

## Lesson Plan

**Butchering: Turning a side of beef into primal cuts**

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[Click here to read Alan Lazar's feature story, A Craft Butcher's Workshop.](#)



Figure 1 Taking the skirt steak off



Figure 2 skirt steak trimmed

We fabricated the front part of the steer, which is the chuck/rib section. The first piece of meat we took off was the skirts steaks. The skirts steak skin was dried out from aging but it looked nicely marbled and it tasted was very tender and flavorful not chewy or bland.

The side of beef has 13 rib bones. There are five on the chuck, seven on the rib and the lucky 13<sup>th</sup> on the loin. It is an industry standard method. We separate the chuck and rib by counting down the five rib bones and separating it with a knife cut then sawing it. The chuck swings a little, which is why they use to call it swinging beef. It is made up of the neck and shoulder meat which is separated by a blade bone. The shoulder contains the Petite Tender (Lazar Steak), the Flat Iron and the Ranch cut besides other muscles that we will use for stew or chopped meat. We also take off the Brisket (Pot Roast, Corned Beef or Texas Style Barbq) and one of the students boned it out or took the meat off the bone.



Separating the Brisket of beef from the chuck



Top shoulder taken off the blade, separating Flat Iron, Petite Tender (Lazar Steak, my favorite steak) and the Ranch Steaks

We boned out the neck and made stew/ground beef from it. The rib was made into Cowboy steaks, short ribs and top rib for pot roasting. Remember on a rib, there is a large end with connected tissues and a small end (loin side). The plate is for pastrami or chopped meat.



The pictures above are a rib sectioned off into short ribs and plate. The middle picture is a rib of beef and the last picture is the top rib, we use it like a brisket of beef for moist cooking methods.

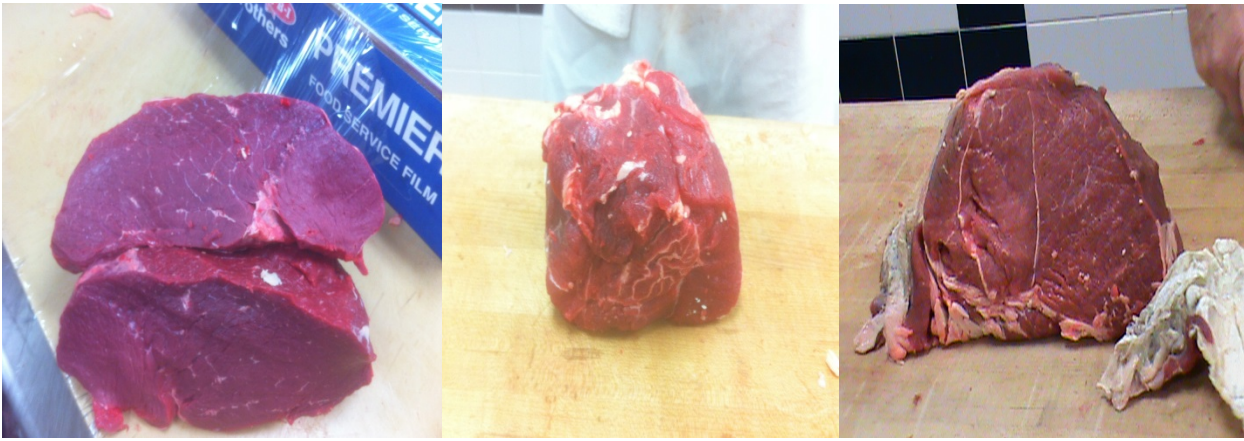
The Beef Round was fabricated hanging from the stand which made it must easier to cut. We use natural gravity in fabricating the Round. There are four roasts on a Beef Round. They are the Bottom Round (moist cooking method recommended), Eye Round (moist), Sirloin Tip (Dry cooking methods), and the Top Round (Dry).



In this picture, a student butcher is taking off the Top Round from the femur with the aitch bone still attached. Look at the technique of pulling with the hook and cutting with a breaking knife.



We are just about ready to separate the Top Round from the femur and then work on taking the shin meat off the bone.

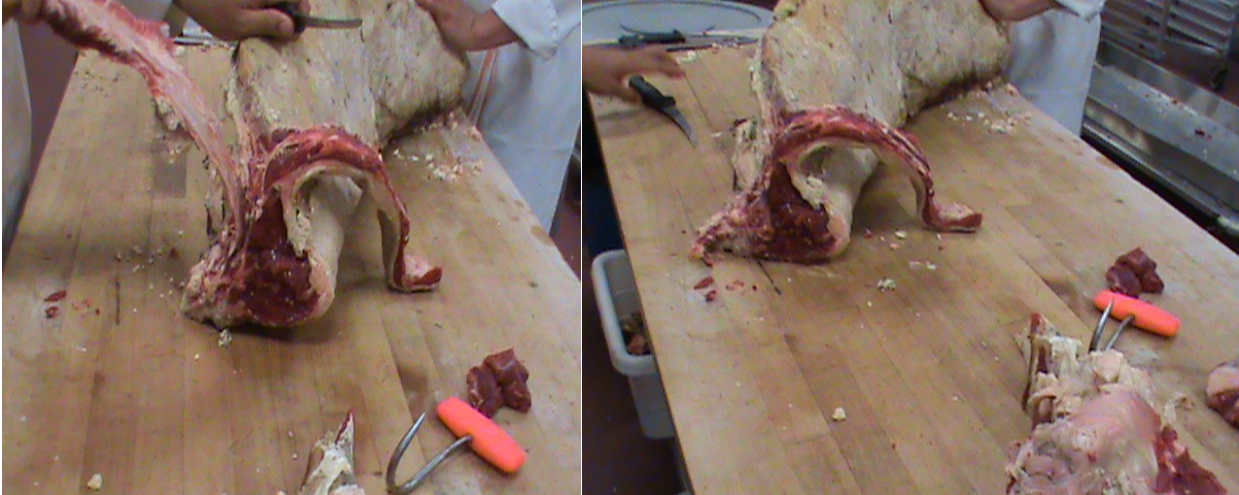


This is the Top Round trimmed and split. The middle picture is from the hind shank, look how cherry red it is.



Flap meat from the Loin                      Flank steak, trimmed off skin                      Trimmed Sirloin tip

The last picture is a sirloin tip Roast, dry cooking methods recommended. The next and last primal was the loin, the most flavorful piece of meat. We decided to bone it out and taste the Beef tenderloin and compare it to the Top Loin steaks (New York Strip) and both were boneless.



Cutting into the lucky thirteen bone                      taken out

We cut a few steaks to taste, ground up some trim from the chuck and the round. The meat tasted so fresh even though this animal was aged. The meat reminded me of how it tasted years ago without cryovac packaging, which started in the 1960s.

Here are a few more pictures from cutting the bones to packaging the product:



Trimmed Flap meat

Trimmed Beef Osso Bucco

Flap meat can be grilled or rolled to make into pin wheel steaks. The Beef Osso Bucco is cooked using moist methods as it is a tough piece of meat and needs time to break down the connected tissue. It is very flavorful.



Bottom Round was small from the round

Petite Tender (my favorite Steak) from shoulder



Cutting bones using proper technique



Student displaying proper packaging and labeling



Action shots: Boning out the Brisket from the breast plate bone. Cowboy Rib Steak and Top Round Roast tied up and packaged.



Finally, grass-fed Porterhouse Steak – delicious!!!

All Photos are from Chef Lazar