

KEUNE ORGANIC MEATS

Beef cutout example

The following data is from a quarter of a beef animal that Otto's Meats did for us in January 2010. The numbers are roughly what you can expect in terms of how much meat you will take home and the costs to cut, wrap and freeze it. The amounts of specific cuts will vary depending on how you want your beef cut; the cuts below are what we choose for our own retail sale.

Hanging weight for ¼ beef: 154 lbs.

Cut	Pounds
Stew meat	14.68
Chuck roasts	13.94
Sirloin tip roasts	3.89
Steak: T-bone	3.39
Porterhouse	4.78
Club	1.60
Ribeye	4.71
Sirloin	7.31
Cube	3.38
Ground beef	46.39
Total	104.07

The processing yielded 104.07 pounds of meat, (67% of hanging weight), which we picked up from Otto's. At the time this beef was processed (Jan 2010), the following costs were incurred:

Description	Price
¼ beef of hanging weight 154 lbs. @ \$2.45/lb	\$377.30
Processing charges to cut, wrap, freeze (Otto's Meats)	\$119.14
Total cost for 104.07 lbs of processed beef	\$496.44
Average cost per pound of processed organic beef	\$4.74

This quarter of beef is just one example. The numbers above don't include heart, liver, tongue, soup bones, or oxtail as some people don't utilize these parts. If you use some of these meats your average cost would be reduced even further. Quarters typically weigh 150-175 pounds. Processing usually takes about 12 days from the time the animal is delivered until the day you can pick it up.

The meat from a grass-fed beef is usually leaner than if it were fed corn. This will mean the cooking time is reduced, so you need to be careful not to overcook the meat if you're used to grain-fed beef. Most people who grill grass-fed beef try not to cook it past the medium rare stage in order to enjoy the best flavor and quality.