety or animal health measure. For more information, go to www.ams.usda.gov/cool/.

A meat product from beef (including veal), pork, lamb, chicken, or goat must bear a COOL label if:
1. It is sold at retail,
   AND
2. It is a muscle cut, or
3. It is a ground product.
The product is **EXEMPT** from COOL labeling requirements if:

1. The meat product is sold at foodservice (e.g., restaurants, institutions, etc.),
   **OR**
2. The meat product has undergone specific processing resulting in a change of character (e.g., cooking, curing, smoking or restructuring) or has been combined with at least one other covered commodity or other substantive food component.

**Nutrition Labeling**

In January 2001, the USDA’s Food Safety and Inspection Service (FSIS) proposed to extend mandatory nutrition labeling to single-ingredient raw meat and poultry products. Nutrition information for major cuts of meat would be required either on labels or at their point of purchase on posters or brochures. Nutrition information for ground beef products would be required on package labels. Currently, nutrition labeling of beef is not mandatory. Information on the final ruling for nutrition labeling will be available at [www.fsis.usda.gov/Regulations_&_Policies/Nutrition_Labeling](http://www.fsis.usda.gov/Regulations_&_Policies/Nutrition_Labeling).
WHY IS IT IMPORTANT?

A primal cut is a larger section of a carcass from which retail cuts are made. For example, the “chuck,” a primal cut, is the shoulder portion of a beef carcass. Knowing the part of the carcass from which a retail cut is made is a good indicator of the relative tenderness of a cut and can help consumers decide which method of cookery to use in preparing a cut. Generally, the most tender meat is from muscles which are not used greatly in movement and which have smaller amounts of connective tissue. Therefore, meat from suspension muscles is frequently more tender than meat from locomotion muscles. The rib and loin primals are made up of suspension muscles (tender) and are found along the middle of the animal’s back. The locomotion muscles are found in the remaining primals which are usually less tender (chuck, flank, round, brisket).

Knowing the link between relative tenderness and a cut’s primal, it is sometimes best to choose a moist-heat cookery method to prepare cuts from the less tender primals. However, there are recent innovations in the beef industry resulting in new cuts, or muscles, from the chuck and the round offering similar tenderness as many cuts from the rib and the loin. These newly fabricated cuts make lean, tender steaks and roasts, thus offering consumers more variety and quality choices in the meat case.

Age of the animal can also have an effect on meat tenderness. For instance, lamb, pork and veal are marketed at a younger age than beef. Cuts from the ham (or leg) of pork, comparable in location to a beef round, tend to be quite tender. A leg of veal or lamb likewise tends to be tender. However, shoulder cuts, in general, are less tender.
KEEPING MEAT SAFE

Many interventions are in place to assure the safety of American meat products. However, just as important as all safety practices implemented during the production process, is safe handling by the consumer. Educating consumers is, therefore, a responsibility for all sectors of the meat industry. Use the information that follows to respond to consumer questions and raise awareness of their role in keeping meat safe.

Bacteria, which are found naturally on every surface and in the air around us, are the major cause of food spoilage and foodborne illness. Bacteria can double every six hours at 40°F and every hour at 50°F. Muscle tissue of healthy animals is virtually sterile, so the main way bacteria invade is during processing, handling and preparation. Retailers and consumers can minimize the risk of contracting foodborne illness by practicing safe food handling and storage.

Another label you will find on all fresh meat cuts is “Safe Handling Instructions.” This label provides important food safety guidelines for handling fresh meat.

Safe Handling Instructions
This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.

- Keep refrigerated or frozen.
- Thaw in refrigerator or microwave.
- Keep raw meat and poultry separate from other foods.
- Cook thoroughly.
- Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.
- Keep hot foods hot. Refrigerate leftovers immediately or discard.
Use the following USDA guidelines to inform consumers about safe storage, handling and cooking of fresh meat products.

**THAW LAW**

Defrosting meats in the refrigerator prevents bacterial growth. When the microwave oven is used for defrosting, the food should be cooked immediately since partial cooking may occur, and this stage can promote bacterial growth. Never defrost at room temperature.

**THE HEAT IS ON**

Adequate cooking destroys most bacteria. Use the following USDA guidelines for food-safe internal cooking temperatures. Always use a thermometer to accurately determine doneness temperatures.

### USDA Recommended Safe Minimum Internal Temperatures

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steaks &amp; Roasts</td>
<td>145°F</td>
</tr>
<tr>
<td>Fish</td>
<td>145°F</td>
</tr>
<tr>
<td>Pork</td>
<td>160°F</td>
</tr>
<tr>
<td>Ground Beef</td>
<td>160°F</td>
</tr>
<tr>
<td>Egg Dishes</td>
<td>160°F</td>
</tr>
<tr>
<td>Chicken Breasts</td>
<td>165°F</td>
</tr>
<tr>
<td>Whole Poultry</td>
<td>165°F</td>
</tr>
</tbody>
</table>
TACKLING CROSS-CONTAMINATION

Bacteria can spread from one food to another through cross-contamination. To decrease this risk:

- Keep raw meats, poultry and seafood and their juices separate from ready-to-eat foods, both in the refrigerator and during meal preparation.
- Don’t place cooked foods on the same plate that held raw meats, poultry or seafood.
- Use separate cutting boards for raw animal products and ready-to-eat foods, such as fruits and vegetables.
- Always wash hands thoroughly in hot, soapy water before preparing or eating food and after handling raw meats, poultry and seafood.
- Clean all cooking utensils and countertops that have come in contact with raw meats, poultry and seafood with hot, soapy water.

COMMON FOODBORNE PATHOGENS

**E. coli O157:H7** is one of hundreds of strains of the bacterium *Escherichia coli*. Although most strains of this bacterium are harmless and live in the intestines of healthy humans and animals, this particular strain produces a powerful toxin that can cause illness. Eating food that has not been cooked sufficiently to kill bacteria such as E. coli O157:H7 can cause severe illness in humans.

**Salmonella** is a group of bacteria found in the digestive track of many animals, including poultry and cattle. Salmonella can cause illness when ingested in raw or undercooked eggs, poultry or meats and also can contaminate other foods.

**Listeria monocytogenes** is a bacterium that can be found throughout the environment, including soil and water, and also may be carried by humans and animals. Listeria can cause severe illness, especially in vulnerable populations, including pregnant women, the elderly and those with weakened immune systems. Although Listeria is destroyed by cooking and pasteurization, it can grow readily at refrigeration temperatures.
Beef cattle are the largest of the traditional meat animals. Therefore, retail cuts of beef are generally larger than others found in the retail case. While beef cattle may be marketed as young as nine months of age, retail cuts typically come from animals 16 to 22 months old. The distinctive bright, cherry-red color of beef makes it easy to identify.

In 2005, the Beef Checkoff funded the National Beef Market Basket Survey to gain knowledge of the present state of raw beef in retail throughout the country and to compare the information from this survey to that shown in USDA’s Nutrient Database. USDA’s database is the authoritative food composition database for most foods, including beef, and is used regularly for research, to develop food policy and to monitor Americans’ nutrient intake. The Market Basket Study showed that the retail beef currently available in the meat case is leaner than ever before. Over the last 20 years, the American beef industry has responded to consumer desires and is providing significantly leaner products primarily through closer fat trim in the retail case. Now, 29 cuts of beef meet government guidelines for lean (less than 10 grams total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3.5 ounce serving). These cuts represent about 2/3rds of all fresh beef sales at retail.
Nutrition Labeling at the Meat Case

Though some of the nutrient data reflecting today’s beef has been added to USDA’s Nutrient Database, a portion of the data applies to beef cuts analyzed decades ago and, as a result, provides an inaccurate picture of beef’s nutrient contribution to the American diet. Unfortunately, some of the data fosters the nutrient misperception that beef has too much fat. In 2007, The Beef Checkoff initiated collaborations with three universities and USDA’s Agricultural Research Service to update the database with new information for today’s more closely trimmed and leaner cuts. In addition, the Uniform Retail Meat Identity Standards (URMIS) numbers for 190 beef cuts have been added to facilitate the identification of cuts for retailers. To support nutrition labeling at the fresh meat case, retailers are able to access the database, as well as a special retailers’ data table, and be confident they are providing their customers with the most accurate information available.

Beef’s Nutrient-Rich Profile

Beef is a naturally nutrient-rich powerhouse. Just one 3-ounce serving of beef is an “excellent” source of five essential nutrients: protein, zinc, vitamin B₁₂, selenium and phosphorus. And it’s a “good” source of niacin, choline, vitamin B₆, iron and riboflavin.
BEEF VALUE CUTS

Beef checkoff-funded Muscle Profiling research was initiated in the late 1990s with the goal of improving the then declining value of the beef chuck and round in relation to middle meat cuts. This in-depth research identified several “diamonds in the rough,” or individual muscles that were often overlooked but perform very well individually as value-added cuts. The line consists of steaks and roasts that help meat processors, manufacturers, retailers, foodservice operators and cattle producers improve overall profitability while supplying more options to their customers. They allow consumers to enjoy more great tasting steaks and roasts that are easy to prepare and often moderately priced. Several of these cuts have grown in popularity and are now being manufactured throughout the United States and sold through retail and foodservice outlets. All of the cuts listed below have been launched to the industry. Several more cuts from the round are in the development process.

Chuck Roll Value-Added Cuts:
- Beef Chuck Eye Roast Boneless (America’s Beef Roast)
- Beef Chuck Eye Country Style Ribs Boneless
- Beef Chuck Eye Steak Boneless (Delmonico Steak)
- Beef Chuck Under Blade Center Steak Boneless (Denver Cut)
- Beef Chuck Under Blade Flat Boneless (Sierra Cut)

Shoulder Clod Value-Added Cuts:
- Beef Shoulder Top Blade Steak Boneless (Flat Iron)
- Beef Shoulder Petite Tender Boneless
- Beef Shoulder Center Steak Boneless (Ranch Steak)

Round Value-Added Cuts:
- Beef Bottom Round Steak Boneless (Western Griller)
- Beef Bottom Round Rump Steak Boneless (Western Tip)
- Beef Round Sirloin Tip Side Steak and Roast
- Beef Round Sirloin Tip Center Steak and Roast

For more info on Beef Value Cuts, visit the Beef Checkoff Web site for new beef and veal product development at www.beefinnovationsgroup.com.
BEEF ALTERNATIVE MERCHANDISING

In recent years, larger beef subprimals, when traditionally fabricated, have often resulted in oversized cuts that do not meet the needs of the marketplace. The Beef Alternative Merchandising (BAM) program was developed to respond to the retailer’s need to merchandise smaller portions from these larger subprimals. In addition, today’s consumers make food choices based on both taste and nutrition, and portion size can be an important consideration.

BAM is a merchandising program featuring two steaks, three filets and three roasts. The steaks and filets are portioned into healthful 4- to 6-ounce sizes; the petite roasts are prepared in quick-to-cook 1 1/2- to 2 1/2-pound sizes. With these versatile new cuts, BAM will help retailers extend their line – adding a new filet category – and give customers leaner, healthful beef selections.

<table>
<thead>
<tr>
<th>Traditional</th>
<th>BAM Option</th>
</tr>
</thead>
</table>
| Beef Loin, Top Sirloin Butt | Beef Top Sirloin Filet  
Beef Top Sirloin Cap Steaks  
Beef Top Sirloin Petite Roast |
| Beef Top Loin | Beef Top Loin Filet  
Beef Top Loin Petite Roast |
| Beef Rib, Ribeye, Lip On | Beef Ribeye Filet  
Beef Ribeye Cap Steak  
Beef Ribeye Petite Roast |

For cutting demos of the new BAM cuts, go to www.beefretail.org and click on Beef Alternative Merchandising (BAM) under the Product Information tab on the menu bar.
BEEF INSPECTION, GRADING & CERTIFICATION

Beef Inspection

Meat production is the most highly regulated segment of the food industry. All meat sold must, by law, be inspected for wholesomeness. While the USDA’s Food Safety and Inspection Service develops rules and regulations for the production of safe foods, the beef industry also takes responsibility for producing the safest product possible. Food safety begins with the cattle producer. The commitment continues through the wholesaler/retailer, includes regulatory verification, and ends with the consumer.

Beef Grading

Unlike mandatory inspection, beef quality and yield grading is voluntary and paid for by meat packers and, ultimately, consumers. Grading sets standards of quality and yield used in the buying and selling of beef.

The meat grading program is administered by the USDA. Quality grades indicate palatability, tenderness, juiciness and flavor of the cooked beef. Yield grades are used at the wholesale level to indicate which carcasses will provide the most edible beef. Both quality and yield grades are determined by measuring and assessing carcass characteristics.

The eight USDA quality grades are – Prime, Choice, Select, Standard, Commercial, Utility, Cutter, Canner. Muscle firmness, color, texture, maturity and marbling are the factors that determine quality grades. A high amount of marbling is desirable. The top three quality grades (Prime, Choice and Select) are the ones most familiar to consumers. Prime is typically sold to restaurants, although some specialty markets may carry it. Choice is the most widely available grade in the market followed by Select.

Prime

Choice

Select
The five maturity groups are – “A” through “E” with “A” indicating carcasses from the youngest animals. Maturity is one of the most important quality factors since meat from older animals is typically less tender. Mature cattle carcasses (about 42 months or older) are typically not graded. Maturity is determined by examining the bone ossification.

The five yield grades are – 1 through 5. The factors used to determine yield grades of carcasses are amount of external fat, carcass weight and ribeye size. The lower the grade number the higher the yield of boneless, closely trimmed retail cuts (cutability).

**Instrument Grading**

For many years, the beef industry has been working towards an instrument quality and yield grade system to augment grading of beef carcasses. Instruments that assist in applying yield grades to beef carcasses have been approved and are in place across the country. Recently, the USDA has approved grading instruments to assist in determining the official quality grade and in evaluating factors for certified branded beef programs. To ensure a seamless and transparent transition into technology-augmented beef grading, the Department of Agriculture (USDA), Agricultural Marketing Service (AMS), Livestock and Seed Program conducted a pilot test to align instrument technology outputs with the grades assigned by the USDA graders. This approach logically ensures that the transition to instrument-augmented grading results in enhanced accuracy and precision of grade application.
## Beef Chuck Arm Pot Roast and Steak *

Contains round arm bone and may contain cross sections of rib bones. Includes several muscles that vary in size and are separated by connective tissue. Steak cut thinner than roast, usually about 1/2 inch thick.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
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</thead>
<tbody>
<tr>
<td>Bone-In Roast</td>
<td>1048</td>
<td>1863</td>
</tr>
<tr>
<td>Bone-In Steak</td>
<td>1050</td>
<td>1865</td>
</tr>
</tbody>
</table>

*Roast sometimes referred to as: Arm Chuck Roast, Chuck Round Bone Cut, Round Bone Pot Roast, Round Bone Roast

*Steak sometimes referred to as: Arm Swiss Steak, Chuck Steak for Swissing, Round Bone Steak, Round Bone Swiss Steak

### Beef Chuck Arm Pot Roast and Steak Boneless**

Same as Arm Pot Roast except arm bone and rib bones removed.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boneless Roast</td>
<td>1049</td>
<td>1864</td>
</tr>
<tr>
<td>Boneless Steak</td>
<td>1056</td>
<td>1871</td>
</tr>
</tbody>
</table>

*Roast sometimes referred to as: Chuck Arm Roast, Cross Rib Roast, Shoulder Clod Roast

*Steak sometimes referred to as: Boneless Round Bone Steak, Boneless Swiss Steak, Cross Rib Steak, Shoulder Clod Steak

## Beef Shoulder Center Steak Boneless (Ranch Steak)*

The largest of the five muscles in the shoulder clod cut into 1-inch thick steaks across the grain. All connective tissue removed.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boneless</td>
<td>1162</td>
<td>1977</td>
</tr>
</tbody>
</table>

## Beef Shoulder Petite Tender Boneless*

Single muscle (teres major) resting on top of the shoulder clod. Can be cut as roast or medallions.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roast</td>
<td>1030</td>
<td>1845</td>
</tr>
<tr>
<td>Medallions</td>
<td>1164</td>
<td>1979</td>
</tr>
</tbody>
</table>

*Less than 10 grams total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3.5 ounce serving, cooked, visible fat trimmed

**Use of term “pot” optional
## Beef Short Ribs

Short ribs are cut lengthwise between the ribs and contain rib bones. Boneless Short Ribs are Short Ribs with bones removed. Flanken Style Ribs are cut across the ribs and are usually cut thinner than Short Ribs.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Chuck Short Ribs Bone-In</td>
<td>1124</td>
<td>1939</td>
</tr>
<tr>
<td>Beef Chuck Short Ribs Boneless</td>
<td>1127</td>
<td>1942</td>
</tr>
<tr>
<td>Beef Rib Short Ribs Bone-In</td>
<td>1259</td>
<td>2074</td>
</tr>
<tr>
<td>Beef Rib Short Ribs Boneless</td>
<td>1265</td>
<td>2080</td>
</tr>
<tr>
<td>Beef Chuck Flanken Style Rib Bone-In</td>
<td>1107</td>
<td>1922</td>
</tr>
</tbody>
</table>

**Short Ribs Boneless sometimes referred to as:**
Bonesless Braising Ribs, Boneless Beef Short Ribs

**Flanken Style Ribs Bone-In sometimes referred to as:**
Barbecue Ribs, Braising Ribs, Flanken Short Ribs, Kosher Ribs

## Beef Chuck Blade Roast and Steak

Contains blade bone, backbone, rib bone and a variety of muscles. Roast usually cut about 2 inches thick and steaks cut thinner.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone-In Roast</td>
<td>1064</td>
<td>1879</td>
</tr>
<tr>
<td>Bone-In Steak</td>
<td>1066</td>
<td>1881</td>
</tr>
</tbody>
</table>

**Roast sometimes referred to as:**
Chuck Roast Blade Cut, Chuck Roast 1st Cut

**Steak sometimes referred to as:**
Chuck Steak Blade Cut, Chuck Steak 1st Cut

## Beef Chuck 7-Bone Pot Roast and Steak*

Cut from center of the blade portion of the chuck. Identified by the 7-shaped blade bone. Contains backbone, rib bone, and a variety of muscles. Steak cut thinner, usually about 1 inch thick.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone-In Roast</td>
<td>1033</td>
<td>1848</td>
</tr>
<tr>
<td>Bone-In Steak</td>
<td>1035</td>
<td>1850</td>
</tr>
</tbody>
</table>

**Roast sometimes referred to as:**
Center Cut Pot Roast, Chuck Roast Center Cut, 7-Bone Roast

**Steak sometimes referred to as:**
Center Chuck Steak, Chuck Steak Center Cut

## Beef Chuck Under Blade Pot Roast and Steak Boneless*

Bones removed from Under Blade Pot Roast, leaving chuck eye and several other muscles. Steak cut thinner, usually about 1 inch thick.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boneless Roast</td>
<td>1151</td>
<td>1966</td>
</tr>
<tr>
<td>Boneless Steak</td>
<td>1158</td>
<td>1973</td>
</tr>
</tbody>
</table>

**Roast sometimes referred to as:**
Boneless Roast Bottom Chuck, Boneless California Roast, Inside Chuck Roast

**Steak sometimes referred to as:**
Boneless Chuck Steak, Boneless Bottom Chuck Steak, Chuck Fillet Steak, Boneless Under Cut Steak

---

*Use of term “pot” optional

**Marinate before cooking**
**Beef Chuck Under Blade Center Steak Boneless (Denver Cut)**

Largest, single muscle from the Under Blade with all fat and connective tissue removed from the outside. Steaks cut across the grain, usually about 3/4 inch thick.

<table>
<thead>
<tr>
<th>URMIS #</th>
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</thead>
<tbody>
<tr>
<td>Boneless</td>
<td>1098</td>
<td>1913</td>
</tr>
</tbody>
</table>

**Grill, Pan-broil, Broil**

**Beef Chuck Under Blade Flat Boneless (Sierra Cut)**

Single, flat muscle that lies on top of the Under Blade with all fat and connective tissue removed from outside. Similar in size and shape to a Flank Steak.

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<th>URMIS #</th>
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<tbody>
<tr>
<td>Boneless</td>
<td>1097</td>
<td>1912</td>
</tr>
</tbody>
</table>

**Braise**, **Grill**, **Broil**

**Marinate before cooking**

**Beef Chuck Mock Tender Roast and Steak Boneless***

Boneless cut removed from above the ridge of the blade bone. Consists of a single tapering muscle with minimal fat covering. Steak cut 1 inch or less thick.

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<thead>
<tr>
<th>URMIS #</th>
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</thead>
<tbody>
<tr>
<td>Boneless Roast</td>
<td>1115</td>
<td>1930</td>
</tr>
<tr>
<td>Boneless Steak</td>
<td>1116</td>
<td>1931</td>
</tr>
</tbody>
</table>

**Braise, Cook in Liquid**

*Roast sometimes referred to as: Chuck Eye, Chuck Fillet, Medallion Pot Roast, Scotch Tender*

**Steak sometimes referred to as: Chuck Eye Steak, Chuck Fillet Steak, Chuck Tender Steak, Fish Steak**

**Beef Shoulder Top Blade Steak Boneless**

Top Blade Roast cut into full oval-shaped steaks with all natural internal connective tissue intact.

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<thead>
<tr>
<th>URMIS #</th>
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<tbody>
<tr>
<td>Boneless</td>
<td>1144</td>
<td>1959</td>
</tr>
</tbody>
</table>

**Grill, Broil, Pan-fry, Stir-fry, Pan-broil, Braise, Cook in Liquid**

*Sometimes referred to as: Book Steak, Butler Steak, Lifter Steak, Petite Steak, Boneless Top Chuck Steak*

*Less than 10 grams total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3.5 ounce serving, cooked, visible fat trimmed*
Beef Shoulder Top Blade Steak Boneless (Flat Iron)

Same muscle structure as Top Blade Steaks but cut into a fillet with all natural internal connective tissue removed. Can be left whole or cut into portions.

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<tr>
<th>URMIS #</th>
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</thead>
<tbody>
<tr>
<td>Boneless</td>
<td>1166</td>
<td>1981</td>
</tr>
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</table>

Grill, Skillet

Beef Chuck Eye Roast Boneless

Boneless cut containing inside muscles of the blade portion of the chuck. The larger, oval-shaped muscle is a continuation of the ribeye muscle from the rib.

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<thead>
<tr>
<th>URMIS #</th>
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<tbody>
<tr>
<td>Boneless</td>
<td>1095</td>
<td>1910</td>
</tr>
</tbody>
</table>

Sometimes referred to as: Boneless Chuck Roll, Boneless Chuck Fillet, Inside Chuck Roll, America’s Beef Roast

Roast, Braise, Cook in Liquid

Beef Chuck Eye Steak Boneless

Same muscle structure as the Chuck Eye Roast, but cut into steaks, usually about 1 inch thick.

<table>
<thead>
<tr>
<th>URMIS #</th>
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<tbody>
<tr>
<td>Boneless</td>
<td>1102</td>
<td>1917</td>
</tr>
</tbody>
</table>

Sometimes referred to as:
Boneless Chuck Fillet Steak, Boneless Steak Bottom Chuck, Boneless Chuck Slices, Delmonico Steak

Grill, Broil, Pan-fry, Pan-broil

Beef Chuck Eye Country-Style Ribs Boneless

Same muscle structure as the Chuck Eye Steaks but cut into strips by splitting 1 1/4- to 1 1/2-inch thick pieces lengthwise.

<table>
<thead>
<tr>
<th>URMIS #</th>
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</thead>
<tbody>
<tr>
<td>Boneless</td>
<td>1096</td>
<td>1911</td>
</tr>
</tbody>
</table>

Braise, Braise and finish on grill
Beef Shank Cross Cuts Bone-In and Boneless*

Cut from the hindshank or foreshank, perpendicular to the bone. Usually 1 to 2½ inches thick. Boneless version has shank bone removed.

<table>
<thead>
<tr>
<th>URMIS #</th>
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</thead>
<tbody>
<tr>
<td>Bone-In</td>
<td>1636</td>
<td>2451</td>
</tr>
<tr>
<td>Boneless</td>
<td>1639</td>
<td>2454</td>
</tr>
</tbody>
</table>

Bone-In sometimes referred to as:  
Center Beef Shanks,  
Fore Shanks for Soup, Bone-In

Boneless sometimes referred to as:  
Boneless Beef Shanks,  
Boneless Fore Shanks for Soup

Beef Brisket Whole Boneless

Cut from the breast section between foreshank and plate. Contains layers of fat, but no bones.

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<tr>
<th>URMIS #</th>
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<tbody>
<tr>
<td>Boneless</td>
<td>1615</td>
<td>2430</td>
</tr>
</tbody>
</table>

Sometimes referred to as: Fresh Beef Brisket, Whole Brisket, Boneless Brisket

Beef Brisket Point Half Boneless

Forward portion of the Whole Brisket, tapering to a point. Contains layers of fat and lean.

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<tr>
<th>URMIS #</th>
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<tbody>
<tr>
<td>Boneless</td>
<td>1628</td>
<td>2443</td>
</tr>
</tbody>
</table>

Sometimes referred to as: Brisket Front Cut, Brisket Point Cut, Brisket Thick Cut, Brisket Nose Cut

Beef Brisket Flat Half Boneless*

Rear portion of the Whole Brisket with sides nearly parallel.

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<tr>
<th>URMIS #</th>
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<tbody>
<tr>
<td>Boneless</td>
<td>1623</td>
<td>2438</td>
</tr>
</tbody>
</table>

Sometimes referred to as: Brisket First Cut, Brisket Flat Cut, Brisket Thin Cut

*Less than 10 grams total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3.5 ounce serving, cooked, visible fat trimmed
Beef Plate Skirt Steak Boneless
The “skirt” is the diaphragm muscle, an elongated muscle. Can be inside or outside skirt.

**URMIS #**
**Select** | **Choice**
--- | ---
Boneless | 1607 | 2422

*Sometimes referred to as: Inner Skirt Steak, Inside Skirt Steak, Outside Skirt Steak, Philadelphia Steak, Fajitas Meat*

*Marinate before cooking*

Beef Flank Steak*
Boneless, flat, oval-shaped cut containing elongated muscle fibers and very little fat. Surface may be scored.

**URMIS #**
**Select** | **Choice**
--- | ---
Boneless | 1584 | 2399

*Sometimes referred to as: Flank Steak, London Broil, Jiffy Steak*

*Marinate before cooking*

Beef Ribeye Roast Lip-On Bone-In
Cut from the rib and contains ribs. Contains large ribeye muscle and smaller surrounding muscles.

**URMIS #**
**Select** | **Choice**
--- | ---
Bone-In | 1193 | 2008

(Consult the URMIS Guide for a complete list of all Rib Roast URMIS numbers)

Beef Ribeye Steak Lip-On Bone-In
Same muscle structure as Rib Roast, usually cut about 1 inch thick.

**URMIS #**
**Select** | **Choice**
--- | ---
Bone-In | 1197 | 2012

(Consult the URMIS Guide for a complete list of all Rib Steak URMIS numbers)

*Less than 10 grams total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3.5 ounce serving, cooked, visible fat trimmed*
Beef Ribeye Roast Boneless

Boneless roast from the rib. Primary muscle is the large center muscle (ribeye) of the rib.

**URMIS #** | **Select** | **Choice**
--- | --- | ---
Boneless | 1192 | 2007

*Sometimes referred to as: Delmonico Roast, Roll Roast*

Beef Ribeye Steak Boneless

Cut from the Ribeye Roast, across the grain, with little or no fat cover.

**URMIS #** | **Select** | **Choice**
--- | --- | ---
Boneless | 1209 | 2024

*Sometimes referred to as: Delmonico Steak, Fillet Steak, Spencer Steak, Beauty Steak*

Beef Ribeye Filet Boneless (BAM)

Primary muscle is the large center muscle (ribeye) of the rib cut lengthwise and sliced into 1- to 1 1/2-inch thick steaks.

**URMIS #** | **Select** | **Choice**
--- | --- | ---
Boneless | 1253 | 2068

Beef Ribeye Petite Roast Boneless (BAM)

Primary muscle is the large center muscle (ribeye) of the rib cut lengthwise as a roast.

**URMIS #** | **Select** | **Choice**
--- | --- | ---
Boneless | 1250 | 2065

Beef Ribeye Cap Steak Boneless (BAM)

Large muscle (cap) from the ribeye left whole or cut into steaks.

**URMIS #** | **Select** | **Choice**
--- | --- | ---
Boneless | 1254 | 2069
Beef Loin T-Bone Steak*  
Contains the T-shaped bone and the top loin and tenderloin muscles. Tenderloin muscle measures between 1/4 and 1/2 inch across the center of the tenderloin.

<table>
<thead>
<tr>
<th>URMIS #</th>
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<tbody>
<tr>
<td>Bone-In</td>
<td>1369</td>
<td>2184</td>
</tr>
<tr>
<td>Tail-Off</td>
<td>1376</td>
<td>2191</td>
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</table>

Beef Loin Porterhouse Steak  
Similar to the T-Bone Steak, but with the tenderloin muscle at least 1 1/4 inches measured across the center of the tenderloin.

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<tr>
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<tbody>
<tr>
<td>Bone-In</td>
<td>1330</td>
<td>2145</td>
</tr>
<tr>
<td>Tail-Off</td>
<td>1337</td>
<td>2152</td>
</tr>
</tbody>
</table>

Beef Top Loin Steak†*  
Contains top loin muscle with bone intact and tenderloin removed.  
*May be labeled as Beef Loin Strip Steak

<table>
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<tr>
<th>URMIS #</th>
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</thead>
<tbody>
<tr>
<td>Bone-In</td>
<td>1398</td>
<td>2213</td>
</tr>
</tbody>
</table>

Sometimes referred to as: Shell Steak, Strip Steak, Club Steak, Chip Club Steak, Country Club Steak, Sirloin Strip Steak, Delmonico Steak

Beef Top Loin Steak Boneless†*  
Same as Top Loin Steak, but with bones removed.  
*May be labeled as Beef Loin Strip Steak

<table>
<thead>
<tr>
<th>URMIS #</th>
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<tbody>
<tr>
<td>Boneless</td>
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<td>2219</td>
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</tbody>
</table>

Sometimes referred to as: Strip Steak, Kansas City Steak, New York Strip Steak, Veiny Steak, Hotel Style Steak, Ambassador Steak, Boneless Club Steak

Beef Top Loin Filet Boneless (BAM)  
Contains top loin muscle split lengthwise and cut into 1- to 1 1/2-inch thick steaks.

<table>
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<tr>
<th>URMIS #</th>
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<tr>
<td>Boneless</td>
<td>1322</td>
<td>2137</td>
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</tbody>
</table>

*Less than 10 grams total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3.5 ounce serving, cooked, visible fat trimmed.
**Beef Top Loin Petite Roast Boneless (BAM)**

Contains top loin muscle split lengthwise and left as a roast.

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<tr>
<th>URMIS #</th>
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<tbody>
<tr>
<td>Boneless</td>
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</table>

**Beef Loin Top Sirloin Steak Boneless**

Cut from top sirloin section with bones and tenderloin removed.

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<tr>
<th>URMIS #</th>
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<tr>
<td>Boneless</td>
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</table>

*Sometimes referred to as: Boneless Sirloin Butt Steak, Top Sirloin Butt Center Cut Steak*

**Beef Loin Top Sirloin Filet Boneless (BAM)**

Cut from top sirloin section. Cap removed, center cut, and cut into 2 or 3 sections used to produce 1- to 1½-inch thick steaks.

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<thead>
<tr>
<th>URMIS #</th>
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<tbody>
<tr>
<td>Boneless</td>
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</table>

**Beef Loin Top Sirloin Cap Steak Boneless (BAM)**

Top sirloin cap cut across the grain into 1- to 1½-inch thick steaks.

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<th>URMIS #</th>
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<tbody>
<tr>
<td>Boneless</td>
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</table>

**Beef Loin Tri-Tip Roast Boneless**

Single muscle removed from the bottom portion of the sirloin.

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<tr>
<td>Boneless</td>
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</table>

*Less than 10 grams total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3.5 ounce serving, cooked, visible fat trimmed*
Beef Loin Tri-Tip Steak Boneless*

Same muscle structure as Tri-Tip Roast, usually cut about 1 inch thick.

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<tr>
<th>URMIS #</th>
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<tbody>
<tr>
<td>Boneless</td>
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<td>2245</td>
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</table>

*Sometimes referred to as: Triangle Steak

Beef Loin Tenderloin Roast Boneless*

Cut from the tenderloin muscle. May taper from one end to the other, very little fat.

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<tr>
<td>Boneless</td>
<td>1386</td>
<td>2201</td>
</tr>
</tbody>
</table>

*Sometimes referred to as: Filet Mignon Roast, Chateaubriand, Full Tenderloin Roast

Beef Loin Tenderloin Steak†*

Cut from the Tenderloin Roast. May vary in thickness from 1 to 2 inches.

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<tr>
<th>URMIS #</th>
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<tbody>
<tr>
<td>Boneless</td>
<td>1388</td>
<td>2203</td>
</tr>
</tbody>
</table>

†Sometimes referred to as: Filet Mignon, Fillet de Boeuf, Tender Steak, Fillet Steak

†May be labeled as Beef Loin Filet Mignon

Beef Round Steak Boneless††*

Lean cut containing three major round muscles: top, bottom and eye.

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<thead>
<tr>
<th>URMIS #</th>
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<tbody>
<tr>
<td>Boneless</td>
<td>1501</td>
<td>2316</td>
</tr>
</tbody>
</table>

††This cut does not contain any part of the Tip or Rump.

Beef Top Round Roast and Steak*

Boneless steak containing the top (inside) muscle of the round. Usually cut 1 inch thick or less. Same muscle can be cut thicker as a roast.

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<tr>
<th>URMIS #</th>
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<tbody>
<tr>
<td>Boneless Roast</td>
<td>1551</td>
<td>2366</td>
</tr>
<tr>
<td>Boneless Steak</td>
<td>1553</td>
<td>2368</td>
</tr>
</tbody>
</table>

**Marinate before cooking

*Less than 10 grams total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3.5 ounce serving, cooked, visible fat trimmed
Beef Bottom Round Rump Roast Boneless

Cut from the sirloin end of the bottom (outside) round.

**URMIS #**

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<thead>
<tr>
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<tr>
<td>Boneless</td>
<td>1465</td>
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</tbody>
</table>

*Sometimes referred to as: Round Tip Roast, Back of Rump Roast*

*Cook to medium rare (145°) doneness

Beef Bottom Round Rump Steak Boneless (Western Tip)

Sirloin/rump end (4 to 5 inches) separated from the bottom round flat. ⅜- to 1-inch thick steaks cut across the grain.

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<tr>
<td>Boneless</td>
<td>1269</td>
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</table>

Beef Bottom Round Roast Boneless*

Thick, irregular-shaped cut from the bottom (outside) section of the round.

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<tr>
<td>Boneless</td>
<td>1464</td>
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</tbody>
</table>

*Sometimes referred to as: Round Roast, Bottom Round Pot Roast, Bottom Round Oven Roast*

*Cook to medium rare (145°) doneness

Beef Bottom Round Steak Boneless*

Same muscle structure as Bottom Round Roast, but cut into thin steaks, often ⅓ inch thick.

**URMIS #**

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<tr>
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<tr>
<td>Boneless</td>
<td>1466</td>
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</table>

Beef Bottom Round Steak Boneless (Western Griller)*

3/4- to 1-inch thick steaks cut lengthwise across the grain of the bottom round flat (flat triangle or ishiatic head removed).

**URMIS #**

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<tr>
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<tr>
<td>Boneless</td>
<td>1462</td>
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</tbody>
</table>

**Marinate before cooking

*Less than 10 grams total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3.5 ounce serving, cooked, visible fat trimmed
### Beef Eye of Round Roast Boneless*

Cut from the eye of round muscle, which is separated from the bottom round.

**URMIS #** | **Select** | **Choice**
--- | --- | ---
Boneless | 1480 | 2295

*Sometimes referred to as: Round Eye Pot Roast*

*Cook to medium rare (145°) doneness*

### Beef Eye of Round Steak Boneless*

Same muscle structure as the Eye of Round Roast. Usually cut less than 1 inch thick.

**URMIS #** | **Select** | **Choice**
--- | --- | ---
Boneless | 1481 | 2296

**Marinate before cooking**

### Beef Round Tip Roast Cap-Off Boneless*

Wedge-shaped cut from the thin side of the round with “cap” muscle removed.

**URMIS #** | **Select** | **Choice**
--- | --- | ---
Boneless | 1526 | 2341

*Sometimes referred to as: Ball Tip Roast, Cap Off Roast, Beef Sirloin Tip Roast, Knuckle Peeled*

*Cook to medium rare (145°) doneness*

### Beef Round Tip Steak Cap-Off Boneless*

Same muscle structure as Tip Roast (cap off), but cut into 1-inch thick steaks.

**URMIS #** | **Select** | **Choice**
--- | --- | ---
Boneless | 1535 | 2350

*Marinate before cooking*

### Beef Cubed Steak

Square or rectangular-shaped. Cubed effect made by machine that tenderizes mechanically. May be made from several lean sections.

**URMIS #** | **Select** | **Choice**
--- | --- | ---
Boneless | 1709 | 2524

*Less than 10 grams total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3.5 ounce serving, cooked, visible fat trimmed*
Beef Cubes for Kabobs

Lean pieces of beef cut into uniform cubes, usually 1 to 1½ inches in size. Contain little fat.

**Marinate before cooking**

<table>
<thead>
<tr>
<th>URMIS #</th>
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<tbody>
<tr>
<td>Boneless</td>
<td>1724</td>
<td>2539</td>
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</table>

Beef Stir-Fry

Lean pieces of beef cut into ¼-inch strips.

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<tr>
<th>URMIS #</th>
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<tbody>
<tr>
<td>Boneless</td>
<td>1731</td>
<td>2546</td>
</tr>
</tbody>
</table>

Beef for Stew

May be cut from several lean sections. Pieces may contain varying amounts of fat, usually cut into 1- to 1½-inch cubes.

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<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
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<tbody>
<tr>
<td>Boneless</td>
<td>1727</td>
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</tr>
<tr>
<td>Boneless Lean</td>
<td>1730</td>
<td>2545</td>
</tr>
<tr>
<td>Boneless Cubed</td>
<td>1005</td>
<td>1820</td>
</tr>
</tbody>
</table>

Ground Beef

Ground beef is made by mechanically grinding lean meat and/or trimmings from several larger cuts. Usually merchandised based upon its composition (% lean, % fat, etc.).

Available case-ready or consult URMIS Guide for complete listing of store-grind numbers.

Grill, Broil, Pan-broil, Pan-ify, Roast
WHETHER AT HOME OR WHILE CELEBRATING A SPECIAL OCCASION IN A FINE RESTAURANT

Veal is fine-grained and velvety in texture with a light pink color. Because veal comes from younger animals, it is naturally both lean and tender. However, it can be prepared using a variety of moist- and dry-heat cookery methods, giving veal a wide range of versatility. Retail cuts of veal are similar to beef, only smaller in size and lighter in color. Veal cuts also have little outside fat or internal marbling.

Today’s veal calves are raised on specially formulated diets, usually based on milk and milk by-products. Calves are typically raised on small family farms and receive a great deal of individual attention.

Produced primarily from calves ranging in age from four to five months old, veal is limited in supply, and consequently, some cuts may be more expensive per pound relative to other protein choices. However, innovative retailers package veal to fit today’s lifestyles – in smaller packages where cost per serving can be more easily determined. Also, many cuts of veal are lower in price and can be economical choices for the home.

While veal enjoys popularity in many parts of the United States, it is somewhat “regional” in availability, finding its greatest presence in larger metropolitan areas, such as Chicago, Philadelphia and New York City. It also is readily available on the West Coast and in Florida.
Veal Shoulder Arm Roast

Contains arm bone and rib bones. Includes a variety of muscles from the shoulder.

**URMIS #** Select 2639 Choice 2779

Roast, Braise

Veal Shoulder Arm Steak

Same muscle structure as Arm Roast, but cut thinner, usually 3/4 to 1 inch thick.

**URMIS #** Select 2641 Choice 2781

*Marinate before cooking

Braise, Grill,* Broil,* Pan-fry,* Pan-broil*

Veal Shoulder Arm Steak Boneless

Same muscle structure and thickness as Arm Steak but with bones removed.

**URMIS #** Select 2642 Choice 2782

*Marinate before cooking

Braise, Grill,* Broil,* Pan-fry,* Pan-broil*

Veal Shoulder Blade Roast

Contains blade bone, ribs and backbone and a variety of muscles.

**URMIS #** Select 2644 Choice 2784

Roast, Braise

Veal Shoulder Blade Roast Boneless

Similar muscle structure as Blade Roast but with blade bone, ribs and muscles lying above the blade bone removed.

**URMIS #** Select 2645 Choice 2785

Roast, Braise
**Veal Shoulder Blade Steak**

Similar muscle structure as Blade Roast but cut thinner, usually 3/4 to 1 inch thick.

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*Marinate before cooking

**Veal Breast**

Cut from the breast section. Contains ribs, breast bone and thin, flat muscles. May be “pocketed” for stuffing.

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**Veal Breast Riblets**

Long, narrow cuts from the breast section containing rib bones and thin, flat muscles. Some fat is found between muscles.

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**Veal Shank Cross Cuts**

Cut from hindshank or foreshank, perpendicular to the bone, usually 1 1/2 to 2 inches thick.

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**Veal Rib Roast**

Contains ribeye and other small muscles, ribs and part of the chine bone.

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Veal Rib Chop

Same muscle structure as Rib Roast but cut thinner, usually 1 to 1 1/2 inches thick.

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Grill, Broil, Pan-fry, Pan-broil

Veal Rib Crown Roast

Cut is made from two rib sections with chine bone removed. The rib ends are “Frenched,” and the two sections tied, rib-side out, to form a “crown” shape.

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Roast

Veal Loin Chop

Contains “T-Bone,” top loin and tenderloin muscles. Similar in appearance to Beef T-Bone and Porterhouse Steaks, but smaller in size and lighter in muscle color.

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Grill, Broil, Pan-fry, Pan-broil

Veal Top Loin Chop

Similar to Loin Chop but with tenderloin muscles and part of the chine bone removed.

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Grill, Broil, Pan-fry, Pan-broil

Veal Top Loin Chop Boneless

Same muscle structure as Top Loin Chop but with bones removed.

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Grill, Broil, Pan-fry, Pan-broil
Veal Loin Tenderloin Steak
Cut across the grain from the tenderloin muscle, usually 1 to 1 1/2 inches thick.

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Pan-fry, Stir-fry, Broil, Grill, Pan-broil

Veal Leg Sirloin Steak
Contains portion of backbone and hip bone. Size and shape of muscles and bones vary with each steak.

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Grill, Broil, Pan-fry, Stir-fry, Pan-broil

Veal Leg Sirloin Steak Boneless
Similar muscle structure to Sirloin Steak but with all bones removed.

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Grill, Broil, Pan-fry, Stir-fry, Pan-broil

Veal Leg Round Steak
Cut from center of leg. Contains top, bottom, eye and tip muscles and a cross section of the round leg bone.

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Braise

Veal Leg Top Round Steak
The top muscle from the leg, usually cut about 3/4 inch thick.

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*Marinate before cooking

Braise, Grill,* Pan-fry,* Pan-broil,* Broil*
Veal Leg Bottom Steak

The bottom muscle from the leg, usually cut about 3/4 inch thick.

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Veal Leg Tip Steak

The tip muscles from the leg, usually cut about 3/4 inch thick.

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Veal Cubed Steak

Can be made from any boneless, lean cut. Cubed effect made by machine that tenderizes mechanically.

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Veal Cutlet

Thin, boneless slices, usually from the leg.

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Veal for Stew

Pieces from lean muscle sections, cut into 1- to 1 1/2-inch cubes. Usually from the leg and shoulder.

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NEW, LEAN PORK

JUICY AND FLAVORFUL BUT WITH MUCH LOWER FAT CONTENT AND CALORIES

The pork sold today comes from improved hogs that have been selected and bred to produce leaner cuts of meat. These hogs are marketed when they are five to six months old.

Pork may be purchased in many forms – fresh (whole muscle or ground), seasoned, marinated, pre-cooked, cooked, cured and smoked, canned, frozen or frozen entrees. About 35 percent of the pork is sold as fresh; the remaining 65 percent is cured or is used in manufactured meat products, such as sausage. The color of pork ranges from the reddish-pink of fresh pork to the delicate rose color of cured pork.

Pork sold today is younger, leaner meat than it used to be, and therefore, it is naturally tender. It can be prepared by dry-heat cooking such as broiling and roasting. Fresh pork should be cooked to an interior doneness temperature of 160°F for maximum flavor and juiciness. Medium doneness assures a tender, juicy pork product. A slight hint of pink in the center of a correctly cooked pork roast or chop may be seen, but the juices will run clear. Roasts can be removed from the oven at an internal temperature of 150 to 155°F, as the temperature will rise slightly upon standing.

The two types of cured-and-smoked pork cuts are “fully cooked” and “cook-before-eating.” The label on the wrapped meat should clearly indicate what type it is although most ham products sold today are fully cooked. Fully cooked hams do not require further heating unless you want to serve them hot.

The label “ham, water added,” appears on many types of ham. Hams labeled as such have been pumped with a curing solution and then smoked. If enough moisture does not evaporate during the smoking process to reduce the ham to its original fresh weight, the ham is labeled “water added.”
Pork Shoulder Arm Picnic
Contains arm bone, shank bone, portion of blade bone and a variety of muscles. Shank and part of shoulder covered with skin.
URMIS # 3655

Pork Shoulder Arm Roast
Cut from Arm Picnic. Shank removed, leaving round arm bone and a variety of muscles.
URMIS # 3172

Pork Shoulder Arm Steak
Same muscle and bone structure as Arm Roast but cut about 3/4 inch thick.
URMIS # 3174

Pork Shoulder Blade Boston Roast
Contains blade bone, exposed on two sides of the cut. Includes a variety of muscles.
URMIS # 3184

Pork Shoulder Blade Boston Roast Boneless
Same as Blade Boston Roast but blade bone has been removed. May be tied or netted.
URMIS # 3185
Pork Shoulder Blade Steak
Cut from Blade Boston Roast 3/4 to 1 inch thick. Contains blade bone and surrounding muscles.
URMIS # 3186
Braise, Grill, Broil, Pan-fry, Pan-broil

Pork Shoulder Blade Steak Boneless
Similar muscle structure to Blade Steak but blade bone absent.
URMIS # 3192
Braise, Grill, Broil, Pan-fry, Pan-broil

Pork Shoulder Breast Boneless
Pectoral meat from behind the front leg in the picnic shoulder.
URMIS # 3604
Grill, Pan-fry, Pan-broil

Pork Shoulder Petite Tender Boneless
Teres major next to the scapula bone in picnic shoulder.
URMIS # 3605
Grill, Pan-fry, Pan-broil

Pork Hocks
Cut from Pork Shoulder containing shank bones and surrounding muscles. Skin usually remains on cut.
URMIS # 3511
Braise, Cook in Liquid
## Pork Loin Blade Roast

Contains part of blade bone, rib bones and backbone. Loin eye muscle is surrounded by several smaller muscles.

**URMIS #** 3247

### Roast, Braise

---

## Pork Loin Blade Roast Boneless*

Similar to Blade Roast but blade bone (and covering muscles), rib bones and backbones are removed.

**URMIS #** 3248

*May have additional designation of Chef’s Prime Roast

### Roast, Grill, Broil, Braise

---

## Pork Loin Blade Chop

Cut from blade end of loin, containing blade, rib and backbones and a variety of muscles.

**URMIS #** 3250

### Grill, Broil, Pan-fry, Pan-broil, Braise

---

## Pork Loin Chop Boneless

From the lower back (just behind the rib chop).

**URMIS #** 3374

### Braise, Broil, Grill, Pan-fry, Pan-broil

---

## Pork Loin Country-Style Ribs

Made by splitting blade end of loin into halves lengthwise. Contains part of loin eye muscle and either rib bones or backbones. May be cut into 3/4- to 1-inch thick slices as shown here.

**URMIS #** 3275

### Braise, Cook in Liquid, Grill, Broil

---

40
Pork Loin Country-Style Ribs Boneless
Cut from the sirloin or rib end of the pork loin. Prepared from the blade end of a bone-in pork loin and includes not less than three, or more than six, ribs. Sold either as “slabs” or in individual servings.
URMIS # 3278
Braise, Broil, Grill, Pan-fry, Pan-broil

Pork Loin Back Ribs
Cut from blade and center section of loin. Contains rib bones and muscles between ribs.
URMIS # 3243
Grill, Broil, Roast, Braise, Cook in Liquid

Pork Loin Center Rib Roast
Cut from center rib section of loin. Contains loin eye muscle and rib and back bones.
URMIS # 3268
Roast, Grill (indirect heat)

Pork Loin Half Boneless Rib End
Whole pork loin divided at midpoint and trimmed so that one piece of the boneless loin does not extend more than 1 inch in total length past its opposing piece. The rib end of the loin is near the shoulder butt.
URMIS # 3292
Grill, Roast

Pork Loin Half Boneless Sirloin End
Whole pork loin divided at midpoint and trimmed so that one piece of the boneless loin does not extend more than 1 inch in total length past its opposing piece. The sirloin end of the loin is near the leg.
URMIS # 3332
Grill, Roast
### Pork Loin Rib Chop*

Contains loin eye muscle, backbone and part of rib bone. Usually cut 1/4 to 1 inch in thickness.

**URMIS #** 3298

*May be labeled as Pork Loin Center Cut Chop

Grill, Broil, Pan-fry, Pan-broil

### Pork Loin Crown Roast

Formed from a pork rib roast/rack of pork that is tied into a circle, ribs up.

**URMIS #** 3271

### Pork Loin Center Loin Roast

Cut from center of loin. Contains loin eye, tenderloin, several smaller muscles, rib bones and “T-Bones.”

**URMIS #** 3266

Roast, Grill (indirect heat)

### Pork Loin Chop

Cut from sirloin half of loin. Contains loin eye and tenderloin muscles separated by the “T-Bone.”

**URMIS #** 3313

Grill, Broil, Pan-fry, Pan-broil

### Pork Loin Top Loin Chop

Similar to Loin Chop, but tenderloin muscle and part of chine bone removed. Primary muscle is the loin eye (top loin) muscle.

**URMIS #** 3369

Grill, Broil, Pan-fry, Pan-broil
Pork Loin Top Loin Chop Boneless*

Same muscle structure as Top Loin Chop but bones removed.

URMIS # 3374

*May have additional designation of America’s Cut

Grill, Broil, Pan-fry, Pan-broil

Pork Loin Top Loin Chop Boneless for Stuffing

Same muscle structure as Top Loin Chop Boneless. Cut thick enough to allow a “pocket” to be cut on the fat side for stuffing.

URMIS # 3380

Grill, Broil, Pan-fry, Pan-broil

Pork Loin Butterflied Chop Boneless

Double chop, initially cut about 2 inches thick from boneless loin. Sliced almost in half from fat side to form two sides resembling a butterfly.

URMIS # 3382

Grill, Broil, Pan-fry, Pan-broil

Pork Loin Top Loin Roast Boneless

Cut from center of the loin. Primary muscle is the loin eye with several smaller surrounding muscles. The tenderloin muscle and all bones have been removed.

URMIS # 3368

Roast, Grill, Broil

Pork Loin Top Loin Double Roast Boneless

Two Top Loin Roasts Boneless tied or netted together, fat side out.

URMIS # 3270

Roast, Grill (indirect heat)
Pork Loin Sirloin Roast
Contains hip bone and backbone. Larger muscle on end is the loin eye, separated from tenderloin muscle by “T-Bone.”
URMIS # 3328

Pork Loin Sirloin Chop
Cut from sirloin end of loin. Same muscle and bone structure as Sirloin Roast but cut into chops 3/4 to 1 inch thick.
URMIS # 3338

Pork Loin Sirloin Chop Boneless
From the area around the hip.
URMIS # 3344

Pork Loin Tenderloin Whole
Boneless cut from the inside of the loin, located next to the backbone. Larger end is round in shape, and gradually tapers to the thinner, flat end.
URMIS # 3358

Pork Loin Tenderloin Tips
Thin end of the Whole Tenderloin. Removed from the Whole Tenderloin to make the tenderloin roast more uniform in shape for cooking.
URMIS # 3364
**Pork Loin Whole Boneless**

Originates from the section between the shoulder and the leg (ham), all skin, bones and cartilage removed. The tenderloin and lean and fat overlying the blade bone are excluded.

URMIS # 3224

**Pork Fresh Pork Side**

Section of side remaining after loin and spareribs have been removed. Similar in appearance to Smoked Pork Slab Bacon but fresh.

URMIS # 3160

**Pork Spareribs**

Contains long rib bones with thin covering of meat on outside and between ribs. May contain rib cartilage.

URMIS # 3468

**Pork Spareribs St. Louis Style**

Originates from the sparerib. Prepared by removing the brisket bone approximately parallel to the rib side, exposing cartilage on the brisket bone.

URMIS # 3478

**Pork Leg Cap Steak Boneless**

The cap from the inside muscle of the hind leg.

URMIS # 3646
**Pork Leg Sirloin Tip Roast Boneless**

Comes from upper front portion of hind leg, also known as the knuckle.

**URMIS #** 3647

**Pork Leg (Fresh Ham) Shank Half***

Lower half of leg. Contains shank bone and part of round leg bone. Skin partially covers shank end of cut.

**URMIS #** 3396

*If Center Slices removed, labeled as Shank Portion

**Pork Leg (Fresh Ham) Rump Half***

Sirloin end of the pork leg. Contains pelvic bone and part of round leg bone.

**URMIS #** 3392

*If Center Slices removed, labeled as Rump Portion

**Pork Leg (Fresh Ham) Center Slice**

Cut from center of leg. Contains top, bottom, eye and tip muscles, and cross section of round leg bone.

**URMIS #** 3404

**Pork Leg (Fresh Ham) Top Roast Boneless**

Top muscle from the pork leg, practically free of surface fat.

**URMIS #** 3408
Pork Leg (Fresh Ham) Top Steak Boneless
Cross section cut from the Top Roast, usually 3/4 to 1 inch thick.
URMIS # 3410

Braise, Pan-fry, Pan-broil, Grill, Broil

Pork Leg (Fresh Ham) Bottom Steak Boneless
Cross section cut from the bottom section of the pork leg, usually 3/4 to 1 inch thick.
URMIS # 3412

Braise, Pan-fry, Pan-broil, Grill, Broil

Pork Leg (Fresh Ham) Tip Roast Boneless
Tip muscles from the pork leg. Practically free of surface fat.
URMIS # 3415

Roast, Grill

Pork Leg (Fresh Ham) Tip Steak Boneless
Cross section cut from the Tip Roast, usually 3/4 to 1 inch thick.
URMIS # 3416

Grill, Broil, Pan-fry, Pan-broil

Pork Cubed Steaks
Can be made from any boneless, lean cut. Cubed effect made by a machine that tenderizes mechanically.
URMIS # 3489

Pan-fry, Pan-broil, Braise
Pork Cubes for Kabobs

Lean pieces of pork cut into uniform cubes, usually 1 to 1 1/2 inches in size. Contain little fat.  
**URMIS #** 3494

Grill, Broil

Pork Sausage

Made from fresh ground pork and seasonings such as salt, pepper and sage. Sold in bulk or as patties, shown here.

Pan-fry, Pan-broil

Pork Sausage Links

Made from fresh ground pork and seasonings such as salt, pepper and sage. Stuffed into edible casings and shaped into links.

Pan-fry, Pan-broil

Ground Pork

Ground pork is unseasoned and made by mechanically grinding lean meat and/or trimmings from several larger cuts.  
Available case-ready or consult URMIS Guide for complete listing of store grind numbers.

Roast, Broil, Grill, Pan-fry, Pan-broil
SMOKED PORK PRODUCTS
Consult URMIS Guide for a listing of smoked pork products in a variety of packaging options.

Smoked Pork Jowl
Square-shaped cut from neck (jowl) area. Cured and smoked.

Smoked Pork Shoulder Picnic Whole
Same muscle and bone structure as fresh Arm Picnic. Cured and smoked.

Smoked Pork Shoulder Roll
Cured and smoked boneless eye section of fresh Blade Boston Roast.
**Smoked Pork Hocks**

Cured and smoked cut containing shank bones and surrounding muscles. Oval in shape, cut 2 to 3 inches thick.

*Braise, Cook in Liquid*

**Smoked Pork Pig’s Feet**

Fore- and hind-feet, cured and smoked. Often split as shown.

*Cook in Liquid*

**Smoked Pork Neck Bones**

Cured and smoked neck bones removed from pork shoulder. Usually cut into 2- to 3-inch sections, as shown.

*Cook in Liquid*

**Smoked Pork Loin Canadian Style Bacon**

Boneless loin eye muscle from the pork loin, cured and smoked. May be sold sliced or in larger portions as roasts.

*Roast, or (if sliced) Pan-fry, Pan-broil*
Smoked Pork Loin Rib Chop
Same muscle and bone structure as fresh Loin Rib Chop, but cured and smoked.

Smoked Pork Loin Chop
Same muscle and bone structure as fresh Loin Chop, but cured and smoked.

Smoked Ham Whole
Entire leg of pork, cured and smoked.

Smoked Ham Shank Portion*
Lower part of leg, cured and smoked. Center slices have been removed. Contains shank bone and part of round leg bone.
*If “Center Slices” not removed, labeled as “Shank Half”
Smoked Ham Rump Portion*

Section of leg from the sirloin end, cured and smoked. Center slices have been removed. Contains pelvic bone and part of round leg bone.

*If “Center Slices” not removed, labeled as “Rump Half”

Smoked Ham Boneless

Fresh pork leg with bones, skin and fat removed. Remaining leg muscles are cured, placed in a casing, and smoked.

Smoked Ham Center Slice

Cut from center portion of Whole Smoked Ham, about 3/4 to 1 inch thick. Contains top, bottom, eye and tip muscles, and cross section of round leg bone.

Smoked Ham Center Slice Boneless

Same muscle structure as Center Slice, but bone has been removed.
Smoked Pork Slab Bacon
Cured and smoked pork side. Other side may be covered with skin.

Smoked Pork Sliced Bacon
Sliced from Slab Bacon. Thickness based on customer desires (usually 1/8 inch or less).

Smoked Pork Spareribs
Cured and smoked version of fresh Pork Spareribs.

Smoked Pork Loin Back Ribs
Cured and smoked version of fresh Loin Back Ribs.
LAMB, DELICATE IN FLAVOR AND TEXTURE

THIS MAKES IT THE RIGHT CHOICE FOR A BREAK FROM TODAY’S HARRIED PACE

Lamb lends itself to a variety of preparation techniques from quick and easy grilling to roasting and braising. Whether you are planning a backyard barbecue, a dinner party or an everyday family meal, look to easy-to-prepare American Lamb.

Lamb is lean and tender, and when you buy American Lamb, you can count on freshness. Produced in nearly every state across the country, American Lamb is available year round.

Lamb comes in a variety of cuts – chops, leg, roasts, racks, ribs, ground lamb, stew meat and more. You can find American Lamb year round in grocery stores, gourmet food retailers and butcher shops.

On average, a three-ounce serving of lamb has just 175 calories and meets the Food and Drug Administration’s definition for lean. Lamb contains many essential nutrients. On average, lamb is an excellent source of protein, vitamin B₁₂, niacin, zinc and selenium and a good source of iron and riboflavin.

American Lamb has a distinctive, mild (never gamey) flavor that marries well with a variety of spices, herbs and marinades. For tips and recipes using American Lamb, visit www.americanlamb.com.
Lamb Shoulder Square Cut Whole
Square-shaped cut containing arm, blade and rib bones, as well as a variety of muscles.

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</table>

Lamb Shoulder Roast Boneless
All bones are removed from the Square Cut Shoulder, and the remaining muscles rolled and tied (or netted).

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boneless</td>
<td>2929</td>
<td>3054</td>
</tr>
</tbody>
</table>

Lamb Shoulder Blade Chop
Chops made from the blade portion of the shoulder contain part of the blade bone, ribs and backbone.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone-In</td>
<td>2922</td>
<td>3047</td>
</tr>
<tr>
<td>Boneless</td>
<td>2924</td>
<td>3049</td>
</tr>
</tbody>
</table>

  *Marinate before cooking

Lamb Shoulder Arm Chop
Cut from the arm portion of the shoulder. Contains cross section of round arm bone and rib bones.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone-In</td>
<td>2918</td>
<td>3043</td>
</tr>
<tr>
<td>Boneless</td>
<td>2919</td>
<td>3044</td>
</tr>
</tbody>
</table>

Lamb Shoulder Neck Slices
Cross cut of neck portion. Large amount of bone and connective tissue.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone-In</td>
<td>2926</td>
<td>3051</td>
</tr>
</tbody>
</table>
Lamb Breast

This cut from the breast section contains ribs, breast bone and thin, flat muscles. May be “pocketed” for stuffing.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone-In for stuffing</td>
<td>3003</td>
<td>3128</td>
</tr>
<tr>
<td>Rolled Boneless</td>
<td>3004</td>
<td>3129</td>
</tr>
</tbody>
</table>

*Sometimes referred to as: Denver Ribs, Spareribs*

Lamb Breast Riblets

Long, narrow cuts from the breast section, containing rib bones and thin, flat muscles. Some fat is found between muscles.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone-In</td>
<td>3005</td>
<td>3130</td>
</tr>
<tr>
<td>Boneless</td>
<td>3006</td>
<td>3131</td>
</tr>
<tr>
<td>Bone-In Denver Style</td>
<td>3007</td>
<td>3132</td>
</tr>
</tbody>
</table>

Lamb Shank

Cut from the forearm portion of the shoulder section. Contains the leg bone and part of the round arm bone.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone-In</td>
<td>3010</td>
<td>3135</td>
</tr>
</tbody>
</table>

Lamb Rib Roast

Contains rib bones, and the ribeye muscle, surrounded by several smaller muscles. May also contain part of the backbone.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone-In</td>
<td>2942</td>
<td>3067</td>
</tr>
<tr>
<td>Bone-In Frenched Style</td>
<td>2949</td>
<td>3074</td>
</tr>
</tbody>
</table>

*Sometimes referred to as: Rack of Lamb*

Lamb Rib Chop

Contains backbone and rib bones. Larger muscle is the ribeye muscle, surrounded by several smaller muscles. Cut about 3/4 to 1 inch thick.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone-In</td>
<td>2948</td>
<td>3135</td>
</tr>
</tbody>
</table>
Lamb Rib Chop Frenched

Same as Rib Chops, but lean and fat from end of rib bone has been removed, exposing about 1 inch of bone.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone-In</td>
<td>2949</td>
<td>3074</td>
</tr>
<tr>
<td>Cap-Off</td>
<td>2950</td>
<td>3075</td>
</tr>
</tbody>
</table>

Lamb Rib Crown Roast

Cut is made from two rib sections, with backbone and chine bone removed. The rib ends are “Frenched,” and the two sections tied, rib side out, to form a “crown” shape.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone-In</td>
<td>2944</td>
<td>3069</td>
</tr>
</tbody>
</table>

Lamb Loin Roast

The loin section, including the “T-Bone,” top loin and tenderloin muscle.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone-In</td>
<td>2954</td>
<td>3079</td>
</tr>
</tbody>
</table>

Lamb Loin Chop

Cut from the Loin Roast, usually 1 to 1½ inches thick. Contains “T-Bone,” top loin and tenderloin muscles.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone-In</td>
<td>2955</td>
<td>3080</td>
</tr>
</tbody>
</table>

Sometimes referred to as: Lamb T-Bones

Lamb Loin Double Chop

Cut is made from an unsplit lamb loin and appears similar to two single Loin Chops. The cut is “double” because it is a cross section of the unsplit loin.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone-In</td>
<td>2959</td>
<td>3084</td>
</tr>
</tbody>
</table>
Lamb Loin Double Chop Boneless

Similar to Loin Double Chop but with tenderloin and bones removed, leaving two attached top loin muscles.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boneless</td>
<td>2960</td>
<td>3085</td>
</tr>
</tbody>
</table>

Grill, Broil, Pan-fry, Pan-broil

Lamb Leg Sirloin Chop

Cut from the sirloin section. Contains backbone and part of hip bones.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone-In</td>
<td>2956</td>
<td>3081</td>
</tr>
<tr>
<td>Boneless</td>
<td>2957</td>
<td>3082</td>
</tr>
</tbody>
</table>

Grill, Broil, Pan-fry, Pan-broil

Lamb Leg Sirloin Half

Shank half of leg removed. Sirloin half of leg, hip bone and part of leg bone included.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2981</td>
<td>3106</td>
</tr>
</tbody>
</table>

Roast

Lamb Leg Shank Half

Sirloin half of leg removed. Lower half of leg and round bone included.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2969</td>
<td>3094</td>
</tr>
</tbody>
</table>

Roast

Lamb Leg Frenched Style Roast

Shank bone of the lamb leg is “Frenched,” exposing 1 inch or more of bone.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2965</td>
<td>3090</td>
</tr>
</tbody>
</table>

Roast
Lamb Leg American Style Roast
Shank bone of the lamb leg is removed.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>2966</td>
<td></td>
<td>3091</td>
</tr>
</tbody>
</table>

Lamb Boneless Leg Roast
All bones are removed from the leg and the remaining muscles are rolled and tied or netted.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>2973</td>
<td></td>
<td>3098</td>
</tr>
</tbody>
</table>

Lamb Leg Center Slice
Cut from center of leg. Contains top, bottom, eye and tip muscles and a cross section of the round leg bone.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone-In</td>
<td>2980</td>
<td>3105</td>
</tr>
<tr>
<td>Boneless</td>
<td>2994</td>
<td>3119</td>
</tr>
</tbody>
</table>

Lamb for Stew
Pieces from lean muscle sections cut into 1- to 1½-inch cubes. Usually from the leg and shoulder.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>3016</td>
<td></td>
<td>3141</td>
</tr>
</tbody>
</table>

Ground Lamb
Ground Lamb is made by mechanically grinding lean meat and/or trimmings from several larger cuts.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Select</th>
<th>Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>2998</td>
<td></td>
<td>3123</td>
</tr>
</tbody>
</table>
A catch-all term for various nonmuscular parts of the carcases of beef and veal, mutton and lamb, and pork, variety meats are either consumed directly as food or used in the production of other foods. Since the invention of cooking, variety meats have been a part of the human diet. Earlier civilizations often treated many of the organs as delicacies, a well-earned term, since many can be as tender and flavorful as the finest meat cuts. In nutritional terms, some variety meats are better sources of certain vitamins, minerals, and forms of protein than muscle tissue. Calf’s liver, for example, is a major dietary source of iron. Variety meats should be refrigerated and used within two days of purchase or frozen.

**Livers**

Pictured at top is beef. Middle left is veal. Middle right is lamb. Bottom is pork. Beef, lamb and veal livers have two lobes, one predominately larger than the other. Pork liver has three lobes of about equal size.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Cat A</th>
<th>Cat B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sliced Beef</td>
<td>1781</td>
<td>2596</td>
</tr>
<tr>
<td>Sliced Veal</td>
<td>2753</td>
<td>2893</td>
</tr>
<tr>
<td>Sliced Pork</td>
<td>3551</td>
<td></td>
</tr>
<tr>
<td>Sliced Lamb</td>
<td>3026</td>
<td>3151</td>
</tr>
</tbody>
</table>

**Kidneys**

Pictured at top left is beef. Top right is veal. Lower left is lamb. Lower right is pork. Beef and veal kidneys are made up of many lobes. Pork kidney is larger than lamb kidney.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Cat A</th>
<th>Cat B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>1779</td>
<td>2594</td>
</tr>
<tr>
<td>Veal</td>
<td>2758</td>
<td>2898</td>
</tr>
<tr>
<td>Pork</td>
<td>3549</td>
<td></td>
</tr>
<tr>
<td>Lamb</td>
<td>3024</td>
<td>3149</td>
</tr>
</tbody>
</table>
Hearts
Pictured in order of size: beef, veal, pork and lamb. All are basically shaped the same. Generally sold cut or split. Beef heart has more fat than the others.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Cat A</th>
<th>Cat B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>1777</td>
<td>2592</td>
</tr>
<tr>
<td>Veal</td>
<td>2757</td>
<td>2897</td>
</tr>
<tr>
<td>Pork</td>
<td>3548</td>
<td></td>
</tr>
<tr>
<td>Lamb</td>
<td>3023</td>
<td>3148</td>
</tr>
</tbody>
</table>

Tongues
Pictured in order of size: beef, veal, pork and lamb. Rough skin covers muscles of tongue including the base. It is removed before serving. Sold fresh, cured, or cured and smoked.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Cat A</th>
<th>Cat B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>1794</td>
<td>2609</td>
</tr>
<tr>
<td>Veal</td>
<td>2760</td>
<td>2900</td>
</tr>
<tr>
<td>Pork</td>
<td>3552</td>
<td></td>
</tr>
<tr>
<td>Lamb</td>
<td>3027</td>
<td>3152</td>
</tr>
</tbody>
</table>

Sweetbreads
Thymus glands. Creamy white, soft consistency covered with a thin membrane. Largest from young beef, smallest from lamb. Not found in mature beef.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Cat A</th>
<th>Cat B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>1792</td>
<td>2607</td>
</tr>
<tr>
<td>Veal</td>
<td>2759</td>
<td>2899</td>
</tr>
<tr>
<td>Lamb</td>
<td>3029</td>
<td>3154</td>
</tr>
</tbody>
</table>

Oxtail
Removed from the carcass between the 2nd and 3rd coccygeal (tail) vertebrae. The last 2 to 3 vertebrae are also removed from the tip end.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Cat A</th>
<th>Cat B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>1788</td>
<td>2603</td>
</tr>
</tbody>
</table>

Tripe
Usually taken from the first (paunch) or second (honeycomb) stomach of ruminant animals. Honeycomb tripe is shown here.

<table>
<thead>
<tr>
<th>URMIS #</th>
<th>Cat A</th>
<th>Cat B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>1799</td>
<td>2614</td>
</tr>
<tr>
<td>Veal</td>
<td>2761</td>
<td>2901</td>
</tr>
</tbody>
</table>
STORAGE AND DEFROSTING GUIDELINES FOR BEEF

RECOMMENDED STORAGE TIMES FOR MAXIMUM QUALITY

<table>
<thead>
<tr>
<th>Beef Cut</th>
<th>Approximate Refrigeration Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Beef</td>
<td></td>
</tr>
<tr>
<td>Steaks, Roasts</td>
<td></td>
</tr>
<tr>
<td>Beef for Stew, Kabobs or Stir-Fry</td>
<td></td>
</tr>
<tr>
<td>Ground Beef</td>
<td></td>
</tr>
<tr>
<td>Leftover Cooked Beef</td>
<td></td>
</tr>
<tr>
<td>All</td>
<td></td>
</tr>
<tr>
<td>Cured and/or Smoked and Ready-to-Serve Beef Products</td>
<td></td>
</tr>
<tr>
<td>Corned Beef, <em>ready-to-cook</em></td>
<td></td>
</tr>
<tr>
<td>Frankfurters, Deli Meats</td>
<td></td>
</tr>
<tr>
<td>Sausage, smoked</td>
<td></td>
</tr>
<tr>
<td>Sausage, Dry and Semi-dry, <em>unslised</em></td>
<td></td>
</tr>
</tbody>
</table>

DEFROSTING GUIDELINES

Always defrost beef in the refrigerator, never at room temperature. Place frozen package on a plate or tray to catch any juices and defrost in the refrigerator according to chart.

<table>
<thead>
<tr>
<th>Beef Cut</th>
<th>Thickness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steaks, Ground Beef,*</td>
<td>1/2 to 3/4 inch</td>
</tr>
<tr>
<td>Beef for Stew, Kabob or Stir-Fry</td>
<td>1 to 1 1/2 inch</td>
</tr>
<tr>
<td>Small Roasts Thin Pot Roasts</td>
<td>Varies</td>
</tr>
<tr>
<td>Large Roasts Thick Pot Roasts</td>
<td>Varies</td>
</tr>
</tbody>
</table>

*Cook as soon as possible after defrosting.
<table>
<thead>
<tr>
<th>Refrigerator (35°F to 40°F)</th>
<th>Freezer (0°F or below)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 to 4 days</td>
<td>6 to 12 months</td>
</tr>
<tr>
<td>2 to 3 days</td>
<td>6 to 12 months</td>
</tr>
<tr>
<td>1 to 2 days</td>
<td>3 to 4 months</td>
</tr>
<tr>
<td>3 to 4 days</td>
<td>2 to 3 months</td>
</tr>
<tr>
<td>1 week</td>
<td>2 weeks</td>
</tr>
<tr>
<td>3 to 5 days</td>
<td>1 to 2 months</td>
</tr>
<tr>
<td>1 week</td>
<td>Not recommended</td>
</tr>
<tr>
<td>2 to 3 weeks</td>
<td>Not recommended</td>
</tr>
</tbody>
</table>

**Approximate Refrigeration Time**  
(at 35°F to 40°F)

- 12 hours
- 24 hours
- 3 to 5 hours per pound
- 4 to 7 hours per pound
ROASTING

1. Heat oven to desired temperature (325°F to 350°F for most cuts; 425°F for tenderloin cuts).
2. Place roast (directly from the refrigerator), fat side up, on rack in shallow roasting pan. The exception is a rib roast; the ribs form a natural rack. Season roast with herbs and seasonings, as desired. Insert ovenproof meat thermometer so tip is centered in thickest part of roast, not resting in fat or touching bone. Do not add water. Do not cover.
3. Roast to desired degree of doneness. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise 5°F to 10°F to reach desired doneness and roast will be easier to carve.)

BROILING

1. Set oven for broiling; preheat for 10 minutes. (Consult owner’s manual for specific information.)
2. Season beef (directly from the refrigerator) with herbs or spices, as desired. Place beef on rack of broiler pan. Position broiler pan so that surface of beef is within desired distance from the heat source (about 2 to 3 inches for cuts 3/4 to 1 inch thick; 3 to 4 inches for thicker cuts).
3. Broil to desired degree of doneness, turning once. After cooking, season beef with salt, if desired.

GRILLING

1. Prepare grill (charcoal or gas) according to manufacturer’s directions for medium heat.
2. Season beef (directly from the refrigerator) with herbs or spices, as desired. Place on cooking grid.
3. Grill to desired degree of doneness, turning occasionally. After cooking, season with salt, if desired.
PAN-BROILING

1. Heat heavy, nonstick skillet 5 minutes over medium heat.
2. Season beef (directly from the refrigerator), as desired. Place beef in preheated skillet (do not overcrowd). Do not add oil or water; do not cover.
3. Pan-broil to desired doneness, turning once. (For cuts 1-inch thick or thicker, turn occasionally.) After cooking, season beef with salt, if desired.

PAN-FRYING*

1. Heat small amount of oil in heavy, nonstick skillet over medium heat until hot.
2. Season beef (directly from the refrigerator), as desired. Place beef in preheated skillet (do not overcrowd). Do not add water. Do not cover.
3. Pan-fry to desired doneness, turning occasionally. After cooking, season beef with salt, if desired.

*This cooking method is best for thin, tender beef cuts, ½ inch thick or less. Cuts such as cubed steak, or other cuts that are floured or breaded, may require additional oil to prevent sticking.

STIR-FRYING

1. Cut beef into thin, uniform strips. (Partially freeze beef for easier slicing, about 30 minutes.) Marinate beef strips to add flavor while preparing other ingredients, if desired.
2. Heat small amount of oil in large, heavy, nonstick skillet or wok over medium-high heat until hot.
3. Stir-fry beef in half-pound batches (do not overcrowd), continuously turning with a scooping motion, until outside surface of beef is no longer pink. Add additional oil for each batch, if necessary. (Cook beef and vegetables separately and then combine and heat through.)
BRAISING

1. Slowly brown beef on all sides in small amount of oil in heavy pan over medium heat. Pour off drippings. Season beef with herbs or spices, as desired.
2. Add small amount (1/2 to 2 cups) of liquid (such as broth, water, juice, beer or wine).
3. Cover tightly and simmer gently over low heat on top of the range or in a preheated 325°F oven or until beef is fork-tender.

COOKING IN LIQUID

1. Coat beef lightly with seasoned flour, if desired. Slowly brown beef, in batches, on all sides in small amount of oil in heavy stockpot over medium heat. Pour off drippings. (Omit browning step for corned beef brisket.)
2. Cover beef with liquid (such as broth, water, juice, beer or wine). Add herbs or seasonings, as desired. Bring liquid to boil; reduce heat to low.
3. Cover tightly and simmer gently over low heat on top of the range or until beef is fork-tender.
Beef Eye of Round Roast Boneless*
Cut from the eye of round muscle, which is separated from the bottom round.
URMIS # Select
Boneless 1480 2295
Sometimes referred to as: Round Eye Pot Roast
Roast, Braise, Cook in Liquid

Beef Eye of Round Steak Boneless*
Same muscle structure as the Eye of Round Roast.
Usually cut less than 1 inch thick.
URMIS # Select
Boneless 1481 2296
**Marinate before cooking**
Grill,** Pan-broil,** Pan-fry, ** Braise,
Cook in Liquid

Beef Round Tip Roast Cap-Off Boneless*
Wedge-shaped cut from the thin side of the round with “cap” muscle removed.
URMIS # Select
Boneless 1526 2341
Sometimes referred to as: Ball Tip Roast,
Cap Off Roast, Beef Sirloin Tip Roast,
Knuckle Peeled Roast, Grill (indirect heat),
Braise, Cook in Liquid

Beef Round Tip Steak Cap-Off Boneless*
Same muscle structure as Tip Roast (cap off), but cut into 1-inch thick steaks.
URMIS # Select
Boneless 1535 2350
Sometimes referred to as: Ball Tip Steak,
Trimmed Tip Steak, Knuckle Steak,
**Marinate before cooking**
Grill,** Broil,** Pan-broil,** Pan-fry, ** Stir-fry

Beef Cubed Steak
Square or rectangular-shaped. Cubed effect made mechanically. May be made from several lean sections.
URMIS # Select
Boneless 1709 2524
Pan-broil, Pan-fry, Braise
*Less than 10 grams total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3.5 ounce serving, cooked, visible fat trimmed