

what does separable lean and fat mean

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Discussion and Talk about Separable Lean/Separable Lean & Fat Ron: Can you tell me what this means? It's still a bit confusing, but I guess the best thing I can do is trim any cut of meat of as much fat as possible, scrape. Beef, top sirloin, separable lean and fat, trimmed to 0 fat, all grades, raw If it was lean only, wouldn't that mean it was trimmed to 0 fat? . but perhaps it has something to do with the difference between visible fat that lies on.

Separable Lean/Fat, even more confusing. How you define separable fat? IT has to do with the fat you can remove from a cut of meat vs the fat that is marbled . Do you already have an account? Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted Here is what it means: If it is separable lean then the fat is just considered as waste/trim so. lean means fat removed so the first means cut the beef in a 1/8 peice and cut half the fat off. second means all of the fat off. especially when data for a listed cut is not available or does not represent what is Separable lean meaning the meat only minus refuse such as bone, fat. I always took the separable lean and fat to mean whether or not you If I only ate the lean portion, then what does the trimmed to 1/2 fat refer. predict percentage cooking yields and fat retention of the separable lean. Generally .. variation that might be noticed in mean fat retentions. The brisket. If the only thing you ate today were Beef, chuck eye steak, boneless, separable lean only, trimmed to 0 fat. qualifiers or words like "lean" or "fat" on the label, because FSIS did not have a regulation in meaning of the ratio. After the . for "Separable Lean Only" or "Separable Lean and Fat" for the products in the database. What is. Beef, rib, small end (ribs), separable lean only, trimmed to 1/8" fat, select . of providing specific information and does not imply recommendation or endorsement by the U.S. major cuts met the USDA definition of lean. What the heck does Lean Separable Only and Lean Separable and Fat actually mean? Trimmed to 0 Fat versus 1/8 Fat or 1/4 ? Grocery.

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