COMMERCIAL BEEF UTILIZATION GUIDE

**FLANK/PLATE**

- **Points Requiring Specification:**
  - **Cut Portions or Whole Primal Cuts.**

**Hanging Tender**

- **Common Name:**  
  - **Primary Muscle Composition:**
    - Transversus abdominis, Rectus abdominis
    - Accessorius, and gluteus profundus.

**Short Plate**

- **Trimmings**
  - May contain the iliopsoas.
- **Primary Muscle Composition:**
  - Vastus intermedius, Vastus lateralis, gastrocnemius – calcaneal

- **Packaging Requirements**
  - Remove or retention of fat and connective tissue
  - Removal or retention of rib connective tissue

**Inside Round**

- **Points Requiring Specification:**
  - **Primal Cuts:**
    - Top Sirloin Cap, round tri-tip
    - Bottom Sirloin tri-tip, boneless tri-tip
    - Boneless round tri-tip
  - **Ground Beef**
    - Extra Lean
    - Lean
    - Medium

**Boneless Trimmings**

- **55% Lean**
- **85% Lean**
- **95% Lean**

- **Ground Beef**
  - Extra Lean
  - Lean
  - Medium
  - Regular

**Mature Cattle Quality Grades**

<table>
<thead>
<tr>
<th>Grade</th>
<th>D1</th>
<th>D2</th>
<th>D3</th>
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<tr>
<td><strong>Maturity Age</strong></td>
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<tr>
<td><strong>Muscling</strong></td>
<td>Moderately High</td>
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<td>High</td>
<td>Medium</td>
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<tr>
<td><strong>Eye of Round</strong></td>
<td>90% Lean</td>
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<tr>
<td><strong>Fat Cover</strong></td>
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**Bone Structure Nomenclature**

- **Hind Quarter**
- **Front Quarter**

**Flank Plate**

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