



## CUT-BY-CUT INSTRUCTIONS

# 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/cmc-index](http://nationalbeef.com/cmc-index)



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



#### 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.



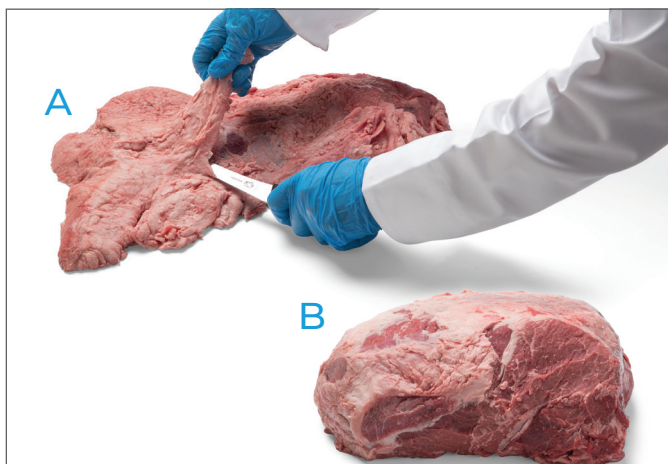
#### STEP 2

Visually inspect and remove any imperfections such as excess cartilage or large veins. From the top of the primal, locate the seam of the cap.



#### STEP 3

Remove the entire cap by following the seam with the tip of the knife.



#### STEP 4

From the cap (A), remove all excess fat and imperfections including silverside or jelly-like membrane. Carefully preserve as of the much lean meat as possible.

See next page to continue processing the remaining inside round (B) piece.



#### STEP 5

Once cleaned, cut the entire cap piece for **cube steak** or **stew meat**.



Cube Steak / Stew Meat



(CONTINUED)

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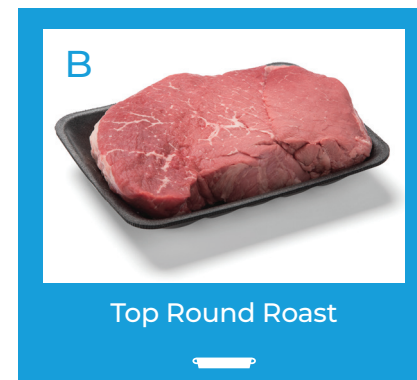
### STEP 6

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.



### 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.