



# Glossary of Terms

**ADDED BEEF FAT:** Fat that has been separated from muscles during trimming of a beef carcass or cut, and which has been incorporated into a beef product. May be used in the production of Hamburger, Beef Patties and Beef Patty Mix, but may not be used in Ground Beef, Pure Beef Patties, Pure Beef Patty Mix or Ground Beef identified from specific muscles or primals (i.e., Ground Chuck, Ground Round, Chopped Sirloin, etc.). Must be listed on the label when used in Beef Patties or Beef Patty Mix.

**AGING:** Beef held at refrigerated temperatures for an extended period of time in order to optimize tenderness and impart a distinctive flavor. Aging may be accomplished under either “dry aging” or “wet aging” conditions. (*see Dry Aging and Wet Aging*)

**AGRICULTURAL MARKETING SERVICE (AMS):** (*see USDA*)

**ANTERIOR TO:** Toward the front of an animal or carcass.

**ANTIBIOTIC:** A drug used to treat infections caused by bacteria and other microorganisms.

**BACKSTRAP:** The elastic, yellowish color connective tissue running from the neck region into rib region of beef, pork, veal and lamb. Composed of heavy connective tissue, usually removed during fabrication. (*see Elastin*)

**BALL TIP:** A boneless portion of the bottom sirloin of the beef loin, also referred to as Ball or Butcher’s Heart. (*see IMPS/NAMP 185B in The Meat Buyer’s Guide*)

**BARBECUE:** To roast meat slowly on a grill, spit or over coals. While cooking, meat is often basted with a sauce.

**BARON OF BEEF:** A descriptive name of bone-in beef round items from IMPS/NAMP 160 to 166B that are generally of large size and used for roasting. Also referred to as Steamship Round.

**BASTE:** To moisten meat with a liquid while cooking; used to add flavor and prevent drying of the surface.

**BEEF A LA MODE:** A large cut of braised beef with vegetables.

**BEEF CHEEK MEAT:** The skeletal muscle found at the juncture of the jaw area, which has been trimmed of any surrounding glandular material. May be used in any ground beef products except Ground Primal products (i.e., Ground Chuck, Ground Round, Chopped Sirloin, etc.). The inclusion of cheek meat is limited to 25% of the product, and when used in excess of its natural proportions (2%), it must be listed on the product label.

**BEEF HEAD MEAT:** Muscle tissue attached to the skull after removal of the cheeks, lips, hide and tongue from the head. May include meat trimmed from the base (blade and root) of the tongue. May be used in any ground beef product except Ground Primal products (i.e., Ground Chuck, Ground Round, Chopped Sirloin, etc.).

**BEEF PATTIES:** Patties produced from “Beef Patty Mix.” (*see Module 10/Product Information, Ground Beef for ground beef product ingredient and labeling comparisons.*)

**BEEF PATTY MIX:** Consists of chopped fresh and/or frozen beef with or without the addition of beef fat and/or seasonings. Binders or extenders and/or Partially Defatted Beef Fatty Tissue may be used without added water, or with added water to the extent that the product characteristics are essentially those of a beef patty. The use of Mechanically Separated Beef is prohibited. May be further manufactured into patties or used in its bulk form. (*see Module 10/Product Information, Ground Beef for ground beef product ingredient and labeling comparisons.*)

**BEEF TRIM, BEEF TRIMMINGS:** Smaller pieces of beef muscle usually resulting from the deboning of beef carcasses and cuts, and/or during the production of retail or institutional cuts. All bones, cartilage, backstrap, heavy connective tissue and lymph glands are removed. Sold commercially based on the percentage of lean in the trimmings (i.e., 50%, 75%, 90%, etc.). Beef trimmings used in the production of Ground Primal products (i.e., Ground Chuck, Ground Round, Chopped Sirloin, etc.) must be exclusively from that specific primal cut.

**BINDERS, EXTENDERS, FILLERS:** Approved ingredients used to improve product texture, moisture retention and product adhesion. May be used only in “Beef Patties” and “Beef Patty Mix,” must be declared on the product label, and may be used only in amounts that the product characteristics are essentially those of a meat patty.

**BLADE MEAT:** The lean meat overlying the ribeye and rib portion of the primal rib. Also referred to as false meat, rib lifter meat, cap meat or wedge meat. (see *IMPS/NAMP 109B in The Meat Buyer's Guide*)

**BLAST FREEZING:** The process of freezing at low temperatures (-10°F or below) using high velocity of air movement. High velocity air speeds up the freezing process compared to “still” air. The product is typically packaged and boxed prior to freezing.

**BLOOM:** Refers to the surface color change in fresh beef from dark purple (as seen in vacuum packaged ground beef) to bright cherry-red (when exposed to air/oxygen). May also refer to the color change in IQF beef patties from frosty white to bright cherry-red when thawed.

**BOB VEAL, BOBBY:** Bob Veal calves are fed milk. They usually weigh less than 150 pounds and are approximately three weeks old when marketed. The meat has a light-pink color and a soft texture.

**BOIL:** To cook in water or other liquid, in which bubbles rise continually and break on the surface.

**BOLLITO:** An Italian word meaning “boiled” or “boiled food.” Bollito Misto is a dish of mixed boiled meats and vegetables served with various spicy sauces and condiments.

**BONE CHIP COLLECTOR:** Bone chip collectors use special grinder plates during the final grind of the product to eliminate gristle, cartilage and bone chips. The special plates have shallow grooves radiating to the center that separate and remove these materials from the final product.

**BONELESS BEEF:** Derived from any part of the beef carcass by the removal of all bone, cartilage, heavy connective tissue (ligaments, backstrap, silver skin, etc.) and lymph glands. Typically produced during the fabrication of carcasses and primal cuts into subprimal or retail cuts, or during the deboning of the entire carcass. May be in the form of solid beef muscle sections (i.e., “Boneless Chuck”) or as boneless beef trimmings. (see *Beef Trim, Beef Trimmings*)

**BOVINE SPONGIFORM ENCEPHALOPATHY (BSE):** Frequently called Mad Cow Disease, BSE is a degenerative neurological disease affecting the central nervous system (CNS) in cattle. BSE typically affects older cattle, those more than 30 months of age. The vast majority of the cattle going to market in the United States are less than 24 months old.

**BRAISE:** The cooking process of slowly browning beef on all sides in small amount of oil in heavy pan. Drippings are poured off, beef is seasoned (if desired), and a small amount of liquid (i.e., broth, water, juice, beer, wine, etc.) is added to pan. Dish is covered tightly and simmered gently over low heat on top of range or in oven until beef is fork-tender. It is not necessary to turn beef cut over during cooking. Cooking liquid may be thickened or reduced for a sauce.

**BREADED:** Product that is coated with less than 30% of an edible substance, usually flour or breadcrumbs. Product may first be dipped in a batter to enhance the adherence of the breading.

**BRISKET:** The beef cut taken from the breast section of a beef carcass, including the first five ribs. Commercially, the bones are removed and the brisket is trimmed of excess fat and sold boneless. Also sold both fresh and cured as corned beef. Requires moist cooking methods. (see *IMPS/NAMP 120, 120A, B and C in The Meat Buyer's Guide*)

**BROCHETTES:** Cubes of beef put on a skewer and cooked by broiling. Also referred to as Kabobs, Satays, Skewers, Sosoties, Sekuwas and Pinchos.

**BROIL:** Dry-heat cooking method that uses a direct heat source above the food. (see *Panbroil*)

**BRT:** Boned, rolled and tied (or netted).

**BSE:** (see *Bovine Spongiform Encephalopathy*)

**BUTCHER'S HEART:** (see *Ball Tip*)

**BUTTERFLY:** To split steaks, chops, cutlets and roasts in half, leaving halves hinged on one side.

**BUTTON:** Soft white tips of cartilage on the dorsal end of the vertical spinous processes (feather bones) in younger animals. Mineral is deposited in the buttons as the animal grows older, and the buttons take on an appearance similar to the hard bone. Used by USDA graders as one means of estimating maturity when quality grading beef carcasses.

**CAFETERIA ROUND:** Any one of a variety of beef rounds that may be used for carving on a buffet line. May be bone-in or boneless, and may have a handle on or off as specified by purchaser. (see *Baron of Beef*)

**CALF:** Young male or female bovine animal under 1 year of age. Calf is differentiated from veal primarily on the basis of lean color. Calf has a grayish-red lean color, while veal carcasses typically have a grayish-pink lean color (the more evidence of red lean color correlates with advanced maturity and diet).

**CAP MEAT:** (see *Blade Meat*)

**CARCASS:** The harvested, dressed animal, wherein the hide, hooves, head and internal organs are removed. In the case of beef, is normally split down the backbone into two approximately equal "sides."

**CARRAGEENAN:** A gum extract from seaweed, and approved food additive used in beef products to enhance binding properties and to retain moisture. It is typically used in lower fat product formulations.

**CARVE:** To cut cooked meat into portions.

**CASE-READY PACKAGING:** Portion cutting and packaging of meat cuts at a central location so that they are ready for display and sale at the retail level.

**CCP (Critical Control Points):** (see *HACCP*)

**CENTER CUT:** Interior of a meat cut after the outer edges or ends are removed to create a more desirable, uniformly shaped portion.

**CERTIFICATION:** (see *Certified Beef Products*)

**CERTIFIED BEEF PRODUCTS:** The term “certified” implies that the USDA’s Agriculture Marketing Service (AMS) has officially evaluated a beef product for class, grade or other quality characteristics (i.e., Certified Angus Beef™). When used under other circumstances, the term must be closely associated with the name of the organization responsible for the certification process (i.e., “XYZ Company’s Certified Beef”). For more information on the AMS Beef Certification Program, visit [www.ams.usda.gov/lsg/certprog/industry.htm](http://www.ams.usda.gov/lsg/certprog/industry.htm)

**CHAIN:** The side muscle of a tenderloin.

**CHANNEL FAT:** Fat located over the vertebrae on the inside surface of beef chuck, rib and loin.

**CHATEAUBRIAND:** Center cut portion of the whole, trimmed beef tenderloin that has the same diameter on both cut ends and is reasonably uniform in girth with a minimum of tapering. Cooked and served as one piece, usually as a double portion.

**CHINE BONE:** Body of the spinal vertebrae or backbone.

**CHILD NUTRITION (CN) LABELS:** A voluntary labeling program, monitored by the Food and Nutrition Service (FNS) of the USDA, to help state and federal authorities determine the compliance of available food products with specified school meal pattern requirements. The program requires an evaluation of a product’s formulation by FNS to determine its contribution toward meal pattern requirements. Once approved, it allows manufacturers to state this contribution on their labels. The program provides Child Nutrition Program operators a warranty against audit claims for CN labeled products if the product is used according to the manufacturer’s directions as printed on the approved CN label.

**CHILLED:** A temperature-related term generally used to describe fresh product.

**CHOLESTEROL:** A soft, waxy substance (lipid/fat) found in the bloodstream, and in all human and animal cells. Cholesterol is an important part of a healthy body because it is used to form cell membranes, some hormones and is needed for other body functions. In addition to the total cholesterol level found in the bloodstream, two specific types of cholesterol are commonly referenced: (1) LDL (Low-Density Lipoprotein) cholesterol, often called “bad” cholesterol since higher levels of LDL cholesterol reflect a higher risk of heart disease and (2) HDL (High-Density Lipoprotein) cholesterol, often called “good” cholesterol because a high HDL level may protect against heart attack.

**CHUB:** A cylindrically shaped vacuum package typically used for bulk ground products.

**CHUCK TENDER:** Supraspinatus muscle separated from the beef chuck. Also referred to as Mock Tender and Scotch Tender. (see *IMPS/NAMP 116B in The Meat Buyer’s Guide*)

**CHUNKED AND FORMED:** A meat product that consists of meat chunks (approximately 1-inch square) formed into a desired shape. Usually produced by coarse grinding or dicing, and massaged (tumbled) prior to forming.

**CLOSE TRIMMED:** Trimming more surface or cover fat from a product than is commonly specified by the industry. Close trimmed is generally regarded as 0.25 inch or less.

**CLUB STEAK:** Bone-in beef top loin steak from the rib end of the beef short loin containing the 13th rib. On foodservice menus, this term may refer to any steak from the rib or loin.

**CODE OF FEDERAL REGULATIONS (CFR):** A codification of the general and permanent rules published by the federal government. The USDA's Food Safety and Inspection Service (FSIS) rules and regulations pertaining to meat and poultry products are published in Chapter 9 of the CFR (9CFR), Parts 300 to 599. These parts are can be found at [www.access.gpo.gov/nara/cfr/cfr-table-search.html#page1](http://www.access.gpo.gov/nara/cfr/cfr-table-search.html#page1)

**COLD AIR BLAST FREEZING:** *(see Blast Freezing)*

**COMMINUTED:** Reduction of meat particle size, using methods such as grinding or chopping.

**CONFORMATION:** The shape of a carcass, determined by evaluating overall muscling. Conformation is a factor used in quality grading veal and lamb carcasses, but not beef carcasses.

**CONNECTIVE TISSUE:** Connects and holds the parts of the body together. The major connective tissue types that affect cooked product palatability are collagen (such as that surrounding muscle tissues) and elastin (the heavy tissues found in backstrap, silver skin, etc.). Collagen will become softer during cooking, particularly during moist heat cookery, whereas elastin is not affected by cookery. Therefore, heavy elastin deposit, such as the backstrap, are removed during fabrication.

**COOKING IN LIQUID:** The cooking process in which beef is lightly coated with seasoned flour (if desired) and slowly browned on all sides in small amount of oil in heavy pan. Drippings are poured off, beef is covered with liquid (i.e., broth, water, juice, beer, wine, etc.) and seasonings are added (if desired). Liquid is then brought to a boil and heat is reduced to low. Dish is covered tightly to simmer gently over low heat on top of range until beef is fork-tender.

**COOL (COUNTRY OF ORIGIN LABELING):** In 2002, the Farm Security and Rural Investment Act of 2002 (known as the "2002 Farm Bill") was signed into law, requiring country of origin labeling for beef, lamb, pork, fish, perishable agricultural commodities and peanuts. Program implementation is the responsibility of USDA's Agricultural Marketing Service (AMS). Public Law 108-199, signed in 2004, delayed the implementation of mandatory COOL for all covered commodities except wild and farm-raised fish and shellfish until September 30, 2006. Public Law 109-97, signed in 2005, further delayed the implementation for all covered commodities except wild and farm-raised and shellfish until September 30, 2008.

**CORNED BEEF:** A cured boneless beef muscle. Boneless brisket and round cuts are usually used to manufacture corned beef, which is normally sold uncooked in vacuum packaging. In some cases, the packaged product may include some of the brine and spices used in its production. *(see Curing, Cured)*

**CORNER PIECE:** A portion of the short plate that includes the 6th, 7th and 8th rib portions but does not include costal cartilage.

**COUNTRY OF ORIGIN LABELING:** *(see COOL)*

**CROSS CONTAMINATION:** In foodservice, refers to microorganisms inadvertently spread from raw meats, poultry and seafood to ready-to-eat foods through improper food handling.

**CRYOGENIC FREEZING:** The process of freezing meat at very low temperatures using condensed gases such as liquid nitrogen or carbon dioxide (CO<sub>2</sub>). Product is usually individually frozen prior to being packaged and boxed.

**CUBE MEAT:** Any meat that has been cut into uniform pieces. Also called Kabob or Brochette Meat.

**CUBED STEAK:** A process of mechanical tenderization using a machine with two sets of sharp pointed discs which score or cut muscle fibers from boneless cuts without tearing them. Irregular pieces of meat can be “knitted” together to form a more attractive cut. Cubing can also be done manually using a butcher’s mallet, which is pounded into the boneless meat.

**CULOTTE:** A term used to refer to the flat, triangular-shaped muscle (biceps femoris) that lies immediately beneath the surface fat of the top butt. It can also be cut into steaks or cooked in one piece. Sold fat-on and defatted.

**CUPPING:** A product condition that may develop during the cooking of individual patties, where the outside edges of a patty contracts (or shrinks) at a faster rate than the interior, resulting in the edges pulling together and forming a “cupped” appearance, rather than a flat cooked patty surface.

**CURED, CURING:** Meat products that have been injected with a water-based solution containing salt, sugar and nitrite (the curing ingredient), plus other ingredients. Although curing is usually associated with cooked and smoked pork products (ham, bacon, etc.), some beef products are cured, but usually not cooked (most notably, corned beef). Although curing was originally used for meat preservation, with the availability of refrigeration today, most meat products are cured to provide variety to meat products, including unique flavor and color.

**CUTLET:** A single, thin, boneless piece of lean meat, usually cut from the leg or shoulder of veal, lamb or pork.

**DARK-CUTTING BEEF:** An abnormally dark colored muscle condition in fresh beef resulting from reduced muscle sugar (glycogen) content in beef muscles. Often caused by excessive animal stress prior to harvesting, the lack of glycogen causes an above normal pH level in muscles, resulting in the dark color. Although meat is wholesome, consumers often mistake the darker color as meaning the meat is “old” or “spoiled.” Once cooked, however, there is no noticeable difference from normal cooked beef. Consequently, much of the dark-cutting beef is marketed through the foodservice channel.

**DECKLE:** Fat and lean lying between bone and the main muscle of the brisket.

**DEGREE OF DONENESS:** The internal temperature at the center of a beef cut or ground beef product. The relationship between the degree of doneness and the internal temperature at the center of a beef cut is: medium rare = 145°F; medium = 160°F; and well done = 170°F. USDA recommends ground beef products be cooked to an internal temperature of at least 160°F as a food safety precaution.

**DELMONICO STEAK:** Popular foodservice name for boneless beef ribeye steak or bone-in beef top loin steak taken from the Delmonico Restaurant in New York City (circa 1925).

**DENUDED:** Meat cuts that have had practically all surface fat removed. Also referred to as “Peeled.”

**DEEP-FRY:** (*see Panfry*)

**DICED:** (*see Cube Meat*)

**DORSAL TO:** Toward the back of the carcass, upper or top line.

**DRY AGING:** The traditional method of aging, where fresh meat cuts are stored, without covering or packaging, for various periods of time (usually 21 to 28 days) under controlled temperatures (32 - 34°F), humidity and air flow. The environmental conditions of aging are critical to minimize spoilage, and to develop the desired tenderness and aged flavor. (*see Wet Aging*)

**DRY HEAT COOKING:** Dry heat cooking methods are broiling, grilling, roasting, skillet cooking and stir-frying. Best used with tender meat cuts.

**E. COLI O157:H7:** A strain of the bacterium *Escherichia coli* that produces a virulent toxin and causes human illness.

**EDIBLE-BY-PRODUCTS:** The edible organs, fat and glands of a meat animal. Included are heart, tongue, liver, pancreas, thymus (beef and veal sweetbreads), kidney, spleen (melt), brains, stomach walls (tripe), hog intestines (chitterlings) and testicles (fries). (see *Variety Meats*)

**ELASTIN:** The heavy connective tissue found in ligaments and tendons, which may appear yellow (as found in the backstrap) or white/silver (as in the silverskin covering on some cuts). Generally does not soften during cooking, and must be removed during fabrication of cuts.

**ÉMINCÉ:** A small, thin, boneless piece of meat.

**END-TO-END:** A requirement that includes all cuts made from a primal or subprimal cut being sliced in its entirety.

**ENZYME:** Naturally occurring complex protein compound produced by animals and plants that has the ability to accelerate organic reactions, such as the breakdown of connective tissue that tenderizes beef as it ages.

**ESCHERICHIA COLI:** (see *E. Coli*)

**ESTABLISHMENT NUMBER:** Number granted an establishment or plant when it complies with all requirements for federal or state inspection, and which identifies the processing plant wherever found.

**EXPORT RIB:** A commonly used industry term for a bone-in, lip-on beef ribeye.

**EXTENDERS:** (see *Binders, Extenders, Fillers*)

**EXUDATE:** (see *Purge*)

**FABRICATION, FABRICATED CUTS:** The process of using any or all of the techniques of cutting, deboning and trimming beef carcasses and primals into subprimal and/or retail cuts that meet specific market needs. Fabrication will yield not only the desired market-ready cuts, but also beef trimmings, fat and bone which can be used in other industry processes.

**FAJITAS:** Mexican-style dish featuring meat that has been marinated in lime juice, oil and seasonings, then broiled or grilled and cut into strips. The strips are wrapped in warm flour tortillas with onions and bell peppers. The outside beef skirt steak is the traditional cut used.

**FAT MIGRATION:** The movement of fat from outside the muscle to inside the muscle during cooking.

**FATTY ACIDS:** Small organic molecules that are the building blocks of fat (an organic compound triglyceride comprised of three fatty acid molecules and a glycerol molecule). There are two types of fatty acids - saturated and unsaturated. If a particular fat deposit contains fat with a relatively large amount of saturated fatty acids, the fat will be relatively hard in nature. Conversely, if it has a large amount of unsaturated fatty acids, it will tend to be soft.



**FNS (FOOD AND NUTRITION SERVICES):** The Food and Nutrition Service administers the food and nutrition assistance programs in the USDA, providing children and needy families with better access to food and a more healthful diet through its programs and nutrition education efforts.

**FED CATTLE:** Cattle provided a ration including a high-energy source, such as corn, for an extended period prior to harvest.

**FIFTY/FIFTY TRIMMINGS (50/50 OR BEEF 50'S):** An example of the composition of beef trimmings generated from fabrication of beef carcasses or primals offered commercially. In this example, the trimmings are approximately 50% lean beef and 50% fat. Other common commercial trimming mixes are "70/30" (70% lean and 30% fat) and "90/10" (90% lean and 10% fat).

**FILET MIGNON:** Popular name for beef tenderloin steak.

**FILLERS:** (see *Binders, Extenders, Fillers*)

**FILET, FILLET:** Boneless slices of lean meat that form portion cuts of uniform size and shape.

**FINGER MEAT:** Intercostal meat between the ribs. Also referred to as "Rib Fingers."

**FLANKEN:** Beef cut from the plate, brisket, chuck, short ribs or rib. Flanken-style ribs are typically cut in thin slices across the rib bones.

**FLAP:** The boneless portion of the beef bottom sirloin butt when the ball tip and the tri-tip are removed. (see *IMPS/NAMP 185A in The Meat Buyer's Guide*)

**FLAT:** The beef outside round. (see *IMPS/NAMP 171B in The Meat Buyer's Guide*)

**FLAT IRON STEAK:** Beef shoulder top blade steak cut from the chuck top blade roast. (see *IMPS/NAMP 114D PSO1 or 1114D PSO1 in The Meat Buyer's Guide*)

**FMD (Foot-and-Mouth Disease):** Highly contagious viral disease that does not affect humans but has devastating effects on cloven-hoofed animals, such as cattle, pigs and sheep.

**FOOD AND DRUG ADMINISTRATION (FDA):** Responsible for protecting the public health by assuring the safety, efficacy, and security of human and veterinary drugs, biological products, medical devices, our nation's food supply (including food additives), cosmetics and products that emit radiation.

**FOOD SAFETY AND INSPECTION SERVICES (FSIS):** FSIS is the public health agency in the U.S. Department of Agriculture responsible for ensuring that the nation's commercial supply of meat, poultry, and egg products is safe, wholesome, and correctly labeled and packaged, as required by the Federal Meat Inspection Act, the Poultry Products Inspection Act, and the Egg Products Inspection Act.

**FOOD ADDITIVE:** Any approved substance used as an ingredient in producing, processing or preparing food, and which normally becomes a component of the food or affects the characteristics of the food. All food additives used in meat products must be approved by the FDA.

**FOOT-AND-MOUTH DISEASE:** (see *FMD*)

**FOREQUARTER:** The anterior portion of a beef side after separation from the hindquarter at the 12th rib, and which includes the chuck, rib, brisket, plate and foreshank.

**FORESADDLE:** Unsplit forequarter of a veal or lamb carcass.

**FORMING:** Molding a ground meat product into a uniform size, weight and/or thickness. The application of a surface “texture” may also be accomplished during this process. *(see Scoring)*

**FORMULA-FED VEAL:** *(see Special-Fed Veal)*

**FREEZER BURN:** Caused by loss of moisture (dehydration by “sublimation”) on the surface during the extended storage of frozen beef, typically due to a lack of adequate air-tight packaging prior to freezing. Although normally safe to eat, freezer burned beef will have a dry, discolored surface, and, when cooked, will be tough and often taste bland or rancid.

**FRESH:** Meats that have not been cured, smoked, frozen, precooked or processed into a form changed from the original meat.

**FROZEN:** The physical state of fresh meat products that have been reduced in temperature to below the freezing point of fresh meat (28°F).

**FRY:** *(see Panfry)*

**FSIS:** *(see Food and Safety Inspection Services)*

**GRADE, GRADING:** Refers to the USDA designation indicating a quality or yield determination of a carcass. *(see USDA Quality Grade or USDA Yield Grade)*

**GRAIN-FED VEAL:** Grain-Fed Veal calves are initially fed milk, and then receive a diet of grain, hay and nutrition formulas. The meat tends to be darker in color and has additional marbling and often visible fat. Grain-fed veal calves are usually marketed at 5 to 6 months of age and weigh 450 to 600 pounds.

**GRILL:** Dry-heat cooking method that uses an indirect or direct heat source below the food, which is usually cooked on a grid over charcoal, wood or gas flame.

**GRINDING:** The process of reducing larger pieces of meat into smaller parts, with the ultimate objective of producing a uniform ground product to meet specific market needs. *(See Module 10/Product Information, Ground Beef for specific grinding procedures.)*

**GROSS WEIGHT:** Refers to the weight of products plus their packaging and packing materials, including the shipping container and closure materials such as strapping.

**GROUND BEEF, CHOPPED BEEF:** Chopped fresh and/or frozen beef with or without seasoning and without the addition of beef fat. Ground beef shall not contain more than 30 percent fat, or added water, phosphates, binders or extenders. When cheek meat is used in the preparation of chopped or ground beef, the amount of cheek meat shall be limited to 25%, and, if used in excess of its natural proportions (i.e., 2%) it shall be declared on the label. Beef of skeletal origin, or from the diaphragm or esophagus (weasand) may be used in the preparation of chopped beef, ground beef, or hamburger. Heart meat and tongue meat as organ meats are not acceptable ingredients in chopped beef, ground beef, or hamburger.

**GROUND BEEF (HAMBURGER AND SOY PRODUCTS):** Combinations of ground beef or hamburger and soy products may be descriptively labeled (i.e., “Hamburger and Textured Vegetable Protein Product” or “Ground Beef and Isolated Soy Protein Product”) if the combination product is not nutritionally inferior to hamburger or ground beef. If the combination products are nutritionally inferior, they are to be labeled as “Imitation Ground Beef,” “Imitation Hamburger,” “Beef Patty,” or “Beef Patty Mix” in accordance with USDA regulations.

**GROUND, CHOPPED PRIMAL:** Product to be labeled as a ground primal product (i.e., Ground Chuck, Ground Round, Chopped Sirloin, etc.) must be derived from all or part of the primal referred in the product name. Generally, shank meat may be added but may not exceed the natural proportion of the beef carcass, which is considered to be 6%. Higher quantities of shank meat may be used if the shank meat remains attached during the cutting and boning of the boneless chuck or round, or if the processor can demonstrate that a higher percentage is applicable.

**GROWTH PROMOTANTS:** Hormone treatment typically administered through a small pellet implanted under the skin on the back of an animal's ear to help cattle grow more efficiently and produce more lean muscle and less fat. Pellets release tiny amounts of hormone and safely dissolve as treatment is completed.

**HACCP (HAZARD ANALYSIS/CRITICAL CONTROL POINTS):** A systematic approach to in-plant food safety by which potential hazards (biological, chemical or physical) that may cause a food to be unsafe for human consumption are identified. Critical Control Points (CCP's) are identified in the production system to monitor these hazards, methods of control are specified for each CCP, and a system to monitor the success or failure of each CCP procedure is implemented to assure the safety of the final product. Every meat processing plant producing products for resale is required to have a HACCP program in place as part of the overall meat inspection program.

**HALAL-STYLE:** Meat from animals slaughtered in accordance with Islamic law.

**HAMBURGER:** Chopped fresh and/or frozen beef with or without the addition of beef fat and/or seasoning. Hamburger shall not contain more than 30% fat, and no added water, phosphates, binders, or extenders. When cheek meat is used in the preparation of chopped or ground beef, the amount of cheek meat shall be limited to 25%, and, if used in excess of its natural proportions (i.e., 2%) it shall be declared on the label. Beef of skeletal origin, or from the diaphragm or esophagus (weasand) may be used in the preparation of chopped beef, ground beef, or hamburger. Heart meat and tongue meat as organ meats are not acceptable ingredients in chopped beef, ground beef, or hamburger.

**HANGING TENDER:** The portion of the diaphragm muscle that is attached to the back region of the last rib.

**HAZARD ANALYSIS CRITICAL CONTROL POINTS:** (see *HAACP*)

**HEEL:** A group of small muscles located in the lower portion of the outside round (adjacent to the femur bone). Also known as horseshoe.

**HINDQUARTER:** The posterior portion of the beef side remaining after separation from the forequarter at the 12th rib, and includes the full loin, round and flank.

**HINDSADDLE:** Unsplit hindquarter of a veal or lamb carcass.

**HIP:** Sirloin portion of the hindquarter. Also referred to as the loin end. (see *IMPS/NAMP 181 in The Meat Buyer's Guide*)

**HORMONE:** (see *Growth Promotants*)

**HRI:** Acronym for "Hotel, Restaurant and Institution," used as a synonym for the foodservice industry.

**IMPS (INSTITUTIONAL MEAT PURCHASE SPECIFICATIONS):** Prepared by the Agricultural Marketing Service of the USDA, IMPS are written descriptions of standard meat products that can assist in the procurement of desired items for specific product needs. Under the IMPS numbering system, fresh beef items are listed in the “100 Series,” further processed beef products are in the “600 Series,” and beef variety meats and edible by-products are in the “700 Series.” The IMPS descriptions are used by the North American Meat Processors Association (NAMP) as the basis for *“The Meat Buyer’s Guide.”* A complete listing of IMPS descriptions are available at [www.ams.usda.gov/lsg/stand/imps.htm](http://www.ams.usda.gov/lsg/stand/imps.htm)

**INJECTED:** Meat cuts that have had solutions introduced throughout the muscles by injecting or pumping through fine needles. Also called “pumped.”

**INSPECTION, MEAT INSPECTION:** Under the Federal Meat Inspection Act and the Poultry Products Inspection Act, FSIS, or an approved state agency, inspects all animals intended for slaughter, and all raw meat and poultry products, including product labeling, sold in interstate and foreign commerce, to include imported products. The agency also monitors meat and poultry products after they leave federally inspected plants. Meat that has been federally inspected and passed for wholesomeness is stamped with a round purple mark. Meat inspection is paid for from tax funds. (*see Inspection Mark*)

**INSPECTION MARK:** Official stamp on federally or state-inspected and/or labeled meat products. Each inspected meat product, or its immediate container, must bear the mark of inspection and the number of the establishment where it was last processed. (*see Establishment Number*)

**IQF (INDIVIDUALLY QUICK FROZEN):** Patties are rapidly frozen at very low temperatures (-40°F or below) to produce small ice crystals in the frozen patty. This process locks in freshness by retaining juiciness, reduces damage to the product’s cell structure, minimizes oxidation, and reduces the tendency for patties to stick together in the package. IQF patties are usually cooked from the frozen state.

**IRRADIATION:** Process of applying energy (in the form of “ionizing radiation”) to a material, such as food, to sterilize or preserve it by destroying microorganism, parasites, insects and bacteria. Fresh meat and poultry, including whole or cut up birds, skinless poultry, pork chops, roasts, stew meat, liver, hamburgers, ground meat and ground poultry, are approved for irradiation. Irradiated foods may be identified by looking for the “Radura” symbol on the package.

**IRIDESCENCE:** Naturally occurring phenomenon of blue-green or orange-red color in some raw and cooked beef. Iridescence is associated with the interference of light waves reflected off the meat’s surface and does not affect quality or palatability.

**ISOLATED SOY PROTEIN:** This food ingredient is similar to “Soy Protein Concentrate” except that additional extraction has removed more of the non-protein fraction, thereby increasing its protein content. It may be powdered, extruded, or spun into fibrils and has a protein content of 90 to 95%. Products of spun fibrils may be referred to as “Textured Soy Protein Isolate,” “Isolated Soy Protein Fibers,” or “Spun Isolated Soy Protein.” When hydrated textured (structured) protein isolate is added to meat food products, the ingredients statement should read “Hydrated Textured (Structured) Isolated Soy Protein.”

**KABOB:** Boneless cubes of meat that are usually threaded on skewers and grilled. (*see Brochettes*)

**KANSAS CITY STEAK:** (*see New York Strip Steak*)

**KOSHER:** Meat from the forequarters of animals (beef, lamb, veal, poultry, but not pork) that are harvested, inspected and processed under the supervision of persons authorized by the Jewish faith, thus meeting the standards of the Mosaic and Talmudic laws. Kosher products are also inspected by federal or state inspectors.

**KOSHER-STYLE:** Used in reference to pure beef sausage and corned beef that is seasoned with garlic and spices, imparting a flavor similar to real kosher products. This term is illegal for use in advertising or product description in a number of states.

**LABEL:** The USDA Meat Inspection Program requires that a descriptive label be prominently displayed on each box/package of inspected product. The label must include: (1) the name of the product, (2) an ingredient list, if applicable, (3) the name and place of business of manufacturer, (4) net quantity/weight statement, (5) official inspection legend, and (6) any other information required by regulations (such as a "Safe Food Handling" label on ground beef packages).

**LAI D OUT PACK:** A portion, single thickness on separating sheets or boards.

**LEAKER:** A vacuum packaged product that has completely lost its vacuum allowing air to "leak" into the package.

**LEAN (INDUSTRY DEFINITION):** The muscle portion of a meat product, excluding fat and bone.

**LEAN (USED AS A NUTRITIONAL CLAIM):** The term "lean" may be used as a nutritional claim on a product provided the product contains less than 10 grams of fat, less than 4.5 grams of saturated fat and less than 95 milligrams of cholesterol per 100 grams of product and per reference amount. The term "extra lean" may be used as a nutritional claim on a product provided the product contain less than 5 grams of fat, less than 2 grams of saturated fat, and less than 95 milligrams of cholesterol per 100 grams of product and per reference amount.

**LEAN FINELY TEXTURED BEEF:** Lean beef (less than 10% fat) that has been separated specifically from approved beef trimmings through a mechanical separation system (not to be confused with "Mechanically Separated Beef"). Most naturally occurring sinew and connective tissue has been removed.

**"LEAN" LABELS:** Label claim that must be substantiated by the USDA. *(see Lean [Used as a Nutritional Claim])*

**LEAN-TO-FAT RATIO:** The relative proportion (ratio) of the lean content to the fat content in a fresh meat product, usually expressed as a percentage. As the percentage of lean increases in a meat product, the cost per pound of the product also increases. *(see Fifty/Fifty Trimmings)*

**LIFTER MEAT:** *(see Blade Meat)*

**LISTERIA MONOCYTOGENES:** A foodborne bacterium commonly found in soil, water and the intestines of humans and animals. Foods contaminated with Listeria can cause a serious food infection and can be particularly dangerous for pregnant women, newborn children, the elderly and those with weakened immune systems. The infectious vector is often ready-to-eat processed foods (i.e., soft cheeses, deli meats, hot dogs, seafood, meat pâtés etc.) that have been cross-contaminated after processing.

**"LITE" LABELS:** Label claim that must be substantiated by the USDA. *(see Lean [Used as a Nutritional Claim])*

**LIQUID IMMERSION FREEZING:** A process of freezing meat by immersing or spraying sealed packages of meat in a super-cooled liquid, often used for freezing poultry.

**LIQUID TENDERIZATION:** To use any enzymatic solutions to tenderize meat cuts.

**LOIN END:** (*see Hip*)

**LONDON BROIL:** Originally a recipe for broiled beef flank steak carved in thin slices, the name London Broil now applies to a variety of usually boneless cuts, such as top round steak and chuck shoulder steak that can be broiled.

**MAP (MODIFIED ATMOSPHERE PACKAGING):** Many food products – including some meat products – are packaged with a small amount of gas to maintain their fresh color and enhance shelf life. This technology uses a mixture of gases, which may include a tiny amount of carbon monoxide. Other gases used include carbon dioxide, nitrogen and oxygen. The FDA has reviewed the use of carbon monoxide in packaging a number of times since the late 1990s and, on every occasion, has agreed it can be classified as a Generally Recognized as Safe (GRAS) substance. In addition, USDA's Food Safety and Inspection Service (FSIS) reviewed the use of carbon monoxide as a component of MAP and concluded it was effective in performing its intended purpose.

**MARBLING:** Intramuscular fat or flecks of fat within the lean muscle that enhances palatability by increasing juiciness and flavor. The amount of marbling relates to quality grading in beef, with greater amounts of marbling resulting in higher quality grades. There are ten degrees of marbling, ranging from "abundant" to "devoid."

**MARINADE:** Seasoned liquid used to give flavor to meat, and in some cases, to tenderize less tender cuts. Meat is allowed to stand in the marinade before cooking. Tenderizing marinades contain an acidic ingredients, such as lemon juice, vinegar, salsa or yogurt.

**MARINATE, MARINATED:** To treat with a marinade. To be labeled "marinated," a product must use a marinade that is a mixture in which food is either soaked, massaged, tumbled, or injected in order to enhance taste, tenderness, or other sensory attributes such as color or juiciness.

**MARROW:** An edible, fatty substance found in the center of bones.

**MARROW BONES:** Refers to the large round bones and shank bones of the round and chuck (excluding knuckle bones) that contain significant amounts of marrow. The bones are usually cut into shorter pieces to expose the marrow.

**MEAT:** In the broadest sense, meat means any of the edible part of a carcass, and includes everything but bone. Usually refers to muscle, the major component of meat.

**MEAT BUYERS GUIDE, THE:** Published by the North American Meat Processors Association, the MBG incorporates IMPS product descriptions with a photographic depiction of the described cut, thereby facilitating communication between buyer and seller in product transactions. Information on NAMP and "*The Meat Buyers Guide*" may be found at [www.namp.com](http://www.namp.com)

**MEAT INSPECTION:** (*see Inspection*)

**MEAT PATTY OR PATTY MIX:** (*see Beef Patties and/or Beef Patty Mix*)

**MEAT TRIMMINGS:** (*see Beef Trim, Beef Trimmings*)

**MECHANICALLY SEPARATED MEAT:** A paste-like and batter-like meat product produced by forcing bones with attached meat under high pressure through a sieve or similar device to separate the bone from the edible meat tissue. Mechanically separated beef is considered inedible and prohibited for use as human food, including ground beef products, by FSIS regulations enacted in 2004 to protect consumers against BSE.

**MEDALLION:** Usually small, round slices of meat. Also referred to as “tournedos” when cut from beef tenderloins.

**MEDIAL:** Toward the median plane that divides the carcass vertically into left and right sides.

**MICROWAVE COOKERY:** A method of cooking (dry heat cookery) using short-length radio waves. The magnetron inside the oven converts ordinary electric power into radio waves, which is then readily absorbed by water, fats and sugars, resulting in very fast molecular vibration; high temperatures resulting from this friction ultimately cook the food. Microwaves can penetrate food only to a depth of 1 to 1 1/2 inches, so in thicker pieces of food can cook unevenly and leave “cold spots,” where harmful bacteria may survive. Microwave cookery is more often used for reheating or defrosting meats than actually cooking them.

**MIGNONETTE:** *(see Medallion)*

**MILK-FED VEAL:** *(see Special-Fed Veal)*

**MOCK TENDER:** *(see Chuck Tender)*

**MODIFIED ATMOSPHERE PACKAGING:** *(see MAP)*

**MOIST HEAT COOKING:** Process of using slow, gentle moist heat in a tightly covered pan with liquid to cook beef products until fork-tender. Moist heat cooking methods are braising (pot roasting) and cooking in liquid (stewing). Best used with less tender meat cuts.

**MYOGLOBIN:** A complex protein in the muscle, similar in structure to hemoglobin in blood, which binds and transports oxygen within the cells of the body. Following harvesting and fabrication of a meat animal, myoglobin directly influences the color of meat. While there are several chemical reactions that myoglobin may undergo, the most recognizable is its combining with oxygen from the air and forming “oxymyoglobin,” the protein complex responsible for the bright cherry-red color in fresh meat.

**NAMP (NORTH AMERICAN MEAT PROCESSORS ASSOCIATION):** The industry trade association, made up of meat processors and associated companies, that publishes “The Meat Buyers Guide,” which incorporates the IMPS product descriptions with a photographic depiction of the described cut, thereby facilitating communication between buyer and seller in product transactions. Information on NAMP and “*The Meat Buyers Guide*” may be found at [www.namp.com](http://www.namp.com)

**“NATURAL”:** A beef product labeled “natural” contains no artificial ingredients or added color and is only minimally processed (the raw product is not fundamentally altered). The label must explain the use of the term (i.e., “no added colorings or artificial ingredients; minimally processed”).

**NATURE-FED VEAL:** *(see Special-Fed Veal)*

**NAVEL:** Short plate. *(see IMPS/NAMP 121 in The Meat Buyer’s Guide)*

**NECKS OF BEEF:** The portion of chuck located above the 1st rib bone, blade and arm bones.

**NEEDED, NEEDLING:** A tenderizing process involving penetration of muscles by closely spaced thin blades with sharpened ends that cut muscle fibers into short segments. Also referred to as “pinned.”

**NET WEIGHT:** Weight of the contents of a container after the weight of packaging and packing materials has been deducted.

**NEW ENGLAND BOILED DINNER:** Usually a meal simmered together in the same pot, made with a salty piece of meat, such as corned beef, and a variety of vegetables, such as potatoes, parsnips, cabbage, onions, carrots, etc. Typically accompanied by horseradish and mustard.

**NEW YORK STRIP STEAK:** Fanciful name for a bone-in or boneless beef top loin steak. Sometimes called a New York Steak, Kansas City Steak and Strip Steak in various parts of the country and on menus.

**NEW YORK STYLE ROUND:** Primal round with the sirloin tip (knuckle) removed.

**NOISETTE:** A small, usually round, portion of meat cut from the rib.

**NO ROLL:** A beef carcass of any quality or yield grade that has not been rolled with an official USDA grade stamp. Most often a combination of Yield Grade 4 and 5 carcasses and/or Quality Grade carcasses of Standard and below. Since meat grading is a voluntary service paid for by the packer, the decision as to which officially graded carcasses are rolled with a grade stamp lies with the management of the packing company, based on marketing needs.

**NUTRITION LABELING:** A voluntary program to provide nutrition information labeling for fresh, single ingredient meat products to assist consumers in food purchasing decisions. Nutrition information could be provided either on individual package labels or by the posting the information at the point-of-purchase.

**OFF CONDITION:** A term used to describe the state of meat or meat products that usually suggests that the item is unwholesome.

**OFFAL:** Meat slaughter by-products consisting of all parts of the animal that are not part of the carcass. Edible offal includes the liver, heart, tongue, head meat, tripe, etc., while inedible offal includes hides, hair, hooves, etc.

**ORGAN MEATS:** Edible products from the brain, heart, liver, kidney, tongue and sweet breads.

**ORGANIC:** The U.S. Department of Agriculture (USDA) sets out the approved methods, practices and substances used in producing and handling crops, livestock and processed agricultural products for the National Organic Program (NOP). Before a product can be labeled organic, a government-approved certifier inspects the farm where the food is grown to ensure compliance with NOP standards. Companies that handle or process organic food must also be certified.

**PAILLARD:** A scallop of meat pounded until thin, usually grilled.

**PALATABILITY:** Refers to the product characteristics related to overall product acceptability, principally tenderness, juiciness and flavor of the cooked lean.

**PANBROIL:** Dry-heat cooking method using an uncovered, ungreased surface. Fat is removed as it accumulates.



**PANFRY:** Dry-heat cooking method using a small amount of fat. Typically used for thin, tender cuts, thin patties or cubed meat.

**PAPAIN:** Enzyme obtained from juice of the papaya. Its enzymatic action breaks down the protein in meat and creates a tenderizing effect.

**PARTIALLY DEFATTED BEEF FATTY TISSUE (PDBT):** A beef by-product derived from the low temperature rendering (not exceeding 120°F) of fresh beef fatty tissue containing at least 12% lean. Such product shall have a pinkish color and a fresh odor and appearance. May be used in “Beef Patties” or “Beef Patty Mix” if identified in the ingredients statement on the label.

**PARTIALLY DEFATTED CHOPPED BEEF (PDCP):** Product derived from the low temperature (not to exceed 120°F) rendering of beef. Must have a pinkish color and a fresh odor and appearance. Not permitted in hamburger, ground or chopped beef, but is permitted in “Pure Beef Patties/Pattie Mix” and “Beef Patties/Patty Mix.”

**PATHOGEN:** Any agent capable of causing disease, usually restricted to living agents, including viruses, bacteria, fungi, yeasts, and similar organisms. Of particular interest for fresh beef products are food-borne illnesses caused by *Salmonella*, *Clostridium*, *Staphylococcus*, *Listeria* and *E. coli* O157:H7.

**PEELED:** (see *Denuded*)

**PICKLED:** (see *Cured, Curing*)

**PINNED:** (see *Needled, Needling*)

**PLATE FREEZING:** Freezing by direct contact of a meat product with a metal plate. Being a relatively slow process, it's typically used for thin cuts.

**PLATE PIECE:** (see *Corner Piece*)

**POITRINE:** The French word for brisket.

**PORTERHOUSE:** Steak cut from the beef loin that contains the T-Bone and tenderloin, but is distinguished from the T-Bone steak by its larger tenderloin muscle, which is at least 1 1/4 inches across. Named after English pubs that served “porter” ale since it was the type of steak cut that would be served in a porterhouse.

**PORTERHOUSE TAILS:** Portions of the flank muscles trimmed from short loins or strips. Also referred to as “Steak Tails.”

**PORTION CONTROL CUTS:** Meat items for the foodservice trade that have been cut, sliced or formed to specific weights or thicknesses. Many frozen brand name processed products sold in retail food stores include portion controlled patties, steaks, etc.

**POSTERIOR TO:** Toward the rear of an animal or carcass.

**POT ROAST:** Usually an inexpensive, less tender cut of beef that is first browned, then braised very slowly in a covered pot with liquid. The result is a flavorful, tender piece of meat.

**PRACTICALLY FREE OF FAT:** Terminology used to describe a meat cut on which there is nearly no trimmable fat present.

**PRECOOKED:** Products that have been cooked but may require reheating or additional cooking prior to eating.

**PRIMAL CUTS OF VEAL:** The leg, loin, rib (rack) and shoulder (chuck) cut from a full veal carcass, and which can be further fabricated into subprimal cuts.

**PRIMAL CUTS OF BEEF:** The basic major cuts into which beef carcasses and sides are separated. The four beef primal cuts are the Chuck, Rib, Loin and Round, which can be further fabricated into subprimal cuts as follows:

- Primal Chuck: Typically subdivided into boneless shoulder clod, boneless chuck roll and boneless blade sections.
- Primal Loin: Typically subdivided into the strip loin, tenderloin, top butt, ball tip, tri-tip and flap.
- Primal Rib: Typically boneless or bone-in, tied or netted for roasting, or further fabricated to produce a ribeye roll.
- Primal Round: Typically subdivided into the top round, bottom round and round (sirloin) tip (knuckle).

**PRIMAL SKELETAL MUSCLE:** Muscular cuts from the four primal cuts (round, loin, rib and chuck) that were attached to an animal's bone structure. *(see Skeletal Muscle)*

**“PRIME” RIB:** Generic description that refers to a bone-in or boneless beef rib roast. As a generic description, it does not refer to the quality grade of the roast.

**PROCESSED MEATS:** Class of meat products, including cold cuts, sausages, ham and bacon, made from inspected meats. Some, such as sausage, may be made from trimmings and/or lower grades of meat carcasses and cuts. Ingredients must be listed on the label.

**PROTEIN:** Essential nutrient. Animal foods are the best source of high biological quality (complete) protein because they contain the eight essential amino acids in the correct proportions to build, maintain and repair human body tissues and to strengthen the body's defense mechanisms against disease and infection.

**PSMO:** Peeled beef tender, side muscle on. *(see IMPS/NAMP 189A, 189B in The Meat Buyer's Guide)*

**PSO:** Purchaser Specified Option.

**PUMPED:** *(see Injected)*

**PURE BEEF, 100% PURE BEEF:** The terms “All,” “Pure,” or “100%” may be used for products prepared solely from fresh beef as an ingredient. Such items may include Partially Defatted Chopped Beef.

**PURGE:** Juices exuded from meat products after they are packaged. Often seen in vacuum packaged beef products when the package is opened for further processing.

**QUALITY GRADE:** *(see USDA Quality Grading)*

**RANCH STEAK:** Beef shoulder center steak cut from the beef chuck, shoulder clod arm roast.

**RED MEAT:** Traditionally defined as meat from beef, lamb, veal and pork.

**RIB FINGERS:** *(see Finger Meat)*

**ROAST (AS A DRY-HEAT COOKERY METHOD):** This cooking method involves cooking on a rack, uncovered, without added liquid, usually in an oven. Cook roast to 5°-10°F below the desired degree of doneness as temperature continues to rise after being removed from the oven. This resting will also make the roast easier to carve.

**ROAST (AS A MEAT CUT):** Cuts of meat larger than steaks, chops or slices (usually two or more inches thick). A roast may contain bone and is often comprised of more than one major muscle. Less tender beef roasts are recommended for moist heat cooking (typically called pot roasts); tender roasts from the rib and loin are recommended for dry heat cooking (may be called oven roasts).

**SAFE FOOD HANDLING LABEL:** A safe food handling label should be on all raw or partially precooked (not ready-to-eat) meat and poultry packages. The label tells the customer how to safely store, prepare, and handle raw meat and poultry products.

**SALMONELLA:** A pathogenic bacterium that causes the most commonly reported foodborne illnesses. There are more than 1,600 types of Salmonella bacteria that cycle through the environment via the intestines of humans and animals. Most commonly found in raw or undercooked foods, such as eggs, poultry, meats and unpasteurized dairy products. Fresh beef has a low incidence of Salmonella as compared to other foods.

**SAUERBRATEN:** German for “sour roast,” sauerbraten is a German specialty made by marinating a top round beef roast in a sour-sweet marinade for 2-3 days before browning it, then simmering the meat in the marinade for several hours. Traditionally served with dumplings, boiled potatoes or noodles.

**SAUSAGE:** Comminuted meat products prepared with meat or meat by-products and seasoned with spices (salt, pepper, etc.) in small amounts. Sausage products may be cooked or uncooked and smoked or unsmoked.

**SAUTÉ:** A method of cooking meat in a skillet or pan with a small amount of cooking oil. Meat pieces should be tender and cut thin because cooking time is short. (*see Panfry*)

**SCALLOP:** A thin, boneless slice of meat.

**SCORING:** The process of molding a series of “slashes” onto the surface of a beef patty during forming for faster, more even freezing and cooking. The patty may be scored on one or both sides in a variety of patterns.

**SCOTCH TENDER:** (*see Chuck Tender*)

**SEAM FAT:** The fat between the muscles.

**SEAR:** To brown the surface of meat by short application of intense heat.

**SECTIONED AND FORMED:** A meat product that consists of entire muscles (or muscle systems) that are closely trimmed, massaged and then formed into a desired shape. Sectioned and formed hams are an example of this product type.

**SHELF LIFE:** The length of time before meat or meat product becomes unpalatable or unsafe for human consumption. This may be due to microbial spoilage or to physical and chemical changes in the meat product (such as rancidity development or discoloration).

**SHELL STEAK:** Steak cut from the bone-in strip loin.

**SHIN, SHINS OF BEEF:** Hindshank and/or foreshank. The hock bones shall be removed.

**SHRINK:** This term refers to the weight loss from meat/meat products that may occur throughout the product's life (harvesting to consumer).

**SIDE:** One half of a meat animal's carcass that has been split down the backbone, or the matched forequarter and hindquarter of a beef carcass.

**SILVERSKIN:** (*see Elastin*)

**SIMMER:** To cook gently in a liquid at a temperature just below boiling point (212°F). Bubbles form slowly and break below the surface.

**SIRLOIN (OR ROUND) TIP:** Beef knuckle. (*see IMPS/NAMP 167 and 167A in The Meat Buyer's Guide*)

**SKELETAL MUSCLE:** Muscles that are attached directly or indirectly to bone, with some being first attached to ligaments, cartilage, etc.

**SKIRT:** Diaphragm muscle that, in part, separates the thoracic cavity from the abdominal cavity. The outside beef skirt steak is the traditional cut used in fajitas.

**SMOKE, SMOKED:** Method of processing meat by exposing it to smoke from burning wood, wood shavings or sawdust (usually of hardwoods in a smokehouse or other closed containment), or by applying liquid smoke externally as a curing ingredient. The term "smoked" does not necessarily mean the product is fully cooked.

**SOY ADDED:** Refers to the addition of Hydrated Soy Protein to a meat product.

**SOY PROTEIN PRODUCTS:** Whenever soy flour, defatted soy grits, soy protein concentrate, isolated soy protein and similar products are used as ingredients of meat and poultry products, they must be called by their common or usual name (i.e., soy flour, soy protein isolate, etc.). 2% isolated soy protein is equivalent to 3.5% binders. If these products are textured, then "textured" should also be included in the name. The use of the term "textured vegetable protein" is allowed when the textured soy products are mixed with spices, colorings, enrichments, etc., and the ingredients of the textured vegetable protein are listed parenthetically. "Vegetable Protein Product" is an acceptable declaration for a soy product fortified in accordance with Food and Nutrition Service regulations. The ingredients of the VPP must be listed parenthetically.

**SPECIAL-FED VEAL:** Special-Fed Veal calves are fed a nutritionally complete milk supplement until they reach 18 to 20 weeks of age and typically weigh 400 to 450 pounds. The meat is ivory or creamy pink, with a firm, fine and velvety texture. Approximately 85% of the veal consumed in the U.S. is special-fed veal. This is the veal industry's premium product.

**SPRAY FREEZING:** The most common method of freezing poultry where product is placed in plastic bags and immersed or sprayed with a freezing liquid. (*see Liquid Immersion Freezing*)

**STANDARDS OF IDENTITY:** USDA requirements for the composition of specified meat products (i.e., the type and minimum amount of meat, maximum amount of fat or moisture, ingredients allowed, etc.) found in the Code of Federal Regulations, Chapter 9, Part 319 (9CFR319).

**STANDING RIB ROAST:** A roasted bone-in beef rib roast.

**STEAK:** Flat cut of meat that is larger than a chop, ranging from 3/4 inch to 1 1/2 inches thick, cut from various parts of a beef carcass. The size of a steak often is sufficient for more than one portion.

**STEAK-READY:** A primal or subprimal cut that has been trimmed in such a manner that steaks can be portioned from it without substantial further trimming.

**STEAK TAILS:** *(see Porterhouse Tails)*

**STEAMBOAT ROUND, STEAMSHIP ROUND:** *(see Baron of Beef and/or Cafeteria Round)*

**STEW:** *(see Under Cover Cooking)*

**STILL AIR FREEZING:** Freezing by air convection, usually at 15°F to 20°F. A slow process usually only practiced in the home.

**STIR-FRY:** Dry-heat cooking method that quickly cooks small pieces of food in small amounts of vegetable oil over intense heat, often in a wok. The food is stirred constantly during cooking.

**STRIP STEAK:** *(see New York Strip Steak)*

**SUBCUTANEOUS FAT:** External fat lying immediately under the hide or skin of an animal. Protects the carcass from excessive shrinkage during chilling. Usually trimmed during fabrication, then termed “waste fat” or “trimmed fat.”

**SUBPRIMAL CUTS:** Smaller cuts derived from primal cuts that can be further processed into roasts or steaks.

**T-BONE STEAK:** Steak cut from the beef short loin that contains the tenderloin muscle and a T-shaped bone. It is distinguished from the Porterhouse steak by its smaller tenderloin muscle, which is not less than 1/2 inch or more than 1 1/4 inches when measured through the center of the tenderloin parallel to the backbone in the short loin.

**TEXAS RIBS:** Beef back ribs. *(see IMPS/NAMP 124 in The Meat Buyer's Guide)*

**TOP SIRLOIN BUTT (BONE-IN):** Prepared as IMPS/NAMP 184, but with the bone remaining in the cut.

**TOTAL QUALITY CONTROL (TQC):** Meat processing plants can apply to the USDA to become a TQC plant. The program consists of various self-monitoring and quality assurance checks done by the plant's quality control personnel to ensure compliance with all USDA regulations and standards. USDA reviews the program, but is not on-site as required for a non-TQC plant.

**TOTAL QUALITY MANAGEMENT (TQM):** A philosophy, a set of concepts and a collection of methods for continuously improving a company based on customer satisfaction, process improvement, employee participation and strategic quality planning.

**TOURNEDOS:** *(see Medallion)*

**TRIMMINGS:** *(see Beef Trim, Beef Trimmings)*

**TRI-TIP:** Boneless cut removed from the bottom sirloin, also known as the triangle. *(see IMPS/NAMP 185C, 185D in The Meat Buyer's Guide)*

**TZIMMES:** Traditionally served on Rosh Hashanah, this sweet Jewish dish consists of various combinations of fruits, meats and vegetables. May include beef brisket, sweet potatoes, prunes and other dried fruit, carrots or apples, all flavored with honey and often cinnamon.

**UNDER COVER COOKING:** Moist heat cooking methods that use the steam from simmering liquid to cook less tender meat cuts until fork-tender. Types of under cover cooking include braising or pot roasting (meat is browned then simmered in a small amount of liquid) and cooking in liquid or stewing (meat is simmered in just enough liquid to cover).

**URMIS (UNIFORM RETAIL MEAT IDENTITY STANDARDS):** A comprehensive nomenclature system for the identification of retail meat cuts for beef, pork, lamb and veal. URMIS is designed to provide a uniform retail name, based on the cut's anatomical location, which can be easily recognized by consumers in any retail location throughout the U.S.

**USDA (UNITED STATES DEPARTMENT OF AGRICULTURE):** Federal agency that establishes rules and regulations governing the production, processing and distribution of agricultural products. The USDA's Food Safety and Inspection Service (FSIS) administers rules governing meat industry practices, including meat and poultry inspection and product labeling. The USDA's Agricultural Marketing Service (AMS) establishes standards and provides services for official quality, yield grading, and product certification.

**USDA QUALITY GRADING:** Beef quality refers to the expected eating characteristics (tenderness, juiciness and flavor) of the cooked product. USDA Quality Grades are used to reflect differences in expected eating quality among beef carcasses. There are eight USDA Quality Grades for beef: Prime, Choice, Select, Standard, Commercial, Utility, Cutter and Canner. When graded, a USDA Grade Shield is applied to the carcass. USDA Grading is a voluntary service provided by the USDA Agricultural Marketing Service, and is paid for by packers who request the service.

**USDA YIELD GRADING:** USDA Yield Grades estimate beef carcass cutability, which is defined as the combined yield of closely trimmed, boneless retail cuts from the round, loin, rib and chuck. This is an estimate of the relative amount of lean, edible meat from a carcass. There are five numerical Yield Grades for beef carcasses (Yield Grade 1 is leanest, Yield Grade 5 the fattest and, when graded, a Yield Grade stamp is applied to the carcass).

**VACUUM AGING:** *(see Wet Aging)*

**VACUUM PACKAGED:** Process of encasing meat cuts in bags or pouches fabricated from laminated plastic, evacuating air from the bags and sealing them for extended refrigerated storage.

**VARIETY MEATS:** Edible organs and glands, such as tongues, brains, sweetbreads, hearts livers and kidneys. Also referred to as edible by-products.

**VEIN STEAK, VEINY STEAK:** Steak cut from the hip end (sirloin) of the strip loin or short loin which shows a piece of connective tissue separating the loin eye from the small muscle which lies immediately beneath the surface fat. The connective tissue forms an irregular half-moon shape.

**VENTRAL TO:** Toward the lower surface of the carcass, away from the back.

**VIRUS:** A microscopic pathogen that can infect the cells of an animal, having the ability to replicate only inside a living cell. Viruses cause disease and are potentially deadly to the animal. *(see FMD)*

**VEGETABLE PROTEIN PRODUCT (VPP):** A food product that may resemble a meat product, or may be used as an ingredient in a meat product. May contain flours, concentrates, or isolates, or any combination of these ingredients, along with added nutrient fortifiers, coloring agents, flavor enhancers, etc. Soy products are the most common VPP and are often produced as a textured product.

**WAFLING:** A common pattern used in scoring beef patties. (*see Scoring*)

**WET AGING:** Aging beef that has been vacuum packaged (sometimes referred to as "vacuum aging"). Temperature and time conditions are the same as for dry aging, but because the product is in a vacuum package, humidity and airflow are not critical. Once the vacuum package is opened, however, any further aging is done under the same conditions as those of dry aging. (*see Dry Aging*)

**WHEY:** A by-product of the dairy industry. Sold as either a liquid or dry product, it is the main ingredient in feed for veal calves.

**WHOLESOMENESS:** The condition of meat products as safe for human consumption. Wholesome foods, when handled and prepared properly, should provide consumers with safe meals. The health of the animal and proper conditions of sanitation, preparation, handling and storage from harvest to consumption are all factors in maintaining wholesomeness of meat offered to consumers.

**YANKEE POT ROAST:** A pot roast in which the vegetables are added during the cooking process.

**YIELD GRADE:** (*see USDA Yield Grading*)

**ZIP (ZINC, IRON, PROTEIN):** Refers to the beneficial nutrients found in beef. Beef is the #1 food source of zinc, the #3 food source of iron and the #1 food source of protein in the American diet.