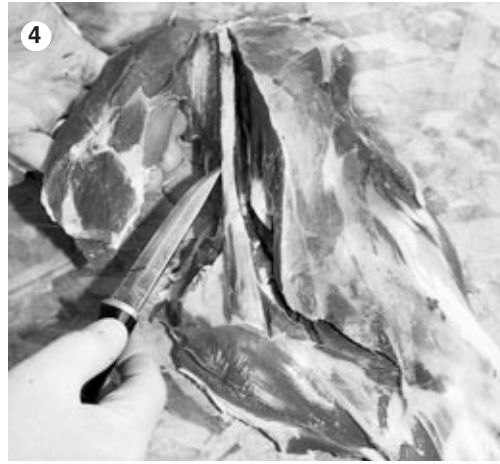




1

THE SHOULDER
Start with the **shoulder**, which is attached by cartilage and tissue that can be cut with a knife. Pull the shoulder away from the carcass to expose the “armpit” (Fig 1).



4

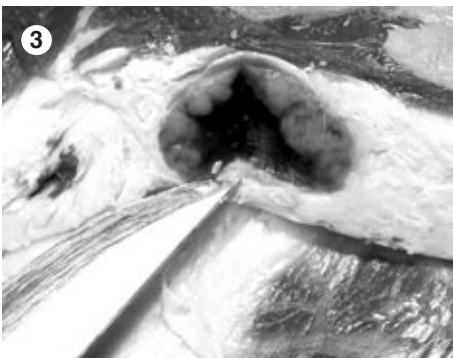
Place the shoulder on your cutting board, outer surface up. Locate the vertical portion of the shoulder blade bone with your knife

(Fig 4). Muscle bundles on either side of the shoulder blade can be filleted away from the bone. Remaining lean muscle and the shank can be boned out from the long bone of the shoulder (“arm”). Use this meat for stew meat, burger, sausage trim or jerky.



2

Cut into the armpit so you can pull the shoulder away from the carcass. Then a curved cut above the shoulder blade and through the tough cartilage and surrounding tissue will remove the shoulder (Fig 2).



3

Watch for lymph nodes embedded in the fat around the shoulder. Try to avoid them when cutting; if you accidentally cut into one (Fig 3), clean your knife before you continue cutting.



5

BACKSTRAP. Cut the backstrap (loin) away from each side of the spine by making a cut down along the spine through the fat and tough connective tissue on the back (Fig 5).



6

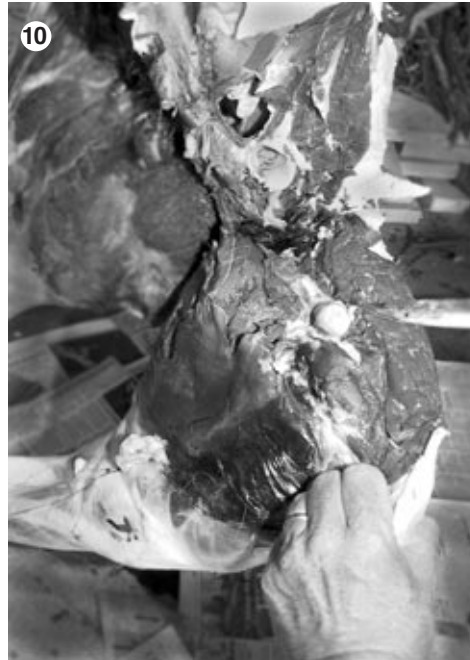
You can better expose the strap by peeling away the tough layer of tissue that covers it (Fig 6).



By working along the sides of the spine and then the tops of the ribs with fingers and short knife strokes, you can pull the strap away from the carcass (Fig 7).



Work up into the chuck (shoulder) and down into the rump as far as you can before hitting bone. Then cut the strap away at each end and with a long cut along the rib cage the length of the strap. You are left with a long strip of lean meat to trim and slice into roasts, chops, or thin sandwich steaks (Fig 8). Prepare butterfly chops by cutting a double thickness slice, and then cutting most of the way through that slice. Fold it open to form a butterfly chop (Fig 9).



THE ROUND is easily removed by locating the ball-and-socket hip joint that connects the leg to the pelvis (Fig 10). Cut the surrounding tissue to expose the ball of the leg bone, then sever the joint with several knife strokes

to the connective tissue around the joint. You can lift the entire hind quarter away after a few knife strokes along the pelvis. If you keep your knife close to the pelvic bone, little usable meat will remain on the carcass.



Place the round outer surface up on your work table and locate the white seam in the surface tissue (Fig 11).



Cut through this thin layer to begin to expose the large muscles of the round that you need to separate. The big football-shaped muscle (Fig 12) is the sirloin tip. Bone this away from the leg bone, sever it at both ends and set it aside.

