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# The Art Of Beef Cutting: A Meat Professional's Guide To Butchering And Merchandising



## Synopsis

The ultimate guide to beef fundamentals and master cutting techniques. An ideal training tool that's perfect for use in grocery stores, restaurants, foodservice companies, and culinary schools, as well as by serious home butchers, *The Art of Beef Cutting* provides clear, up-to-date information on the latest meat cuts and cutting techniques. Written by Kari Underly, a leading expert in meat education, this comprehensive guide covers all the fundamentals of butchery and includes helpful full-color photos of every cut, information on international beef cuts and cooking styles, tips on merchandising and cutting for profit, and expert advice on the best beef-cutting tools. This is the only book on the market to include step-by-step cutting techniques and beef fundamentals along with information on all the beef cuts from each primal. Includes charts of NAMP/IMPS numbers, URMIS UPC codes, and main muscles for each beef cut; Latin American cut names and cooking methods; and cooking tips for each cut for easy reference. The author is an expert meat cutter who has developed some of the newest meat cuts for the National Cattlemen's Beef Association and created their current retail beef cut charts. *The Art of Beef Cutting* is the perfect reference and training manual for anyone who wants to master the basic techniques of beef fabrication.

**From the Book: Shoulder Center** What a great beef find! This shoulder center is readily available and a great addition to any meat case and menu. Low labor, high profitability, and a happy steak consumer are all packed into this great offering. The shoulder center can make an excellent alternative for moderately priced steak or a great stir-fry, and it is excellent for kabobs.

**Location and Composition** The shoulder center is contained within the larger muscle group called the shoulder clod. The main muscle contained in the shoulder center is the triceps brachii.

**Cuts** Beef Shoulder Center (Ranch) Steak, Boneless Beef Shoulder Center (Ranch) Steak Thin, Boneless Ethnic Cuts Bistec Ranchero Beef Shoulder Center Pepper Steak

**1 Beef Shoulder Clod** The shoulder is composed of three main muscles: A. Shoulder Center – triceps brachii B. Top Blade – infraspinatus C. The teres major is not attached.

**Shoulder Center** From the Book: Meat Purchase Specifications Check out a chart from the book on meat purchase specifications.

## Book Information

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## Customer Reviews

I was very excited when I ordered this book so this had been a disappointment. I thought "Whole Best Butchery" by Ryan Farr was better but the photographic style in that book although nice is distracting and in the beef section it focused on primals instead of sub primals. I could learn how to get the major cuts but not enough info on breaking it up into individual cuts in sequential order and the nuances of each cut. That is the reason I got the art of beef cutting in hopes of bridging these gaps. It didn't. Little by little I found this book to be unusable. For example take the chuck section. You will not understand head from toe for that cut. Step 1 is Bone in Chuck, tells you that it contains the top blade and mock tender. How is a beginner supposed to visualize what and where is that? Then it moves to step 2 which shows you a slice of the blade bone/steak !!! How did you get there? What is this sequence of events? The whole book is like this. I was just confused throughout, I could not build a sequential mindmap on how to extract these cuts. I'll be honest with you, there are better free books and free videos than these fancy resources. I would recommend "Beef Retail Fabrication" Video on youtube from "UK College of Agriculture, Food, and Environment" than all of this. I would couple it with a free pdf/webpage that can be found by googling: CFIA MEAT CUTS MANUAL beef. I use the "whole best butchery" for the lamb section. Since lamb is much smaller, there are not so many sub cuts so there is enough detail levels for me. That book is my go to source for lamb. This one is just sitting on the shelf. Real disappointment.

I raise cattle and sell freezer beef and beef at farmers markets. I was looking for a book to give me knowledge on how the beef is cut after I deliver it to the butcher. This book is very well written and (more importantly) has good pictures to describe the cuts. It breaks down the primals into subprimals and then into individual cuts. I would have liked to have average weights of primals and individual cuts included in this book. It didn't waste my time with how to cook all these cuts (although it did give some basic cooking instructions). I agree with the reviewer that said a video would be great with this

book. I have read, reread and made notes all over this book and will use it for reference for years.

I was looking for a book to teach me about beef and how to cut the different types of subprimals, I ended up getting a crash course in butchery. The Art of Beef Cutting is written like a textbook and builds on the information in each subsequent chapter. It is an easy read and written in a style that is easy to digest. If you brought me into a grocery store I could tell you the type of cut, what part of the cow it came from, and the different muscle names in each of the cuts, well the ones I like at least. This book gives you that information and more depending on how much you want to take away from it. Did you know there are 8 USDA grades and within that 4 levels of Prime and 3 levels of choice? There is no filler in this book. I purchased a copy of Whole Beast Butchery, that book is half recipes and you have pictures of the author breaking down an entire steer/pig/goat FYI. If you want to learn to break down the 10-20lb subprimals and roasts from Costco or the grocery store, get The Art of Beef Cutting. The book is a large hardcover, and is beautiful. I recommended you try breaking down a sirloin tip after the first read. It's an inexpensive cut and you can apply almost all of the techniques. Have fun!

this book is definitely the way to go if your just starting with the complicated world of meat and packaging. having been cutting meat for quite some time, this opened my eyes to my errors and I am 100 percent more efficient!

As a birthday gift for an old meat cutter I know, I thought he would say thanks, look at the book, and place it on the shelf. He has called me to thank me twice because ha can now show and tell people about cutting meat better than before.

Not really sure on this book. My husband is the chef here and he has only looked at it a few times. He has hundreds of books and usually knows if he likes a one or not. Possibly due to the technical part of this book it is a bit of a turn off. For someone else it may be gold. Hate to discourage anyone, try it to see for yourself.

This is the best.. you can not go wrong with this one! There is more INFO in the book that you will find in any other book out there.

As someone who enjoys cooking quite a bit, I've always been somewhat ignorant in the ways of

beef cuts. Whenever I go to the grocery store I usually find myself referring to a website on my iPhone when trying to select my next cut for dinner, and it always seemed like the cuts I was seeing in the cooler never matched up with what I needed and/or wanted. Enter *The Art of Beef Cutting*. Admittedly this book is probably a bit much for most home cooks. This truly is a textbook for butchers, but if you're interested in learning exactly where each cut of beef comes from, this is the book for you. This is not just a show and tell of the different cuts. This is an instructional manual of how to break down a cow from a full carcass to every individual cut of beef you would find in the supermarket. Each set of directions is clear and simple, and the accompanying pictures are spot on. Now all I need is a bandsaw and a few subprimals and I'll be ready to go!

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