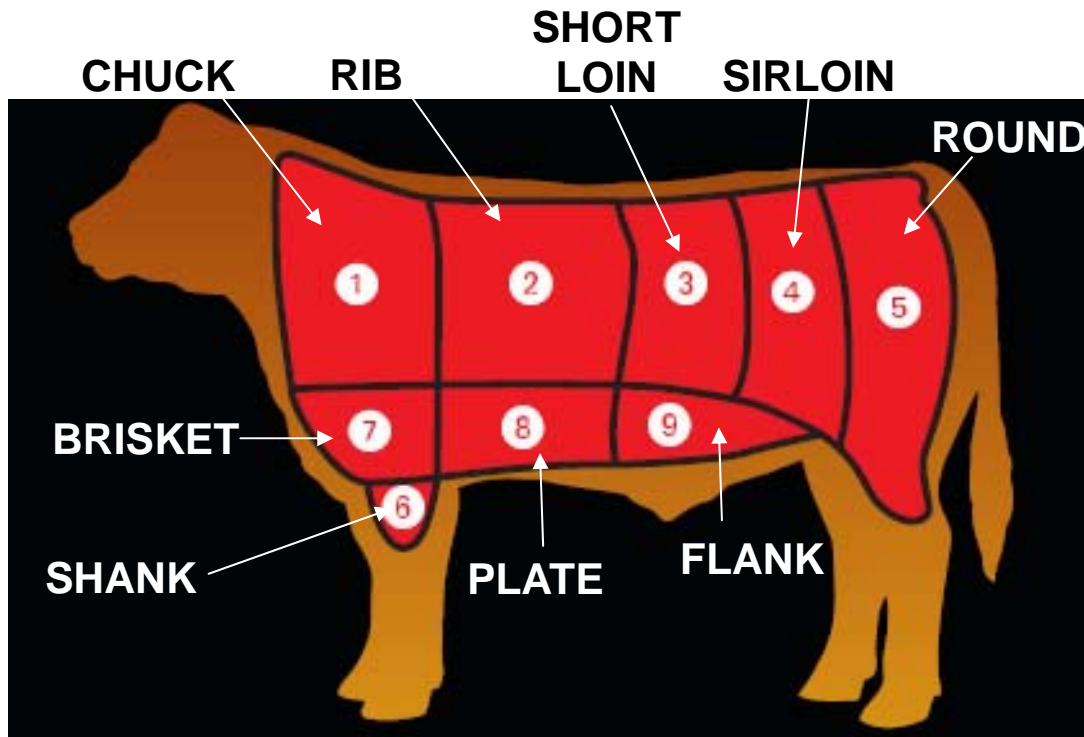


Daily Livestock Report



Livestock market information provided by Steve Meyer and Len Steiner.



Please feel free to forward the Daily Livestock Report to others who you think will benefit from having this information. The DLR is published daily by **Steve Meyer and Len Steiner**, and distributed courtesy of Chicago Mercantile Exchange, Inc. You can **subscribe for free** by going to www.dailylivestockreport.com/subscribe.asp. send an e-mail to: feedback@dailylivestockreport.com if you would like to submit a comment or suggestion. To unsubscribe from the DLR newsletter, go to www.dailylivestockreport.com/unsubscribe.asp.

Disclaimer: The Daily Livestock Report is intended solely for information purposes and is not to be construed, under any circumstances, by implication or otherwise, as an offer to sell or a solicitation to buy or trade any commodities or securities whatsoever. Information is obtained from sources believed to be reliable, but is in no way guaranteed. No guarantee of any kind is implied or possible where projections of future conditions are attempted. Futures trading is not suitable for all investors, and involves the risk of loss. Past results are no indication of future performance. Futures are a leveraged investment, and because only a percentage of a contract's value is required to trade, it is possible to lose more than the amount of money initially deposited for a futures position. Therefore, traders should only use funds that they can afford to lose without affecting their lifestyle. And only a portion of those funds should be devoted to any one trade because a trader cannot expect to profit on every trade.

The Globe Logo and CME are trademarks of Chicago Mercantile Exchange Inc. Copyright © 2007 CME. All rights reserved.

E-Livestock Volume	8-Aug	7-Aug	1-Aug
LE (E-Live Cattle):	3520	3021	3118
GF (E-Feeder Cattle):	39	97	68
HE (E-Lean Hogs):	6044	8902	7393

Free real-time Globex quotes: www.cme.com/elivestockquotes

There's an old adage in the pig business that describes serendipity — "Even a blink sow finds an acorn every now and then." It obviously refers to the days when pigs roamed the woods and depended heavily on acorns for their sustenance. It also refers to the process we sometimes use in finding ideas for DLR — blunder around and see what readers like.

We had several responses to the pictures we ran last week of beef short loin — one of the high-quality beef cuts that frequently finds its way into shipments to Japan and Korea. Some comments caused us to realize that not all of our readers have been around the meat businesses for as many years as have we and, thus, may not have the background knowledge of these species and the meat cuts that come from them.

Today, we present a schematic of the market-ready steer or heifer and the cuts that come from it. The diagram itself comes from a publication of the National Cattleman's Beef Association and can be found on its website at www.beef.org.

This market-ready beef animal will weigh anywhere from 1100 to 1400 pounds and is usually 15-18 months of age. It will yield a carcass that accounts for about 62% of its live weight or about 680 to 875 pounds. In addition, the animal will yield a large volume of organ meats such as liver, heart, kidney and sweetbreads and a hide that is currently worth from \$75 to \$80 per hundred pounds (cwt) or about \$55 per animal.

The CHUCK (shoulder) accounts for nearly 30% of the total weight of the carcass and is comprised generally of cuts that have a higher concentration of connective tissue and bone. While lower in quality, these cuts are quite useful for stewing, braising and other cooking methods that include added moisture.

The ROUND (rear leg) is the second largest primal, accounting for roughly 22% of the carcass. Round cuts also tend to be less tender but are quite useful for moist heat cooking methods.

The SHORT LOIN and SIRLOIN comprise 16% of the beef carcass and are the source of some of the most flavorful and tender beef cuts. Sirloin steaks, top sirloin, New York strips, T-bones, Porterhouse steaks and tenderloins all come from these cuts. These cuts usually have enough marbling (small flecks of fat in the muscle) that they remain juicy and tender even when cooked using dry heat — such as over charcoal.

The RIB provides another group of tender, juicy cuts such as ribeye steaks, rib steaks and standing rib roasts (the source of Prime Rib). It accounts for about 10% of the carcass.

The "lower" cuts account for the remainder of the beef carcass and are generally less tender and require moist heat cooking methods. But some of our favorite cuts come from here—that sliced beef you get in Texas barbecue joints is brisket, that succulent London broil is a flank steak (also used for fajitas) and short ribs come from the plate primal.

For an amazing presentation of the beef carcass, check out <http://bovine.unl.edu/> from the University of Nebraska.

