



# GLOSSARY



Funded by The Beef Checkoff

**ACCULTURATION**

The process in which one group maintains its native identity while adapting to a new culture.

**AGING**

Beef held at refrigerated temperatures for an extended period of time in order to optimize tenderness and impart a distinctive flavor. Aging may be accomplished under either “dry aging” or “wet aging” conditions. (see Dry Aging and Wet Aging)

**AGRICULTURAL MARKETING SERVICE (AMS)**

An agency within the U.S. Department of Agriculture (USDA) that oversees marketing agreements and orders, administers research and promotion programs, and purchases commodities for federal food programs.

**AMS**

(see Agricultural Marketing Service)

**ANTIBIOTIC**

A drug used to treat infections caused by bacteria and other micro-organisms.

**ASSIMILATION**

The process in which one group takes on the cultural traits of a larger group.

**BACKSTRAP**

The elastic, yellowish connective tissue running from the neck region into the rib region of beef, pork, veal and lamb. Composed of heavy connective tissue, it is usually removed during fabrication. (see Elastin)

**BALL TIP**

A boneless portion of the Bottom Sirloin of the Beef Loin, also referred to as Ball or Butcher’s Heart.

**BARBECUE**

To roast meat slowly on a grill, spit or over coals. While cooking, meat is often basted with a sauce.

**BARON OF BEEF**

A descriptive name of bone-in beef round items that are generally large in size and used for roasting. Also referred to as Steamship Round.

**BASTE**

To moisten meat with a liquid while cooking; used to add flavor and prevent drying of the surface.

**BEEF A LA MODE**

A large cut of braised beef with vegetables.

**BEEF CHEEK MEAT**

The skeletal muscle found at the juncture of the jaw area, which has been trimmed of any surrounding glandular material. May be used in any ground beef products *except* ground primal products (i.e., Ground Chuck, Ground Round, Chopped Sirloin, etc.). The inclusion of cheek meat is limited to 25% of the product, and when used in excess of its natural proportions (2%), it must be listed on the product label.

**BEEF HEAD MEAT**

Muscle tissue attached to the skull after removal of the cheeks, lips, hide and tongue from the head. May include meat trimmed from the base (blade and root) of the tongue. May be used in any ground beef product *except* ground primal products (i.e., Ground Chuck, Ground Round, Chopped Sirloin, etc.).

**BEEF PATTIES**

Patties produced from “Beef Patty Mix.” (see Beef Patty Mix)

**BEEF PATTY MIX**

Consists of chopped fresh and/or frozen beef with or without the addition of beef fat and/or seasonings. Binders or extenders and/or Partially Defatted Beef Fatty Tissue may be used without added water, or with added water to the extent that the product characteristics are essentially those of a beef patty. The use of Mechanically Separated Beef is prohibited. May be further manufactured into patties or used in its bulk form.

## GLOSSARY

### **BEEF TRIM, BEEF TRIMMINGS**

Smaller pieces of beef muscle usually resulting from the deboning of beef carcasses and cuts, and/or the production of retail or institutional cuts. All bones, cartilage, backstrap, heavy connective tissue and lymph glands are removed. Sold commercially based on the percentage of lean in the trimmings (i.e., 50%, 75%, 90%, etc.). Beef trimmings used in the production of ground primal products (i.e., Ground Chuck, Ground Round, Chopped Sirloin, etc.) must be exclusively from that specific primal cut.

### **BLADE MEAT**

The lean meat overlying the ribeye and rib portion of the primal Rib. Also referred to as false meat, rib lifter meat, cap meat or wedge meat.

### **BLAST FREEZING**

The process of freezing at low temperatures (-10°F or below) using a high velocity of air movement. High velocity air speeds up the freezing process compared to “still” air. The product is typically packaged and boxed prior to freezing.

### **BLOOM**

Refers to the surface color change in fresh beef from dark purple (as seen in vacuum packaged ground beef) to bright cherry-red (when exposed to air/oxygen). May also refer to the color change in IQF beef patties from frosty white to bright cherry-red when thawed.

### **BOIL**

To cook in water or other liquid, in which bubbles rise continually and break on the surface.

### **BONELESS BEEF**

Derived from any part of the beef carcass by the removal of all bone, cartilage, heavy connective tissue (ligaments, backstrap, silver skin, etc.) and lymph glands. Typically produced during the fabrication of carcasses and primal cuts into subprimal or retail cuts, or during the deboning of the entire carcass. May be in the form of solid beef muscle sections (i.e., “Boneless Chuck”) or boneless beef trimmings. (see Beef Trim, Beef Trimmings)

### **BOVINE SPONGIFORM ENCEPHALOPATHY (BSE)**

Frequently called “mad cow” disease, BSE is a degenerative neurological disease affecting the central nervous system (CNS) in cattle. BSE affects older cattle, typically more than 30 months of age. The vast majority of the cattle going to market in the United States are younger than 24 months old.

### **BRAISE**

The cooking process of slowly browning beef on all sides in a small amount of oil in heavy pan. Drippings are poured off, beef is seasoned (if desired) and a small amount of liquid (i.e., broth, water, juice, beer, wine, etc.) is added to pan. Pan is covered tightly and simmered gently over low heat on top of range or in oven until beef is fork-tender. It is not necessary to turn beef during braising. Braising liquid may be thickened or reduced for a sauce.

### **BREADED**

Product that is coated with less than 30% of an edible substance, usually flour or breadcrumbs. Product may first be dipped in a batter to enhance the adherence of the breading.

### **BRISKET**

The beef cut taken from the breast section of a beef carcass, including the first five ribs. Commercially, the bones are removed and the brisket is trimmed of excess fat and sold boneless. Also sold both fresh and cured as corned beef. Requires moist cooking methods.

### **BROCHETTES**

Cubes of beef put on a skewer and cooked by broiling. Also referred to as Kabobs, Satays, Skewers, Sosoties, Sekuwas and Pinchos.

### **BROIL**

Dry-heat cooking method that uses a direct heat source above the food. (see Pan-broil)

### **BRT**

Boned, rolled and tied (or netted).

### **BSE**

(see Bovine Spongiform Encephalopathy)

### **BUTCHER'S HEART**

(see Ball Tip)

### **BUTTERFLY**

To split steaks, chops, cutlets and roasts in half, leaving halves hinged on one side.

### **CAP MEAT**

(see Blade Meat)

### **CARCASS**

The harvested, dressed animal, wherein the hide, hooves, head and internal organs are removed. In the case of beef, it is normally split down the backbone into two approximately equal “sides.”

### **CARVE**

To cut cooked meat into portions.

### **CASE-READY**

Pre-packaged beef cuts received by retailers not requiring further processing before being put in the retail meat case.

### **CCP (Critical Control Points)**

(see Hazard Analysis Critical Control Points)

### **CENTER CUT**

Interior of a meat cut after the outer edges or ends are removed to create a more desirable, uniformly shaped portion.

### **CERTIFICATION**

(see Certified Beef Products)

### **CERTIFIED BEEF PRODUCTS**

The term “certified” implies that the USDA's Agriculture Marketing Service (AMS) has officially evaluated a beef product for class, grade or other quality characteristics (i.e., Certified Angus Beef®). When used under other circumstances, the term must be closely associated with the name of the organization responsible for the certification process (i.e., “XYZ Company's Certified Beef”). For more information on the AMS Beef Certification Program, visit [www.ams.usda.gov](http://www.ams.usda.gov) and search for “Certified Beef Programs.”

### **CERTIFIED ORGANIC BEEF**

Beef certified by the USDA as being from cattle raised according to National Organic Program (NOP) standards, which require that cattle be fed 100-percent organic feed and not be given hormones or antibiotics for any reason. Sick animals cannot be denied treatment, but those receiving antibiotics are not eligible for inclusion in the NOP.



### **CHAIN**

The side muscle of a Tenderloin.

### **CHANNEL FAT**

Fat located over the vertebrae on the inside surface of Beef Chuck, Rib and Loin.

### **CHATEAUBRIAND**

Center cut portion of the whole, trimmed Beef Tenderloin that has the same diameter on both cut ends and is reasonably uniform in girth with a minimum of tapering. Cooked and served as one piece, usually as a double portion.

### **CHINE BONE**

Body of the spinal vertebrae or backbone.

### **CHILD NUTRITION (CN) LABELS**

A voluntary labeling program, monitored by the Food and Nutrition Service (FNS) of the USDA, to help state and federal authorities determine the compliance of available food products with specified school meal pattern requirements. The program requires an evaluation of a product's formulation by FNS to determine its contribution toward meal pattern requirements. Once approved, it allows manufacturers to state this contribution on their labels. The program provides Child Nutrition Program operators a warranty against audit claims for CN labeled products if the product is used according to the manufacturer's directions as printed on the approved CN label.

### **CHILLED**

A temperature-related term generally used to describe fresh product.

### **CHOLESTEROL**

A soft, waxy substance (lipid/fat) found in the bloodstream and in all human and animal cells. Cholesterol is an important part of a healthy body because it is used to form cell membranes and some hormones and is needed for other body functions. In addition to the total cholesterol level found in the bloodstream, two specific types of cholesterol are commonly referenced: (1) LDL (Low-Density Lipoprotein) cholesterol, often called "bad" cholesterol since higher levels of LDL cholesterol reflect a higher risk of heart disease and (2) HDL (High-Density Lipoprotein) cholesterol, often called "good" cholesterol because a high HDL level may protect against heart attack.

### **CHUB**

A cylindrically shaped vacuum package typically used for bulk ground products.

### **CHUCK TENDER**

*Supraspinatus* muscle separated from the Beef Chuck. Also referred to as Mock Tender and Scotch Tender.

### **CLOSE TRIMMED**

Trimming more surface or cover fat from a product than is commonly specified by the industry. Close trimmed is generally regarded as 1/4 inch or less.

### **CLUB STEAK**

Bone-in Beef Top Loin Steak from the rib end of the Beef Short Loin containing the 13th rib.

### **CODE OF FEDERAL REGULATIONS (CFR)**

A codification of the general and permanent rules published by the federal government. The USDA's Food Safety and Inspection Service (FSIS) rules and regulations pertaining to meat and poultry products are published in Chapter 9 of the CFR (9CFR), Parts 300 to 599. For more information go to [www.gpoaccess.gov/cfr/index.html](http://www.gpoaccess.gov/cfr/index.html), then search for "9 CFR and meat and poultry products."

### **COLD AIR BLAST FREEZING**

(see Blast Freezing)

### **CONFORMATION**

The shape of a carcass, as determined by evaluating overall muscling. Conformation is a factor used in quality grading veal and lamb carcasses, but not beef carcasses.

### **CONNECTIVE TISSUE**

Connects and holds the parts of the body together. The major connective tissue types that affect cooked product palatability are collagen (such as that surrounding muscle tissues) and elastin (the heavy tissues found in backstrap, silver skin, etc.). Collagen will become softer during cooking, particularly during moist heat cookery, whereas elastin is not affected by cookery. Therefore, heavy elastin deposit, such as the backstrap, are removed during fabrication.

### **COOKING IN LIQUID**

The cooking process in which beef is lightly coated with seasoned flour (if desired) and slowly browned on all sides in a small amount of oil in heavy pan over medium heat. Drippings are poured off, beef is covered with liquid (i.e., broth, water, juice, beer, wine, etc.) and seasonings are added (if desired). Liquid is then brought to a boil and heat is reduced to low. Pan is covered tightly to simmer gently over low heat on top of range until beef is fork-tender.

### **COOL**

(see Country of Origin Labeling)

### **CORNED BEEF**

A cured boneless beef muscle. Boneless Brisket and Round cuts are usually used to manufacture corned beef, which is normally sold uncooked in vacuum packaging. In some cases, the packaged product may include some of the brine and spices used in its production. (see Cured, Curing)

### **CORNER PIECE**

A portion of the Short Plate that includes the 6th, 7th and 8th rib portions but does not include costal cartilage.

## GLOSSARY

### **COUNTRY OF ORIGIN LABELING (COOL)**

The Mandatory Country of Origin Labeling (MCOOL) rule was passed as part of the 2008 Farm Bill and became effective September 30, 2008. Country of origin labeling is required for beef, veal, lamb, chicken, goat and pork, fresh and frozen fruits and vegetables, macadamia nuts, pecans, peanuts and ginseng. Wild and farm-raised fish and shellfish were required to have country of origin labeling under the 2002 Farm Bill. Processed food items are exempt from labeling by the statute. Program implementation is the responsibility of the USDA's Agricultural Marketing Service (AMS). For more information, visit [www.ams.usda.gov](http://www.ams.usda.gov), then search for "COOL".

### **CRYOGENIC FREEZING**

The process of freezing meat at very low temperatures using condensed gases such as liquid nitrogen or carbon dioxide (CO<sub>2</sub>). Product is usually individually frozen prior to being packaged and boxed.

### **CUBE MEAT**

Any meat that has been cut into uniform pieces. Also called Kabob, Brochette or Diced Meat.

### **CUBED STEAK**

A process of mechanical tenderization using a machine with two sets of sharp pointed discs which score or cut muscle fibers from boneless cuts without tearing them. Irregular pieces of meat can be "knitted" together to form a more attractive cut. Cubing can also be done manually using a butcher's mallet, which is pounded into the boneless meat.

### **CULOTTE**

A term used to refer to the flat, triangular-shaped muscle (*biceps femoris*) that lies immediately beneath the surface fat of the Top Sirloin. It can be cut into steaks or cooked in one piece. Sold fat-on and closely trimmed.

### **CURED, CURING**

Meat products that have been injected with a water-based solution containing salt, sugar and nitrite (the curing ingredient), plus other ingredients. Although curing is usually associated with cooked and smoked pork products (ham, bacon, etc.), some beef products are cured, but usually not cooked (most notably corned beef). Although curing was originally used for meat preservation, with the availability of refrigeration today, most meat products are cured to provide variety, including unique flavor and color.

### **CUTLET**

A single, thin, boneless piece of lean meat, usually cut from the leg or shoulder of veal, lamb or pork.

### **DARK-CUTTING BEEF**

An abnormally dark colored muscle condition in fresh beef resulting from reduced muscle sugar (glycogen) content in beef muscles. Often caused by excessive animal stress prior to harvesting, the lack of glycogen causes an above normal pH level in muscles, resulting in the dark color. Although the meat is wholesome, consumers often mistake the darker color as meaning the meat is "old" or "spoiled." Once cooked, however, there is no noticeable difference from normal cooked beef. Consequently, much of the dark-cutting beef is marketed through the foodservice channel.

### **DEGREE OF DONENESS**

Internal temperature at the very center of the beef cut or ground beef product\*:

145°F = medium rare

160°F = medium

170°F = well done

\*USDA recommends ground beef products be cooked to an internal temperature of 160°F.

### **DELMONICO STEAK**

Popular name for Beef Ribeye Steak Boneless or Beef Top Loin Steak Bone-in taken from the Delmonico Restaurant in New York City (circa 1925).

### **DENUDED**

Meat cuts that have had practically all surface fat removed. Also referred to as peeled.

### **DEEP-FRY**

(see Pan-fry)

### **DICED**

(see Cube Meat)

### **DRY AGING**

The traditional method of aging, where fresh meat cuts are stored, without covering or packaging, for various periods of time (usually 21 to 28 days) under controlled temperatures (32-34°F), humidity and air flow. The environmental conditions of aging are critical to minimize spoilage and to develop the desired tenderness and aged flavor. (see Wet Aging)

### **DRY HEAT COOKING**

Dry heat cooking methods are broiling, grilling, roasting, skillet cooking and stir-frying. Best used with tender meat cuts.

### ***E. coli* O157:H7**

A strain of the bacterium *Escherichia coli* that produces a virulent toxin and causes human illness.

### **EDIBLE-BY-PRODUCTS**

The edible organs, fat and glands of a meat animal. Included are heart, tongue, liver, pancreas, thymus (beef and veal sweetbreads), kidney, spleen (melt), brains, stomach walls (tripe), hog intestines (chitterlings) and testicles (fries). (see Variety Meats)

### **ELASTIN**

The heavy connective tissue found in ligaments and tendons, which may appear yellow (as found in the backstrap) or white/silver (as in the silverskin covering on some cuts). Generally does not soften during cooking, and must be removed during fabrication of cuts.

### **ÉMINCÉ**

A small, thin, boneless piece of meat.

### **END-TO-END**

A requirement that includes all cuts made from a primal or subprimal cut being sliced in its entirety.

## GLOSSARY

### ENZYME

Naturally occurring complex protein compound produced by animals and plants that has the ability to accelerate organic reactions, such as the breakdown of connective tissue that tenderizes beef as it ages.

### ***ESCHERICHIA COLI***

(see *E. Coli*)

### ESTABLISHMENT NUMBER

Number granted to an establishment or plant when it complies with all requirements for federal or state inspection, and which identifies the processing plant wherever the product that comes from it is found.

### EXPORT RIB

A commonly used industry term for a bone-in, lip-on Beef Ribeye.

### EXTRA LEAN

***(Used as a Nutritional Claim)***

The term “extra lean” may be used as a nutritional claim on a product provided the product contains less than 5 grams of fat, less than 2 grams of saturated fat, and less than 95 milligrams of cholesterol per 100 grams of product and per reference amount.

### EXUDATE

(see Purge)

### FABRICATION, FABRICATED CUTS

The process of using any or all of the techniques of cutting, deboning and trimming beef carcasses and primals into subprimal and/or retail cuts that meet specific market needs. Fabrication will yield not only the desired market-ready cuts, but also beef trimmings, fat and bone which can be used in other industry processes.

### FAJITAS

Mexican-style dish featuring meat that has been marinated in lime juice, oil and seasonings, then broiled or grilled and cut into strips. The strips are wrapped in warm flour tortillas with onions and bell peppers. The outside Beef Skirt Steak is the traditional cut used.

### FALSE MEAT

(see Blade Meat)

### FAT MIGRATION

The movement of fat from outside the muscle to inside the muscle during cooking.

### FATTY ACIDS

Small organic molecules that are the building blocks of fat (an organic compound triglyceride comprised of three fatty acid molecules and a glycerol molecule). There are two types of fatty acids — saturated and unsaturated. If a particular fat deposit contains fat with a relatively large amount of *saturated* fatty acids, the fat will be relatively hard in nature. Conversely, if it has a large amount of *unsaturated* fatty acids, it will tend to be soft.

### FDA

(see Food and Drug Administration)

### FNS

(see Food and Nutrition Service)

### FED CATTLE

Cattle provided a ration including a high-energy source, such as corn, for an extended period prior to harvest.

### FIFTY/FIFTY TRIMMINGS

**(50/50 or Beef 50's)**

An example of the composition of beef trimmings generated from fabrication of beef carcasses or primals offered commercially. In this example, the trimmings are approximately 50% lean beef and 50% fat. Other common commercial trimming mixes are “70/30” (70% lean and 30% fat) and “90/10” (90% lean and 10% fat).

### FILET MIGNON

Popular name for Beef Tenderloin Steak.

### FILET, FILLET

Boneless slices of lean meat that form portion cuts of uniform size and shape.

### FLANKEN

Beef cut from the Plate, Brisket, Chuck, Short Ribs or Rib. Flanken Style Ribs are typically cut in thin slices across the rib bones.

### FLAP

The boneless portion of the Beef Bottom Sirloin when the Ball Tip and the Tri-Tip are removed.

### FLAT

The beef outside round.

### FLAT IRON STEAK

Beef Shoulder Top Blade Steak cut from the Chuck Top Blade Roast with the thick internal connective tissue that runs down the middle removed.

### FMD

(see Foot-and-Mouth Disease)

### FOOD AND DRUG ADMINISTRATION (FDA)

Agency responsible for protecting the public health by assuring the safety, efficacy, and security of human and veterinary drugs, biological products, medical devices, our nation's food supply (including food additives), cosmetics and products that emit radiation.

### FOOD AND NUTRITION SERVICE (FNS)

Agency that administers the food and nutrition assistance programs in the USDA, providing children and needy families with better access to food and a more healthful diet through its programs and nutrition education efforts.

### FOOD SAFETY AND INSPECTION SERVICE (FSIS)

USDA agency with the mission of protecting consumers by ensuring that meat, poultry and egg products are safe, wholesome and accurately labeled. FSIS also monitors the use of drugs in livestock by routinely sampling for residues in food animals.

### FOOD ADDITIVE

Any approved substance used as an ingredient in producing, processing or preparing food, and which normally becomes a component of the food or affects the characteristics of the food. All food additives used in meat products must be approved by the FDA.

### FOOT-AND-MOUTH DISEASE (FMD)

Highly contagious disease among cattle, sheep, goats, deer and other cloven-hooved ruminant animals. It does not affect humans or food safety.

### FOREQUARTER

The anterior portion of a beef side after it is separated from the hindquarter at the 12th rib, and which includes the Chuck, Rib, Brisket, Plate and Foreshank.

## GLOSSARY

### **FORESADDLE**

Unsplit forequarter of a veal or lamb carcass.

### **FORMING**

Molding a ground meat product into a uniform size, weight and/or thickness. The application of a surface “texture” may also be accomplished during this process. (see Scoring)

### **FREEZER BURN**

Caused by loss of moisture on the surface during the extended storage of frozen beef, typically due to a lack of adequate air-tight packaging prior to freezing. Although normally safe to eat, freezer burned beef will have a dry, discolored surface, and when cooked, it will be tough and often taste bland or rancid.

### **FRESH**

Meats that have not been cured, smoked, frozen, precooked or processed into a form changed from the original meat.

### **FROZEN**

The physical state of fresh meat products that have been reduced in temperature to below the freezing point of fresh meat (28°F).

### **FRY**

(see Pan-fry)

### **FSIS**

(see Food and Safety Inspection Services)

### **GRADE, GRADING**

Refers to the USDA designation indicating a quality or yield determination of a carcass. (see USDA Quality Grade or USDA Yield Grade)

### **GRAIN-FED BEEF**

Grain-fed cattle spend most of their lives eating grass in pasture before moving to a feedlot where they are fed a high-energy, grain-based diet for four to six months. Research shows consumers generally prefer the taste of grain-fed beef because of its tenderness and flavor-enhancing marbling.

### **GRASS-FINISHED BEEF**

All cattle spend the majority of their lives eating grass in pastures. However, grass-finished beef (sometimes marketed as grass-fed beef) comes from cattle whose feed source was grass and/or forage for its entire life. The animal cannot be fed grain or grain by-products and must have continuous access to pasture during the growing season. The USDA Agricultural Marketing Service (AMS) verifies a grass-fed or grass-finished claim.

### **GRILL**

Dry-heat cooking method that uses an indirect or direct heat source below the food, which is usually cooked on a grid over charcoal, wood or gas flame.

### **GRINDING**

The process of reducing larger pieces of meat into smaller parts, with the ultimate objective of producing a uniform ground product to meet specific market needs.

### **GROSS WEIGHT**

Refers to the weight of products plus their packaging and packing materials, including the shipping container and closure materials such as strapping.

### **GROUND BEEF, CHOPPED BEEF**

Chopped fresh and/or frozen beef with or without seasoning and without the addition of beef fat. Ground Beef shall not contain more than 30 percent fat, or added water, phosphates, binders or extenders. When cheek meat is used in the preparation of Chopped or Ground Beef, the amount of cheek meat shall be limited to 25%, and, if used in excess of its natural proportions (i.e., 2%), it shall be declared on the label. Beef of skeletal origin or from the diaphragm or esophagus may be used in the preparation of Chopped Beef, Ground Beef or Hamburger. Organ meats, such as heart meat or tongue meat, are not acceptable ingredients in Chopped Beef, Ground Beef or Hamburger.

### **GROUND BEEF (Hamburger and Soy Products)**

Combinations of Ground Beef or Hamburger and soy products may be descriptively labeled (i.e., “Hamburger and Textured Vegetable Protein Product” or “Ground Beef and Isolated Soy Protein Product”) if the combination product is not nutritionally inferior to Hamburger or Ground Beef. If the combination products are nutritionally inferior, they are to be labeled as “Imitation Ground Beef,” “Imitation Hamburger,” “Beef Patty” or “Beef Patty Mix” in accordance with USDA regulations.

### **GROUND, CHOPPED PRIMAL**

Product to be labeled as a ground primal product (i.e., Ground Chuck, Ground Round, Chopped Sirloin, etc.) must be derived from all or part of the primal referred in the product name. Generally, shank meat may be added but may not exceed the natural proportion of the beef carcass, which is considered to be 6%. Higher quantities of shank meat may be used if the shank meat remains attached during the cutting and boning of the Boneless Chuck or Round, or if the processor can demonstrate that a higher percentage is applicable.

### **GROWTH PROMOTANTS**

Hormones typically administered through a small pellet implanted under the skin on the back of an animal's ear to help cattle grow more efficiently and produce more lean muscle and less fat. Pellets release tiny amounts of hormone and safely dissolve as treatment is completed.

## GLOSSARY

### HACCP

(see Hazard Analysis Critical Control Points)

### HALAL-STYLE

Meat from animals slaughtered in accordance with Islamic law.

### HAMBURGER

(see Ground Beef, Chopped Beef)

### HANGING TENDER

The portion of the diaphragm muscle that is attached to the back region of the last rib.

### HARVEST

The process of turning cattle into beef, generally occurring at a packing or processing plant.

### HAZARD ANALYSIS CRITICAL CONTROL POINTS (HACCP)

A systematic approach to in-plant food safety by which potential hazards (biological, chemical or physical) that may cause a food to be unsafe for human consumption are identified. Critical Control Points (CCP's) are identified in the production system to monitor these hazards, methods of control are specified for each CCP, and a system to monitor the success or failure of each CCP procedure is implemented to assure the safety of the final product. Every meat processing plant producing products for resale is required to have a HACCP program in place as part of the overall meat inspection program.

### HEEL

A group of small muscles located in the lower portion of the outside Round (adjacent to the femur bone). Also known as Horseshoe.

### HINDQUARTER

The posterior portion of the beef side after it is separated from the forequarter at the 12th rib, and which includes the full Loin, Round and Flank.

### HINDSADDLE

Unsplit hindquarter of a veal or lamb carcass.

### HIP

Sirloin portion of the hindquarter. Also referred to as the loin end.

### HORMONE

(see Growth Promotants)

### HORSESHOE

(see Heel)

### IQF

(see Individually Quick Frozen)

### IMPS (Institutional Meat Purchase Specifications)

Prepared by the Agricultural Marketing Service of the USDA, IMPS are written descriptions of standard meat products that can assist in the procurement of desired items for specific product needs. Under the IMPS numbering system, fresh beef items are listed in the "100 Series," further processed beef products are in the "600 Series," and beef variety meats and edible by-products are in the "700 Series." The IMPS descriptions are used by the North American Meat Processors Association (NAMP) as the basis for "The Meat Buyer's Guide." For a complete listing of IMPS descriptions, go to [www.ams.usda.gov](http://www.ams.usda.gov), then search for "IMPS."

### INJECTED

Meat cuts that have had solutions introduced throughout the muscles by injecting or pumping through fine needles. Also called pumped.

### INSPECTION, MEAT INSPECTION

Under the Federal Meat Inspection Act and the Poultry Products Inspection Act, FSIS, or an approved state agency, inspects all animals intended for slaughter and all raw meat and poultry products, including the labeling of those products, sold in interstate and foreign commerce, to include imported products. The agency also monitors meat and poultry products after they leave federally inspected plants. Meat that has been federally inspected and passed for wholesomeness is stamped with a round purple mark. Meat inspection is paid for from tax funds. (see Inspection Mark)

### INSPECTION MARK

Official stamp on federally or state-inspected and/or labeled meat products. Each inspected meat product, or its immediate container, must bear the mark of inspection and the number of the establishment where it was last processed. (see Establishment Number)



### INDIVIDUALLY QUICK FROZEN (IQF)

Patties are rapidly frozen at very low temperatures (-40°F or below) to produce small ice crystals in the frozen patty. This process locks in freshness by retaining juiciness, reduces damage to the product's cell structure, minimizes oxidation, and reduces the tendency for patties to stick together in the package. IQF patties are usually cooked from the frozen state.

### IRRADIATION

Process of applying energy (in the form of "ionizing radiation") to a material, such as food, to sterilize or preserve it by destroying microorganisms, parasites, insects and bacteria. Fresh meat and poultry, including whole or cut up birds, skinless poultry, pork chops, roasts, stew meat, liver, hamburgers, ground meat and ground poultry, are some of the products approved for treatment with irradiation. Irradiated foods may be identified by looking for the "Radura" symbol on the package.



### IRIDESCENCE

Naturally occurring phenomenon of blue-green or orange-red color in some raw and cooked beef. Iridescence is associated with the interference of light waves reflected off the meat's surface and does not affect quality or palatability.

### KABOB

Boneless cubes of meat that are usually threaded on skewers and grilled. (see Brochettes)

### KANSAS CITY STEAK

(see New York Strip Steak)

## **KOSHER MEAT**

Meat from cloven-hooved animals such as cattle and hogs that have been slaughtered according to Jewish practices.

## **KOSHER-STYLE**

Used in reference to pure beef sausage and corned beef that is seasoned with garlic and spices, imparting a flavor similar to real kosher products. This term is illegal for use in advertising or product description in a number of states.

## **LABEL**

The USDA Meat Inspection Program requires that a descriptive label be prominently displayed on each box/package of inspected product. The label must include: (1) the name of the product, (2) an ingredient list, (if applicable), (3) the name and place of business of manufacturer, (4) net quantity/weight statement, (5) official inspection legend, and (6) any other information required by regulations (such as a “Safe Food Handling” label on ground beef packages).

## **LAI D OUT PACK**

A portion, single thickness on separating sheets or boards.

## **LEAKER**

A vacuum packaged product that has completely lost its vacuum, allowing air to “leak” into the package.

## **LEAN**

### ***(Industry Definition)***

The muscle portion of a meat product, excluding fat and bone.

### ***(Used as a Nutritional Claim)***

Lean is a term used to describe the fat content of meat, poultry, seafood, and game meats. Lean = less than 10g fat, 4.5g or less saturated fat, and less than 95mg cholesterol per serving and per 100g.

## **LEAN FINELY TEXTURED BEEF**

Lean beef (less than 10% fat) that has been separated specifically from approved beef trimmings through a mechanical separation system (not to be confused with “Mechanically Separated Beef”). Most naturally occurring sinew and connective tissue has been removed.

## **“LEAN” LABELS**

Label claim that must be substantiated by the USDA. (see *Lean (Used as a Nutritional Claim)*)

## **LEAN-TO-FAT RATIO**

The relative proportion (ratio) of the lean content to the fat content in a fresh meat product, usually expressed as a percentage. As the percentage of lean increases in a meat product, the cost per pound of the product also increases. (see *Fifty/Fifty Trimmings*)

## **LIFTER MEAT**

(see *Blade Meat*)

## **LIGHT**

Light is a term used on food labels and can mean one of two things:

1. That a nutritionally-altered product contains one-third fewer calories or half the fat of the reference food. If the food derives 50 percent or more of its calories from fat, the reduction must be 50 percent of the fat.
2. That the sodium content of a low-calorie, low-fat food has been reduced by 50 percent. In addition, “light in sodium” may be used on food in which the sodium content has been reduced by at least 50 percent.

The term “light” still can be used to describe such properties as texture and color, as long as the label explains the intent (i.e., “light brown sugar” and “light and fluffy”).

## **LISTERIA MONOCYTOGENES**

A bacterium that can be found throughout the environment, including soil and water, and also may be carried by humans and animals. Listeria can cause severe illness, especially in vulnerable populations, including pregnant women, the elderly and those with weakened immune systems. Although Listeria is destroyed by cooking and pasteurization, it can grow readily at refrigeration temperatures.

## **LIQUID IMMERSION FREEZING**

A process of freezing meat by immersing or spraying sealed packages of meat in a super-cooled liquid, often used for freezing poultry.

## **LIQUID TENDERIZATION**

To use any enzymatic solutions to tenderize meat cuts.

## **LOIN END**

(see *Hip*)

## **LONDON BROIL**

Originally a recipe for broiled Beef Flank Steak carved in thin slices, the name London Broil now applies to a variety of usually boneless cuts, such as Top Round Steak and Chuck Shoulder Steak, that can be broiled.

## **MAP**

(see *Modified Atmosphere Packaging*)

## **MARBLING**

Intramuscular fat or flecks of fat within the lean muscle that enhances palatability by increasing juiciness and flavor. The amount of marbling relates to quality grading in beef, with greater amounts of marbling resulting in higher quality grades. There are ten degrees of marbling, ranging from “abundant” to “devoid.”

## **MARINADE**

Seasoned liquid used to give flavor to meat and, in some cases, to tenderize less tender cuts. Meat is allowed to stand in the marinade before cooking. Tenderizing marinades contain an acidic ingredient such as lemon juice, vinegar, salsa or yogurt.

## **MARINATE, MARINATED**

To treat with a marinade. To be labeled “marinated,” a product must use a marinade, a mixture in which food is either soaked, massaged, tumbled or injected in order to enhance taste, tenderness or other sensory attributes such as color or juiciness.

## **MARROW**

An edible, fatty substance found in the center of bones.

## **MARROW BONES**

Refers to the large round bones and shank bones of the Round and Chuck (excluding knuckle bones) that contain significant amounts of marrow. The bones are usually cut into shorter pieces to expose the marrow.

## GLOSSARY

### **MCOOL**

(see COOL)

### **MEAT**

In the broadest sense, meat means any of the edible part of a carcass and includes everything but bone. Usually refers to muscle, the major component of meat.

### **MEAT BUYERS GUIDE (MBG), THE**

Published by the North American Meat Processors Association (NAMP), the MBG incorporates IMPS product descriptions with a photographic depiction of the described cut, thereby facilitating communication between buyer and seller in product transactions. Information on NAMP and “*The Meat Buyers Guide*” may be found at [www.namp.com](http://www.namp.com)

### **MEAT INSPECTION**

(see Inspection)

### **MEAT PATTY OR PATTY MIX**

(see Beef Patties and/or Beef Patty Mix)

### **MEAT TRIMMINGS**

(see Beef Trim, Beef Trimmings)

### **MECHANICALLY SEPARATED MEAT**

A paste-like and batter-like meat product produced by forcing bones with attached meat under high pressure through a sieve or similar device to separate the bone from the edible meat tissue. Mechanically separated beef is considered inedible and prohibited for use as human food, including ground beef products, by FSIS regulations enacted in 2004 to protect consumers against BSE.

### **MEDALLION**

Usually small, round slices of meat. Also referred to as “tournedos” when cut from Beef Tenderloins.

### **MEDIAL**

Toward the median plane that divides the carcass vertically into left and right sides.

### **MICROWAVE COOKERY**

A method of cooking (dry heat cookery) using short-length radio waves. The magnetron inside the oven converts ordinary electric power into radio waves, which is then readily absorbed by water, fats and sugars, resulting in very fast molecular vibration; high temperatures resulting from this friction ultimately cook the food. Microwaves can penetrate food only to a depth of 1 to 1-1/2 inches, so thicker pieces of food can cook unevenly and leave “cold spots,” where harmful bacteria may survive. Microwave cookery is more often used for reheating or defrosting meats than actually cooking them.

### **MIGNONETTE**

(see Medallion)

### **MOCK TENDER**

(see Chuck Tender)

### **MODIFIED ATMOSPHERE PACKAGING (MAP)**

A packaging technology that modifies the composition of the internal atmosphere of a food package in order to improve the shelf life of the product. The process lowers the level of oxygen to nearly 0% in order to slow down the growth of spoilage organisms and to reduce the rate of oxidation of the product. The process often involves the replacement of the oxygen with an inert gas, such as nitrogen or carbon dioxide, which can act to lower the pH or inhibit the growth of bacteria.

### **MOIST HEAT COOKING**

Process of using slow, gentle moist heat in a tightly covered pan with liquid to cook beef products until fork-tender. Moist heat cooking methods are braising (pot roasting) and cooking in liquid (stewing). Best used with less tender meat cuts.

### **MYOGLOBIN**

A complex protein in the muscle, similar in structure to hemoglobin in blood, which binds and transports oxygen within the cells of the body. Following harvesting and fabrication of a meat animal, myoglobin directly influences the color of meat. While there are several chemical reactions that myoglobin may undergo, the most recognizable is its combining with oxygen from the air and forming “oxymyoglobin,” the protein complex responsible for the bright cherry-red color in fresh meat.

### **NAMP (North American Meat Processors Association)**

The industry trade association, made up of meat processors and associated companies, that publishes “*The Meat Buyers Guide*,” which incorporates the IMPS product descriptions with a photographic depiction of the described cut, thereby facilitating communication between buyer and seller in product transactions. Information on NAMP and “*The Meat Buyers Guide*” may be found at [www.namp.com](http://www.namp.com)

### **NATURAL BEEF**

Designation for a kind of beef. The term may be used in labeling if “the product does not contain any artificial flavor or flavoring, coloring ingredient, or chemical preservative or any other artificial or synthetic ingredient” and “the product and its ingredients are not more than minimally processed.” The government’s definition of natural does not relate to the way animals are raised or what they are fed.

### **NAVEL**

Short Plate.

### **NECKS OF BEEF**

The portion of Chuck located above the 1st rib bone, blade and arm bones.

### **NEEDED, NEEDLING**

A tenderizing process involving penetration of muscles by closely spaced thin blades with sharpened ends that cut muscle fibers into short segments. Also referred to as pinned.

## GLOSSARY

### **NET WEIGHT**

Weight of the contents of a container after the weight of packaging and packing materials has been deducted.

### **NEW ENGLAND BOILED DINNER**

Usually a meal simmered together in the same pot, made with a salty piece of meat, such as corned beef, and a variety of vegetables, such as potatoes, parsnips, cabbage, onions, carrots, etc. Typically accompanied by horseradish and mustard.

### **NEW YORK STRIP STEAK**

Fanciful name for a Bone-in or Boneless Beef Top Loin Steak. Sometimes called a New York Steak, Kansas City Steak and Strip Steak in various parts of the country and on menus.

### **NEW YORK STYLE ROUND**

Primal Round with the Sirloin Tip (Knuckle) removed.

### **NOISETTE**

A small, usually round, portion of meat cut from the Rib.

### **NO ROLL**

A beef carcass of any quality or yield grade that has not been rolled with an official USDA grade stamp. Most often a combination of Yield Grade 4 and 5 carcasses and/or Quality Grade carcasses of Standard and below. Since meat grading is a voluntary service paid for by the packer, the decision as to which officially graded carcasses are rolled with a grade stamp lies with the management of the packing company, based on marketing needs.

### **NUTRIENT DENSITY**

Amount of essential nutrients relative to the number of calories in a given amount of food.

### **NUTRITION LABELING**

A voluntary program to provide nutrition information labeling for fresh, single ingredient meat products to assist consumers in food purchasing decisions. Nutrition information could be provided either on individual package labels or by the posting the information at the point-of-purchase.

### **OFF CONDITION**

A term used to describe the state of meat or meat products that usually suggests that the item is unwholesome.

### **OFFAL**

Meat slaughter by-products consisting of all parts of the animal that are not part of the carcass. Edible offal includes the liver, heart, tongue, head meat, tripe, etc., while inedible offal includes hides, hair, hooves, etc.

### **ORGAN MEATS**

Edible products from the brain, heart, liver, kidney, tongue and sweet breads.

### **PAILLARD**

A scallop of meat pounded until thin, usually grilled.

### **PALATABILITY**

Refers to the product characteristics related to overall product acceptability, principally tenderness, juiciness and flavor of the cooked lean.

### **PAN-BROIL**

Dry-heat cooking method using an uncovered, ungreased surface. Fat is removed as it accumulates. (see Broil, Skillet Cook)

### **PAN-FRY**

Dry-heat cooking method using a small amount of fat. Typically used for thin, tender cuts, thin patties or cubed meat. (see Sauté)

### **PAPAIN**

Enzyme obtained from juice of the papaya. Its enzymatic action breaks down the protein in meat and creates a tenderizing effect.

### **PARTIALLY DEFATTED BEEF FATTY TISSUE (PDBFT)**

A beef by-product derived from the low temperature rendering (not exceeding 120°F) of fresh beef fatty tissue containing at least 12% lean. Such product shall have a pinkish color and a fresh odor and appearance. May be used in "Beef Patties" or "Beef Patty Mix" if identified in the ingredients statement on the label.

### **PARTIALLY DEFATTED CHOPPED BEEF (PDCB)**

Product derived from the low temperature (not to exceed 120°F) rendering of beef. Must have a pinkish color and a fresh odor and appearance. Not permitted in Hamburger, Ground or Chopped Beef, but is permitted in "Pure Beef Patties/Pattie Mix" and "Beef Patties/Patty Mix."

### **PATHOGEN**

A biological agent that causes disease or illness in its host.

### **PEELED**

(see Denuded)

### **PICKLED**

(see Cured, Curing)

### **PINNED**

(see Needled, Needling)

### **PLATE FREEZING**

Freezing by direct contact of a meat product with a metal plate. Being a relatively slow process, it's typically used for thin cuts.

### **POITRINE**

The French word for Brisket.

### **PORTERHOUSE**

Steak cut from the Beef Loin that contains the T-Bone and Tenderloin, but is distinguished from the T-Bone Steak by its larger Tenderloin muscle, which is at least 1-1/4 inches across. Named after English pubs that served "porter" ale since it was the type of steak cut that would be served in a porterhouse.

### **PORTERHOUSE TAILS**

Portions of the Flank muscles trimmed from Short Loins or strips. Also referred to as Steak Tails.

### **PORTION CONTROL CUTS**

Meat items that have been cut, sliced or formed to specific weights or thicknesses. Many frozen brand name processed products sold in retail food stores include portion controlled patties, steaks, etc.

## GLOSSARY

### POT ROAST

Usually an inexpensive, less tender cut of beef that is first browned, then braised very slowly in a covered pot with liquid. The result is a flavorful, tender piece of meat.

### PRACTICALLY FREE OF FAT

Terminology used to describe a meat cut on which there is nearly no trimmable fat present.

### PRECOOKED

Products that have been cooked but may require reheating or additional cooking prior to eating.

### PRIMAL CUTS OF BEEF

The basic major cuts into which beef carcasses and sides are separated. The four beef primal cuts are the Chuck, Rib, Loin and Round, which can be further fabricated into subprimal cuts as follows:

- Primal Chuck: Typically subdivided into Boneless Shoulder Clod, Boneless Chuck Roll and boneless blade sections.
- Primal Loin: Typically subdivided into the Strip Loin, Tenderloin, Top Butt, Ball Tip, Tri-Tip and Flap.
- Primal Rib: Typically boneless or bone-in, tied or netted for roasting, or further fabricated to produce a Ribeye Roll.
- Primal Round: Typically subdivided into the Top Round, Bottom Round and Round (Sirloin) Tip (Knuckle).

### PRIMAL SKELETAL MUSCLE

Muscular cuts from the four primal cuts (Round, Loin, Rib and Chuck) that were attached to an animal's bone structure. (see Skeletal Muscle)

### "PRIME RIB"

Generic description that refers to a Bone-in or Boneless Beef Rib Roast. As a generic description, it does not refer to the quality grade of the roast.

### PROCESSED MEATS

Class of meat products, including cold cuts, sausages, ham and bacon, made from inspected meats. Some, such as sausage, may be made from trimmings and/or lower grades of meat carcasses and cuts. Ingredients must be listed on the label.

### PROTEIN

Essential nutrient. Animal foods are the best source of high biological quality (complete) protein because they contain the eight essential amino acids in the correct proportions to build, maintain and repair human body tissues and to strengthen the body's defense mechanisms against disease and infection.

### PSMO

Peeled beef tender, side muscle on.

### PUMPED

(see Injected)

### PURE BEEF, 100% PURE BEEF

The terms "All," "Pure" or "100%" may be used for products prepared solely from fresh beef as an ingredient. Such items may include Partially Defatted Chopped Beef.

### PURGE

Juices exuded from meat products after they are packaged. Often seen in vacuum packaged beef products when the package is opened for further processing.

### QUALITY GRADES

Grade levels such as Prime, Choice and Select determined by the USDA that group slaughter cattle and carcasses into value- and palatability-based categories. Grades are determined primarily by marbling and age of animal.

### RANCH STEAK

Beef Shoulder Center Steak cut from the Beef Shoulder Clod.

### RANCIDITY

Development of unpleasant flavors and smells as a result of exposure to oxygen.

### RED MEAT

Traditionally defined as meat from beef, lamb, veal and pork.

### RIB FINGERS

(see Finger Meat)

### RIB LIFTER MEAT

(see Blade Meat)

### ROAST

#### (As a Dry-Heat Cookery Method)

This cooking method involves cooking on a rack, uncovered, without added liquid, usually in an oven. Cook roast to 5°F to 10°F below the desired degree of doneness as temperature continues to rise after being removed from the oven. Resting the roast for 15 to 20 minutes will also make it easier to carve.

#### (As a Meat Cut)

Cuts of meat larger than steaks, chops or slices (usually two or more inches thick). A roast may contain bone and is often comprised of more than one major muscle. Less tender beef roasts are recommended for moist heat cooking (typically called pot roasts); tender roasts from the Rib and Loin are recommended for dry heat cooking (may be called oven roasts).

### SAFE FOOD HANDLING LABEL

A safe food handling label should be on all raw or partially precooked (not ready-to-eat) meat and poultry packages. The label tells the customer how to safely store, prepare and handle raw meat and poultry products.

#### Safe Handling Instructions

*This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.*



Keep refrigerated or frozen.  
Thaw in refrigerator or microwave.



Keep raw meat and poultry separate from other foods.  
Wash working surfaces (including cutting boards),  
utensils, and hands after touching raw meat or poultry.



Cook thoroughly.  
Keep hot foods hot. Refrigerate leftovers  
immediately or discard.

### SALMONELLA

A pathogenic bacterium that causes the most commonly reported foodborne illnesses. There are more than 1,600 types of Salmonella bacteria that cycle through the environment via the intestines of humans and animals. Most commonly found in raw or undercooked foods, such as eggs, poultry, meats and unpasteurized dairy products. Fresh beef has a low incidence of Salmonella as compared to other foods.

## GLOSSARY

### **SAUERBRATEN**

German for “sour roast,” sauerbraten is a German specialty made by marinating a Top Round Beef Roast in a sour-sweet marinade for 2-3 days before browning it, then simmering the meat in the marinade for several hours. Traditionally served with dumplings, boiled potatoes or noodles.

### **SAUSAGE**

Comminuted meat products prepared with meat or meat by-products and seasoned with spices (salt, pepper, etc.) in small amounts. Sausage products may be cooked or uncooked and smoked or unsmoked.

### **SAUTÉ**

A method of cooking meat in a skillet or pan with a small amount of cooking oil. Meat pieces should be tender and cut thin because cooking time is short. (see Pan-fry)

### **SCALLOP**

A thin, boneless slice of meat.

### **SCORING**

The process of molding a series of “slashes” onto the surface of a beef patty during forming for faster, more even freezing and cooking. The patty may be scored on one or both sides in a variety of patterns.

### **SCOTCH TENDER**

(see Chuck Tender)

### **SEAM FAT**

The fat between the muscles.

### **SEAR**

To brown the surface of meat by short application of intense heat.

### **SECTIONED AND FORMED**

A meat product that consists of entire muscles (or muscle systems) that are closely trimmed, massaged and then formed into a desired shape. Sectioned and formed hams are an example of this product type.

### **SHELF LIFE**

The length of time before meat or a meat product becomes unpalatable or unsafe for human consumption. This may be due to microbial spoilage or to physical or chemical changes in the meat product (such as rancidity development or discoloration).

### **SHELL STEAK**

Steak cut from the Bone-in Strip Loin.

### **SHIN, SHINS OF BEEF**

Hindshank and/or foreshank. The hock bones are removed.

### **SHRINK**

This term refers to the weight loss from meat/meat products that may occur throughout the product’s life (harvesting to consumer).

### **SIDE**

One half of a meat animal’s carcass that has been split down the backbone, or the matched forequarter and hindquarter of a beef carcass.

### **SILVERSKIN**

(see Elastin)

### **SIMMER**

To cook gently in a liquid at a temperature just below boiling point (212°F). Bubbles form slowly and break below the surface.

### **SKELETAL MUSCLE**

Muscles that are attached directly or indirectly to bone, with some being first attached to ligaments, cartilage, etc.

### **SKILLET COOK**

(see Pan-broil)

### **SKIRT**

Diaphragm muscle that, in part, separates the thoracic cavity from the abdominal cavity. The outside Beef Skirt Steak is the traditional cut used in fajitas.

### **SMOKE, SMOKED**

Method of processing meat by exposing it to smoke from burning wood, wood shavings or sawdust (usually of hardwoods in a smokehouse or other closed containment), or by applying liquid smoke externally as a curing ingredient. The term “smoked” does not necessarily mean the product is fully cooked.

### **SOY ADDED**

Refers to the addition of Hydrated Soy Protein to a meat product.

### **SPRAY FREEZING**

The most common method of freezing poultry where product is placed in plastic bags and immersed or sprayed with a freezing liquid. (see Liquid Immersion Freezing)

### **STANDARDS OF IDENTITY**

USDA requirements for the composition of specified meat products (i.e., the type and minimum amount of meat, maximum amount of fat or moisture, ingredients allowed, etc.) found in the *Code of Federal Regulations*, Chapter 9, Part 319 (9CFR319).

For more information go to [www.gpoaccess.gov/CFR/index.html](http://www.gpoaccess.gov/CFR/index.html).

### **STANDING RIB ROAST**

A roasted Bone-in Beef Rib Roast.

### **STEAK**

Flat cut of meat that is larger than a chop, ranging from 3/4 inch to 1-1/2 inches thick, cut from various parts of a beef carcass. The size of a steak often is sufficient for more than one portion.

### **STEAK-READY**

A primal or subprimal cut that has been trimmed in such a manner that steaks can be portioned from it without substantial further trimming.

### **STEAK TAILS**

(see Porterhouse Tails)

### **STEAMBOAT ROUND, STEAMSHIP ROUND**

(see Baron of Beef)

### **STEW**

(see Under Cover Cooking)

### **STILL AIR FREEZING**

Freezing by air convection, usually at 15°F to 20°F. A slow process usually only practiced in the home.

### **STIR-FRY**

Dry-heat cooking method that quickly cooks small pieces of food in small amounts of oil over intense heat, often in a wok. The food is stirred constantly during cooking.

## GLOSSARY

### STRIP STEAK

(see New York Strip Steak)

### SUBCUTANEOUS FAT

External fat lying immediately under the hide or skin of an animal. Protects the carcass from excessive shrinkage during chilling. Usually trimmed during fabrication, then termed “waste fat” or “trimmed fat.”

### SUBPRIMAL CUTS

Smaller cuts derived from primal cuts that can be further processed into roasts or steaks.

### T-BONE STEAK

Steak cut from the Beef Short Loin that contains the Tenderloin muscle and a T-shaped bone. It is distinguished from the Porterhouse Steak by its smaller Tenderloin muscle, which is not less than 1/2 inch or more than 1-1/4 inches when measured through the center of the Tenderloin parallel to the backbone in the Short Loin.

### TEXAS RIBS

Beef Back Ribs.

### TOTAL QUALITY CONTROL (TQC)

Meat processing plants can apply to the USDA to become a TQC plant. The program consists of various self-monitoring and quality assurance checks done by the plant's quality control personnel to ensure compliance with all USDA regulations and standards. USDA reviews the program, but is not on-site as required for a non-TQC plant.

### TOURNEDOS

(see Medallion)

### TRIANGLE STEAK/ROAST

(see Tri-Tip)

### TRIMMINGS

(see Beef Trim, Beef Trimmings)

### TRI-TIP

Boneless cut removed from the Bottom Sirloin, also known as the Triangle.

### TZIMMES

Traditionally served on Rosh Hashanah, this sweet Jewish dish consists of various combinations of fruits, meats and vegetables. May include Beef Brisket, sweet potatoes, prunes and other dried fruit, carrots or apples, all flavored with honey and often cinnamon.

### UNDER COVER COOKING

Moist heat cooking methods that use the steam from simmering liquid to cook less tender meat cuts until fork-tender. Types of under cover cooking include braising or pot roasting (meat is browned then simmered in a small amount of liquid) and cooking in liquid or stewing (meat is simmered in just enough liquid to cover).

### URMIS (Uniform Retail Meat Identify Standards)

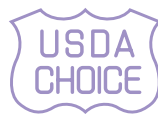
A comprehensive nomenclature system for the identification of retail meat cuts for beef, pork, lamb and veal. URMIS is designed to provide a uniform retail name, based on the cut's anatomical location, which can be easily recognized by consumers in any retail location throughout the U.S. More information can be found at [www.meattrack.com](http://www.meattrack.com)

### USDA (United States Department of Agriculture)

Federal agency that establishes rules and regulations governing the production, processing and distribution of agricultural products.

### USDA QUALITY GRADING

Beef quality refers to the expected eating characteristics (tenderness, juiciness and flavor) of the cooked product. USDA Quality Grades are used to reflect differences in expected eating quality among beef carcasses. There are eight USDA Quality Grades for beef: Prime, Choice, Select, Standard, Commercial, Utility, Cutter and Canner. When graded, a USDA Grade Shield is applied to the carcass. USDA Grading is a voluntary service provided by the USDA Agricultural Marketing Service, and is paid for by packers who request the service.



### USDA YIELD GRADING

USDA Yield Grades estimate beef carcass cutability, which is defined as the combined yield of closely trimmed, boneless retail cuts from the round, loin, rib and chuck. This is an estimate of the relative amount of lean, edible meat from a carcass. There are five numerical Yield Grades for beef carcasses (Yield Grade 1 is the leanest, Yield Grade 5 is the fattest). When graded, a Yield Grade stamp is applied to the carcass.



### VACUUM AGING

(see Wet Aging)

### VACUUM PACKED

Process of encasing meat cuts in bags or pouches fabricated from laminated plastic, evacuating air from the bags and sealing them for extended refrigerated storage.

### VARIETY MEATS

Edible organs and glands, such as tongues, brains, sweetbreads, hearts livers and kidneys. Also referred to as edible by-products.

### VEIN STEAK, VEINY STEAK

Steak cut from the hip end (Sirloin) of the Strip Loin or Short Loin which shows a piece of connective tissue separating the Loin eye from the small muscle which lies immediately beneath the surface fat. The connective tissue forms an irregular half-moon shape.

### VIRUS

A microscopic pathogen that can infect the cells of an animal and has the ability to replicate only inside a living cell. Viruses cause disease and are potentially deadly to the animal. (see FMD)

### VEGETABLE PROTEIN PRODUCT (VPP)

A food product that may resemble a meat product, or may be used as an ingredient in a meat product. May contain flours, concentrates or isolates, or any combination of these ingredients, along with added nutrient fortifiers, coloring agents, flavor enhancers, etc. Soy products are the most common VPP and are often produced as a textured product.

**WAFFLING**

A common pattern used in scoring beef patties. (see Scoring)

**WEDGE MEAT**

(see Blade Meat)

**WET AGING**

Aging beef that has been vacuum packaged (sometimes referred to as “vacuum aging”). Temperature and time conditions are the same as for dry aging, but because the product is in a vacuum package, humidity and airflow are not critical. Once the vacuum package is opened, however, any further aging is done under the same conditions as those of dry aging. (see Dry Aging)

**WHOLESOMENESS**

The condition of meat products as safe for human consumption. Wholesome foods, when handled and prepared properly, should provide consumers with safe meals. The health of the animal and proper conditions of sanitation, preparation, handling and storage from harvest to consumption are all factors in maintaining wholesomeness of meat offered to consumers.

**YANKEE POT ROAST**

A pot roast in which the vegetables are added during the cooking process.

**YIELD GRADE**

(see USDA Yield Grading)

**ZIP (Zinc, Iron, Protein)**

Refers to the beneficial nutrients found in beef. Beef is the #1 food source of zinc, the #3 food source of iron and the #1 food source of protein in the American diet.

For more information visit [BeefRetail.org](http://BeefRetail.org)



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