








How much freezer space do I need?

| BEEF QUANTITY | FRIDGE COMBO freezer size = 5 cubic feet | CHEST FREEZER 20 cubic feet | VERTICAL FREEZER 20 cubic feet |
|----------------------|--|--|--|
| 1/4 beef carcass | whole freezer  | 5 cubic ft  | 2 shelves  |
| 1/2 beef carcass | not applicable | 10 cubic ft  | 4 shelves  |
| 1 whole beef carcass | not applicable | 20 cubic ft  | whole freezer  |

Recommended Storage Times

(from purchase date)

| BEEF CUT TYPE | REFRIGERATOR (35-40°F) | FREEZER (0°F or below) |
|-----------------------------|------------------------|------------------------|
| FRESH BEEF | | |
| Steaks, roasts | 3-4 days | 6-12 months |
| Stew meat, kabobs, strips | 2-3 days | 6-12 months |
| Ground beef | 1-2 days | 3-4 months |
| LEFTOVER COOKED BEEF | | |
| All | 3-4 days | 2-3 months |

1 www.beefitswhatsfordinner.com/cooking/food-safety
 2 <https://extension.okstate.edu/fact-sheets/custom-beef-processing-expected-yields.html>
 3 https://www.beefresearch.org/Media/BeefResearch/Docs/beefbreakdown_10-21-2020-33_1.pdf

Defrosting Guidelines

For the best quality, **defrost beef in the refrigerator**, never at room temperature. Place the frozen package on a plate or tray to catch any juices, and place it in the refrigerator according to the chart below.

Refrigerator Defrost Times

(35°- 40°F)

| BEEF CUT TYPE | PACKAGE THICKNESS | DEFROST TIME (approximate) |
|--|-------------------|----------------------------|
| Ground beef, steaks, kabobs, stew meat, strips | 1/2 - 3/4 inches | 12 hours |
| | 1 - 1 1/2 inches | 24 hours |
| Small/thin roasts | varies | 3-5 hours/lb. |
| Large/thick roasts | varies | 4-7 hours/lb. |

A GUIDE TO Freezer Beef



For recipes, cooking tips and more, visit:
WaBeef.org

How much beef am I buying?

Always keep in mind that there are many variables that affect the amount of edible product from cattle - no two animals are the same. On average **60-63%** of a live beef animal's weight will be converted to carcass weight, which is known as the dressing percentage that varies depending on many factors, including but not limited to breed type, age, fat and muscling.

The weight of the carcass directly after slaughter is often referred to as the "hot carcass weight" or "hanging weight."

Beef carcasses are often chilled for **14-21 days** before being cut into retail cuts, a process known as aging.

Aging aids in the development of beef flavor and tenderness. During this process, the carcass will lose a small amount of weight (on average 5-7%) due to water evaporation and additional trimming, which is referred to as "cooler shrink."


When the carcass is cut, a portion will be lost to inedible fat, connective tissue and bone. This portion differs on a variety of factors (e.g., bone-in vs. boneless cuts, and fat trim level). On average, a customer can expect a **50-65%** yield of edible product from the aged carcass weight.

STEER



Example Weight:
1000 lbs

CARCASS



62% of 1000 lbs=
620 lbs

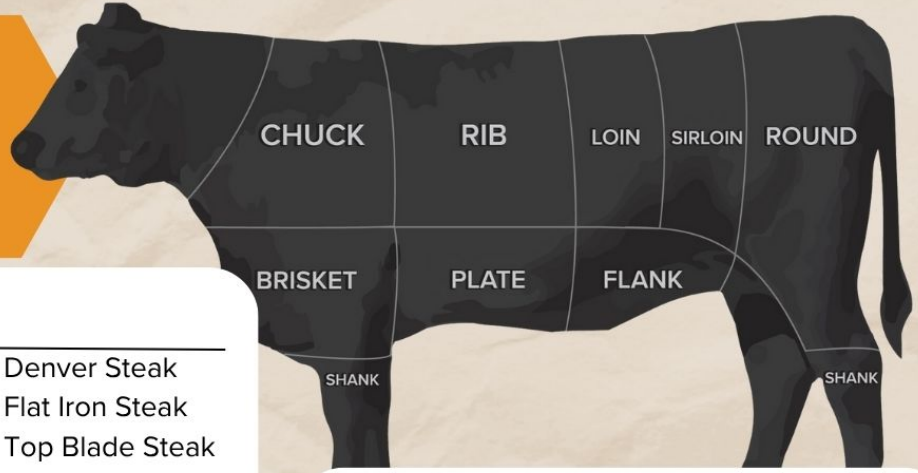
COOLER SHRINK

6% lost to aging of 620 lbs=
583 lbs

EDIBLE PRODUCT

50-65% of 583 lbs=
292 to 379 lbs
(retail cutting yield)

PRIMAL CUTS



CHUCK 29% of carcass

- Arm Chuck Roast
- 7 Bone Chuck Roast
- Chuck Eye Roast
- Petite Tender Roast
- Shoulder Roast
- Denver Steak
- Flat Iron Steak
- Top Blade Steak
- Country Style Ribs
- Ground Beef

RIB 9% of carcass

- Ribeye Steaks/Roasts
- Prime Rib Roasts
- Ribeye Cap Steak
- Short Ribs
- Back Ribs
- Ground Beef

LOIN 16% of carcass

- Tenderloin Steaks/Roast*
- Strip Loin Steaks/Roast*
- Top Sirloin Steaks/Roast
- Tri-Tip Steaks/Roasts
- Sirloin Barette
- Coulotte Steaks
- T-Bone Steaks
- Porterhouse Steaks

* Tenderloin Steaks and Strip Steaks with the bone left in are T-Bone and Porterhouse Steaks.
** Organ meats such as tongue, heart and liver can be saved, if desired.

ROUND 22% of carcass

- Top Round Roast
- Bottom Round Roast
- Eye of Round Roast
- Rump Roast
- Cubed Steak
- Ground Beef

THIN CUTS 19% of carcass

- Flank Steak
- Inside Skirt Steak
- Outside Skirt Steak
- Brisket Flat & Point

MISCELLANEOUS 5% of carcass

- Oxtail
- Shank Cross-Cut
- Stew Meat
- Organ Meats**



Did you know?
There are over 200 muscles in a beef carcass with various flavor and tenderness attributes. Most butchers provide a "cut sheet" for customers to select how they want their beef custom processed.

Scan to learn more about the different cuts!

