



# HILLHOUSE PASTURES

## SIDE OF BEEF EXPLANATION

Curious about how a side of beef is processed or need some guidance on filling out the cut sheet? Let's start with some terminology:

- ❖ **The live weight** is the weight of the live animal.
- ❖ **The hanging weight** is the weight after the blood, hide and inedible parts are removed. The hanging weight is 59%-62% of the live weight.
- ❖ **The cut weight** is the weight of the actual meat after it is dry aged. The cut weight is less than the hanging weight due to water evaporation during aging, saw cuts, and removal of ligaments, tendons and gristle.

Approximately 60% of the animal's live weight will be its hanging weight. That means a 1000 lb cow will have a hanging weight of 600 lbs (300 lbs per half). A cow typically yields 70% of the hanging weight as finished beef (420/210 lbs packaged beef/). We sell our sides of beef by the hanging weight at \$6/lb. Final prices will vary slightly depending on the size of the animal.

What exactly do I get from a half cow? The breakdown is approximately:

- ❖ 50% ground beef
- ❖ 30% roasts
- ❖ 20% steaks
- ❖ Your portion of bones and organ meats

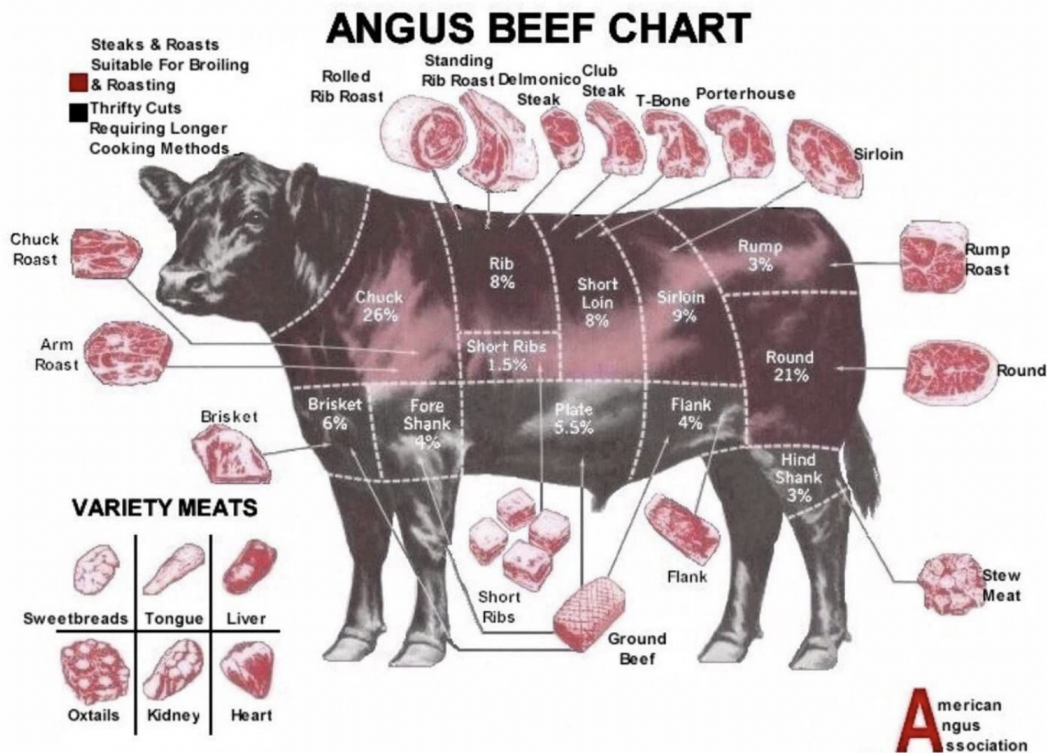
How much freezer space will I need?

- ❖ The general rule is 28 pounds of meat per cubic foot of freezer space. Your meat will stay fresh for more than a year.

What should I order?

- ❖ Each cut of meat comes from a particular part of the cow, and it's important to consider how you plan on cooking each cut before selecting an option. Some cuts are best for grilling, some are better for slow cooking, and others are perfect for smoking or barbecuing.





**STEW MEAT AND GROUND BEEF** – If you select the maximum number of roasts and/or steaks, you will still yield appx. 50 lbs. of ground beef or stew meat per half of beef because portions of perfectly good meat are unsuitable for roasts or steaks due to odd shape or size. If you would like more ground beef or stew meat, indicate so by selecting “ground” stew meat on your cut sheet next to the cut of meat that you prefer ground rather than turned into roast or steaks.

**CHUCK** – The chuck is a large section containing about 35 - 40 pounds of meat and bones per side. Chuck is often ground, but you can also get 4 or 5 chuck and shoulder roasts, which are great for pot roast and other slow-cooked meals. Indicate how many roasts you would like. The trim and any remaining meat will be ground. Note: about 4 lbs. of “short ribs” also are in the chuck section. You can opt to keep them on the bone or have them ground. If kept on the bone, they make excellent slow cool crock pot meals.

**RIB** – The rib yields about 15 lbs bone-in (or 10 lbs. boneless) of high quality steaks or roasts. This is where steakhouse “prime rib” comes from. Our ribs grade “choice” or “select,” due to having less fat than “prime” (this is standard for grass fed beef). If you cut the whole rib into steaks (ribeye steaks), you receive appx. 10 steaks, 1¼” thick, each weighing about 1½ lbs.



bone-in (or 1 lb. boneless). If you opt for all roasts, you can get three small roasts, two medium-sized roasts, or one extremely large roast (enough to feed 6+ adults).

**SHORT LOIN** – The short loin contains the best cuts on the beef. From the short loin you can get T-bone steaks, or NY strip steaks and filet mignon. Most people choose to get their short loin cut into 1” T-bone steaks. Assuming your steaks are cut 1” thick, you will get approximately 12 T-bone steaks per side of beef. Note: if you choose T- bones, you will get a small amount of extra tenderloin in a separate package because a small portion of tenderloin extends beyond the short loin. A T-bone has a filet mignon on one side of the bone and a New York strip on the other. This means you can’t get NY strips, filet mignon and T-bones - you must choose between having either T-bone steaks or filet mignon and New York strip steaks.

**SIRLOIN** – The sirloin accounts for about 16 lbs of a side of beef. If you opt to have the sirloin cut into steaks, you will get a variety of types of bone-in steaks, plus a couple of boneless. Alternatively, the option of grinding all the sirloin adds a nice flavor to the ground beef. You can also choose to have the “tri-tip roast” (about 2 lbs.) cut from the sirloin.

**ROUND** – The Round is a large section of beef—30 pounds or more per side. The “eye of round” roast is a lean, flavorful cut that is often kept as a whole roast. The Bottom Round can be ground into hamburger or cut into roasts for slow cooking. The Top Round can be ground or cut into roasts (top round roasts are good for cutting into London broil steaks). The Rump can be ground or it can be boned, rolled and tied into a Rump Roast. If at any time you have questions please don’t hesitate to contact us. We will be happy to help you. We hope you enjoy your delicious grass-fed beef.

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