

Breaking the Beef Hindquarter

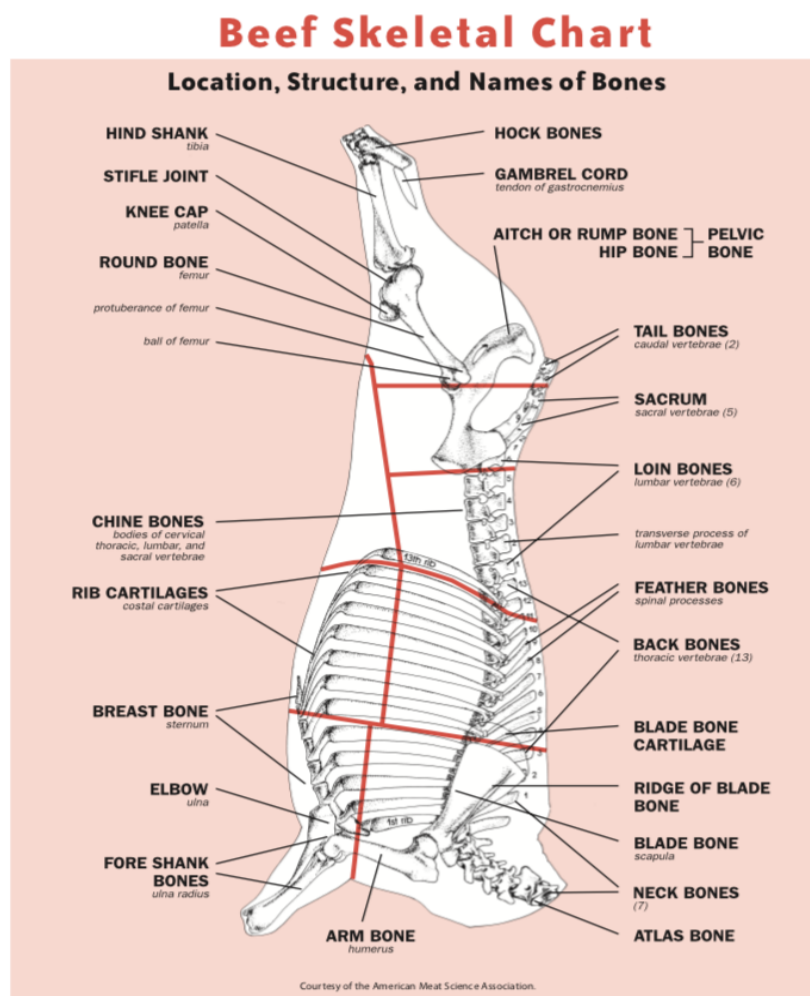


Breaking the Beef Hindquarter

© Butcher Craft 2019

© Butcher Magazine 2019

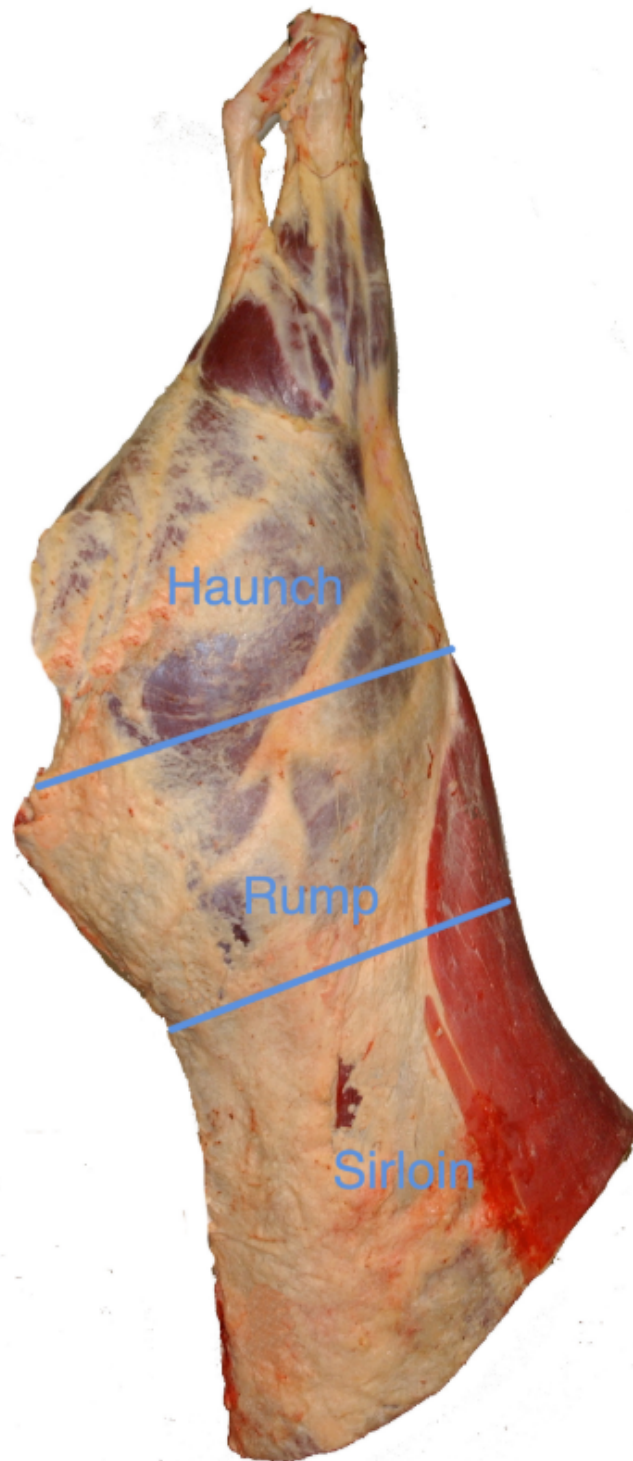
BEEF HINDQUARTER BUTCHERY



Breaking the Beef Hindquarter



Breaking the Beef Hindquarter



Breaking the Beef Hindquarter

Hindquarter of beef

Primal cutting lines



The Hindquarter contains most of the premium cuts like Fillet, Rump, and Sirloin. It also has the Topside, Silverside, Knuckle and Eye of Round (Salmon Cut). This quarter is the most expensive part of the side. This quarter is a lot easier to work on than the forequarter, not having as many complicated bones. The seams are a lot easier to find and the only one that will give any difficulty is the one between the Silverside and the Eye of Round. Take it gently in the beginning, with a sharp knife, and it should be fine. As you practice and become more accurate, you will also become confident, and that will make you faster. But speed in the beginning is not our goal, accuracy is.

Breaking the Beef Hindquarter

Firstly, separate the Ham from the Rump. Make a cut about two fingers deep below the H Bone. Follow the left blue line as in the photo.

Next, separate the Rump from the Sirloin by cutting at the blue line on the right above.

You will now have three primal cuts, the ham, the rump and the sirloin. The Rump and the Sirloin are the premium cuts on a side of beef and command the best prices because they are the most tender.

However, they only make up about 13% of the total carcass so it is important that the other cuts are all sold as well.

Some of the lesser-known cuts are under-used and they are explained in the Hindquarter videos.

Remember if you are selling beef it is important that all meat on the carcass is harvested in order for you to make a profit. Any wasted meat costs you money so endeavour to remove all bones cleanly. Practise makes perfect.

If you have any queries while working on the course you can contact me on info@butcher magazine.com

Breaking the Beef Hindquarter



Separating the Ham from the Loin.

Breaking the Beef Hindquarter



Separating the Rump from the Short Loin.

Breaking the Beef Hindquarter



Rump and Short Loin.

Breaking the Beef Hindquarter



Bone-in Rump

Breaking the Beef Hindquarter



(back view) Bone-in Rump

Breaking the Beef Hindquarter



First, we will bone the Rump

Start by removing the fillet. This is the most expensive and most tender muscle on the carcass so it needs to be removed cleanly with no meat left on the bone.

Following the natural curve of the bone using the knife tip, start to loosen the Fillet. When you reach the natural seam follow it to the end. Separate the Fillet from the other muscles and remove.

Breaking the Beef Hindquarter



Rump bone

Breaking the Beef Hindquarter



Removing the Chateaubriand Fillet

Breaking the Beef Hindquarter



Breaking the Beef Hindquarter



Taking the rump bone out.

Breaking the Beef Hindquarter



Boneless Rump.

Breaking the Beef Hindquarter



Boneless Striploin.



Breaking the Beef Hindquarter



The components of the Rump

Rump Heart, Rump Eye Tri-tip and Rump Cap (Picanha).

These muscles if removed individually and cut across the grain are very tender and will fry and grill very well.

As an alternative to leaving the Fillet/Tenderloin in the Short Loin, you could remove the full Beef Fillet/Tenderloin and have boneless Striploin Steaks.

If you choose this method, you will not have any T-Bone Steaks.

Breaking the Beef Hindquarter



Next step is to bone the Ham to take out the Topside, the Knuckle, the Silverside and the Eye of Round.

Breaking the Beef Hindquarter

Tibia or hind shin bone.



Breaking the Beef Hindquarter



Hind Shin and Shin Beef meat

As we did on the forequarter shin, feel for the bone and start your cut on the natural seam on either side of the shin using the tip of the knife close to the bone.

Run the knife down the bone on either side until you reach the joint with the Femur.

Breaking the Beef Hindquarter

Cut through the joint to separate the Tibia and the Femur.

Clear the meat all round the Tibia and remove.



Alternative method:

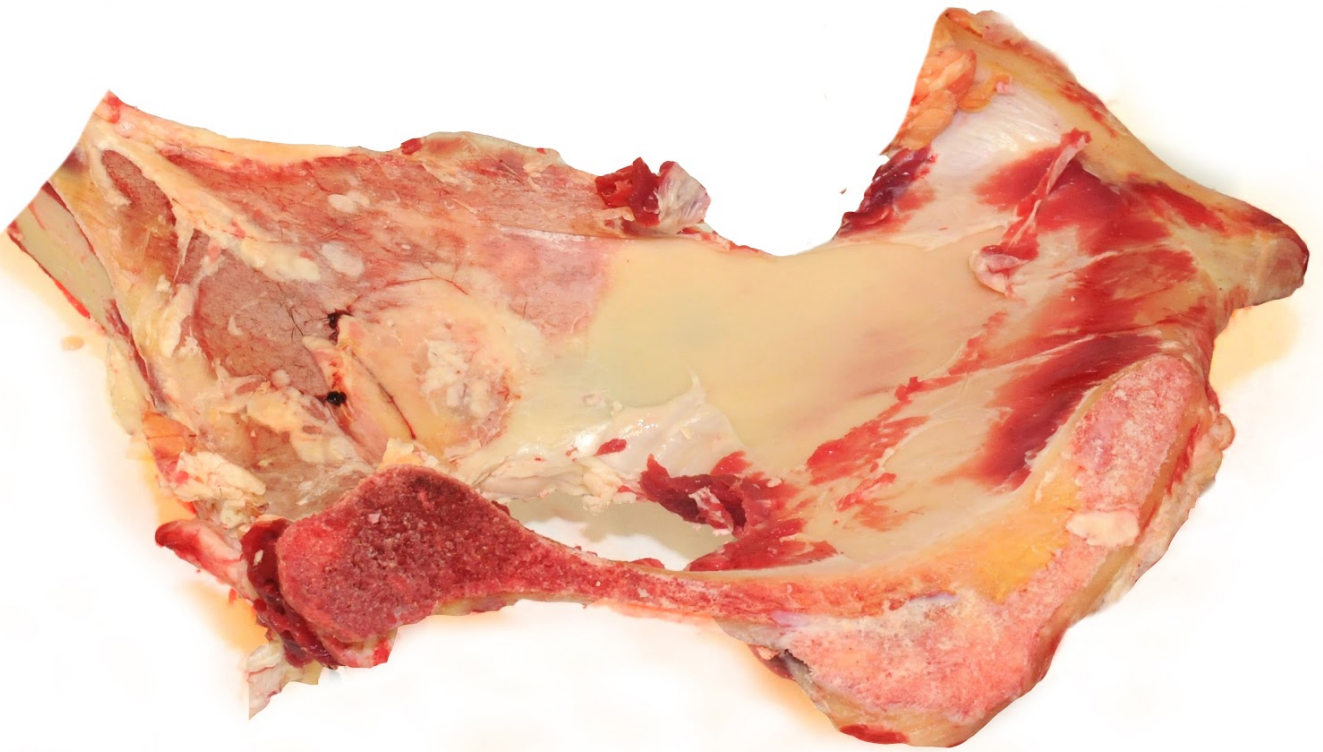
You can also remove the Shin with the bone still in if you want to have Osso Bucco.

Breaking the Beef Hindquarter



Strictly speaking, Osso Bucco is cross-cut Shin of Veal but the Beef version, slow cooked, is superb.

Breaking the Beef Hindquarter



The aitch or H bone.

Breaking the Beef Hindquarter



The pelvic or aitch bone.

Breaking the Beef Hindquarter



The pelvic or aitch bone has a layer of meat called the spider muscle,, This is a thin muscle and should be boned out before you remove the aitch bone.

Breaking the Beef Hindquarter



Removing the Femur.

Breaking the Beef Hindquarter



The Femur is the long bone from the hip to the knee and is between the Topside and Silverside.

Use the top quarter inch of the knife and clear the meat from around the bone.
Keep the knife tight to the bone and make long cuts rather than deep ones.

Breaking the Beef Hindquarter



The Merlot or Velvet muscle. This is a very tender muscle found in the Hindquarter Shin.

After you have taken out the Femur you will need to remove the Knuckle and separate the Silverside and the Topside along the natural seam.

Breaking the Beef Hindquarter



Beef Knuckle full.

Breaking the Beef Hindquarter



Beef Knuckle full.

Breaking the Beef Hindquarter



Muscles in the Beef Knuckle.

The muscles in the Beef Knuckle are good quality and can be used more profitably and efficiently than just being minced.

The Bullet is the best quality of those muscles and with at least 14 days tenderisation can be fried or grilled.

Breaking the Beef Hindquarter



The Bullet muscle from the Beef Knuckle.

Breaking the Beef Hindquarter



Separating the Topside and Silverside by following the natural seam.

Breaking the Beef Hindquarter



Follow the seam all the way down to separate both muscles.

Breaking the Beef Hindquarter



Remove the layer of fat that covers the seam between the Silverside and the Eye.

Breaking the Beef Hindquarter

The next phase is separating the Silverside and the Eye of Round. Follow the natural seams in most of the hindquarter cuts and you will have a nice clean collection of cuts. Ideally, you should only be cutting connective tissue, not meat.



After you have removed the T opside you need to separate the Silverside from the Eye of Round (Salmon Cut)

Breaking the Beef Hindquarter

Remove silverskin and trim Silverside and Eye.



Breaking the Beef Hindquarter



Salmon Cut (Eye of Round) and Silverside .

Breaking the Beef Hindquarter



Eye of Round or Salmon Cut.

You can work on the Primals in any order you prefer.
The order in this document follows the sequence of the videos in the Hindquarter section of the course.

Breaking the Beef Hindquarter



Butcher Craft

© Butcher Craft 2019

© Butcher Magazine 2019