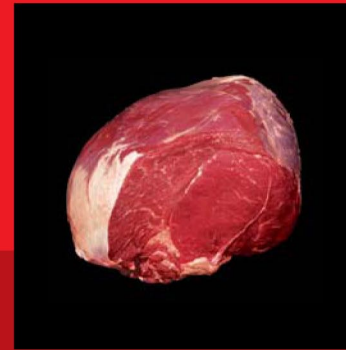


BEEF VALUE CUTS

Cutting Instructions for Steaks and Roasts from the Round Sirloin Tip Center and Side



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.

Steaks and Roasts from the Round Sirloin Tip Center and Side

Beef Round Sirloin Tip Center Roasts are cut from the Beef Round, Knuckle, Peeled (IMPS/NAMP 167A) by following the natural seams to separate the Tip Side, Tip Center and Tip Bottom. The Tip Center is left whole and sold as a roast or cut into Tip Center Steaks $\frac{3}{4}$ " to 1" thick. The Tip Side is cut into steaks $\frac{1}{4}$ " to 1" thick.

ROUND TIP CENTER



Cut Characteristics

- Lean and extremely tender.
 - The most tender cut in the Round, requiring no tenderizing.
 - No visible fat.
- Convenient and versatile.
 - Makes great steaks for the grill or skillet, and performs well center-of-the-plate.
 - Excellent for kabobs.

ROUND TIP SIDE



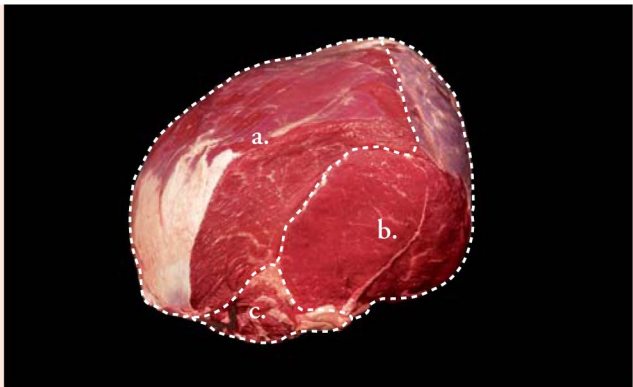
Cut Characteristics

- Flavorful steak at an affordable price.
 - Benefits from a tenderizing marinade.
 - Performs well center-of-the-plate with signature sauces.
 - Best when cooked to medium rare.
- Appetizing appearance.
 - No visible fat.



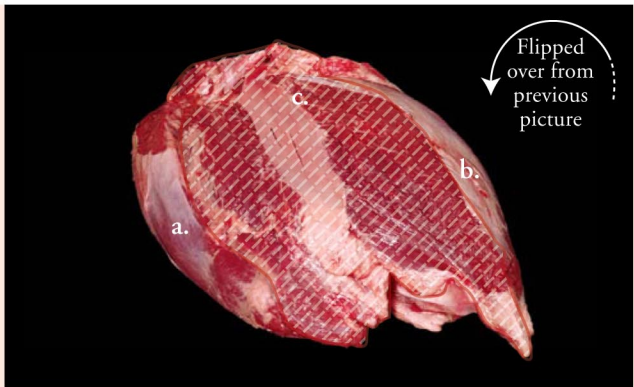
We will inspire beef and veal product innovation and facilitate success by bringing information, insight, ideas, science and tools to industry influencers and stakeholders.

STEAKS AND ROASTS FROM THE ROUND TIP CENTER AND SIDE

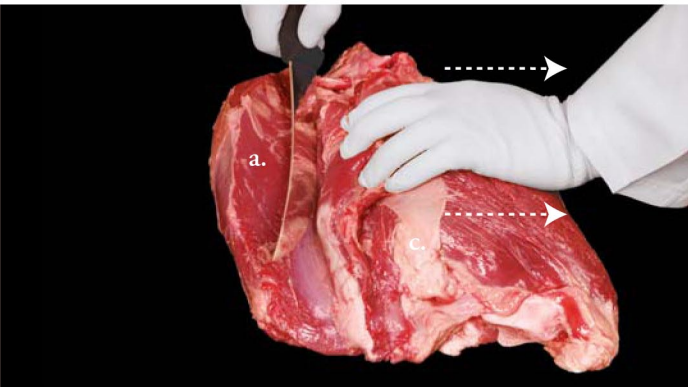


1. BEEF ROUND KNUCKLE PEELED (IMPS/NAMP 167A)
The Peeled Knuckle is comprised of three muscle groups: the Tip Side (a), Tip Center (b), and Tip Bottom (c).

Please note this subprimal is from one side of the carcass.
The subprimal on the opposite side will be the mirror image of this photo.



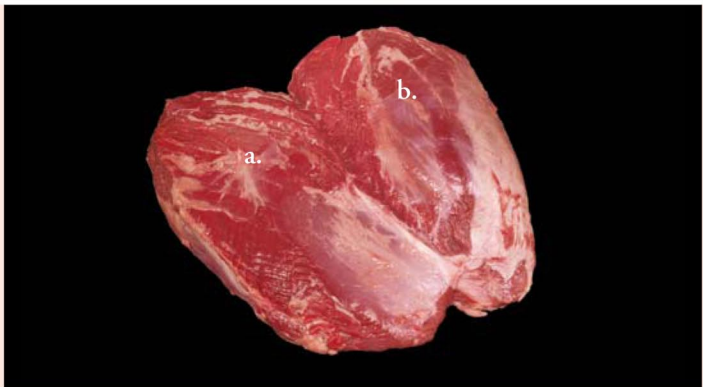
2. LOCATE THE TIP BOTTOM
Flip the Peeled Knuckle over from head to toe and locate the Tip Bottom.



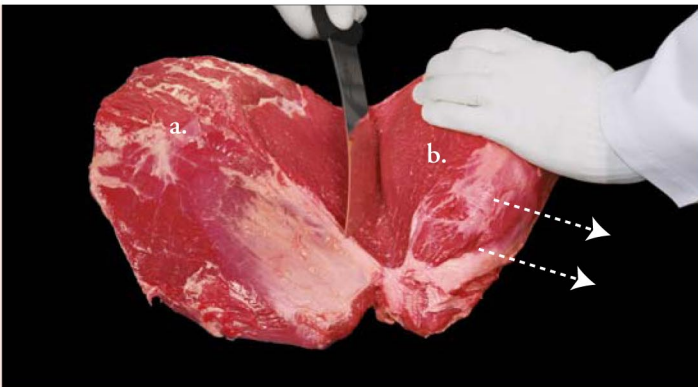
3. SEPARATE THE TIP BOTTOM
Locate the natural seam between the Tip Center and Tip Bottom muscles. Then, separate the Tip Bottom by using the pull and cut method.



4. TIP BOTTOM SEPARATED
Trimming the Tip Bottom is labor intensive. It is best used for ground beef.



5. IDENTIFY THE NATURAL SEAM
Remove internal fat and connective tissue to locate the natural seam between the Tip Side and Tip Center.



6. SEPARATE THE TIP CENTER FROM THE TIP SIDE
Follow the seam and roll the Tip Center away from the Tip Side. Denude both muscles once separated.



7. DENUDED TIP CENTER AND TIP SIDE



8. MERCHANDISING SUGGESTION:
TIP CENTER ROAST (URMIS d)
The Tip Center can be merchandised as a roast by leaving it whole. The internal seam in the Tip Center does not need to be removed because it tenderizes upon cooking.



9. MERCHANDISING SUGGESTION:
TIP CENTER STEAKS (URMIS e)
Create steaks (3/4" to 1" thick) by cutting across the direction of the fiber (parallel to the cut face).



10. MERCHANDISING SUGGESTION:
PIECES FOR STIR-FRY AND KABOBS (URMIS f and g)
The Tip Center is also excellent for stir-fry and kabobs.



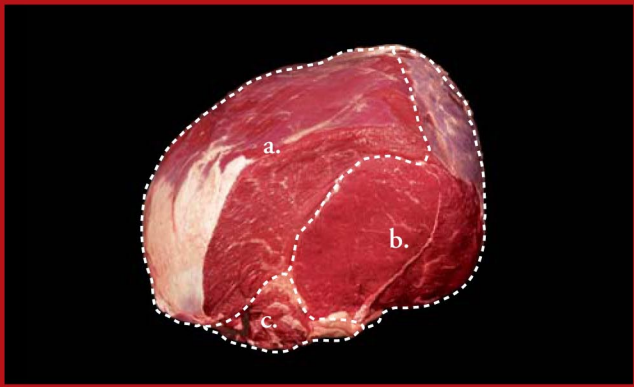
11. SQUARE THE TIP SIDE
Before cutting the Tip Side into steaks, square-off the thick end of the muscle (90° angle against direction of fiber).



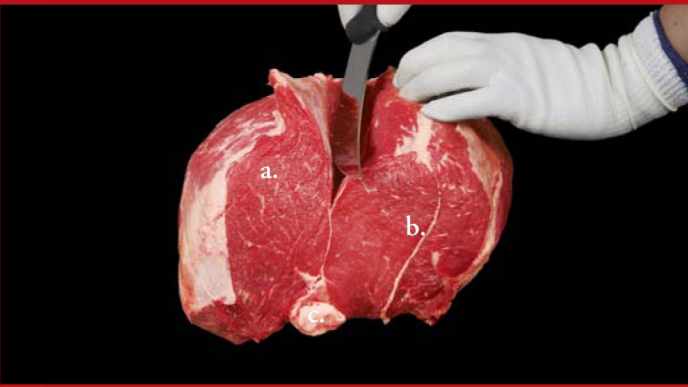
12. MERCHANDISING SUGGESTION:
TIP SIDE STEAKS (URMIS h)
Starting from squared-off end, cut steaks 3/4" to 1" thick. Thinner steaks (1/4" or thinner) can be used as Milanese or sandwich steaks.



13. MERCHANDISING SUGGESTION:
PIECES FOR STEW (URMIS i)
The Tip Bottom and the end of the Tip Side can be used for stew.



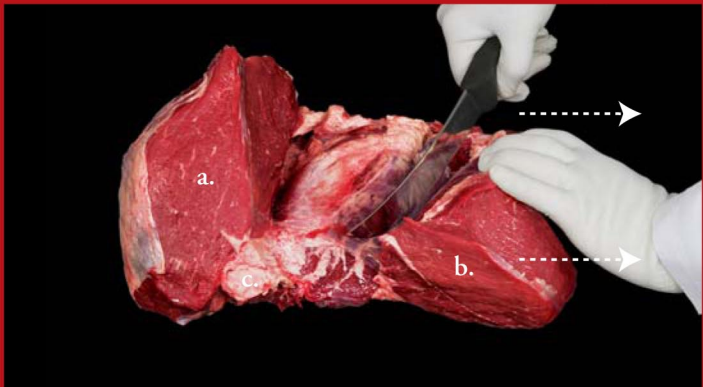
A. BEEF ROUND KNUCKLE PEELED (IMPS/NAMP 167A)



B. IDENTIFY THE NATURAL SEAM
Starting at the top, find the natural seam that separates the Tip Side from the Tip Center.



C. BEGIN SEPARATING THE MUSCLE GROUPS
Follow the natural seam between the two muscles until the Tip Bottom is exposed.



D. FINAL MUSCLE SEPARATION
Continue following the natural seams between the muscle groups to complete separation. Move on to Step 7.

MUSCLE IDENTIFICATION KEY

- a. Tip Side (*vastus lateralis*)
- b. Tip Center (*rectus femoris*)
- c. Tip Bottom (*vastus intermedius and vastus medialis*)

URMIS KEY

- d. Beef Round Sirloin Tip Center Roast
- e. Beef Round Sirloin Tip Center Steaks
- f. Beef for Stir-Fry
- g. Beef for Kabobs
- h. Beef Round Sirloin Tip Side Steaks
- i. Beef for Stew