

# BEEF BREAKDOWN

How much meat to expect when buying local beef.



**Hot carcass weight (HCW)** is the weight of the unchilled carcass in pounds after the head, hide and internal organs have been removed. HCW is not the amount of meat that the consumer will put in his or her freezer.

**Dressing percentage** is the portion of the live animal weight that results in the hot carcass. The dressing percentage is calculated as: (hot carcass weight ÷ the live animal weight) × 100

## CHUCK = 201 lbs. (26.8% of total Hot Carcass)

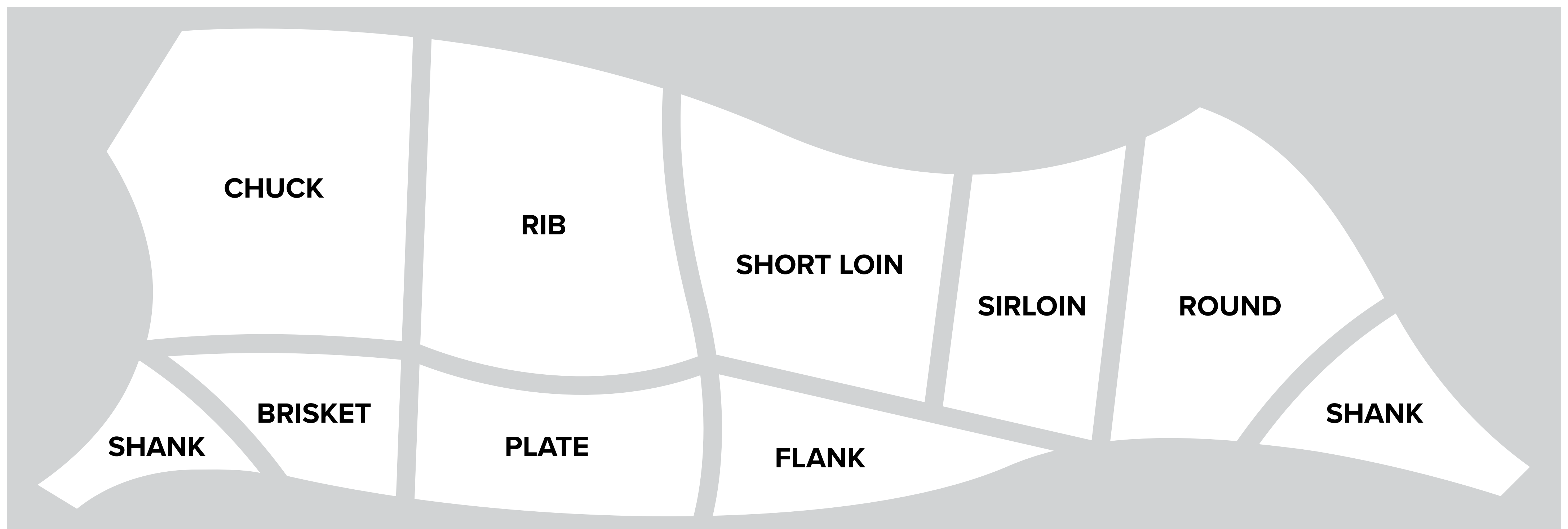
Cut	Usable Meat
Blade pot-roast	72.3 lbs.
Stew or Ground beef	39.2 lbs.
Arm pot-roast	27.2 lbs.
Cross Rib pot-roast	13.0 lbs.
Boston cut	12.1 lbs.
<b>TOTAL</b>	<b>163.8 lbs.</b>
Total Fat and Bone	37.2 lbs.

## RIB = 72 lbs. (9.6% of total Hot Carcass)

Cut	Usable Meat
Standing rib roast	29.5 lbs.
Rib steak	15.1 lbs.
Short ribs	5.8 lbs.
Braising beef	3.3 lbs.
Ground beef	4.3 lbs.
<b>TOTAL</b>	<b>58 lbs.</b>
Total Fat and Bone	14 lbs.

## LOIN & SIRLOIN = 129 lbs. (17.2% of total Hot Carcass)

Cut	Usable Meat
Porterhouse steak	22.8 lbs.
T-bone steak	11.6 lbs.
Club steak	6.3 lbs.
Sirloin steak	50.5 lbs.
Ground beef	3.5 lbs.
<b>TOTAL</b>	<b>94.7 lbs.</b>
Total Fat and Bone	34.3 lbs.



## BRISKET = 28.5 lbs. (3.8% of total Hot Carcass)

Cut	Usable Meat
Boneless	11.4 lbs.
<b>TOTAL</b>	<b>11.4 lbs.</b>
Total Fat and Bone	17.1 lbs.

## PLATE = 62.25 lbs. (8.3% of total Hot Carcass)

Cut	Usable Meat
Plate, stew, short ribs	49.8 lbs.
<b>TOTAL</b>	<b>49.8 lbs.</b>
Total Fat and Bone	12.45 lbs.

## ROUND = 168 lbs. (22.4% of total Hot Carcass)

Cut	Usable Meat
Top round (inside)	25.6 lbs.
Bottom round (outside)	24.7 lbs.
Tip	16.0 lbs.
Stew	10.1 lbs.
Rump	5.9 lbs.
Kabobs or Cube	2.6 lbs.
Ground Beef	17.3 lbs.
<b>TOTAL</b>	<b>102.2 lbs.</b>
Total Fat	65.8 lbs.

## SHANK = 23.25 lbs. (3.1% of total Hot Carcass)

Kidney, hanging tinder, fat and cutting losses	
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## FLANK = 39 lbs. (5.2% of total Hot Carcass)

Cut	Usable Meat
Flank	3.9 lbs.
Ground beef	15.4 lbs.
<b>TOTAL</b>	<b>19.3 lbs.</b>
Total Fat	19.7 lbs.

All percentages are based on total hot carcass weight. Actual amount of each cut will vary based on animal type and cutting techniques.

## Plan Ahead

- Calculate how much beef your family will need for a year.
- Make sure you have enough freezer space.
- Learn about what cuts your family would utilize.
- Find and contact a local beef farmer.
- Find and contact a processor or butcher.
- Visit [www.ohiobeef.org](http://www.ohiobeef.org) to learn more.

### FREEZER SPACE REQUIREMENTS

2.25 Cubic ft. per 50 lbs.

Whole Beef	<b>499.2 lbs.*</b>
Half (1/2) Beef	<b>249 lbs.*</b>
Quarter (1/4) Beef	<b>125 lbs.*</b>

\*Actual amount will vary based on animal type and cutting techniques.