

Groffs demonstrate meat cutting processes



Joe Groff shows how to trim a shank bone with the electric wizard knife.

By KENDACE BORRY
ELIZABETHTOWN - The process of how a hindquarter of beef becomes the varied cuts of meat found on the dinner table was explained this week to the public by Groff's Meat Market, Elizabethtown. There, while the audience watched, owner Joseph Groff told how the hindquarter is broken down while members of his family demonstrated the work.

Total weight of the hindquarter at the start of the demonstration was 150 lbs. First the quarter was split into two parts, the round and the loin. Then each of these were further divided.

From the loin came nine sirloin steaks, with a total weight of 21 lb., 12 oz. Thirteen porterhouse and T-bone steaks split into the top and bottom. Nine steaks, weighing 12 lbs. 8 oz., were taken from the top. The bottom was cut into thirds for roasts. An eye roast was also seamed from the bottom piece of meat.

Sirloin tip which weighed about 9½ lbs. was removed from the round and cut in half. It would be made into roasts.

Groff's son Frank cut the hind into the several kinds of meat. While he proceeded to do this, his brother Joe, worked on trimmings.

Trimmings are scraps of meat that can't be used for steaks or roasts. These can be used for flank, beef cubes for stewing, meat to be ground into hamburger, and soup bones.

To ensure that all meat is removed from the bone as close as possible, the Groffs use a special knife called a wizard. The wizard is a round electric knife blade which cuts in a circle. It scrapes bones cleaner than a hand held knife could.

While the actual cutting was going on, Groff explained about other important products that can be obtained from the carcass of a steer. There are the liver, tongue, kidneys, brains, and sweet bread (or neck glands).

The pancreas is used to obtain insulin, fat gives soap, and animal feed is made from the pulverized bones.

After the hindquarter was broken down, a rib was cut. From a 30 lb. rib, 10 lbs. of delmonico steaks were removed and 10 lbs. of meat was used for grinding. The remaining weight was waste.

Groff related that all the steers he uses are locally bought and grain fed. Diet of the animal, he feels, is the most important con-



Sirloin steaks are cut off the beef loin by Frank Groff.

sideration when thinking of meat quality. He likes steers that weigh around 1000 lbs., and said from such an

animal about 430 lbs. of meat is obtained.

Groff explained that the

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