

How Much Meat In A Steer--Calf--Lamb Or Hog

The following table shows the pounds of carcass that you can expect from different classes and grades of livestock. In addition it shows the amount of meat that you can expect to get from each 100 pounds of carcass (dressing percentage).

This *dressing percentage* will vary with the amount of fat (finish), the amount of weight in the digestive tract and conformation. A thick muscled, fat animal will yield a heavier carcass than one poorly muscled or finished.

Cutting losses will vary with the amount of boning and closeness of trimming.

	Live Weight	Approx. Dressing	If Dressed Wt. Was:	Approx. Pkg. Wt. Would Be:
BEEF				
Choice	1000 lbs.	59%-62%	590 lbs.	425 lbs.
Good	1000 lbs.	56%-59%	560 lbs.	470 lbs.
Standard	1000 lbs.	50%-53%	500 lbs.	455 lbs.
Commercial	1000 lbs.	48%-53%	480 lbs.	425 lbs.
PORK [Head & Leaf Lard In]	210 lbs.	71%	150 lbs.	120 lbs.
VEAL	200 lbs.	61%	122 lbs.	107 lbs.
LAMB	90 lbs.	48%	43 lbs.	33 lbs.

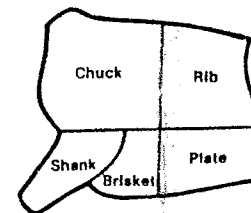
AGING...

Never "Age" Pork. Instead freeze it as soon as possible after chilling. Only good quality Beef and Lamb should be "Aged" before cutting for storage. Low grade, lean meat will shrink excessively if "Aged" "AGING" means holding the meat (before cutting) at 34 to 38 degrees for seven to ten days.

FREEZING...

Slow freezing is undesirable as it makes for greater breakdown of muscle cells and subsequent greater juice losses when meat is thawed. Freeze at temperatures as far below zero as possible.

Store meat at zero or lower to prevent rapid development of rancidity. The storage temperature should not vary, fluctuations foster dehydration.

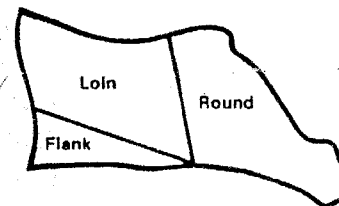


BEEF

Expect 130 lb. hindquarter from a 900 lb. heifer or steer. A side from such an animal will weigh about 270 lbs. (540 lb. carcass)

TAKE-HOME MEAT TO EXPECT FROM A 140 LB. BEEF FRONTQUARTER [trimmed cuts as usually found at retail]

CUTS	WEIGHT	PERCENT
Rib roasts, steaks	12 lbs.	9%
Boneless stew meat	6 lbs.	4%
Short ribs	4 lbs.	3%
Hamburger	38 lbs.	27%
Chuck roasts, steaks	37 lbs.	26%
	<u>97 lbs.</u>	<u>69%</u>
Bone, fat and trimmings	43 lbs.	31%

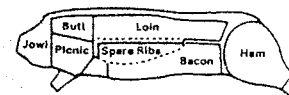


TAKE-HOME MEAT TO EXPECT FROM A 130 LB. BEEF HINDQUARTER [trimmed cuts as usually found at retail]

CUTS	WEIGHT	PERCENT
T-bones, club steaks	18 lbs.	14%
Sirloin steaks, roasts	16 lbs.	12%
Round steaks or roasts	29 lbs.	22%
Rump roasts (boneless)	8 lbs.	6%
Flank steak	2 lbs.	2%
Ground beef	16 lbs.	12%
	<u>88 lbs.</u>	<u>68%</u>
Bone, fat and trimmings	42 lbs.	32%

PORK

TAKE-HOME MEAT TO EXPECT FROM 75 LB. HALF-PIG [trimmed cuts as usually found at retail]



CUTS	WEIGHT	PERCENT
Ham, fresh or cured	14 lbs.	18%
Loin roast, chops	12 lbs.	16%
Bacon	12 lbs.	16%
Spareribs	3 lbs.	3%
Shoulder butt roasts, chops	6 lbs.	8%
Shoulder picnic, fresh, cured	5 lbs.	7%
Sausage	6 lbs.	8%
	<u>58 lbs.</u>	<u>77%</u>
Lard	12 lbs.	16%
Bones and shrink	5 lbs.	8%
	<u>75 lbs.</u>	<u>100%</u>

Count on above cuts, 58 lbs. from an average side of a 210 lb. live hog.