



**Key to Recommended Cooking Methods**

	Roast
	Stew
	Braise
	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

**American Angus Association**  
3201 Frederick Ave., St. Joseph, MO 64506  
(816) 383-5100 • www.angus.org

Meat cut photos and key to recommended cooking methods courtesy of The Beef Checkoff. 01/07