

# BEEF 101



## PRIME

HIGHEST QUALITY GRADE POSSIBLE

## CHOICE

SECOND HIGHEST QUALITY GRADE POSSIBLE

## SELECT

THIRD HIGHEST QUALITY GRADE POSSIBLE

## ANGUS

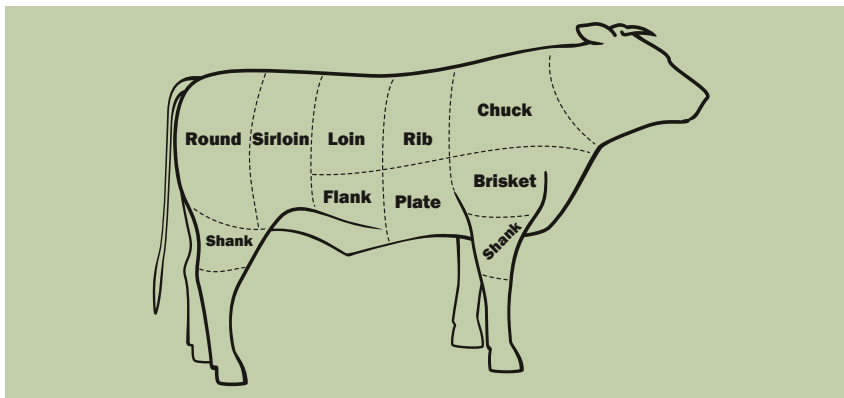
A BREED OF CATTLE KNOWN FOR EVEN MARBLING AND FINE MUSCLE FIBERS

## WAGYU

A BREED OF CATTLE THAT PRODUCES MEAT WITH HIGHEST QUALITY AND FINEST MARBLING

## KOBE

CUTS OF BEEF THAT COME FROM KOBE, JAPAN RENOWNED FOR ITS FLAVOR, TENDERNESS, AND WELL-MARBLED TEXTURE



## INSIDE ROUND/TOP ROUND

THE MOST TENDER PART OF THE ROUND.

**MEBE4C** BEEF TOP ROUND  
(APPROX. 25 LB) 1 PER CS

**MEBNGF2** BEEF TOP ROUND GRASS  
(APPROX. 10 LB ) 1 PER CS

## FLAT IRON

A STEAK THAT COMES FROM THE TOP CHUCK. TRIMMED AND IS FREE OF FAT AND TISSUE.

**MEBE5B** BEEF FLAT IRON  
(2 BAGS PER CS 20 LB AVG)

**MEBE5BFLTSTK8** BEEF FLAT IRON STEAK  
8 OZ 10 LB BOX

## STEAMSHIP ROUND

USED FOR ROASTING, IT IS MADE BY TAKING A FULL ROUND AND TRIMMING IT. THEY TYPICALLY WEIGH BETWEEN 60 AND 70 POUNDS.

**MEBE158** BEEF STEAMSHIP  
ROUND 75 LB AVG PC

## SHOULDER CLOD

A CUT FROM THE CHUCK THAT IS LARGE AND WILL REQUIRE FABRICATION. IT IS A HIGH ACTIVITY MUSCLE, SO MOIST HEAT IS PREFERRED. IT TYPICALLY WEIGHS BETWEEN 15-25 POUNDS.

**MEBE4E** BEEF BONELESS CHUCK CLODS  
(APPROX. 20 TO 22 LB S) 1 PER CS

**MEBE4EM** BEEF BONELESS CHUCK CLODS  
(3/20 TO 22 LB S) MASTER CS

**MEBNGF16M** BEEF CHUCK CLOD  
GRASS FED 16 LB AVG

## MARROW

HIGH IN FAT CONTENT, FOUND INSIDE THE BONES

**MEBE3IL** BEEF MARROW BONES SPLIT  
7" AVG-10 LB CS

**MEBE3IM** BEEF MARROW BONES 2"  
CUT-10 LB CS

**MEBE3IO** BEEF MARROW CC 1 LB PACK

## RIB EYE

COMES FROM THE PRIMAL RIB SECTION. VERY NICE CUT, SOME BELIEVE THE MOST FLAVORFUL.

**MEBE112A** 16 BEEF BONELESS RIBEYE STEAKS,  
WET AGE 16 OZ PC

**MEBE3Z** BEEF RIBEYE BONELESS CHEFS SPEC  
(13 TO 14 LB S) 1 PER CS

**MEBK3** BEEF WAGYU RIBEYE (12 LB AVG)

**MEBK3M** BEEF WAGYU RIBEYE (3-10 LB AVG)

**MEBNGF5M1** BEEF RIBEYE ROLL LIP ON  
112A JOYCE FARMS GF 1PC 12 LB AVG

**MEBNGFA1N** BEEF BNLS RIBEYE HALAL  
GRASS 12 LB AVG

## SKIRT STEAK

COMES FROM THE PLATE, IT MAKES THE DIAPHRAGM OF THE COW, AND THE TWO SKIRT STEAKS ARE CONNECTED BY THE HANGER STEAK. IT IS COOKED BY DRY HEAT.

**MEBE3P** BEEF SKIRT OUTSIDE CHOICE  
(13 TO 15 LB S) 1 PER CS

**MEBE3PS** RETAIL BEEF GN PEELED  
SKIRT STEAKS (10/1 LB )

**MEBK5M** BEEF SKIRT OUTSIDE KOBE SR  
23 LB AVG

**MEBNGF** BEEF OUTSIDE SKIRTS GN GRASS  
FED 7 LB BOX

**MEBNM** BEEF INSIDE SKIRTS PINELAND  
30 LB BOX AVG

## HANGER STEAK

THIS CUT COMES FROM THE PLATE, IT HOLDS THE TWO FLANK STEAKS TOGETHER TO FORM THE DIAPHRAGM. IT DOES TAKE SOME TRIMMING BECAUSE IT HOLDS A LARGE BAND OF COLLAGEN.

**MEBE30M** BEEF HANGER CHOICE 35 LB S MASTER CS

**MEBE30** BEEF HANGER CHOICE 16 LB AVG

**MEBE30STK** BEEF HANGER STEAK 8OZ 10 LB BOX CH  
GREAT NORTHERN

**MEBNGF19** BEEF HANGER JF GRASS FED 8 LB AVG

## BRISKET

A HIGH ACTIVITY PIECE OF MEAT. VERY COMMON IN BBQ.

**MEBE5H** BEEF BRISKET (1 PC-14 LB AVG)

**MEBE5HM** BEEF BRISKET MASTER CS  
(5 PCS-70 LB AVG)

**MEBE5HSLCKD** BEEF BRISKET/COOKED  
(1 PC-6 LB AVG)

**MEBE5K** BEEF CORNED BRISKET/RAW  
(1 PC-12 TO 14 LB AVG)

**MEBE5K** COOKED BEEF CORNED BRISKET/COOKED  
(1 PC-12 LB AVG)

**MEBK6** BEEF WAGYU BRISKET

**MEBNGF4** BEEF BRISKET (1 PC-14 LB AVG)  
JF GRASS FED

## BONE IN SHORT RIBS

SHORT RIBS ARE CUT FROM THE RIB AND PLATE PRIMALS AND A SMALL CORNER OF THE SQUARE-CUT CHUCK. THE MOST COMMON COOKING METHOD IS BRAISING.

**MEBE5L2** BEEF SHORT RIBS 2.5" CUT 14 LB S AVG

**MEBNGF10** BEEF SHORT RIBS PLATES GRASS  
FED 12 LB AVG BOX

**MEBE3SM** BEEF SHORT RIB WHOLE PLATE  
(4 BAGS/42 LB ) MASTER CS

## BONELESS SHORT RIBS

FLAP MEAT THAT COMES FROM THE SIRLOIN AREA. HIGH ACTIVITY MUSCLE, THE MOST COMMON COOKING METHOD IS BRAISING.

**MEBE3T** BEEF CHOICE FLAP MEAT  
(BONELESS SHORT RIB) 25 LB AVG

**MEBE3TM** BEEF FLAP MEAT (BONELESS SHORT RIB)  
CHOICE 60 LB MASTER CS

**MEBE5M** BEEF BOTTOM SIRLOIN FLAP  
(AVG 18-20 LB) 3 BAGS

**MEBK7** BEEF WAGYU SIRLOIN FLAP 22 LB

**MEBN7** BEEF BONELESS CHUCK FLAP JF  
GRASS (12-14 LB AVG)

**MEBNGF12** BEEF BOTTOM SIRLOIN FLAP GRASS  
FED JF (3 PCS PER BAG AVG 21 L)

**MEBNGF6M** BEEF BOTTOM SIRLOIN  
FLAP GF JFOODS 7 13 LB AVG