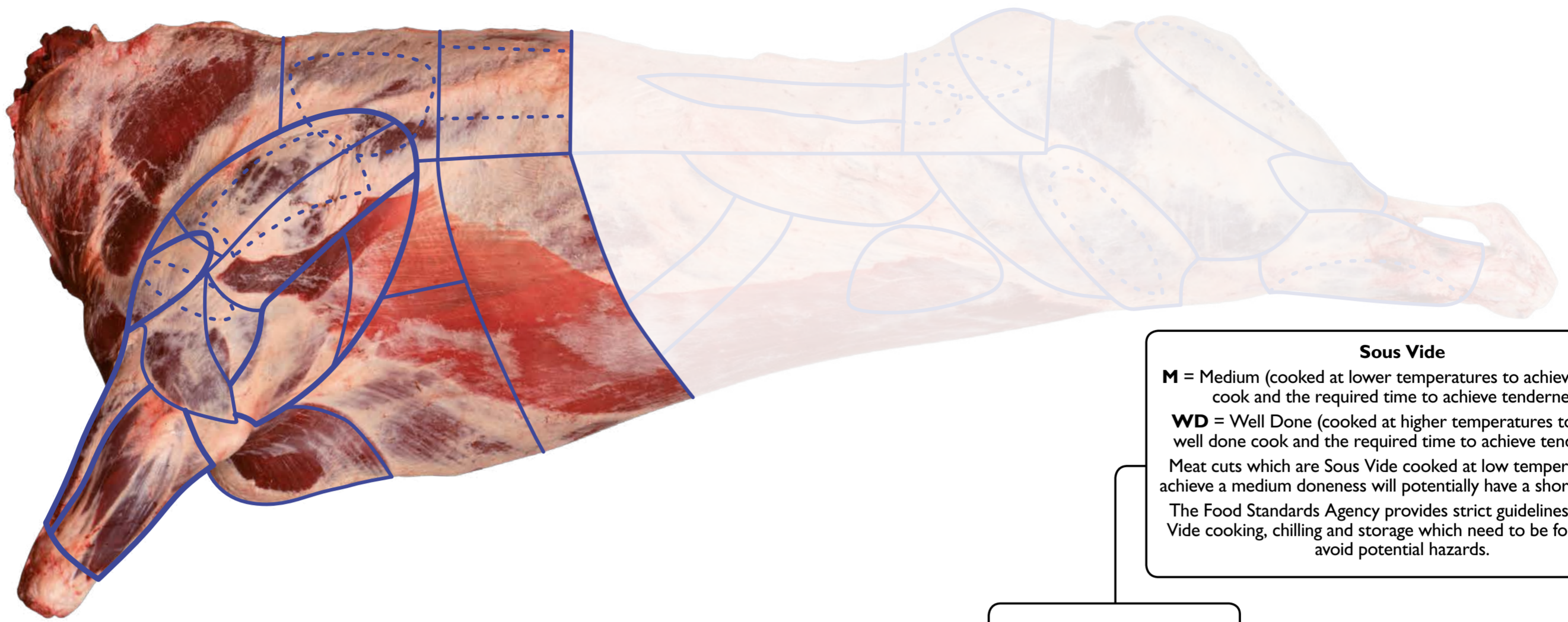


Beef Muscle Guide – Forequarter Muscles



Sous Vide
M = Medium (cooked at lower temperatures to achieve medium cook and the required time to achieve tenderness).
WD = Well Done (cooked at higher temperatures to achieve well done cook and the required time to achieve tenderness).
 Meat cuts which are Sous Vide cooked at low temperatures to achieve a medium doneness will potentially have a short shelf-life.
 The Food Standards Agency provides strict guidelines for Sous Vide cooking, chilling and storage which need to be followed to avoid potential hazards.

Product	Weight	Percentage of Primal	Percentage of Carcase	Muscle Grain					Slow Cook				Sous Vide				Roasting		Grill/Fry/Barbecue			Stir-Fry		Mince/ Burgers
				Fine	Fine-Medium	Medium	Medium-Coarse	Coarse	Joint	Steak	Dice	Pulled	Joint	Steak	Dice/ Strips	Pulled	Bone-In Joint	Boneless Joint	Bone-In Steak	Thick Cut (25mm)	Thin Cut (5mm)	Thick Cut (10mm)	Thin Cut (5mm)	
Shoulder																								
Feather	2.46kg	11.13%	1.62%		✓					✓	✓				M	M				✓	✓	✓	✓	
LMC (single muscle)	3.31kg	14.98%	2.18%			✓			✓	✓	✓	✓	M/WD	M/WD	WD	WD		✓		✓	✓	✓		
Blade (Chuck Tender)	1.51kg	6.79%	0.99%				✓		✓	✓	✓	✓	WD	WD	WD	WD								
Underblade Fillet	0.43kg	1.95%	0.28%	✓										M	M				✓	✓	✓	✓		
Baby LMC	0.71kg	3.21%	0.47%				✓		✓	✓	✓	✓	WD	WD	WD	WD								
Fore Shin	2.05kg	9.28%	1.35%					✓	✓	✓				WD	WD								✓	
Underblade Muscle	1.09kg	4.93%	0.72%	✓										M	M				✓	✓	✓	✓		
Clod Flat Muscle	0.45kg	2.04%	0.30%					✓	✓	✓				WD	WD	WD							✓	
Needle	0.64kg	2.90%	0.42%					✓	✓	✓				WD	WD								✓	
Shoulder Brisket Muscle	0.64kg	2.90%	0.48%					✓	✓	✓	✓			WD	WD	WD							✓	
Clod Shin Muscle	0.72kg	2.71%	0.40%					✓	✓	✓				WD	WD								✓	
Neck and Chuck Roll – seam cut																								
Neck and Chuck Roll – Seam Cut								✓	✓	✓	✓	✓	WD	WD	WD	WD							✓	
Rhomboideus								✓	✓	✓	✓			WD	WD	WD							✓	
Neck chain muscle								✓	✓	✓					WD								✓	
Thick part of the Trapezius Muscle								✓	✓	✓					WD								✓	
Thin part of the Trapezius Muscle								✓	✓	✓													✓	
Rib Eye Fillet					✓									M	M				✓	✓	✓	✓	✓	
Atlas Muscle								✓	✓	✓				WD	WD								✓	
Splenius Muscle								✓	✓	✓													✓	
Group of neck and feather bone muscles								✓	✓	✓	✓	✓	WD	WD	WD	WD							✓	
Neck and Chuck Eye (bone-in)																								
Neck and Chuck Eye (bone-in)								✓	✓				WD										✓	
Chuck Rib Steaks on the bone							✓		✓					M/WD				✓					✓	
Chuck Rib on the bone							✓		✓					M/WD			✓						✓	
Back Rib Steaks on the bone							✓		✓					M/WD			✓						✓	
Denver Muscle	2.36kg	32.82%	1.56%			✓			✓	✓	✓			M/WD	M/WD	WD			✓	✓	✓	✓	✓	
Chuck Eye “Centre Cut” Joint	2.76kg	38.38%	1.82%					✓	✓					M/WD				✓					✓	
“King Arthur’s” Beef Roast								✓	✓					M/WD				✓					✓	
Chuck Eye Joint								✓	✓					M/WD				✓					✓	
Fore Rib																								
Fore Rib (bone-in)	8.23kg		5.43%				✓										✓		✓				✓	
Beef Mini Back Ribs – 2-bone Rack	1.25kg	15.19%	0.83%				✓		✓					WD			✓						✓	
Fore rib boned and rolled						✓								M/WD				✓					✓	
Rib Cap Muscle							✓		✓	✓	✓			WD	WD	WD	WD		✓				✓	
Rib Eye Roll	2.82kg	34.26%	1.86%		✓				✓	✓	✓			M	M			✓		✓	✓		✓	
Brisket																								
Flat Brisket	5.34kg		3.52%				✓		✓	✓	✓			WD	WD	WD	WD		✓				✓	
Brisket PAT	2.80kg	52.43%	1.84%				✓		✓	✓	✓			WD	WD	WD	WD		✓				✓	
Brisket Cap Muscle	1.30kg	24.34%	0.86%					✓	✓	✓					WD	WD							✓	
Forequarter Flank																								
Forequarter Flank (Boneless) without intercostal muscles							✓																✓	
Beef Short Ribs (Jacobs Ladder)							✓		✓					WD				✓					✓	
Beef Ribs – split (Jacobs Ladder)							✓		✓					WD				✓					✓	
Whole Beef Rib (Jacobs Ladder)							✓		✓					WD				✓					✓	



ENHANCE YOUR CAREER PROSPECTS

IMPROVE YOUR BUTCHERY SKILLS AND YOUR MEAT KNOWLEDGE

The free-to-use Meat Education Programme is designed to help provide invaluable knowledge to people working in the food industry – from butchers to chefs and anybody in between.

Meat Education Programme



To register to start using the Meat Education Programme, or for further information, visit www.qsmbefandlamb.co.uk/mep

