

HINDQUARTER PRIMAL SECTIONS AND RETAIL CUTS

FLANK: *The flank lies behind the plate and is the abdomen.*

Option 1: Steaks and ground beef

- One flank steak (This was the original London broil, but today, London broil refers to any lean, thick steak from the round or sirloin; it usually does not refer to the flank steak.)
- One hanger steak (*Important!* There is only one hanger steak per animal, so if you are buying one side of beef and want the hanger steak, you may have to fight with the person buying the other side. It is a very delicious, albeit somewhat chewy, cut.)
- Ground beef

Option 2: Ground beef

- All of the meat from the flank can be ground.

ROUND: *The round comprises the hind leg of the carcass.*

- Tip roasts (round tip) or tip steaks (round tip steak) or half roasts and half steaks
Note: Tip roasts are the most tender cut from the round.
- Top round roasts (which are almost as tender as the sirloin tip), or top round steaks (London broil), or half top round roasts and half top round steaks
- Eye round roast
- Bottom round roasts, or minute steaks (cube steaks), or sandwich steaks, or shaved steaks (paper-thin-sliced steaks that can be fried in less than one minute), or half bottom round roasts and half minute or sandwich or shaved steaks
- Ground beef
- Boneless rolled rump roast

SHORT LOIN: *This is the most popular cut of beef, containing the most tender meat. It is located between the rib and the sirloin, on the top half of the carcass.*

Option 1: Porterhouse selections

- Porterhouse steaks
- T-bone steaks

Note: Assuming the steaks are cut 1-inch thick, there should be about sixteen steaks total.

Option 2: Tenderloin roast or fillets and Top loin steaks

- One whole beef tenderloin or fillet steaks
- All top loin steaks (NY Strip or Kansas City steaks)

SIRLOIN: *The sirloin is located just in front of the round.*

Option 1: Steaks and Roasts

- Sirloin roasts, or all sirloin steaks, or half sirloin roasts and half sirloin steaks

Option 2: Tri-tip, kabobs, and steaks

- One tri-tip roast or steaks
- Kabobs or ground beef
- Sirloin steaks