

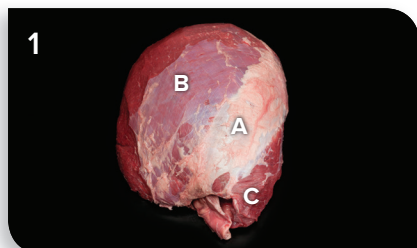
# FABRICATING THE FULL SIRLOIN TIP

**Subprimal Name\*** 167C (IMPS) Beef Round, Sirloin (Full) Tip

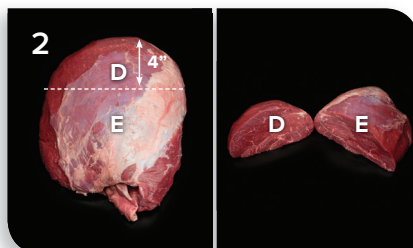
To optimize tenderness, wet age *Rectus femoris* muscle 14 days for Premium Choice and 21 days for Select; wet age *Vastus lateralis* muscle 14 days for Premium Choice and 28 days for Select\*\*

\*Institutional Meat Purchase Specifications (IMPS), 2010 \*\*Industry Guide for Beef Aging, 2006

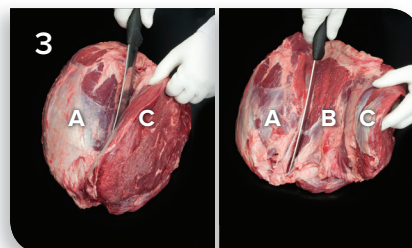
## CUTTING GUIDE



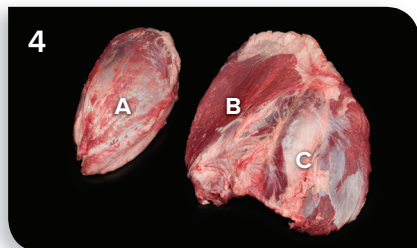
Start with the 167C (IMPS) Beef Round, Sirloin (Full) Tip. Identify the Full Sirloin Tip Center *Rectus femoris* muscle (A) from the Full Sirloin Tip Side *Vastus lateralis* muscle (B) and Full Sirloin Tip Bottom *Vastus intermedius* and *Vastus medialis* muscles (C). Remove external fat and connective tissue and the *Sartorius* muscle (if present) from the Full Sirloin Tip. Alternatively, the Full Sirloin Tip can be used 100% as Ground Sirloin.



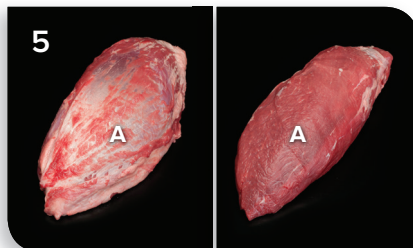
The cleaned Full Sirloin Tip can be cut into the 185B (IMPS) Beef Loin, Bottom Sirloin Butt, Ball Tip, Boneless (D) and the 167 (IMPS) Beef Round, Sirloin Tip (Knuckle) (E) by a knife cut that is 4" from the anterior/sirloin point of the Full Sirloin Tip. This results in better angled cut faces on both pieces versus the angled cut faces that often result from traditional Ball Tip/Knuckle breaking. New Ball Tips and Knuckles can be processed as



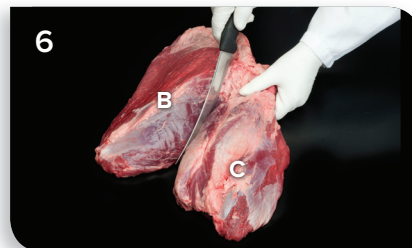
Alternatively, separate the Full Sirloin Tip Center (A) from the Full Sirloin Tip Bottom (C) and then the Full Sirloin Tip Side (B) by a knife cut through the natural seam. [Photo shown from internal surface of Full Sirloin Tip]



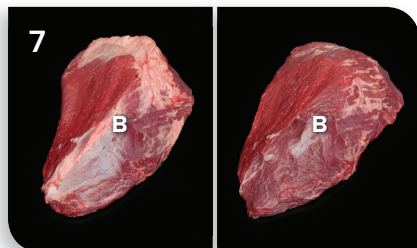
The Full Sirloin Tip Center (A) separated from the combined Full Sirloin Tip Side (B) and Full Sirloin Tip Bottom (C).



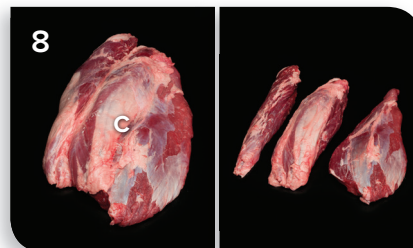
Remove all fat and connective tissue from the external surface of the Full Sirloin Tip Center (A) before processing or cutting into steaks. A mechanical Skinner can be used to expedite this process. Square off heavy connective tissue at the muscle's anterior/sirloin end.



Separate the Full Sirloin Tip Side (B) from the Full Sirloin Tip Bottom (C) by a knife cut through the natural seam.



Remove all fat and connective tissue from the external surface of the Full Sirloin Tip Side (B) before processing or cutting into steaks.



The Full Sirloin Tip Bottom (C) can be left whole or further separated into three muscle pieces. The Full Sirloin Tip Bottom can be used for ground sirloin and/or further processing.

**Reference Tip Center and/or Tip Side Cutting Guides for steak cutting instructions.**



# FULL SIRLOIN TIP CENTER STEAKS

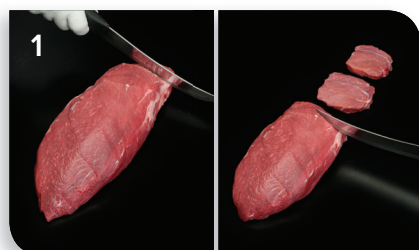
**Subprimal Name\*** Full Sirloin Tip Center (*Rectus femoris* muscle) from 167C (IMPS) Beef Round, Sirloin (Full) Tip

To optimize tenderness, wet age *Rectus femoris* muscle 14 days for Premium Choice and 21 days for Select\*\*

\*Institutional Meat Purchase Specifications (IMPS), 2010 \*\*Industry Guide for Beef Aging, 2006



## CUTTING GUIDE

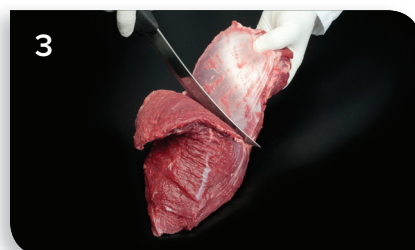


Start with the Full Sirloin Tip Center (*Rectus femoris* muscle). Ensure muscle is cleaned of external fat and connective tissue (mechanical skinner will expedite the process) and square off the heavy connective tissue at the anterior/sirloin end.

**Option A:** Cut  $\frac{3}{4}$ " steaks end to end.



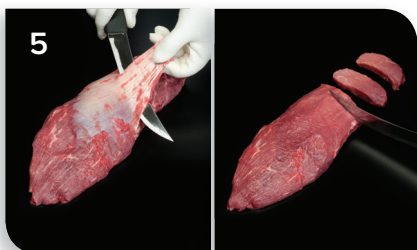
**Option A:** Finished Tip Center Steaks cut  $\frac{3}{4}$ " thick.



**Option B:** The Full Sirloin Tip Center has two components, one thick and one thin. These two components are separated by an internal layer of connective tissue. Separate the two components by following this natural seam.



**Option B:** Separated components of the split Full Sirloin Tip Center.



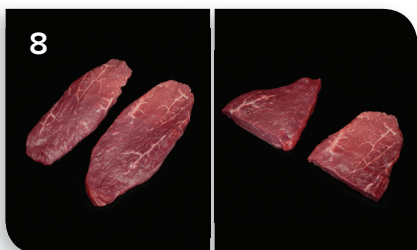
**Option B:** Remove exposed connective tissue from the external surface of the thick portion of the split Full Sirloin Tip Center before cutting  $\frac{3}{4}$ " medallions end to end.



**Option B:** Finished Tip Center Medallions cut  $\frac{3}{4}$ " thick.



**Option B:** The thin portion of the split Full Sirloin Tip Center can be cut "fillet-style" to create two uniform steaks or cutlets.



**Option B:** These steaks or cutlets can be merchandized whole or split further into two portions.



# FULL SIRLOIN TIP SIDE STEAKS

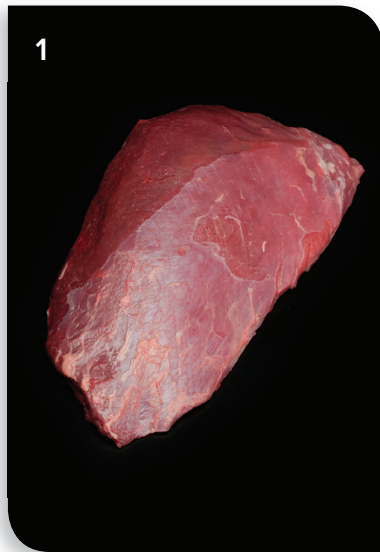
**Subprimal Name\*** Full Sirloin Tip Side (*Vastus lateralis* muscle)  
from 167C (IMPS) Beef Round, Sirloin (Full) Tip

To optimize tenderness, wet age *Vastus lateralis* muscle 14 days for Premium Choice  
and 28 days for Select.\*\*

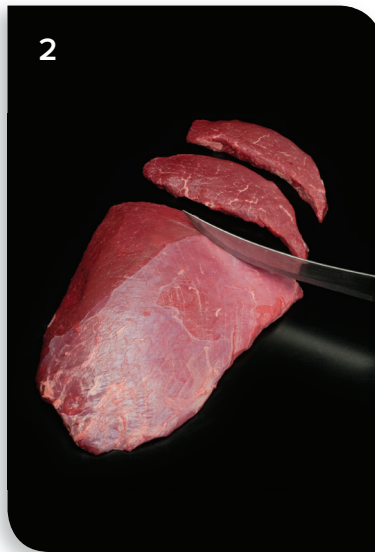
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## CUTTING GUIDE



1  
Start with the Full Sirloin Tip Side (*Vastus lateralis* muscle). Remove fat and connective tissue from the external surface.



2  
Cut the Full Sirloin Tip Side end to end into  $\frac{3}{4}$ " steaks.



3  
Finished Full Sirloin Tip Side Steaks cut  $\frac{3}{4}$ " thick. This cut is recommended for further processing (mechanical tenderization, marination, etc.).