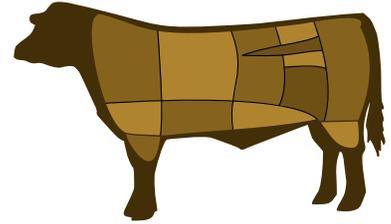




Whispering Meadows Family Farms

35 Main St S, Milverton, ON N0K 1M0 phone: 1-800-439-3081 website: wmds.ca email: fromthefarm@whisperingmeadows.ca



Customer name: _____

Order #: _____

Beef Cut Sheet

SIDE (1/2 cow) _____ lbs
 HALF SIDE (1/4 cow) hanging weight

Chuck (shoulder)

blade: roast, and/or steaks
options: petite tender, brisket,
 osso buco

Rib

prime rib: roast, and/or rib steaks
short ribs: plate, English style,
 Korean kalbi, flanken
options: skirts

Loin

T-bone steaks, **OR**
 New York strips, with tenderloin as
 roast, and/or steaks _____" thick
sirloin: steaks, roast
options: flank

Round (back leg)

steaks: sirloin tip, oyster
roasts: sirloin tip, rump roast,
 eye round
top round: steaks, roast, fast fry

grass fed or grain finished beef
 vac-packed or butcher paper

Roast size: _____ lbs max

Steaks: _____" thick, _____ per pkg

Ground beef & stewing beef:

_____ lbs ground beef per packet
_____ lbs burger patties, _____ per pkg
_____ lbs stewing cubes, _____ lbs/pkg

include soup bones

Include: (full side orders only)

heart oxtail
 liver suet
 tongue

Special requests:

Recommendations

There are many options for cutting a side of beef, and some choices exclude other options. Here are our suggestions for filling out your cut sheet. If you have any trouble, please refer to our [website](#), or give us a call at 1-800-439-3081 and we'll help guide you.

You'll find your order number in your order confirmation email. Please fill in the options you chose when you placed your order, for side or half side, grassfed or grain finished, and butcher paper or vacuum-packed. We'll fill in the hanging weight of your side.

Chuck steaks & roasts: The chuck (shoulder) is made up of many smaller muscles, and it provides some premium, highly flavourful steaks and roasts.

- **Blade steaks** (also known as top blade) are best when braised in the oven. They come from a lean, hard-working muscle with great flavour, but you will likely find them too chewy if grilled. They benefit from low & slow cooking, which breaks down the tougher collagen into gelatin.
- **Blade roasts** are excellent slow-cook roasts with a rich beefy flavour. As with blade steaks, they cook best with long, slow, moist heat. This makes them a great choice for a pot roast. A side of beef yields about 15 lbs of blade steaks or roasts, so you can choose how you would like to split them up.
- The **petite tender** is about a 10-oz cut, and is like a small tenderloin in shape and texture. One per side.
- **Brisket** is the pectoral muscle. It can be rolled & tied for a tasty slow-cook roast, otherwise it goes into ground beef.
- **Osso buco** is cross-cut from the shank in about 1½" slices. The exposed bone marrow is a delicacy on its own, and also flavours the meat as it's braised.

Rib: The rib includes the prime rib and short rib plate, as well as the skirts.

- A side of beef yields two **prime rib roasts** of about 3 pounds each, or you can choose to cut them into **rib steaks** (also known as ribeye). For full side orders, you can choose to get all roast or all steaks, or if you tick both checkboxes we'll give you one roast and the rest in steaks. For half-side orders, just choose one: a prime rib roast, or rib steaks.
- The **short ribs** are a plate of ribs surrounded by meat. The plate can be kept whole, or cut up in different ways. **English-style** short ribs are cut parallel to the ribs into longer sections, with a rib in the middle of each piece. **Korean *kalbi*** style ribs are cut thinly across the bones. **Flanken** style ribs are similar to Korean, but cut into thicker sections, giving around 2"-long short ribs.
- The **skirts** are two flat muscles cut from the ribs, and cook up similarly to the flank. They are considered slightly higher quality than flank because they take up the flavour of a marinade better, and give a more tender finished beef.

Loin steaks & roasts: The loin is home to some of the most popular premium cuts of beef. Some cutting choices are either/or options, such as T-bone or tenderloin.

- If the short loin is cut across the vertebrae, you get **T-bone steaks**. Or it can be de-boned and separated into **tenderloin** and **New York strip** (striploin) steaks.
- If you choose tenderloin, you can opt for a **tenderloin roast**, or cut it into **tenderloin steaks** (*filet mignon*), which we would suggest getting a little thicker than your usual steaks. For whole side orders, you can choose a combination of both tenderloin steak and roast.
- The **sirloin** can be kept whole, as a top sirloin roast, or cut into sirloin steaks.
- The **flank** is a long, thin cut whose fibres run lengthwise. It can be marinated and grilled to medium-rare, then sliced thinly across the grain. Otherwise it goes into ground beef. One per side.
- The **sirloin flap** (*bavette*) is a thin, well-marbled cut off the loin, like a thicker skirt steak. Delicious with a quick sear on the barbeque, and also used for fajita meat. One per side.

Round steaks & roasts: The round is the back leg, and contains harder-working muscles that have lots of flavour, but less marbling. The roasts off the round are best when cooked low & slow with moist heat.

- Our recommendation is to cut the **sirloin tip** into steaks – they will have a bit more texture and chew than the higher-end steaks, but they're lean and have great flavour.
- The **merlot steak** is around a pound in weight and is lean and very fine-textured; the **oyster steak** is tiny and delicious. These steaks are both excellent and tender if they're grilled quickly at high heat to rare or medium-rare. There is only one of each per side, so if you are ordering a half-side you may have to share them.
- The **rump roast** (also called the bottom round) and the **eye round** can be put into roasts – they are good in a slow-cooker where they will get tender with long moist heat. Otherwise leave these options unchecked and they can go into ground beef and stewing cubes.
- The top round can be kept whole as a slow-cook **top round roast**. Or it can be cut into **top round steaks**, which are best cooked as a London Broil – marinated, broiled, thin-cut across the grain, and served with herb butter. The third option is to have it cut thinly into **fast fry cutlets**. We recommend fast fry – they're great for sandwiches, wraps, stir-fries, tacos, and fajitas. We package them in 1-lb packets.

Options:

Grass fed or grain finished: Check the option that you chose when you placed your order. You can read more about the relative differences on our website.

Vac-packed or butcher paper: Check the option that you chose when you placed your order. Vacuum sealed meat has the best protection from drying and freezer burn.

Roast size: For most people, we recommend keeping to 3 pound roasts. You can go up to 5 pounds if you have large gatherings, or if you enjoy having plenty of leftover roast beef. Some of the smaller muscles will yield smaller roasts.

Steaks: We suggest a 1¼" steak thickness. You can go thicker for a more gourmet presentation, thinner for quick cooking times and more steaks overall. We recommend one

steak per packet, so that you can thaw and cook however many you need. If you prefer, you can have them packaged in larger quantities.

Include: check the boxes for the items you would like us to include with your order. These options are only available for full side orders.

- Tick the checkboxes if you would like us to include the heart, liver, and tongue.
- Oxtail is the meat and vertebrae from the tail-end of the spine. When slow-cooked in a soup or casserole it gives a rich sauce that's very high in gelatin, with meltingly tender meat.
- Suet is the internal organ fat, traditionally rendered into tallow, which can be used for frying, candle making, or skin care products.

Ground beef & stewing beef: the amount of meat available for ground and stewing beef depends on how many of the other cut options you choose to keep. A side of beef usually ends up with 50-80 lbs of meat available for both – whatever you don't want as stewing meat will go into ground beef.

- We recommend getting around 6 packets of stewing beef, 2 pounds each, for a side.
- We suggest getting 1 lb packets of ground beef unless you have a large family.
- If you want some of your ground beef formed into patties, let us know how much and how many patties you want per packet (usually 4). Pre-formed burger patties aren't as good as homemade, but can be convenient for a quick meal.