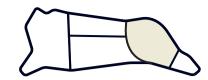
Gooseneck round*



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 digitorum superficialis located in the center; and the outside round (gooseneck round) that is commonly used for stewing.



Culinary Applications

Barbecue

Shabu-shabu





PRIMAL CUT









■Heel







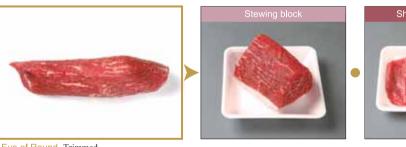






M. flexor digitorum superficialis

RETAIL CUT Slicing the whole cut allows for larger slices Outside round Trimmed

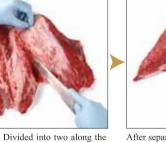


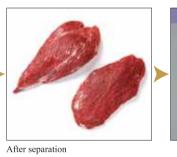




■Eye of Round Trimmed

Trimmed Divided into two along the





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center muscle after trimming

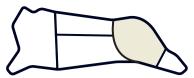


■M. flexor digitorum superficialis Trimmed

Marketed for stewing due to the large proportion of muscle fibers

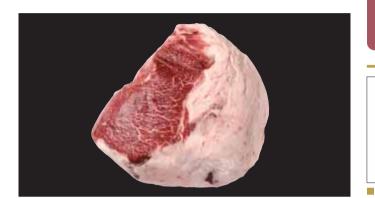
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Top-round



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 underneath. Meat quality can vary from the outside, towards the gooseneck round to the inside, towards the knuckle. Towards the gooseneck 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









■Top-round

PRIMAL CUT



Division (Cap Off)











the connective tissue

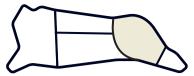




RETAIL CUT ■Top-round & M. adductor magnus Cutting the blocks for sale ■M. pectineus & M. sartorius ■M. gracilis (cap)

Rolled into a block for roasting

D Rump



Overview of Raw Meat

The D Rump can be divided into the sirloin butt that runs into the sirloin and the top sirloin cap that runs into the gooseneck round. The D Rump has a very attractive color, is lean, finely-textured 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



Culinary Applications









■Sirloin butt

■Top sirloin cap

PRIMAL CUT



Cutting along the connective tissue





Top sirloin cap







■Sirloin butt

Removing the M. piriformis

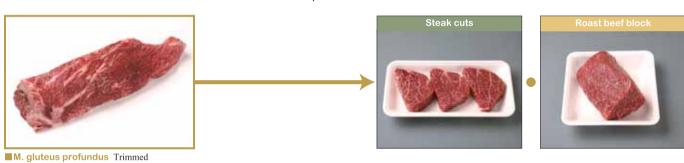


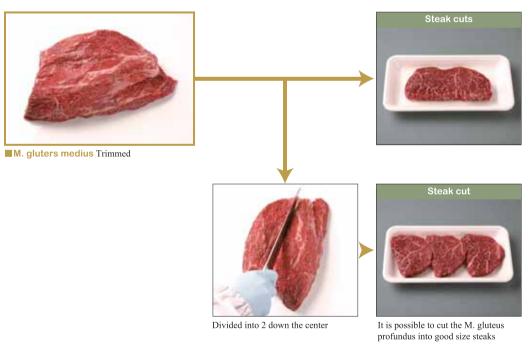
Dividing the M. gluters medius and the M. gluteus profundus along the center muscle M. gluters medius

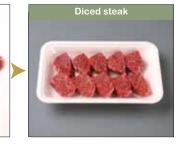


M. piriformis Flipped over to show the Trimmed

RETAIL CUT Barbecue cuts *A cross-sectional view shows that the muscle fibers form a radial pattern ■Top sirloin cap Trimmed







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