Gooseneck round

Overview of Raw Meat

The gooseneck round is the lean, well-muscled part of the round. The meat generally has a rough texture and is relatively tough. The gooseneck round is divided into three parts: eye of round, a cut that is paler in color and more elastic than other parts; the heel, a cut prepared for sale after removal of the M. flexor digitumin superficialis located in the center; and the outside round (gooseneck round) that is commonly used for stewing.

Culinary Applications

- Barbecue
- Stewing
- Sukiyaki
- Shabu-shabu
- Roast beef

Retail Cut

- Slice: Slicing for whole cut allows for larger sizes
- Outside round: Trimmed
- Eye of round: Trimmed
- Heel: Trimmed: Divided into two along the center muscle after trimming
- M. flexor digitumor superficialis: Trimmed: Marked for stewing due to the large proportion of muscle fibers

Primal Cut

- Photo
- Divided
- Gooseneck round
- Heel
- Divided
- Outside round
- Eye of round
- Heel
- M. flexor digitumor superficialis

Arrangement
Top-round

Overview of Raw Meat
The top-round consists of a large block with a proportionately large amount of lean meat. It has a cover of fat however very little undermesh. Meat quality can vary from the outside, towards the post-skin round to the centre, towards the knuckle. Towards the gusset near the round the meat contains proportionately more fat, however has a rough texture with slightly tough meat. On the other hand, meat towards the knuckle is characteristically tender.

Culinary Applications
- Steak
- Barbecue
- Stewing
- Shabu-shabu
- Roast beef

PRIMAL CUT
- Photo
- Division (Cap Off)
- Top-round
- M. gracilis (cap)

RETAIL CUT
- Top-round
- Slicing
- Steak cuts
- Roast beef block
- Rolling into a block for marinating
- Trimming

M. semimembranosus & M. adductor magnus
M. semimembranosus & M. adductor magnus
M. semimembranosus & M. adductor magnus
M. semimembranosus & M. adductor magnus
M. semimembranosus & M. adductor magnus
M. gracilis (cap)
M. gracilis (cap)
M. gracilis (cap)
The D Rump can be divided into the sirloin butt that runs into the sirloin and the top sirloin cap that runs into the groins, round. The D Rump has a very attractive color, is lean, finely marbled and is characterized by the proportionate fat and tender quality. The top sirloin cap has a deep color and a strong flavor; however it is important to pay attention to the direction of muscle fiber when cutting it for retail.

**Overview of Raw Meat**

**Culinary Applications**

- Steak
- Barbecue
- Sukiaki
- Shabu-shabu
- Roast beef

**PRIMAL CUT**

1. Photo
2. Cutting along the connective tissue and fat
3. Removing the (D)
4. Removing the M. piriiformis
5. Dividing the M. gramineus and the M. gramineus profundus along the colon muscle

**RETAIL CUT**

1. Top sirloin cap: Trimmed
2. M. glutaeus profundus: Trimmed
3. M. glutaeus medius: Trimmed
4. Divided into 2 down the center
5. It is possible to cut the M. glutaeus profundus into good-size steaks
6. M. piriiformis: Flipped over to show the underside
7. Trimmed

A cross-sectional view shows that the muscle fibers form a radial pattern.