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### PURCHASING PORK: How to Identify Pork Cuts

The guide is organized into sections based on the pig's anatomy:

- LEG:** Includes cuts like Ham, Ham Shank, Pork Ham, and Pork Ham Shank.
- LOIN:** Includes cuts like Pork Tenderloin, Pork Loin, Pork Chop, Pork Rib, and Pork Tenderloin.
- SIDE:** Includes cuts like Pork Belly, Pork Side, and Pork Side.
- PICNIC SHOULDER:** Includes cuts like Picnic Shoulder and Picnic Shoulder.
- SHOULDER:** Includes cuts like Shoulder, Shoulder, and Shoulder.

**COOKING METHODS:**

- Boiling
- Braising
- Stewing
- Barbecuing
- Cutting/Grating
- Roasting/Baking

Source: [pork.org/purchasingpork](http://pork.org/purchasingpork)

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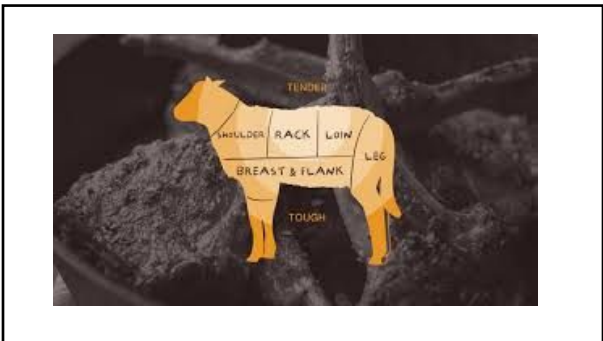
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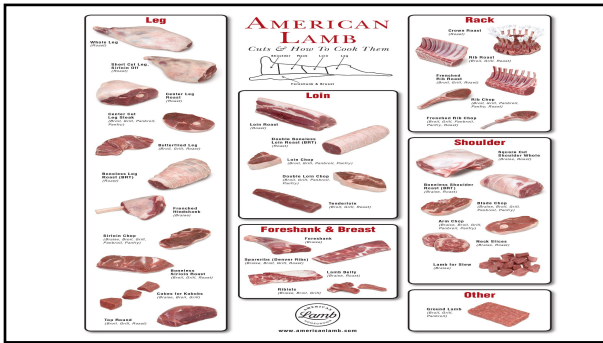
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**FACTORS AFFECTING YIELDS OF PRODUCT**

These factors are consistent with all species of animals.



Breed of animal

Diets

Environments in which they are raised

Stressors



Processing procedures(Shrink/bone in/boneless/Ground Product)

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	Avg. Live Weight		Avg. Yield	=	Avg. Hanging Weight		Avg. Yield	=	Avg. Meat Finished Weight
	1100 lbs	x	59%	=	650 lbs	x	61%	=	400 lbs
	275 lbs	x	70%	=	195 lbs	x	65%	=	130 lbs
	96 lbs	x	54%	=	52 lbs	x	62%	=	32 lbs

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### Beef Carcass Hanging Weights

Live weight (pounds)	Average Carcass Weight (pounds)	Heifer (immature female) Carcasses Pounds	Dairy Breeds (56-60% or worse) (pounds)	Excessively fat / poorly muscled (pounds)
200	756	732	696	660
100	693	671	638	605
000	630	610	580	550
00	567	549	522	495

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### Beef Primal Cut as Percentages of Carcass/Hanging wt.

Beef Cut	Percent of the carcass
Chuck	29%
Round	22%
Loin (including sirloin)	16%
Rib	9%
Plate	9%
Flank	5%
Brisket	4%
Shank	3%

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### Beef Cut Out Weights

Yield Grade	1	2	3	4	5
756 lb carcass (boneless)	415 lbs	393 lbs	378 lbs	363 lbs	340 lbs
756 lb carcass (bone-in)	>600 lbs	582 lbs	544 lbs	506 lbs	<483 lbs
693 lb carcass (boneless)	381 lbs	360 lbs	346 lbs	332 lbs	311 lbs
693 lb carcass (bone-in)	>550 lbs	533 lbs	498 lbs	464 lbs	<443 lbs
630 lb carcass (boneless)	346 lbs	327 lbs	315 lbs	302 lbs	283 lbs
630 lb carcass (bone-in)	>500 lbs	485 lbs	453 lbs	422 lbs	<277 lbs
567 lb carcass (boneless)	311 lbs	294 lbs	283 lbs	272 lbs	255 lbs
567 lb carcass (bone-in)	>450 lbs	436 lbs	408 lbs	379 lbs	<362 lbs

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**Pork Carcass Factors**  
**Hanging Weight / Live Weight = Dressing percentage**

Dressing Percentage Factors	
Factor	Dressing Percentage (%)
Conventional fed, market barrow (male)	70-75
Gilt (female)	Lower
More gut fill	Lower
Free range	Lower
Skin remaining	Higher
Head remaining	Higher
Heavier muscled	Higher
More condition (fat)	Higher

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**Pork Primal cut percentages of the hanging weight**

Primal Cut	% Cut Out Weight	Possible Retail Cuts from each Primal Cut
Boston Butt	10%	Arm and blade chops/roasts
Shoulder Picnic	11%	Smoked picnic
Loin	25%	Rib, loin, sirloin chops/roasts
Side/Belly	21%	Spareribs and bacon
Ham	25%	Ham and center slice

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**Pork Final cutting weight / hanging weight = cutting yield**

Cut Type	Average Cutting Yield
Bone-in retail cuts	74%
Boneless closely trimmed retail cuts	65%

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**Lamb Carcass Factors**  
 Hanging Weight / Live Weight = Dressing percentage

Factor	Dressing Percent (%)
Conventional fed	44 - 56
Shorn lambs	Average 54
Unshorn lambs	Average 52
More finish	higher
Grass fed	lower
Heavier muscled	higher

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**Lamb Primal cut percentages of the hanging weight**

Primal	% Cut Out Weight	Possible Retail Cuts
Shoulder	23%	Blade/Arm Chop, Square Cut Shoulder Roast, Boneless Shoulder Roast, Ground Lamb, Stew Meat
Rack/Rib	15%	Rib Chops, Rib Roast, Rib Roast Frenched
Loin	12%	Loin Chops, Loin Roast, Tenderloin
Leg	33%	Sirloin Chops, Leg Roast Bone in or Boneless, Shank, Center Slices, Leg of Lamb (American or Frenched) or boneless, Stew Meat
Foreshank & Breast	12%	Shank, Denver Style Ribs, Ground

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**Lamb Final cutting weight / hanging weight = cutting yield**

Cut Type	Cutting Yield
Boneless closely trimmed retail cuts	43 - 50%
Bone-in regularly trimmed retail cuts	65 - 75%

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How much freezer space do I need?  
How long will this amount of product last?

	QUARTER	HALF	WHOLE
POUNDS OF BEEF	80 - 100	160 - 220	320 - 440
FREEZER SPACE	10 CU FT	20 CU FT	40 CU FT
6OZ SERVINGS	290 APPROXIMATELY	586 APPROXIMATELY	1,172 APPROXIMATELY
FAMILY MEALS	70 FAMILY OF 4	145 FAMILY OF 4	293 FAMILY OF 4
WEEKS SUPPLY	18 - 22	45 - 48	94 - 97

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How much freezer space do I need?  
How long will this amount of product last?

	REGULAR FRIDGE/FREEZER	CHEST FREEZER	STAND UP FREEZER
<b>1/4 PIG</b>	3/4 Freezer	2 Cubic Ft.	1 Shelf
<b>1/2 PIG</b>	Whole Freezer	4 Cubic Ft.	2 Shelves
<b>WHOLE PIG</b>	Chest Freezer Recommended	8 Cubic Ft.	4 Shelves



	2 Adults	3 Adults	4 Adults
Light consumption	7 Months	5 Months	4 Months
Moderate	6 Months	4 Months	3.5 Months
Staple of diet	5 Months	3 Months	10 Weeks

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How much freezer space do I need?

	REGULAR FRIDGE/FREEZER	CHEST FREEZER	STAND UP FREEZER
<b>1/2 LAMB</b>	1/2 Freezer	1 Cubic Ft.	1/2 Shelf
<b>WHOLE LAMB</b>	3/4 Freezer	2 Cubic Ft.	1 Shelves

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Thanks for your time.

Questions?

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# ANGUS BEEF CHART

### OTHER CUTS

Beef for Stew	Cubed Steak
Beef for Kabobs	Ground Beef

### RIB

Rib Roast, Large End	Rib Roast, Small End	Rib Steak, Small End
Ribeye Roast Boneless	Ribeye Steak Boneless	Back Ribs

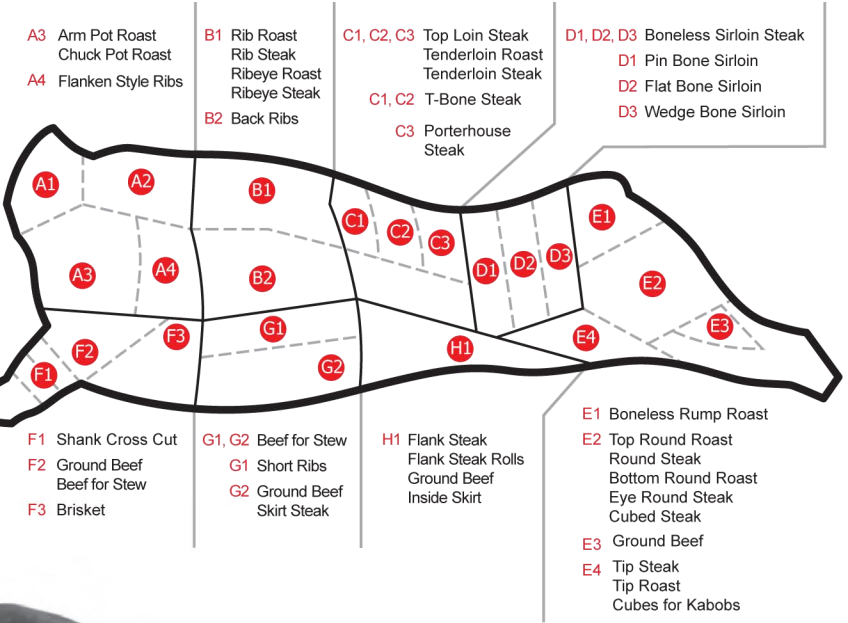
### LOIN

Top Loin Steak Boneless	T-Bone Steak	Porterhouse Steak
Tenderloin Roast (Filet Mignon)	Tenderloin Steak (Filet Mignon)	

### SIRLOIN

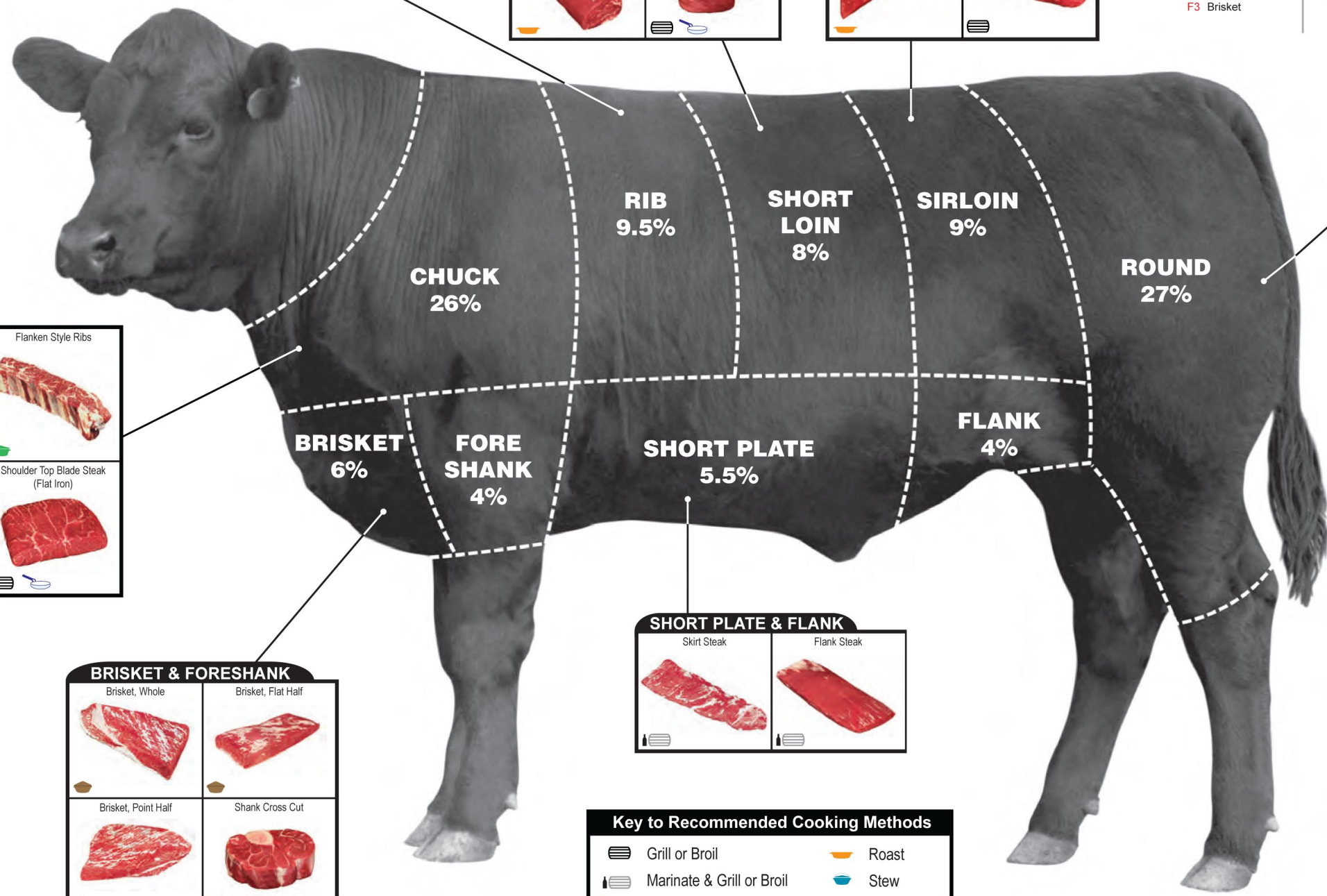
Sirloin Steak, Flat Bone	Sirloin Steak, Round Bone	Top Sirloin Steak Boneless
Tri-Tip Roast	Tri-Tip Steak	

- A1 Ground Beef Beef for Stew
- A2 Blade Roast Chuck Eye Roast
- A3, A4 Short Ribs Mock Tender



### CHUCK

7-Bone Pot Roast	Arm Pot Roast	Blade Roast
Under Blade Pot Roast	Chuck Pot Roast	Chuck Eye Roast
Chuck Eye Roast	Short Ribs	Flanken Style Ribs
Mock Tender Roast	Chuck Top Blade Steak	Shoulder Top Blade Steak (Flat Iron)
Shoulder Petite Tender	Shoulder Petite Tender Medallions	



### ROUND

Round Steak Boneless	Bottom Round Roast	Bottom Round Steak
Eye Round Roast	Eye Round Steak	Top Round Steak
Boneless Rump Roast	Tip Roast, Cap Off	Tip Steak

### BRISKET & FORESHANK

Brisket, Whole	Brisket, Flat Half
Brisket, Point Half	Shank Cross Cut

### SHORT PLATE & FLANK

Skirt Steak	Flank Steak
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### Key to Recommended Cooking Methods

Grill or Broil	Roast
Marinate & Grill or Broil	Stew
Skillet	Braise
Stir-Fry	Pot Roast

A 1200 pound, Yield Grade 1 steer yields 518 pounds of retail cuts from a 750 pound carcass.

A 1200 pound, Yield Grade 2 steer yields 502 pounds of retail cuts from a 750 pound carcass.

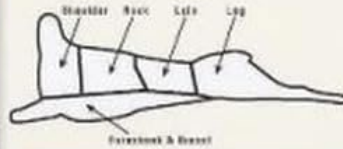
A 1200 pound, Yield Grade 3 steer yields 435 pounds of retail cuts from a 750 pound carcass.

Of the retail cuts, on a carcass weight basis:  
 31% are steaks  
 31% are roasts  
 38% is ground beef and stew meat

**American Angus Association**  
 3201 Frederick Ave., St. Joseph, MO 64506  
 (816) 383-5100 • www.angus.org

# AMERICAN LAMB

## Cuts & How To Cook Them



### Leg



Whole Leg  
(Roast)



Short Cut Leg,  
Sirloin Off  
(Roast)



Center Leg  
Roast  
(Roast)



Center Cut  
Leg Steak  
(Broil, Grill, Panbroil,  
Pantry)



Butterflied Leg  
(Broil, Grill, Roast)



Boneless Leg  
Roast (BRT)  
(Roast)



Frenched  
Hindshank  
(Braise)



Sirloin Chop  
(Broil, Grill, Grill,  
Panbroil, Pantry)



Boneless  
Sirloin Roast  
(Broil, Grill, Roast)



Cubes for Kabobs  
(Braise, Broil, Grill)



Top Round  
(Broil, Grill, Roast)

### Rack



Crown Roast  
(Roast)



Rib Roast  
(Broil, Grill, Roast)



Frenched  
Rib Roast  
(Broil, Grill, Roast)



Rib Chop  
(Broil, Grill, Panbroil,  
Pantry, Roast)



Frenched Rib Chop  
(Broil, Grill, Panbroil,  
Pantry, Roast)

### Loin



Loin Roast  
(Roast)



Double Boneless  
Loin Roast (BRT)  
(Roast)



Loin Chop  
(Broil, Grill, Panbroil,  
Pantry)



Double Loin Chop  
(Broil, Grill, Panbroil,  
Pantry)



Tenderloin  
(Broil, Grill, Roast)

### Shoulder



Square Cut  
Shoulder Whole  
(Braise, Roast)



Boneless Shoulder  
Roast (BRT)  
(Braise, Roast)



Blade Chop  
(Braise, Broil, Grill,  
Panbroil, Pantry)



Arm Chop  
(Braise, Broil, Grill,  
Panbroil, Pantry)



Neck Slices  
(Braise, Roast)



Lamb for Stew  
(Braise)

### Foreshank & Breast



Fore Shank  
(Braise)



Spareribs  
(Dinner Ribs)  
(Braise, Broil,  
Grill, Roast)



Lamb Belly  
(Braise, Roast)



Riblets  
(Braise, Broil, Grill)

### Other



Ground Lamb  
(Broil, Grill,  
Panbroil)



# PURCHASING PORK:

## How to Identify Pork Cuts

### LEG



### SIDE



### PICNIC SHOULDER



### COOKING METHODS

- Sautéing
- Braising
- ▲ Stewing
- Barbecuing
- Grilling/Broiling
- Roasting/Baking



### LOIN



### SHOULDER



[pork.org/purchasingpork](http://pork.org/purchasingpork)



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