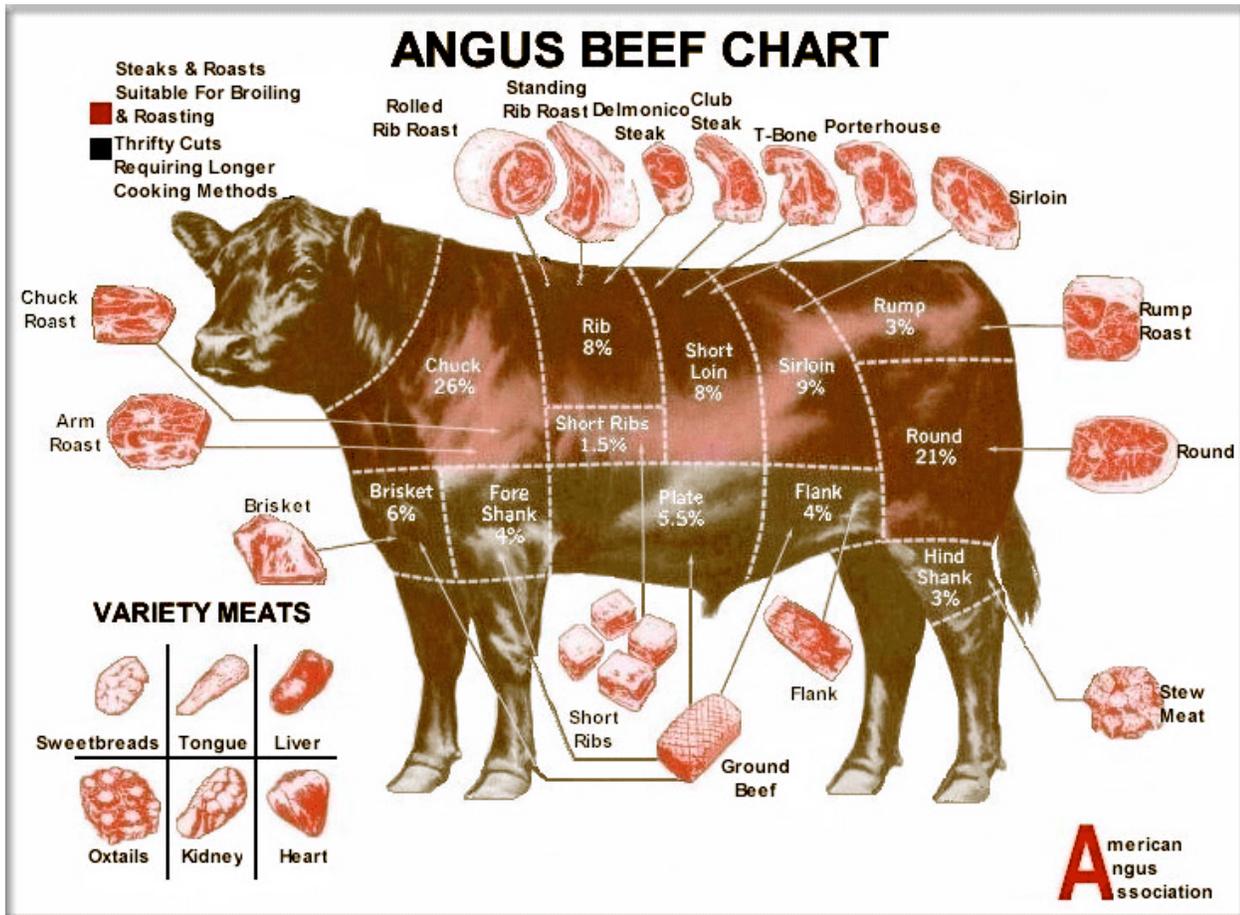


## Rolling Horse Ranch – Beef Cut Sheet Explanation

In order for us to deliver a personalized high-quality freezer full of meat to you, some decisions will need to be made about how to most efficiently butcher and package your side of beef. If you have never made these decisions before this article will hopefully help you in that process. The process has been simplified as much as possible while still allowing you as many choices as possible. All measurements assume you are purchasing ½ of a beef. If you are purchasing a whole beef, double all yields. Approximately 62% of the animal’s total weight will be its hanging weight. That means a 1200 lb steer will have a hanging weight of 744 lbs total (372 lbs per half). We sell our beef by the hanging weight so that will be approximately \$1488 / per half of beef. Prices will vary slightly depending on the size of the animal.



**STEW MEAT AND HAMBURGER** – If you select the maximum number of roasts and/or steaks on your cutsheet, you will still get about 60 lbs. of ground beef or stew meat per half of beef. This is because there is always a lot of perfectly good meat that is unusable for roasts and steaks due to it not being the correct shape or size. If you would like more hamburger or to have other cuts of meat turned into stew meat or hamburger. If you wanted to do this you would indicate so by selecting “ground” stew meat, you can choose on your cut sheet next to the cut of meat that you want ground vice turned into roast or steaks. Doing this will add to your total pounds of

hamburger and stew meat. For stew meat, specify at the end of the cut-sheet annotate how many pounds of stew meat in a package and how many total packages. The more packages of stew meat you choose the less packages of hamburger you will receive.

**CHUCK** – The chuck is a large section containing about 40 pounds of meat and bones per side. Chuck is often ground into hamburger, but you can also get 4 or 5 chuck and shoulder roasts, which are great for pot roast and other slow-cooking recipes. Please indicate how many roasts you would like. The trim and any remaining meat will be ground. Note: about 4 lbs. of “short ribs” also are in the chuck section. You can opt to keep them on the bone or have them ground. If kept on the bone, they make excellent slow cool crock pot recipes.

**RIB** – The rib yields about 15 lbs bone-in (or 10 lbs. boneless) of high quality steaks or roasts. This is where steakhouse “prime rib” comes from. Our ribs grade “choice” or “select,” due to having less fat than “prime” (this is standard for grass fed beef). If you cut the whole rib into steaks (ribeye steaks), you get about 10 steaks, 1¼” thick, each weighing about 1½ lbs. bone-in (or 1 lb. boneless). If you opt for all roasts, you can get three small roasts, two medium-sized roasts, or one extremely large roast (enough to feed 6+ adults).

**SHORT LOIN** – The short loin contains best cuts on the beef. From the short loin you can get T-bone steaks, or NY strip steaks and filet mignon. Most people choose to get their short loin cut into 1” T-bone steaks. Assuming your steaks are cut 1” thick, you will get approximately 12 T-bone steaks per side of beef. Note: if you choose T-bones, you will get a small amount of extra tenderloin in a separate package because a small portion of tenderloin extends beyond the short loin. A T-bone has a filet mignon on one side of the bone and a New York strip on the other. This means you can’t get NY strips, filet mignon and T-bones - you must choose between having either T-bone steaks or filet mignon and New York strip steaks.

**SIRLOIN** – The sirloin accounts for about 16 lbs of a side of beef. If you opt to have the sirloin cut into steaks, you will get a variety of types of bone-in steaks, plus a couple of boneless. Alternatively, the option of grinding all the sirloin adds a nice flavor to the ground beef. You can also choose to have the “tri-tip roast” (about 2 lbs.) cut from the sirloin.

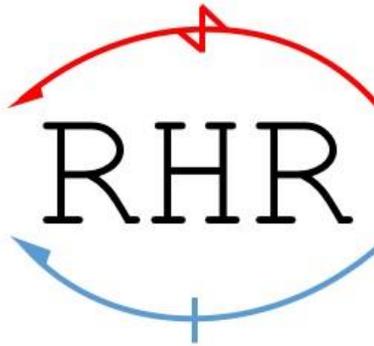
**ROUND** – The Round is a large section of beef—32 pounds or more per side. The “eye of the round” roast is a lean, flavorful cut that is often kept as a whole roast. The Bottom Round can be ground into hamburger or cut into roasts for slow cooking. The Top Round can be ground or cut into roasts (top round roasts are good for cutting into London broil steaks). The Rump can be ground or it can be boned, rolled and tied into a Rump Roast.

If at any time you have questions please don’t hesitate to call us and we will be happy to help you. We hope you enjoy eating your delicious grass-fed beef.

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## Rolling Horse Ranch – ½ Beef Cut Sheet

Name: \_\_\_\_\_ Estimated Pick Up Date: \_\_\_\_\_

Address: \_\_\_\_\_ Phone #: \_\_\_\_\_

\_\_\_\_\_

### **CHUCK**

grind the whole chuck **OR**

give me some roasts

bone-in **OR**

boneless

How many? \_\_\_\_\_ size: no more than \_\_\_\_\_ lbs.  
(up to 5) (up to 6 lbs., standard is 4 lbs.)

### **Short ribs** from the **CHUCK**

left on the bone for slow cooking **OR**

ground

### **RIB**

Cut the whole rib into roasts.

How many? \_\_\_\_\_

bone-in **OR**

boneless

**OR**

I want all steaks

bone-in **OR**

boneless (rib-eye)

thickness: \_\_\_\_\_ in.

(up to 3)

\_\_\_\_\_ per package

(standard 1¼ in.)

**OR**

Some of each (specify): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**SHORT LOIN & TENDERLOIN**

Option 1: T-Bones

Thickness: \_\_\_\_\_ in. \_\_\_\_\_ per pkg.  
(range is ¾ - 1½ in., standard is 1 in.) (up to 4)

Option 2: Separate Tenderloin & Strip

Tenderloin:

Whole **OR**

Cut into steaks thickness \_\_\_\_\_ in. \_\_\_\_\_ lbs. per pkg.  
(filet mignon) (standard 1¼ in.) (range is ½ - 2 lbs.)

Strip:

Whole (strip roast) **OR** thickness \_\_\_\_\_ in. \_\_\_\_\_ per pkg.  
 Cut into steaks (standard 1 in.) (up to 4)  
(NY strip steaks)

Special instructions: \_\_\_\_\_

\_\_\_\_\_

**SIRLOIN**

Grind the whole sirloin **OR**

Cut into steaks thickness \_\_\_\_\_ in. \_\_\_\_\_ per pkg.  
(range is ¾ - 2 in.) (up to 2)

Note: separate tri-tip roast first? (Y/N) \_\_\_\_\_

Special instructions: \_\_\_\_\_

\_\_\_\_\_

Customer Name \_\_\_\_\_

**ROUND**

**Eye of Round**

- roast **OR**
- ground

**Rump**

- roast **OR**
- ground

**Top Round**

- all ground **OR**
- some roasts: How many? \_\_\_\_\_  
(up to 4)

Size: no more than \_\_\_\_\_ lbs.  
(up to 8 lbs., standard is 4 lbs.)

**Bottom Round**

- all ground **OR**
- some roasts: How many? \_\_\_\_\_  
(up to 4)

Size: no more than \_\_\_\_\_ lbs.  
(up to 8 lbs., standard is 4 lbs.)

**BRISKET** - great for slow cooking (pot roast)

- whole (actually 1/2 per side) **OR**
- ground

**FLANK** - great for braising, grilling, or stir-fry

- whole **OR**
- ground

**PLATE**

- whole skirt steak **OR**
- ground **OR**

**SHANK**

- left on the bone for stewing
- ground (marrow bones will come separately)

**STEW MEAT:** \_\_\_\_\_ lbs. per pkg. \_\_\_\_\_ total pkgs.

**HAMBURGER:**

Ground Beef: \_\_\_\_\_ lbs. per pkg.  
(standard is 1 to 2 lbs)

- Hamburger patties (\$0.35 extra packaging fee per pound)

# \_\_\_\_\_ total pkgs hamburger patties

- 1/4 lb patties
- 1/3 lb patties
- 1/2 lb patties

\*\*\* Selecting hamburger patties will increase cost slightly due to extra packaging fee. Selecting hamburger patties to be made will also reduce the number of packages of regular ground beef you will receive since some of the meat is now being made into hamburger patties. It is normal for people to select all ground beef and make their own hamburgers patties \*\*\*

Please indicate if you want to keep:

- Oxtail (1/2 per side)**
- Liver**
- Dog Bones**
- Tongue**
- Heart**
  - whole **OR**
  - sliced