



**Key to Recommended Cooking Methods**

Grill or Broil	Roast
Mixmate & Grill or Broil	Stew
Skillet	Braise
Stir-Fry	Pot Roast

A 1200 pound, Yield Grade 1 steer yields 518 pounds of retail cuts from a 750 pound carcass.

A 1200 pound, Yield Grade 2 steer yields 502 pounds of retail cuts from a 750 pound carcass.

A 1200 pound, Yield Grade 3 steer yields 435 pounds of retail cuts from a 750 pound carcass.

Of the retail cuts, on a carcass weight basis:

31% are steaks

31% are roasts

38% is ground beef and stew meat

# BLACK ANGUS BEEF CHART