

The price of beef is typically determined by the hanging weight. Hanging weights are generally 55 percent to 60 percent of the live weight of the animals. Your farmer will usually charge you a price per pound based on the hanging weight, and then you are responsible for paying the butcher fees, which often include a kill fee and a cutting-and-wrapping fee. Sometimes, to make things simpler, the farmer will charge you a higher price per pound, which incorporates all the other fees. Occasionally, farmers charge a transportation fee (to have the animal transported for slaughter) and a delivery fee (if he or she must bring the meat to your home). Be sure to clarify these different costs with your farmer before you agree to the purchase.

FRONT QUARTER PRIMAL SECTIONS AND RETAIL CUTS

CHUCK: *The chuck comes from the shoulder of the beef cow. There are three primary options for processing the chuck.*

Option 1: Steaks and roasts

- Cross rib pot roast (a type of boneless or bone-in chuck roast)
- Chuck blade roasts or steaks (Roasts will be thicker; steaks will be thinner.)
- Arm roasts or steaks
- Ground beef and stew beef

Option 2: Ground beef

- All of the meat in the chuck can be made into ground beef.

Option 3: Ground beef and stew beef

- Half of the chuck meat is cut into cubes for beef stew, and the other half is ground.

FORESHANK/BRISKET: *The foreshank is the front leg of the carcass.*

Option 1: Shank cross cuts and ground beef

- Shank cross cuts (These make the best beef stews and can also be used for osso buco.)
- Ground beef

PLATE: *The plate lies just below the rib primal section.*

Option 1: Steaks and ribs

- Skirt steaks or skirt steak rolls (pinwheel steaks) or fajita strips
- Short ribs
- Stew beef and/or ground beef

Option 2: Ground beef and stew beef

- Part of the meat from the plate can be processed into stew beef cubes, and the remainder can be made into ground beef. Alternatively, all of the meat from the plate can be ground.

RIB: *The primal section labeled "rib" lies just behind the chuck, on the upper half of the carcass.*

Option 1: Short ribs and standing rib roast

- Short ribs
- One 7-bone standing rib roast, or two standing rib roasts (one 3-bone and one 4-bone)

Option 2: Short ribs and steaks

- Short ribs
- Approximately seven rib steaks (depending on the thickness), or boneless rib steaks, or Delmonico (rib eye) steaks. *Be aware that typically steaks from the rib section primal are cut only from the smallest end of the rib, where the meat is most tender. So although you can order seven steaks from this primal section, some of the larger ones will be a tad bit chewier.*

Option 3: Short ribs, standing rib, and steaks

- Short ribs
- One 3-bone or one 4-bone standing rib roast
- Three or four rib steaks, or boneless rib steaks, or Delmonico (rib eye) steaks