

CUT-BY-CUT INSTRUCTIONS

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

Eye of Round

PRIMAL

Round

CUTS FROM SUBPRIMAL

- Eye of Round Roast
- Eye of Round Steaks
- Cube Steak / Stew Meat

TRAY RECOMMENDATIONS

10S and 2D

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!



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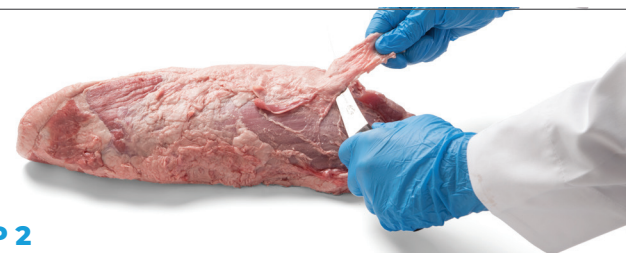
to see a step-by-step video and for more cutting guides, visit

nationalbeef.com/cmc-index



STEP 1

Using the tip of a sanitized knife, poke a hole in the plastic and remove primal. Discard packaging and lay primal flat on a clean cutting board.



STEP 2

Remove any imperfections including packer ink, silverside, or jelly-like membrane. Carefully preserve as of the much lean meat as possible.



STEP 3

Once cleaned, face each end of the primal to a 2-1/2" to 3" diameter. Remove the fat from these end pieces and use for **cube steak** or **stew meat**.



STEP 4

From the large end of the primal, cut **steaks** (A) up to 1/2" thick. Trim and tray as they come off. Half of the primal can be trayed and merchandised as a **roast** (B) or more steaks.



Cube Steak / Stew Meat



Eye of Round Steaks



Eye of Round Roast



CONSUMER INSIGHTS

This extremely lean cut is shaped similar to a Tenderloin, but is much less tender. It is a large working muscle, better suited for braising and slow cooking techniques.



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