

Good Meat Breakdown Guide to Bulk Buying Beef

Why Buy in Bulk?

If you have storage space and the funds to purchase upfront, buying meat in bulk (often in the form of “meat shares”) can be a worthwhile way to buy from a farm you trust. It allows you to try cuts you might not otherwise get, and saves you a bunch of trips to the butcher. But, it does require a little planning.

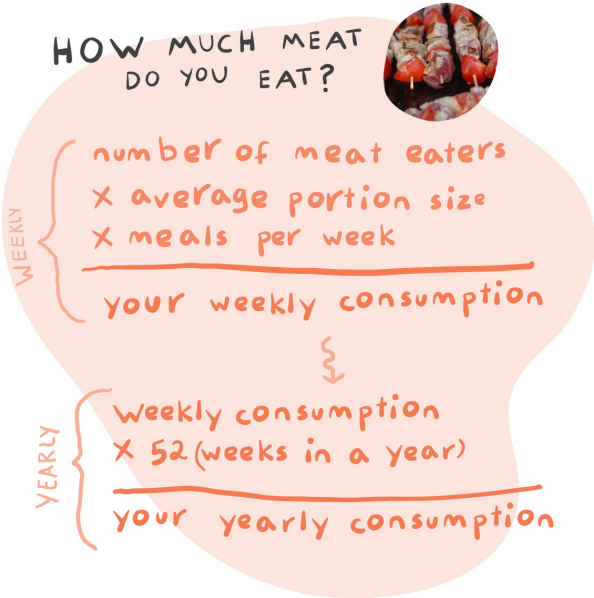
How Much Should I Buy?




First, you’ll need to think about how much meat your household consumes in order to find the right size share. To do so, use our simple guide.

Which Beef Share Is Right For Me?

So you’ve settled on buying a beef share from a local rancher. Now you need to decide which share to buy. Bulk beef is typically sold as a whole, half, or quarter share, and some ranchers even offer an eighth share.

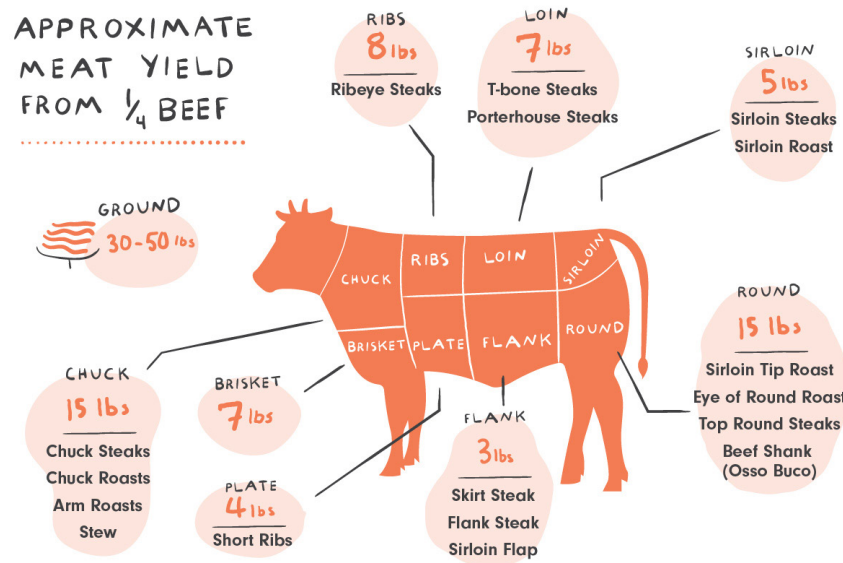
There’s no pressure to purchase all your meat in a large bulk quantity. You can try a smaller share at first and see if it works with the way you and your family cook. Remember that buying in bulk means you’ll get a variety of cuts from each animal. You may not be used to cooking with some of these cuts. We’ll get into that more in the next section. To get an idea of how many pounds of beef will be in your share, check out our graphic below.



| Species share |  WHOLE BEEF |  1/2 BEEF |  1/4 BEEF | 1/8 BEEF |
|-------------------|--|---|--|-------------|
| Carcass weight | 600 - 730 lbs | 220 - 365 lbs | 150 - 180 lbs | 75 - 90 lbs |
| Edible meat yield | 360 - 440 lbs | 180 - 220 lbs | 90 - 110 lbs | 45 - 55 lbs |

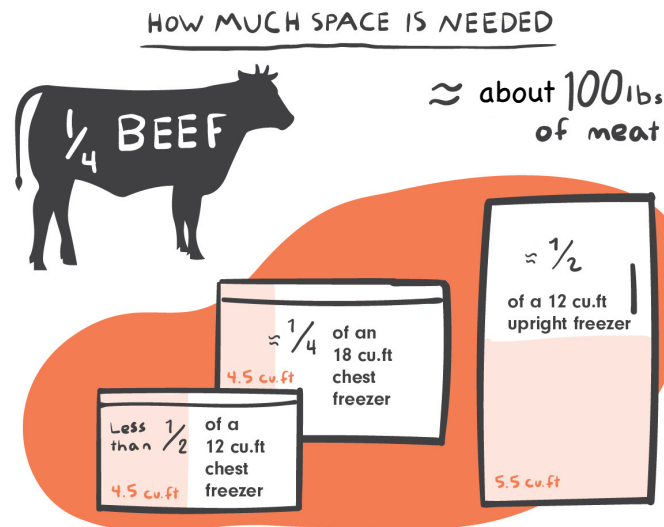
What Will I Get?

The exact cuts you'll receive in a bulk buy will depend on your farmer, processor, and what you request. Check out this graphic for a general idea.



Where Do I Store All This Meat?

For some shares, you'll be able to store the meat in a regular sized freezer in your home fridge. For larger shares, you might want to purchase another freezer. These freezers can often be purchased used, for a fair price, if you're on the lookout.



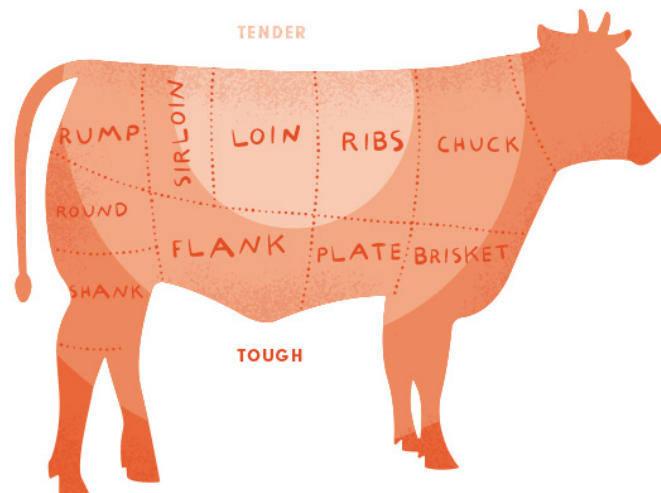
Ready to Order?

Contact Bart and Heather Bilden at 406 - 322 - 2073
heather@couleecreekranch.com

How Do I Cook All of This?

Great question! Buying meat in bulk normally means getting some cuts you're unfamiliar with, and that's part of the fun.

Here's the gist. Cuts generally fall into two categories: **tender and quick-cooking** and **tougher and slow cooking**. Which category a cut falls into depends on where the muscle is on the animal and how much the animal used it. **Remember, all cuts will taste delicious if you know how to cook them.** Knowing just a bit about each cut will help you to improvise in the kitchen and get creative. Our cheat sheet might be all you need. For more in-depth tips, check out our website.



Quick-Cooking Methods

Best for cuts that are tender or thinner.

Broil - High heat source above the meat.

Grill - Dry and high heat, with charcoal or gas.

Pan-Fry - Meat is seared and flipped in a pan.

Pan-Roast - Meat is seared, then cooked in the oven.

Slow-Cooking Methods

Best for cuts that are tougher or thicker.

Barbecue - Low and slow, with either moist or dry heat.

Braise - Low and slow on the stove or in the oven, partially submerged in a liquid like wine or stock.

Roast - Dry heat in the oven, uncovered.

Wait, There's More!

For all our cooking tips, head to our website, goodmeatbreakdown.org.

There, you'll find suggestions for every cut of beef in your share.