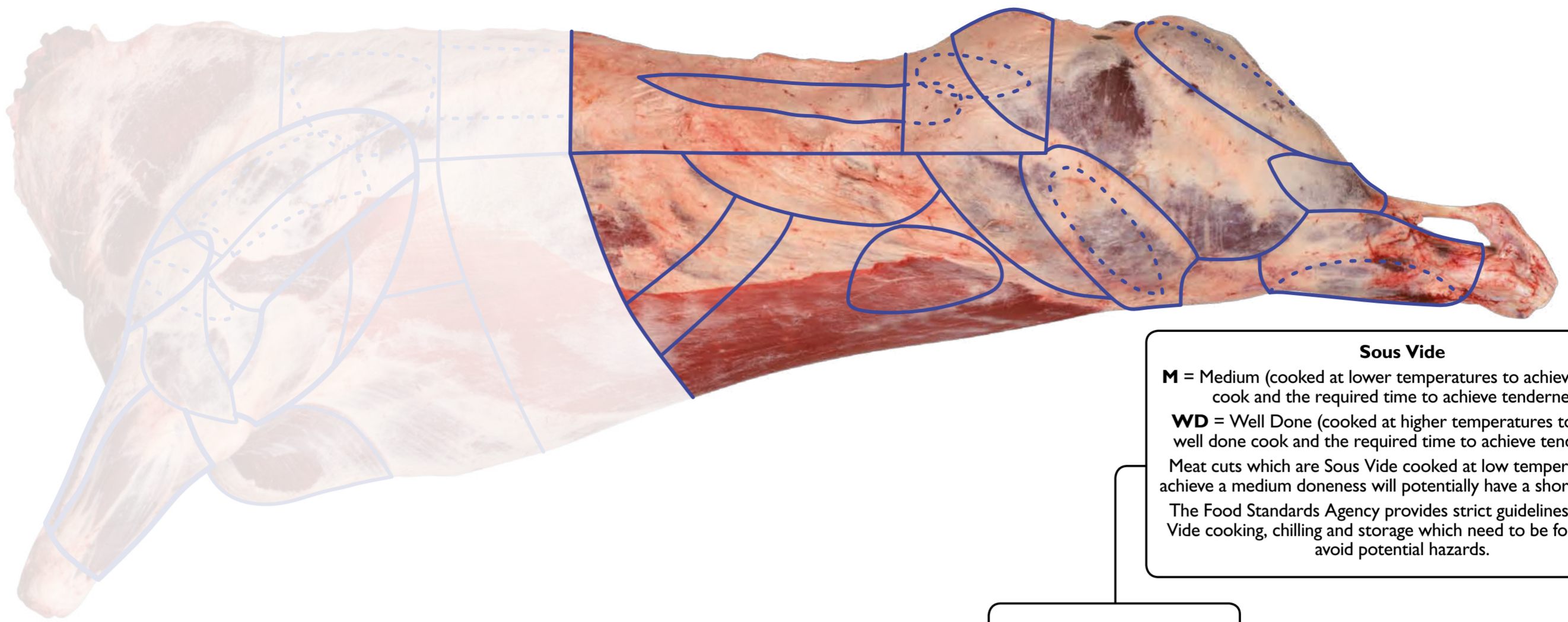


Beef Muscle Guide – Hindquarter Muscles



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)		
Topside																									
Gracilis Muscle – Topside	1.33kg	13.45%	0.88%				✓			✓	✓	✓		M/WD	WD	WD									✓
Main Topside Muscle	5.14kg	52.00%	3.39%			✓				✓	✓	✓		M/WD	M/WD	M/WD		✓			✓	✓	✓	✓	
Small Side Bullet Muscle	0.55kg	5.56%	0.36%	✓										M/WD	M/WD	M/WD					✓	✓	✓	✓	
Tender Top muscle	1.55kg	15.67%	1.02%		✓									M/WD	M/WD	M/WD		✓			✓	✓	✓	✓	
Topside Flap muscle	0.25kg	2.53%	0.17%		✓										WD								✓		
Silverside																									
Silverside (with silver gristle)	2.80kg	29.00%	1.85%					✓	✓	✓	✓	✓		M/WD	M/WD	WD	WD		✓			✓		✓	
Main Silverside Muscle (without the Side muscle)								✓	✓	✓	✓	✓		M/WD	M/WD	WD	WD		✓			✓		✓	
Aitch Bone Joint								✓	✓	✓	✓	✓		M/WD	M/WD	WD	WD		✓			✓		✓	
Silverside Side Muscle								✓	✓	✓	✓	✓			WD	WD	WD		✓						
Thick Flank																									
Thick Flank (Knuckle)	6.40kg		4.22%			✓			✓	✓	✓			M/WD	M/WD				✓			✓		✓	
Centre Cut Muscle – Thick Flank	2.01kg	31.41%	1.33%		✓									M/WD	M/WD	M/WD			✓		✓	✓	✓	✓	
Pavé Muscle	0.68kg	10.62%	0.45%		✓									M/WD	M/WD	M/WD					✓	✓	✓	✓	
Plate Muscle – Thick Flank	2.19g	34.22%	1.45%			✓			✓	✓	✓			M/WD	M/WD	WD		✓			✓	✓	✓	✓	
Femur Muscle – Thin Flank	0.63kg	9.84%	0.42%				✓								WD	WD									
Rump																									
“D” Rump (without tail)	5.99kg		3.95%		✓									M	M				✓		✓	✓	✓	✓	
Rump Bistro Muscle	1.18kg	19.70%	0.78%	✓	✓									M	M				✓		✓	✓	✓	✓	
Rump Cap (Picanha)	1.44kg	24.00%	0.96%		✓									M	M				✓		✓	✓	✓	✓	
Rump Tail	1.42kg		0.94%			✓								M/WD	M/WD				✓		✓	✓	✓	✓	
Prime Rump	2.54kg	42.40%	1.68%		✓									M	M				✓		✓	✓	✓	✓	
Fillet																									
Fillet	2.91kg		1.92%	✓										M	M										
Middle Fillet	1.25kg	42.96%	0.83%	✓										M	M				✓		✓	✓	✓	✓	
Rump Fillet	1.04kg	35.74%	0.96%	✓										M	M				✓		✓	✓	✓	✓	
Rump Tail	0.29kg	9.97%	0.19%	✓											M	M						✓	✓		
Fillet Steak on the bone				✓											M					✓					
Fillet Tail on the bone				✓											M						✓				
Sirloin and Whole Fillet (Bone-in)																									
Larder Trim Sirloin	5.34kg	78.53%	3.52%		✓									M	M				✓		✓	✓	✓	✓	
Lower Sirloin Pavé	0.56kg	8.24%	0.37%		✓										M	M			✓		✓	✓	✓	✓	
Top Sirloin Pavé	0.28kg	4.12%	0.18%		✓										M	M			✓		✓	✓	✓	✓	
T-Bone Steaks																									
Bone-in Sirloin Steak					✓										M					✓					
Bone-in Porterhouse Steak					✓										M					✓					
Thin Flank																									
Thin Flank (boneless)	10.09kg		6.66%				✓																		✓
Inside Skirt	0.72kg	7.14%	0.48%				✓			✓	✓				M/WD	M/WD						✓	✓	✓	
Flank Skirt – Bavette (fully trimmed)	1.44kg	14.27%	0.95%				✓			✓	✓				M/WD	M/WD					✓	✓	✓	✓	
Cutaneous Muscle							✓																		✓
Goose Skirt	0.77kg	7.63%	0.51%				✓			✓	✓				M/WD	M/WD					✓	✓	✓	✓	
Heel																									
Heel Muscle	2.63		1.74%				✓			✓	✓				WD	WD									✓
Pencil Muscle	0.53kg	20.15%	0.35%				✓			✓	✓				WD	WD									✓
Heel Muscle for Braising	0.69kg	26.24%	0.46%			✓				✓	✓				WD	WD									✓
Heel Muscle for Pavé	0.96kg	36.50%	0.63%		✓										M	M					✓	✓	✓	✓	
Hind Shin																									
Hind Shin	2.58kg		1.70%				✓			✓	✓				WD	WD									✓
Prime Hind Shin Muscle	0.90kg	26.24%	0.46%				✓			✓	✓				WD	WD	✓								✓
Boneless Beef Shank Portions (Hind Shin)							✓			✓	✓				WD	WD	✓								✓
Beef Bucco							✓			✓	✓				WD										✓



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Meat Education Programme



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