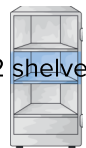
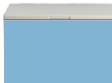


How much freezer space do I need?

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.



For recipes, cooking tips, and more, visit:
BeefTips.com

A GUIDE TO Freezer Beef



BEEF
 IT'S WHAT'S FOR DINNER.
 Funded by WA Beef Farmers and Ranchers

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 **55-65%** yield of edible product from the aged carcass weight.

STEER



Example Weight:
1200 lbs

CARCASS



62% of 1200 lbs=
750 lbs

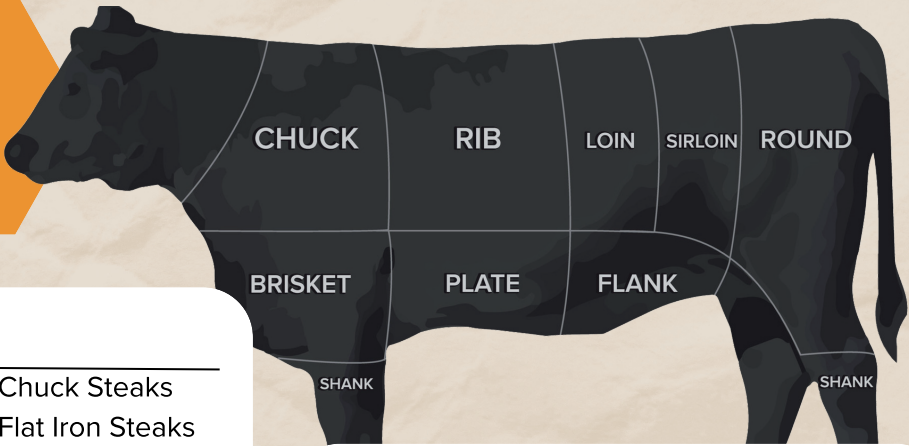
COOLER SHRINK

5% lost to aging
of 750 lbs=
710 lbs

EDIBLE PRODUCT

55-65% of
710 lbs=
390 to 460 lbs
(retail cutting yield)

PRIMAL CUTS



CHUCK 29% of carcass

- Arm Chuck Roasts
- 7 Bone Chuck Roasts
- Chuck Eye Roasts
- Chuck Steaks
- Flat Iron Steaks
- Ground Beef

RIB 9% of carcass

- Ribeye Steaks
- Prime Rib Roasts
- Short Ribs
- Ground Beef

LOIN 16% of carcass

- Tenderloin Steaks/Roasts*
- Strip Loin Steaks/Roasts*
- Top Sirloin Steaks/Roasts
- Tri-Tip Steaks/Roasts
- 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 Steak/Roasts
- Bottom Round Roasts
- Eye of Round Roasts
- Rump Roasts
- Cubed Steaks
- Ground Beef

THIN CUTS 19% of carcass

- Flank Steaks
- Inside Skirt Steaks
- Outside Skirt Steaks
- Brisket

MISCELLANEOUS 5% of carcass

- Oxtail
- Shank Cross-Cut
- Neck Bones
- 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!

