

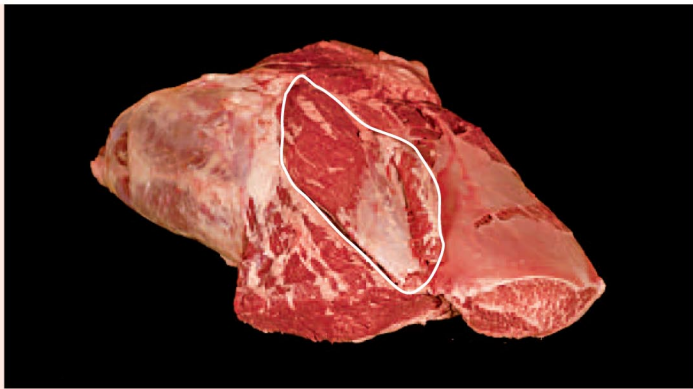
BEEF VALUE CUTS

Cutting Instructions for Shoulder Center Steaks
and Shoulder Tender Roasts and Medallions



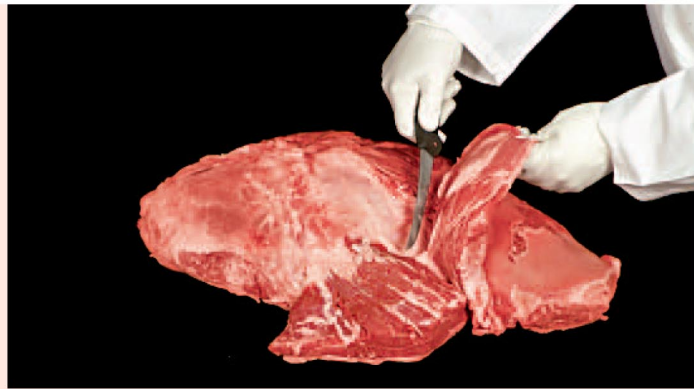
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BEEF PRODUCERS

SHOULDER TENDER ROASTS AND MEDALLIONS



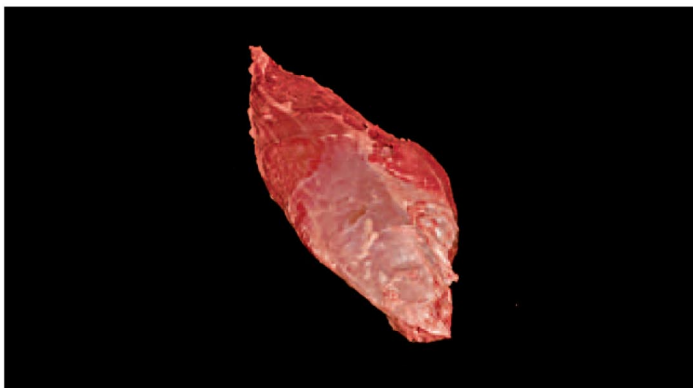
1. SHOULDER CLOD IMPS/NAMP 114

The Shoulder Tender (teres major) rests on the top of the Shoulder Clod.



2. REMOVE SHOULDER TENDER

Starting at the upper end, furthest from the Top Blade, remove the Shoulder Tender by following the natural seam.



3. UNTRIMMED SHOULDER TENDER IMPS/NAMP 1114F

Remove all visible external fat and connective tissue.



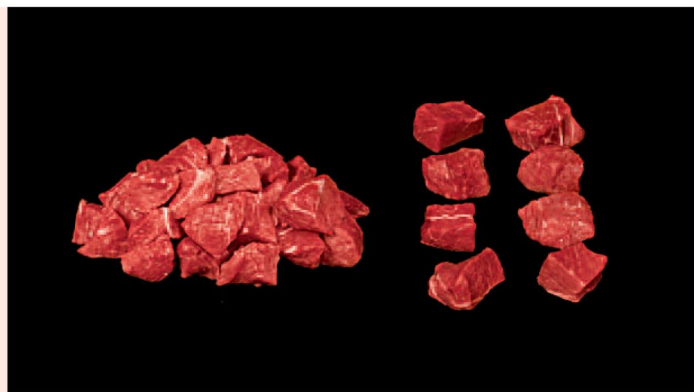
4. MERCHANDISING SUGGESTION – DENUDED SHOULDER TENDER

Leave whole as a Small Roast.



5. MERCHANDISING SUGGESTION

Cut across the grain (90° angle against direction of fiber) to create Shoulder Tender Medallions.



6. MERCHANDISING SUGGESTIONS

End pieces can be merchandised as Premium Kabobs or Lean Stew Meat.

INTRODUCING BEEF VALUE CUTS

The Beef Checkoff is pleased to bring you these step-by-step cutting instructions for new Shoulder Center Steaks, Shoulder Tender Roasts and Shoulder Tender Medallions.

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.

Beef Shoulder Center Steaks

Cut Characteristics

- Lean, juicy and flavorful.
 - Cooking to medium rare or medium is recommended.
- Provides single-portion steaks at an affordable price.
- Convenient for time-challenged chefs.
 - Ready-to-cook and cooks quickly.
- Easy and versatile for everyday meals.
 - Can be grilled, skillet cooked, broiled, cut into strips and stir-fried, or cut into pieces for kabobs.

Beef Shoulder Tender Roast and Medallions

Cut Characteristics

- Tender and juicy.
 - Shoulder Tender Roast and Medallions come from one of the most tender and juicy beef muscles.
 - Cooking to medium rare is recommended.
- Affordable elegance and flavor.
 - Perfect for special occasions.
 - Shoulder Tender Roast is similar in shape and size to a pork tenderloin, but has great beef flavor.
- Convenient and versatile.
 - Roast cooks quickly in the oven or on the grill. It may also be broiled whole, or cut into thin slices and stir-fried.
 - Medallions are best suited to quick skillet preparations.

beef **innovations** group™

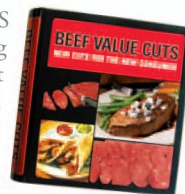


We will inspire beef and veal product innovation and facilitate success by bringing information, insight, ideas, science and tools to industry influencers and stakeholders.

In addition to this cutting guide, the NCBA offers other useful tools to aid in your Beef Value Cuts program.

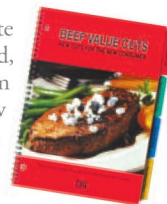
The Complete Guide to Beef Value Cuts (Item 24623)

This multi-tab three-ring binder provides detailed cutting videos on VHS and CD-Rom, plus marketing information for all Beef Value Cuts. It includes cooking instructions and consumer recipes, foodservice cut information, menu suggestions and recipes, costing and profit information, a list of packer raw material sources, and summaries of Checkoff-funded research.



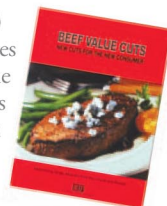
Beef Value Cuts Manual (Item 24620)

This 36-page manual shows how to create Beef Value Cuts from the Shoulder Clod, Round Knuckle (Tip) and Bottom Round/Outside Round (Flat). Raw material specifications, cut characteristics, merchandising information, cooking instructions and general nutrition information are included.



Beef Value Cuts Brochure (Item 24621)

This tri-fold foodservice and retail sales tool is a condensed version of the manual. It includes a Beef Value Cuts overview, cutting schematics for each subprimal, cut characteristics and general nutrition information.



To order copies of printed materials, please contact the NCBA Customer Service Department at 1-800-368-3138.* Reference the item number when ordering.

*Quantities are limited. Charges may apply. NCBA Customer Service will advise as to whether requested quantities are available and provide price information. You will be billed for your order if charges apply. Please allow 2 to 3 weeks for delivery after placing your order. Items may be shipped separately.

SHOULDER CENTER STEAKS



1. BEEF CHUCK, SHOULDER CLOD IMPS/NAMP 114

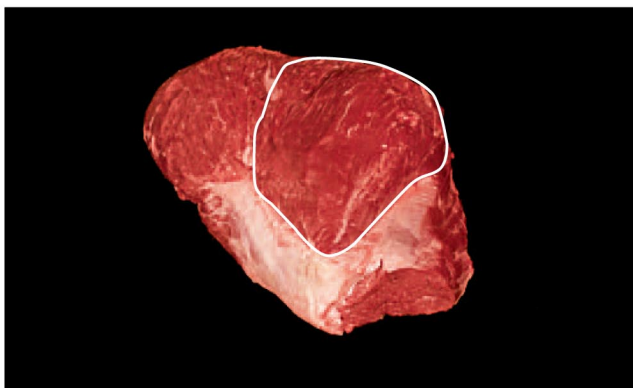
The Shoulder Center is the largest muscle group within the Shoulder Clod.

Note: Dotted line represents portion of Shoulder Center located beneath other muscles of Shoulder Clod.



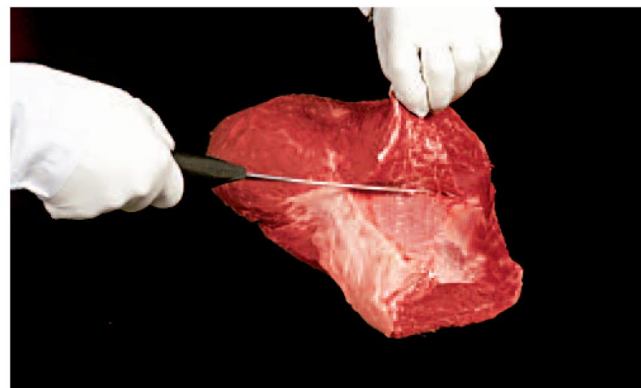
2. SHOULDER CLOD MAJOR MUSCLES / MUSCLE GROUPS

The Shoulder Clod can be broken down into five muscles or muscle groups (*see next column*). The five components are separated by following natural seams. The Shoulder Center can also be purchased as an individual muscle.



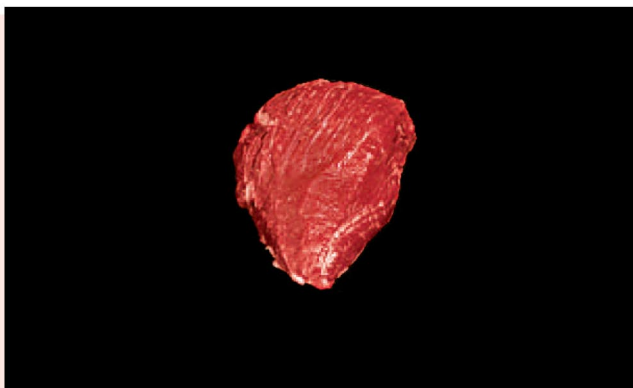
6. DENUDED SHOULDER CENTER

Flipped Shoulder Center. The Lateral Head and the internal connective tissue are visible. The line indicates the portion of the Lateral Head that will be removed in Step 8.



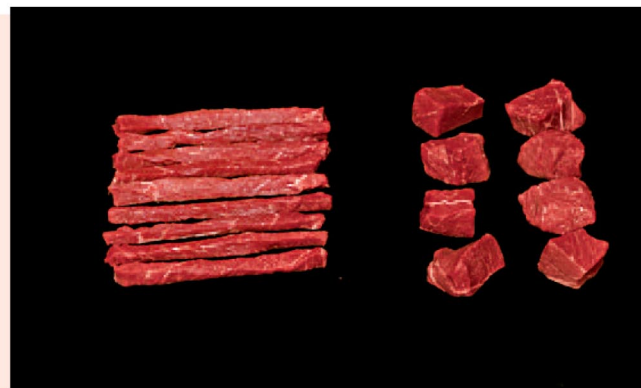
7. SEPARATE LATERAL HEAD FROM LONG HEAD

Follow the natural seam to initiate partial separation of the Lateral Head from the Long Head.



12. MERCHANDISING SUGGESTION – PARTIAL LATERAL HEAD

This portion of the Lateral Head can be merchandised as a Shoulder Center Roast.



13. MERCHANDISING SUGGESTIONS – RESIDUAL LONG AND LATERAL HEAD PIECES

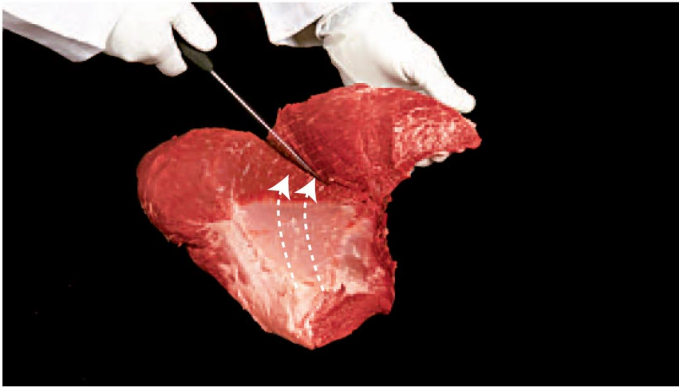
Beef Strips for Stir Fry, Beef Cubes for Kabobs.

- a. **Shoulder Center**
(Beef Chuck, Shoulder Clod, Arm Roast IMPS/NAMP 114E)
- b. **Shoulder Tender**
(IMPS/NAMP 1114F) *teres major*
- c. **Top Blade**
(Beef Chuck, Shoulder Clod, Top Blade, Roast IMPS/NAMP 114D) *infraspinatus*
- d. **Clod Lifter Meat**
(*latissimus dorsi*)
- e. A group of small muscles known informally as the “nose.”



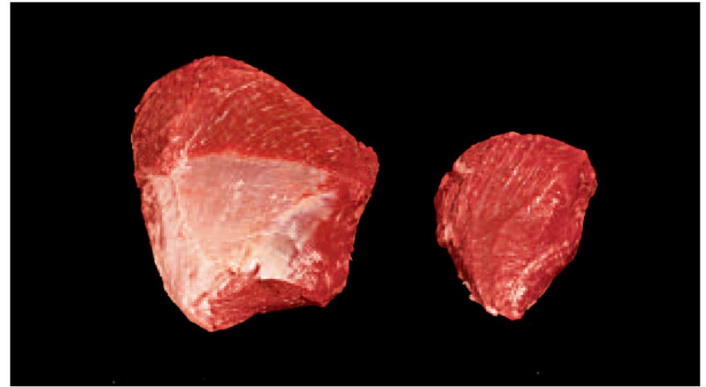
3. SHOULDER CENTER

The Shoulder Center is made up of the Long Head and the Lateral Head (not visible because it is located on the opposite side). A small, elongated muscle known informally as the “rope” is attached to the side of the Shoulder Center.



8. SEPARATE LATERAL HEAD FROM LONG HEAD

Remove the Lateral Head by following the natural seam halfway through the length of the muscle, where the connective tissue begins to thin out. At this point, rather than following the connective tissue, cut away from it at a 20° angle. Continue to cut to remove the remaining top portion of the Lateral Head. A small portion of the Lateral Head will remain on the Long Head.



9. SEPARATED LATERAL HEAD AND LONG HEAD

The thick portion of the internal connective tissue on the Long Head is now exposed. Remove the exposed connective tissue.

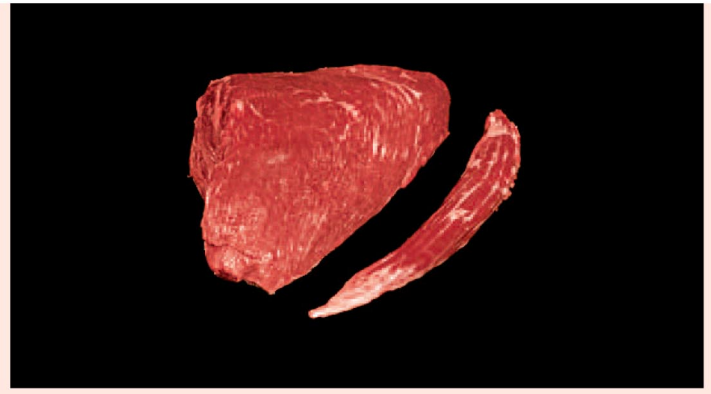


14. MERCHANDISING SUGGESTION – LIFTER MEAT, “NOSE,” RESIDUAL LONG AND LATERAL HEAD PIECES
Beef for Stewing.



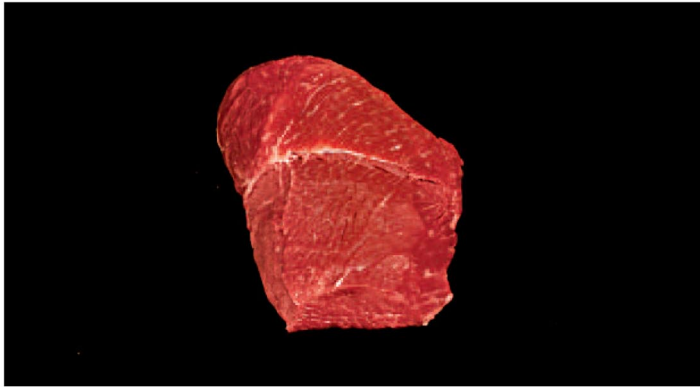
4. REMOVE THE "ROPE"

Remove the small elongated muscle by following the natural seam. Then remove all surface fat and connective tissue from the Shoulder Center.



5. DENUDED SHOULDER CENTER AND ROPE

The Shoulder Center will need to be flipped over on its other side for the next step.



10. SHOULDER CENTER (LONG HEAD) – LATERAL HEAD PARTIALLY REMOVED

The portion of the internal connective tissue that remains attached is very thin and does not need to be removed.



11. CUT STEAKS FROM THE SHOULDER CENTER

Cut steaks $\frac{3}{4}$ " to 1" thick by cutting across the grain (90° angle against direction of fiber).