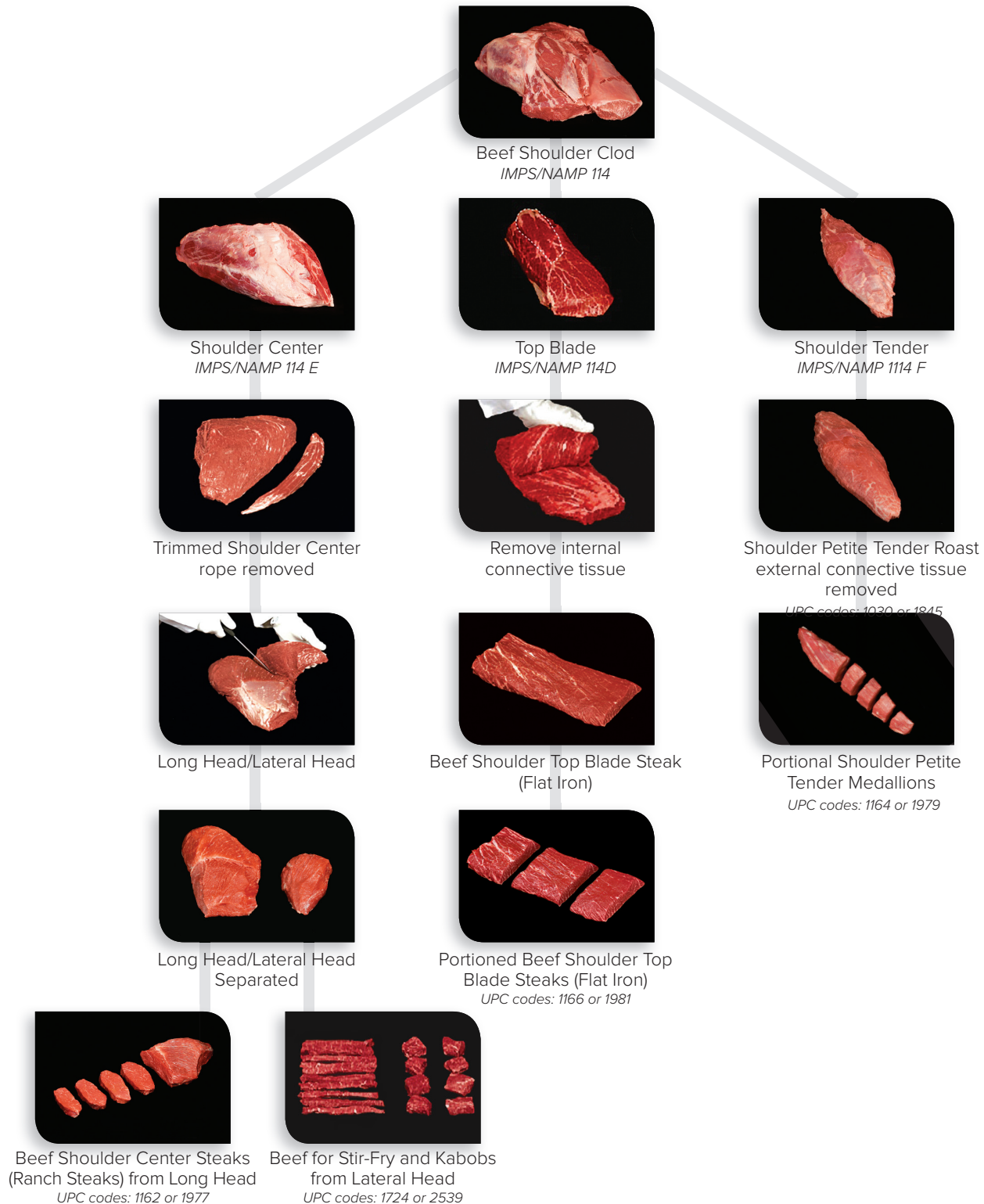


#114 (IMPS/NAMP) BEEF CHUCK SHOULDER (CLOD)

CUTTING SCHEMATIC



TOP BLADE (FLAT IRON) STEAKS

Subprimal Name* 114D (IMPS) Beef Chuck, Shoulder (Clod), Top Blade

To optimize tenderness, wet age 14 days for Premium Choice and Select**

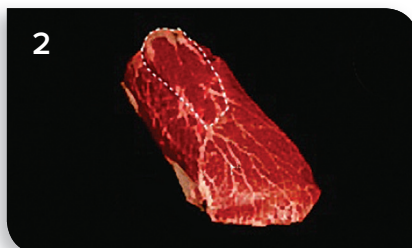
*Institutional Meat Purchase Specifications (IMPS), 2010 **Industry Guide for Beef Aging, 2006



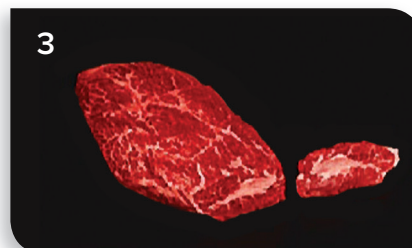
CUTTING GUIDE



The Top Blade (*Infraspinatus* muscle) can be cut from the 114 (IMPS) Beef Chuck, Shoulder (Clod) or purchased as an individual muscle. The external side has surface fat and white connective tissue that should be removed. The internal side has smooth connective tissue that also should be removed.



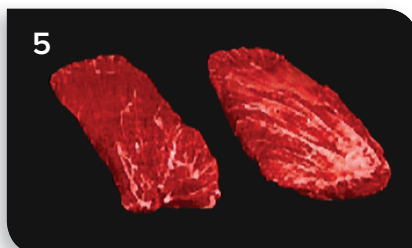
After denuding both sides of the Top Blade, locate and remove the small area of connective tissue and lean material outlined here with a dotted line.



Locate the thick internal connective tissue by squaring off the thick end of the Top Blade. This connective tissue runs the entire length of the Top Blade.



Position knife just above internal connective tissue and cut lengthwise along it from end to end, leaving the connective tissue attached to the bottom lean portion. You may check your progress, but the common pull and cut method is not recommended because the muscle is very tender.



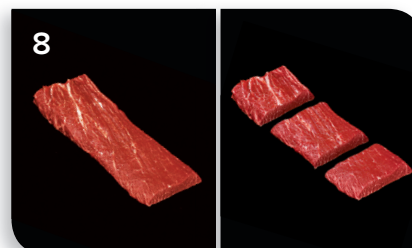
Remove any thick connective tissue remaining on the top lean portion (left piece in photo). The connective tissue attached to the bottom lean portion (right piece in photo) will be removed in the next step.



Flip the bottom lean portion so that the connective tissue rests on the cutting surface. Make a two-inch cut between the connective tissue and bottom lean portion. Place knife in the two-inch cut. Then, pushing the knife against the connective tissue, grab the tissue and pull it toward you until the connective tissue is completely removed from the



Remove and discard any connective tissue remaining on the bottom lean portion.



Leave top and bottom lean portions whole and use as a Beef Shoulder Top Blade (Flat Iron) Steak (114D IMPS). Alternatively, cut top and bottom lean portions into Beef Shoulder Top Blade (Flat Iron) Steaks (114D IMPS).

SHOULDER TENDER (PETITE TENDER)

Subprimal Name* 114F (IMPS) Beef Chuck, Shoulder Tender (IM)

To optimize tenderness, wet age 14 days for Premium Choice and Select**

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



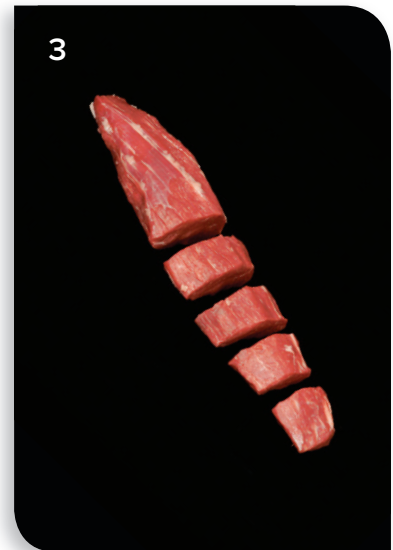
CUTTING GUIDE



1
The Shoulder Tender (*Teres major* muscle) can be cut from the 114 (IMPS) Beef Chuck, Shoulder (Clod) or purchased as an individual muscle. The Shoulder Tender also is referred to as the Petite Tender. Remove all visible external fat and connective tissue.



2
The denuded Shoulder Tender (Petite Tender) can be left whole as a Roast (114F IMPS).



3
Alternatively, portion end to end to create Shoulder Tender (Petite Tender) Medallions (114F IMPS). End pieces can be used as premium Kabobs or lean Stew Meat.

SHOULDER CENTER (RANCH) STEAKS

Subprimal Name* 114E (IMPS) Beef Chuck, Shoulder (Clod), Arm Roast

To optimize tenderness, wet age 21 days for Premium Choice and Select**

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



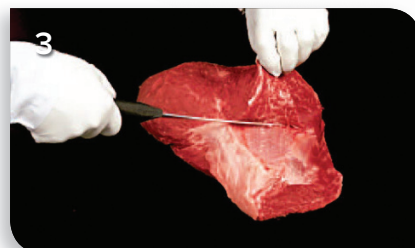
CUTTING GUIDE



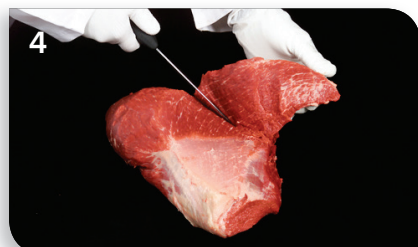
The Shoulder Center (*Triceps brachii* muscle) can be cut from the 114 (IMPS) Beef Chuck, Shoulder (Clod) or purchased as an individual muscle. The Shoulder Center is made up of the Long Head and the Lateral Head (not visible because it is located on the opposite side). A small, elongated muscle, known informally as the "rope," is attached to the side of the Shoulder Center and outlined here with a dotted line. Remove the rope muscle.



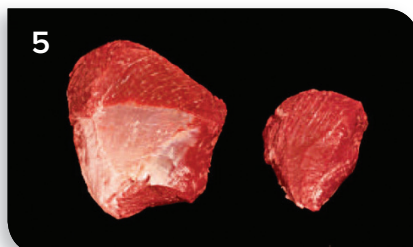
Flipped and trimmed Shoulder Center. The Lateral Head and the internal connective tissue are visible. The dotted line indicates the portion of the Lateral Head that should be removed in subsequent steps to expose thick Long Head connective tissue.



Follow the natural seam to initiate partial separation of the Lateral Head from the Long Head.



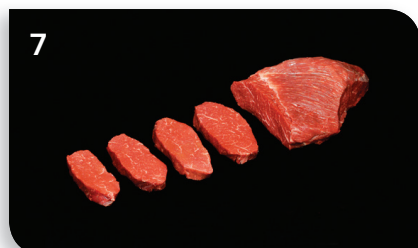
Remove the Lateral Head by following the natural seam halfway through the length of the muscle where the connective tissue begins to thin out. At this point, rather than following the connective tissue, cut away from it at a 20° angle. Continue to cut to remove the remaining top portion of the Lateral Head. A small portion of the Lateral Head



The thick portion of the internal connective tissue on the Long Head is now exposed. Remove the exposed connective tissue.



The portion of the internal connective tissue that remains attached to the Long Head is very thin and does not need to be removed.



Cut steaks 3/4" to 1" thick across the grain from the Long Head. These Shoulder Center (or Arm) Steaks (114E IMPS) often are referred to as Ranch Steaks.



The portion of the Lateral Head that is removed from the Long Head can be merchandized as a Shoulder Center Roast or into strips, Stir Fry, Stew Meat, etc.