

BEEF VALUE CUTS

Cutting Instructions for Bottom Round
Western Griller and Western Tip Steaks

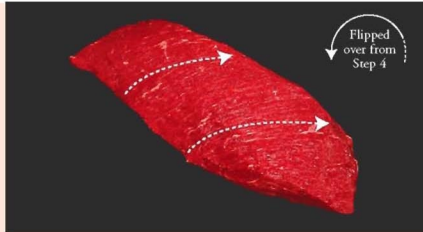


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**5. MERCHANDISING SUGGESTIONS:
FLAT TRIANGLE**

With the surface fat left on for added flavor, the Flat Triangle can be used as a roast or for corned beef. Denuded, it can be used for pastrami, country fried steak or shredded beef.



6. IDENTIFY THE FIBER ALIGNMENT

To identify the fiber alignment of the remaining portion of the muscle, remove the surface fat. Once you are familiar with this process you may leave the external fat on for additional flavor.



**11. MERCHANDISING SUGGESTION:
WESTERN GRILLER STEAKS (URMIS g)**

Cut the main body from end to end (90° angle against direction of fiber) to generate 8 to 16 oz. Western Griller Steaks (3/4" to 1" thick).



**12. MERCHANDISING SUGGESTION:
LONDON BROILS**

To produce London Broils, first square-off the tapered end of the main body (from Step 10). Then cut, 90° against the direction of fiber, creating 1 1/2" thick portions.

MUSCLE IDENTIFICATION KEY

- a. Flat Triangle (*ischiatric head*)
- b. Main Body (*biceps femoris*)
- c. Sirloin/Rump End (*biceps femoris*)

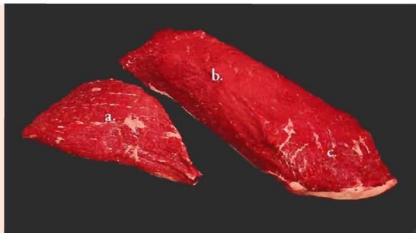
URMIS KEY

- d. Beef Bottom Round Rump Steak (Western Tip)
- e. Beef for Stir-Fry
- f. Beef for Kabobs
- g. Beef Bottom Round Steak (Western Griller)
- h. Beef for Stew



3. FLAT TRIANGLE SEPARATION

Separate the Flat Triangle by following the natural seam.
Remove the internal connective tissue.



4. FLAT TRIANGLE SEPARATED



9. MERCHANDISING SUGGESTION:

PIECES FOR STIR-FRY AND KABOBS (URMIS e and f)
The Sirloin/Rump end is also excellent for stir-fry and kabobs.



10. BOTTOM ROUND MAIN BODY

The main body can be merchandised as steaks of various
shapes and sizes.



15. MERCHANDISING SUGGESTION: WESTERN GRILLER STEAKS

Merchandise triangular pieces in pairs.



16. MERCHANDISING SUGGESTION: CUBES FOR STEW (URMIS h)

Any portion of the Bottom Round that cannot be used for
steaks can be cut into cubes for stew.

BOTTOM ROUND WESTERN GRILLER AND WESTERN TIP STEAKS



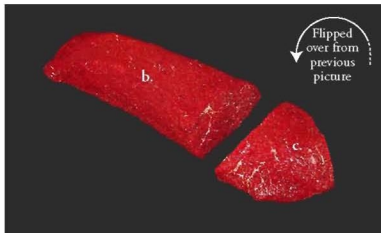
1. BOTTOM ROUND, OUTSIDE (FLAT) (IMPS/NAMP 171B)

To optimize the merchandising potential of the Bottom Round, three areas in this muscle must be recognized: the Flat Triangle (a), the main body (b), and the Sirloin/Rump end (c).



2. DENUDE THE INTERNAL SURFACE

Denude the internal surface and locate the natural seam between the Flat Triangle and the main body.



7. SEPARATE THE SIRLOIN/RUMP END

The Sirloin/Rump end is nearly as tender as the Sirloin. Measure 4" to 5" in from the tip of the Sirloin/Rump end (c) and separate this portion from the main body.



8. MERCHANDISING SUGGESTION: BOTTOM ROUND RUMP STEAKS (URMIS d)

The Sirloin/Rump end of the Bottom Round is excellent for steaks. Rotate, identify the fiber alignment, and cut across the grain (90° angle against direction of fiber).



13. MERCHANDISING SUGGESTION: WESTERN GRILLER STEAKS (URMIS g)

Cut large Western Griller Steaks (3/4" to 1" thick) in halves or thirds to generate 4 to 8 oz. steaks.



14. MERCHANDISING SUGGESTION: WESTERN GRILLER STEAKS

Merchandise square pieces in pairs.

INTRODUCING BEEF VALUE CUTS

The Beef Checkoff is pleased to bring you these step-by-step cutting instructions for new steaks and roasts from the Round Sirloin Tip Center and Side.

Results of the beef industry Muscle Profiling Study provided quantitative data showing that muscles of excellent quality are found in the Chuck and Round. Beef Value Cuts are now being manufactured throughout the U.S. and sold through retail and foodservice outlets.

Bottom Round Western Griller and Western Tip Steaks

Beef Bottom Round Western Griller and Western Tip Steaks are cut from the Beef Round, Outside Round (Flat) (IMPS/NAMP 171B). Following the natural seam, the Flat Triangle muscle is removed and usually sold as pot roast. Cutting the Sirloin/Rump end $\frac{3}{4}$ " to 1" thick produces Western Tip Steaks. The remaining muscle is completely trimmed and then cut $\frac{3}{4}$ " to 1" thick producing Western Griller Steaks. These larger steaks are then cut in half for more manageable family-size steaks.

Cut Characteristics

- Appetizing steak at an affordable price.
 - Very lean with slight marbling.
 - Marination enhances tenderness.
 - Best when cooked to medium rare and carved into thin slices.
- Convenient and versatile.
 - Excellent for grilling.
 - Can be portioned from 4 to 16 oz. to fit a variety of menu applications.
 - Perfect for London Broil.



We will inspire beef and veal product innovation and facilitate success by bringing information, insight, ideas, science and tools to industry influencers and stakeholders.