



## Inside Round

**PRIMAL**  
Round

### CUTS FROM SUBPRIMAL

- Top Round Roast (London Broil)
- Top Round Steaks
- Cube Steak / Stew Meat

### TRAY RECOMMENDATIONS

2D, 10S and 8S

### TOOLS NEEDED

- 6" Trim Knife
- 10" Steak Knife

### BUTCHER'S NOTE

Never pre-trim edible fat from the primal before processing. Always trim after cutting!



### SCAN HERE

to see a step-by-step video and for more cutting guides, visit

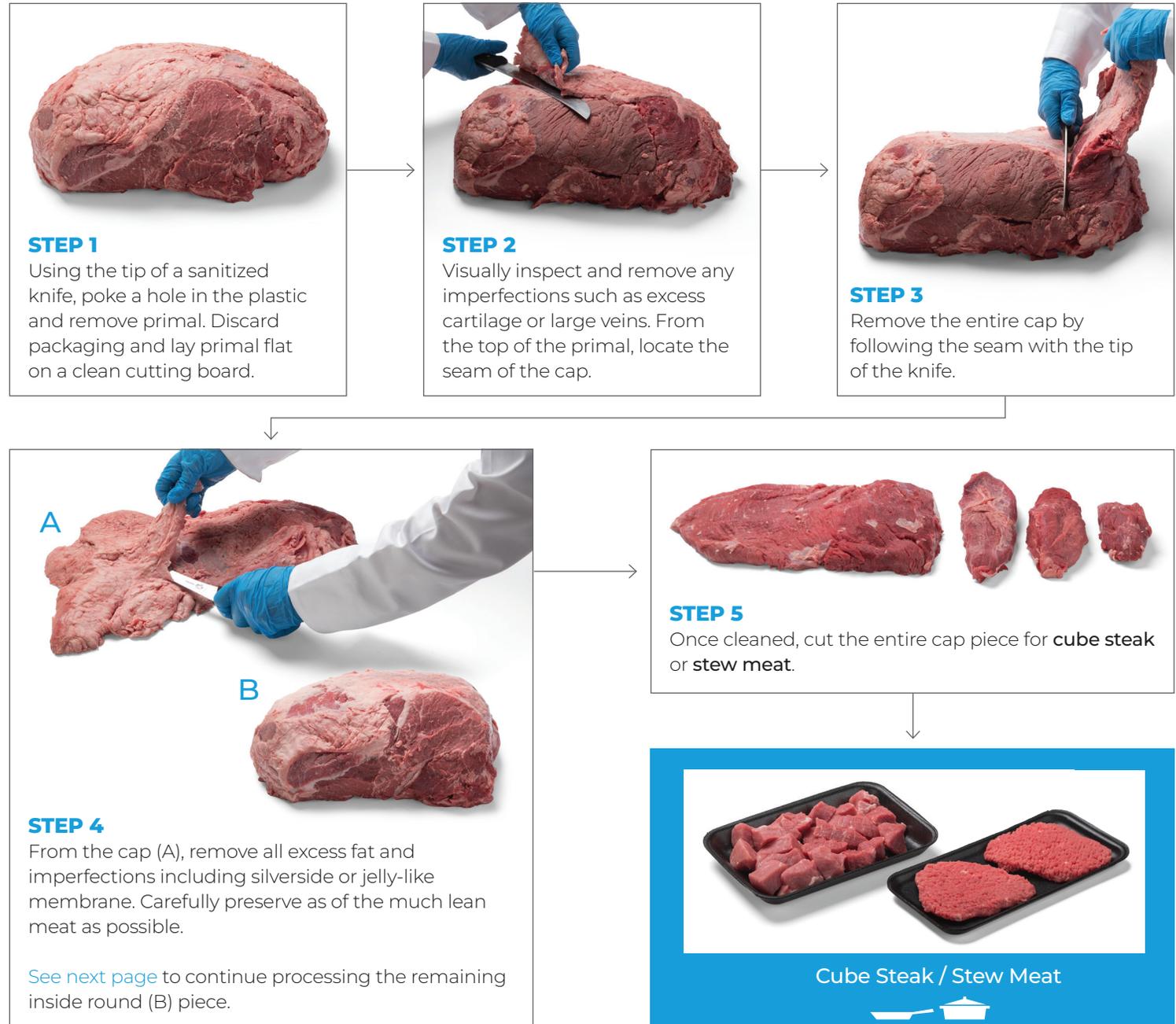
[nationalbeef.com/cmcc-index](http://nationalbeef.com/cmcc-index)



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Please note, chain mail gloves are always recommended when cutting.





# CUT-BY-CUT INSTRUCTIONS

(CONTINUED)

## Inside Round



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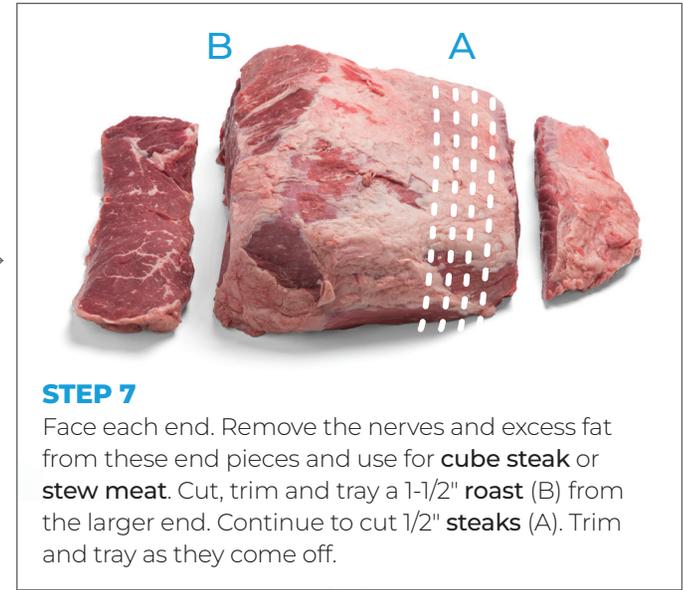


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**STEP 6**  
Clean the remaining inside round piece of any excess fat and imperfections including silverside, pasteurization scald, or jelly-like membrane. Carefully preserve as of the much lean meat as possible.



**STEP 7**  
Face each end. Remove the nerves and excess fat from these end pieces and use for **cube steak** or **stew meat**. Cut, trim and tray a 1-1/2" **roast** (B) from the larger end. Continue to cut 1/2" **steaks** (A). Trim and tray as they come off.



Cube Steak / Stew Meat




A

Top Round Steaks




B

Top Round Roast



### CONSUMER INSIGHTS

One of the 29 beef cuts that qualify as lean. Ideal with a tenderizing marinade. Best cooked to medium rare and sliced thin.