



ANGUS BEEF CHART



A 1200 pound steer yields a 500 pounds of retail cuts from a 750 pound carcass

22% are steaks
22% are roast
26% is ground beef and stew meat
30% is made-up of fat, bone and shrinkage

OTHER CUTS



RIB



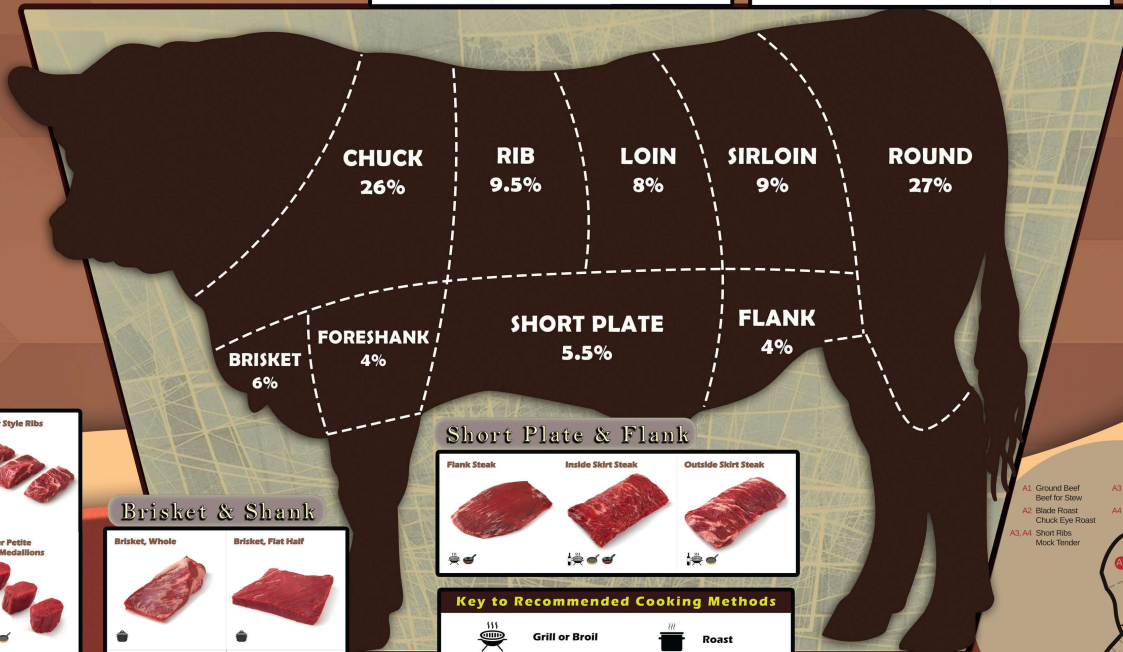
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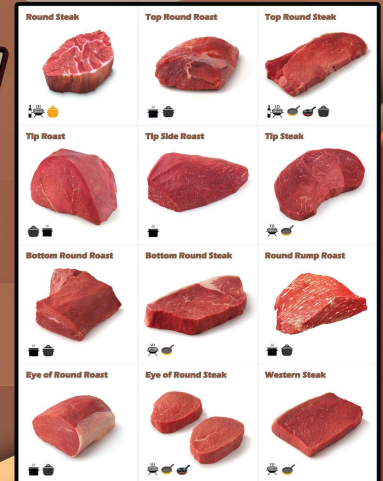
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CHUCK



ROUND



Brisket & Shank



Short Plate & Flank



Key to Recommended Cooking Methods

