



Guide to meats in Spain

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Disclaimer

This document has been prepared by the agri-food interprofessional organizations INTEROVIC, INTERPORC and PROVACUNO. The Ministry of Agriculture, Fisheries and Food (MAPA) does not necessarily endorse the content contained herein.

First edition: November 2020

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Guide to Meats in Spain

The sale of meat and meat products has been transformed by the process of globalization, which is changing the face of trade relations worldwide. The introduction of the European Production Model, advances in healthcare, improved animal welfare and a greater concern for the environment, together with improvements in transport, food storage and market information, have propelled the meat sector to a prominent position in Spain's economy.

Since the beginning of this century, Spain has quadrupled the amount of meat exported by the country, and currently sells to more than 160 nations. This has all been made possible by the professionalisation of the Spanish livestock and meat sectors. What is more, the livestock-meat processing chain has made this shift in full compliance with the European Production Model, which includes the highest quality and food safety standards in the world.

Another determining factor in reaching our current situation has been the ability of the sector to leverage market opportunities and adapt to changing demands, offering excellent quality products that respond to a wide range of needs.

The companies in the livestock-meat processing sector have made a concerted effort to corner new markets, and together with sector organizations, agri-food interprofessional

associations and public institutions like the Ministry of Agriculture, Fisheries and Food (MAPA), they have entered a variety of markets across the world through independent trade actions, as well as through sector fairs and exhibitions.

The Spanish agri-food interprofessional associations, represented by the Asociación Interprofesional del Porcino de Capa Blanca (Interporc), the Organización Interprofesional Agroalimentaria del Ovino y el Caprino (Interovic) and the Interprofesional de la Carne de Vacuno (Provacuno), have supported the meat sector, providing companies with tools and information to improve their competitive edge. To further extend our support, and in collaboration with MAPA, we have created this Guide to Meats in Spain, which is intended as a tool to promote the unique and distinguishing qualities of our meat and meat products throughout the world.

The purpose of this document is to provide a window into the Spanish pork, beef, sheep and goat meat production systems, and to introduce and explain the different cuts of meat and meat products produced by the Spanish meat industry.



Manuel García
President of Interporc



Eliseu Isla
President of Provacuno



**Organización Interprofesional
Agroalimentaria del Ovino y el Caprino**



About Us

Spain is one of the top international producers of meat and meat products. The industry supplies approximately 100,000 jobs in 3,000 companies throughout the country, with an annual turnover of more than EUR 26 billion, making the meat industry one of the most important sectors in Spain.

These figures are the result of ongoing evolution over the last three decades, coinciding with the start of internal EU trade midway through the 1990s. Since then, Spain has become one of the principal global exporters, and the meat industry is the top exporter of the entire food sector.

With an annual production of some 7 million tonnes of meat and 1.4 million tonnes of meat products, around 2.7 million tonnes of meat and meat products are exported, representing approximately 38% of total production. Spain heads the list of exporting countries as a result of high European quality standards and the rigorous EU production model, which is among the most demanding in the world.

Our country is the fourth-largest global producer of pork. On a European level, it is the fifth-largest producer of beef and the top producer of sheep and goat meat.

With a view to fostering national production by promoting our meat sector beyond our borders, the Organización

Interprofesional del Ovino y Caprino de Carne (INTEROVIC), the Asociación Interprofesional del Porcino de Capa Blanca (INTERPORC) and the Organización Interprofesional Agroalimentaria de la Carne de Vacuno (PROVACUNO), are working in collaboration with the Ministry of Agriculture, Fisheries and Food to promote Spanish meat and meat products in international markets through their presence at trade fairs and sector shows.

In addition to benefiting the visibility of the Spanish sector at these events, the agreement also provides for the design and publication of a meat guide that clearly describes the primary cuts of pork, beef, lamb and goat available from Spanish companies. This guide also provides complete information on the operation of the meat chain and the guarantees it provides to foodservice purchasers and consumers, from animal breeding through product processing and distribution.

The purpose of this document is to provide potential buyers with all of the necessary information for making informed decisions when choosing Spanish pork, beef, lamb and goat products.



The European Production Model: A guarantee of food quality and hygiene

The food quality and hygiene of livestock production and processing is guaranteed in the European Union by a rigorous production model. The requirements included in this scheme likewise cover issues of animal health and welfare, respect for the environment and sustainable production, in a bid to reduce the environmental impact of the sector.

This set of provisions, known as the EUROPEAN PRODUCTION MODEL, is characterised by maximum standards of quality, production and control that are recognised and acknowledged around the world.

These standards are reflected in a package of more than 70 legislative measures in force throughout the European Union, in full compliance with the standards required at Community level.

In Spain, both the livestock and the meat sectors have implemented all of these regulations, producing high quality food in sufficient quantities for serving European and international markets.

The model is based primarily on the following pillars: animal welfare, animal health, animal feeding, integrated pollution prevention and control, and food hygiene.

Animal health: The legislation provides for mandatory and ongoing control measures for guaranteeing animal health, including disease prevention and proper treatment of animals that fall ill. A licensed veterinarian is responsible for ensuring the health of all animals raised at livestock establishments.

Animal welfare: Animal welfare is one of the most advanced areas provided for under the European Production Model, and legislation in this domain has put European production standards on par with the most thorough and rigorous quality standards worldwide. The Spanish livestock and meat processing sectors have always operated according

to regulations guaranteeing animal welfare. Scientific evidence shows, however, that this has at times resulted in higher prices compared to other countries that do not follow such rigorous standards in this area, despite being important producers.

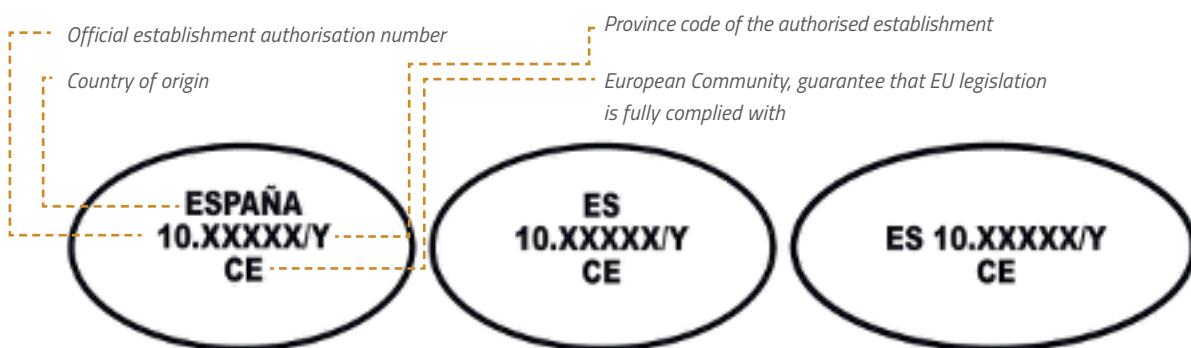
Spain has launched the Compromiso Bienestar Animal (Commitment to Animal Welfare) seal, a common label that certifies animal welfare during the breeding and production process. The scheme is audited by independent agencies, providing maximum guarantees for living conditions on the farms and during transport, and humane treatment at the abattoir.

Animal feeding: Animals are fed a high quality, 100% plant-based diet, adapted to each stage of the animal life cycle. The commitment of the livestock operator is essential, in some cases selecting the ingredients with which the animals are fed.

Environmental awareness: The European Union applies one of the strictest packages of legislation in this area, with regulations on the location of livestock establishments and the treatment and use of waste and by-products in each production area.

The latest and most rigorous scientific advances and regulatory requirements for environmental protection are applied with a view to reducing greenhouse gas emissions and water use in livestock and meat production, and to guarantee energy savings.

Identification mark or health mark used to identify food business operators, as provided for in Regulation (EC) No 853/2004 laying down specific hygiene rules for food of animal origin. It is applied exclusively by the official veterinarian at the slaughterhouse to guarantee official identification and traceability of meat and meat products.



Traceability: Farm-to-fork quality is guaranteed by EU traceability schemes, which are among the strictest in the world. Farms, animals, carriers, abattoirs and meat industries are fully identified, for systematic traceability of products from farm to table.

Food hygiene: The European Union has established a robust set of regulations on food hygiene, both for intra-community production and exports. Said regulations provide for a series of rigid checks to be performed by veterinarians visiting livestock establishments, as well as by official inspectors who work exclusively for the meat industry to guarantee the highest quality standards. These regulations are updated periodically based on the research and efforts of the European Food Safety Authority (EFSA), which works continuously to enhance the basis for Community regulation in these areas.

All of these areas form part of the EUROPEAN PRODUCTION MODEL, which Spain applies rigorously in all of its livestock and meat production activities.

Many companies also hold independent, internationally recognised certifications, including IFS International Featured Standards, the British Retail Consortium (BRC), various ISO standards, and halal and kosher certification.

The primary legislation for these areas includes both European and national regulations:

- Commission Delegated Regulation (EU) 2019/624 of 8 February 2019 concerning specific rules for the performance of official controls on the production of meat and for production and relaying areas of live bivalve molluscs in accordance with Regulation (EU) 2017/625 of the European Parliament and of the Council.
- Commission Implementing Regulation (EU) 2019/627 of 15 March 2019 laying down uniform practical arrangements for the performance of official controls on products of animal origin intended for human consumption in accordance with Regulation (EU) 2017/625 of the European Parliament and of the Council and amending Commission Regulation (EC) No 2074/2005 as regards official controls.
- Commission Implementing Regulation (EU) 2015/1375 of 10 August 2015 laying down specific rules on official controls for *Trichinella* in meat.



- Commission Delegated Regulation (EU) 2017/1182 of 20 April 2017 supplementing Regulation (EU) No 1308/2013 of the European Parliament and of the Council as regards the Union scales for the classification of beef, pig and sheep carcasses and as regards the reporting of market prices of certain categories of carcasses and live animals, and Commission Implementing Regulation (EU) 2017/1184 of 20 April 2017 laying down rules for the application of Regulation (EU) No 1308/2013 of the European Parliament and of the Council as regards the Union scales for the classification of beef, pig and sheep carcasses and as regards the reporting of market prices of certain categories of carcasses and live animals.
- Council Regulation (EC) No 1099/2009 of 24 September 2009 on the protection of animals at the time of killing.
- Commission Regulation (EC) No 1249/2008 of 10 December 2008 laying down detailed rules on the implementation of the Community scales for the classification of beef, pig and sheep carcasses and the reporting of prices thereof.
- Regulation (EU) No 653/2014 of the European Parliament and of the Council of 15 May 2014 amending Regulation (EC) No 1760/2000 as regards electronic identification of bovine animals and labelling of beef.
- Spanish Royal Decree-Law 37/2014 of 24 January on the protection of animals at the time of killing.
- Spanish Law 32/2007 of 7 November on the care of animals on the farm, during transport, during experimentation, and at the time of killing.
- Spanish Royal Decree-Law 474/2004 of 13 June approving the quality standard for meat products.
- Spanish Law 8/2003 of 24 April on animal health.
- Spanish Royal Decree 542/2016 of 25 November on health standards and animal protection during transport.
- Spanish Royal Decree 814/2018, of 6 July, laying down detailed rules regarding the classification of pig carcasses. This RD, based on Regulation (EU) 1308/2013, establishes the provisions for the application in Spain of a system of checks relating to classification, weighing and marking of pig carcasses.

Commitment to animal welfare: Spain achieves global best practices in animal welfare

Spanish interprofessional agri-food organizations representing the meat sector, including INTERPORC, PROVACUNO and INTEROVIC, have launched the Compromiso Bienestar Animal seal, a common label that illustrates the desire of the Spanish livestock and meat sector to fully comply with optimum conditions of livestock welfare for animals bred and produced in our country.

All products that carry this seal satisfy the most rigorous conditions included in European and Spanish legislation on animal welfare, health, preventive treatment, biosecurity, handling and traceability.

The interprofessional associations work jointly with an independent scientific committee, with which they have drawn up a set of regulations specific to each type of production, providing for the most rigorous requirements worldwide. This committee likewise endorses and monitors compliance with these regulations.

This seal is awarded to both fresh meat and meat products, and allows consumers to identify those products that have been prepared in compliance with the strictest regulations on animal welfare throughout the production process.

Periodical inspections are carried out to ensure compliance with regulations by livestock facilities; animal loading, transport and unloading operations; and meat processing plants prior to sale to the public, covering the entire production process from farm to table.

This initiative is unique worldwide, and reflects the commitment of the Spanish livestock sector to ensuring animal welfare. Spain is already an international measure in this area, and applies the strictest global standards.



How to use this guide

The purpose of the “Guide to Meats in Spain” is to describe the production systems for beef, pork, lamb and goat in Spain, as well as for the products that are sold both nationally and internationally.

It provides information on Spanish livestock practices, as well as on the processing, distribution and retail sale of meat and meat products, including the most commonly requested cuts in international markets. In addition to the different cuts and formats shown here, users are free to suggest other cuts that may be typical in their market. The Spanish meat industry is known for its ability to adapt to consumer and industry demand, which has made it possible to export to a variety of markets.

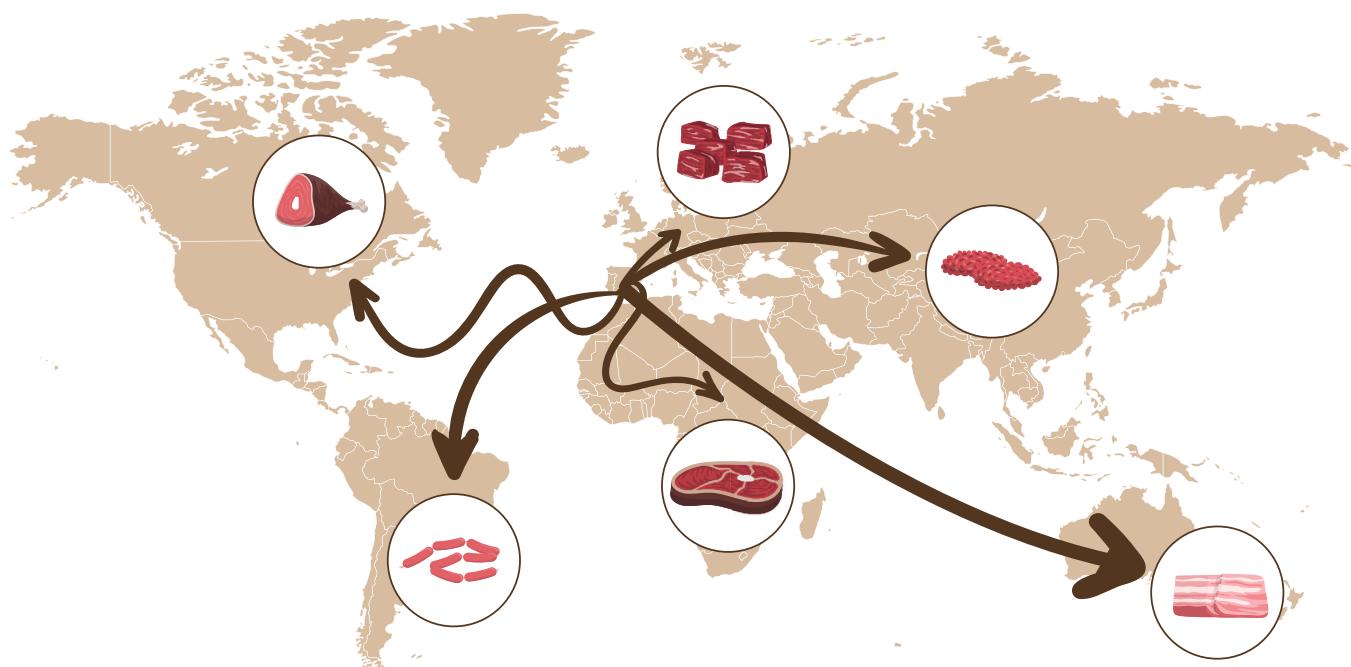
The guide has been divided into three main chapters for ease of use: beef, pork, and lamb and goat. Each section includes an introductory explanation of how the animals are raised in Spain, as well as information on the production system. These short introductions also describe the different phases the meat goes through, from the moment the animals are received at the abattoir, to the moment the final product is shipped to nearly every country worldwide.

The sections also include a detailed list of the cuts of meat, meat products and offal that are sold as retail cuts of the carcass.

To facilitate understanding for international operators, each description includes the corresponding TARIC code for easier identification.

The Spanish meat industry is known for its flexibility and adaptation to international market demands, and in addition to the cuts presented in this guide, is able to provide any cut or format as per customer request.

This guide should provide a clear idea of the quality of the meat and meat products produced in Spain, as well as Spain's compliance with the strictest international specifications for livestock production and animal hygiene provided for under the European Production Model. This circumstance has situated our country as one of the leading global meat exporters over the last two decades.



The role of meat and meat products in our diet

The presence of meat and meat products in our diet is as old as history itself, and represents a cornerstone in the evolutionary and cultural adaptation and development of humanity. Extensive scientific evidence substantiates the benefits of meat as part of a healthy diet, due to its nutritive value.

Meat provides multiple nutritional benefits, with a broad range of available and easily digestible nutrients. It is an essential source of a range of nutrients, and many health organisations recommend that we include meat in our diet.

The protein, vitamin and mineral content of meat make it appropriate for all stages of our life cycle, as part of a varied and balanced diet that includes fruits, vegetables, whole grains, legumes, dairy, eggs, fish and olive oil, among other foods.

Meat is a source of high biological value proteins that contain all of the essential amino acids. It is also a source of B vitamins (B3, B6 and B12) and minerals, such as phosphorous and zinc. There are studies (Celada et al., 2016) that show that in Spain, B6 and B12 requirements are covered thanks to the inclusion of meat products in our diet.

The colour of beef is determined by the iron content, which helps to develop and maintain healthy cognitive functions.

Meat and meat products are building blocks in our diet, and form a crucial part of our cultural tradition and national cuisine. Many products combine tradition with technology, and are a source of comfort and pleasure in our lifestyle. These products are perfectly adapted to individual populations, nutritional requirements, consumer patterns and health conditions.

Finally, diets that do not contain animal protein are not healthier than a diet that includes meat. In fact, these diets must be supplemented with vitamins like B12 and other nutrients to avoid nutritional deficiencies that can lead to conditions like anaemia. Domingo and Nadal (2016) find extensive scientific evidence that corroborates the benefits of meat as part of a balanced diet.

The nutritive value of meat

Among the excellent nutritional characteristics of meat, we can highlight the following:

- Meat is a source of protein
- Meat contains the eight essential amino acids required for a balanced diet
- The bioavailability of zinc found in meat is greater than that found in plant-based sources

- Meat contains B vitamins: B1, B3, B6 and B12
- Some micronutrients like vitamins B1 and B12 are only found in animal-source foods, and cannot be substituted by plant-based foods. Meat products are also higher in selenium than their plant-based counterparts
- Meat contains similar proportions of monounsaturated fatty acids and saturated fatty acids, but is lower in polyunsaturated fatty acids than plant-based products
- Meat provides essential fatty acids. Specifically, linoleic acid content (omega 6) can reach up to 15% in meat like pork. Meat products also contain a small amount of omega 3
- Fresh meat is low in sodium
- Advances in food processing technology such as animal feed modification or specific breeding techniques have contributed to a significant reduction in the fat and salt content of meat products



Among the wide variety of meat products available, some are high in monounsaturated fatty acids.

We can also highlight that the majority of fresh cuts of pork, beef and lamb contain similar proportions of monounsaturated and saturated fatty acids.

Doctors and nutritionists recommend following a varied diet, such as the Mediterranean Diet, and eating with common sense, with a balanced intake of meat and all other food groups.

No diet would be balanced without fruits and vegetables, dairy, grains and olive oil, and the same can be said of meat and meat products. And we mustn't forget to combine our diet with a healthy and active lifestyle.

The nutrients and other elements present in meat and meat products are difficult (and often impossible) to substitute with other products, and eliminating meat from our diet greatly increases the risk of certain nutritional deficiencies.

And last, but not least, we should consider the pleasure that is associated with eating, particularly when we are talking about meat and meat products, and the important role it plays in our lifestyle, as we share a meal with family and friends. Enjoying life and enjoying what we eat is an equally important factor in a healthy lifestyle.





BEEF



The beef cattle sector in Spain

Spain has one of the largest cattle populations in Europe. This is owing to the availability of space and crops, as well as to the long tradition of cattle ranching in our country.

The livestock breeds raised on beef cattle farms in Spain come from crossbreeding the strengths of native breeds with other beef cattle raised for meat production. This results in high-quality animals that are specially adapted to the area where they are reared.

Beef cattle production is structured into two sub-sectors:

- The first includes establishments for rearing calves, which accommodate birthing mothers, known as nurse cows, and calves, which remain on the farm until they have been

weaned, at around 6 months of age. Some of these calves are born to dairy cows, and are fattened for use as beef cattle once they have been weaned.

- The second sub-sector includes feedlots and finishing farms. Weaned calves are sent from nurse cow farms to feedlots for fattening. Spain also has livestock establishments that cover the entire cycle, with on-site birthing mothers. This type of establishment is generally situated in areas with a greater availability of grain, which is the basis of cattle feeding, and near large cities, which offers easier access to meat production facilities.



A wide variety of quality meats, depending on the age of the animal

Spain produces beef from animals of different ages, making it possible to offer a wide range of products that can be adapted to different markets and consumer demands. Veal is produced from animals that are less than 12 months of age, although the majority of beef comes from yearlings, between 12 and 24 months. This table shows the different types of animals by age:

Calf

- White veal:** animals slaughtered at a maximum of eight months, which have been recently weaned. Feeding may have been supplemented with grains and grass. The meat is highly tender, very low in fat, pale red in colour, and has a mild flavour. It is recommended for its high protein content, and is ideal for pan searing.
- Rose veal or Pink veal:** animals slaughtered at a maximum of 12 months. It is given this name due to the colour of the meat. It is extremely tender and mild in flavour, but not as mild as white or milk-fed veal. Calves are fed on grains. It is very low in fat, and is ideal for children and athletes due to its protein content and nutritional value.

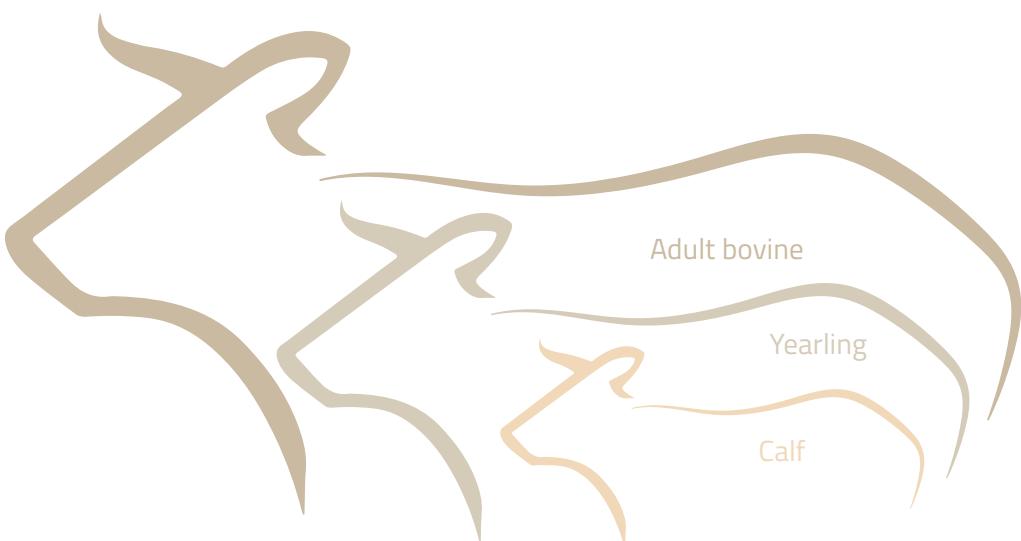
Yearling

Animals slaughtered at between 12 and 24 months, fed primarily on grain. The meat is red, and darker in colour the

older the animal is at the time of slaughter. It is high in protein, low in fat, and is the primary type of beef consumed in Spain.

Adult bovine

- Heifer:** cows slaughtered at between 24 and 48 months. The meat is red in colour, with a stronger flavour than yearling.
- Steer:** castrated males slaughtered at a maximum of 48 months. Meat from these animals is meaty tasting, deeper red in colour, with yellowish fatty striations. This meat requires a minimum ageing period before consumption.
- Adult bovine:** animals slaughtered after 48 months (primarily cows and steers). The meat is deep red in colour and has a higher fat content, including subcutaneous fat and marbling, for flavourful cuts. The fat of this meat is yellowish in colour. Some cuts of adult bovine are dry aged.



- Calf: <12 months. Tender meat, low fat content and easily digestible.
- Yearling: 12-24 months. Pink meat, tender, juicy and easily digestible.
- Adult bovine: 24 months. Red, flavourful meat.

Sector commitment to quality and society

Spanish beef cattle rearing and meat production are done in compliance with the requirements provided for under the European Production Model. This quality scheme established by the European Union is the strictest control system in the world for guaranteeing maximum quality of livestock and meat production. It covers areas such as:

Animal identification and traceability: For the past 20 years, Spain has conformed to a traceability system that facilitates control of the entire food chain to ensure transparency and excellence in meat production. Traceability begins with the identification of the animals by means of ear tags. Each animal is registered in a central database and is issued a cattle identification document, or cattle passport, which accompanies the animal during movement. At the abattoir, the identity of the animal is confirmed by comparing the ear tag code and the data contained in the passport. If all data matches, a reference number is assigned to each carcass after slaughter, together with the health authorisation number of the slaughterhouse. Carcasses, half carcasses and quarters are then sent to cutting plants, where an additional health authorisation number is issued, maintaining the original identification number of the animal.

Animal health: Livestock establishments monitor and oversee animal health at all times, with care and attention given to animal feeding and to ensuring the absence of disease or infirmity. Any animal found to be ill is treated, and removed from the food supply chain if required. Health oversight is performed by veterinarians, who guarantee maximum conditions of animal health, and by livestock operators and farm and feedlot owners at the establishments where animals are reared until the time of slaughter.

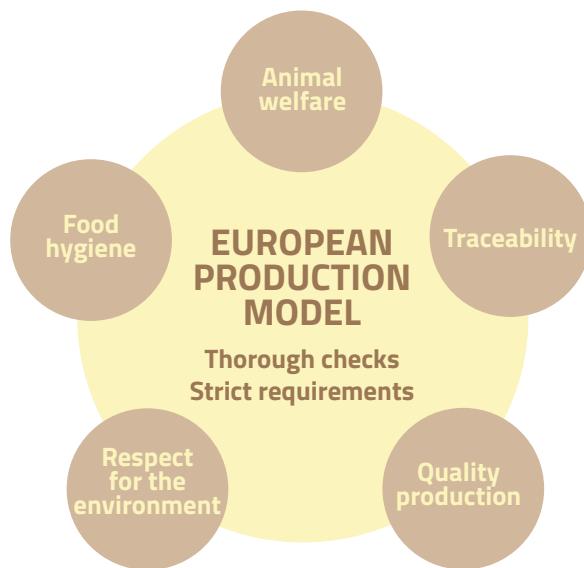
Animal welfare: In order to produce a high quality product, it is essential to provide optimum welfare conditions for animals in terms of health, feeding, and living conditions. The Spanish meat chain places great importance on this aspect, and has created a seal to certify animal welfare. This label offers the highest guarantees regarding farm conditions, animal transport, and the treatment the animal receives both on the farm and at the abattoir.

Food hygiene inspections of meat industry facilities: All meat establishments that form part of the beef supply chain undergo strict food hygiene audits and inspections by veterinarians and official inspectors to ensure best practices.

Establishments must implement a Hazard Analysis and Critical Control Points (HACCP) management system, as well as comply with strict European legislation on cleaning and disinfection of facilities, quality control and meat product labelling.

Environment and sustainability: The EU has implemented one of the strictest regulatory schemes for these areas, governing the location of livestock operations, as well as the treatment and use of waste products from livestock and meat production (water treatment, collecting and treating by-products, etc.). Each link in the meat chain strives to improve conditions of sustainability by reducing greenhouse gas emissions through energy savings at meat plants, using recyclable plastics for packaging, and enhancing livestock feeding schemes, among others.

The livestock sector seeks to reduce emissions by improving the animals' diet, substituting feed ingredients for local products, and using by-products from other agricultural and livestock sectors, together with organic waste for precision feeding techniques that provide animals with diets tailored to the specific moment of their life cycle. Another area that receives constant attention is improving animal welfare, housing and living facilities. The European Production Model applied by Spain in the beef cattle sector guarantees that only wholesome, safe, high-quality meat is sold and exported.



From pasture to foreign markets: The path of Spanish beef



Animals are reared on livestock farms. Once they have been weaned, they are fed a diet of grains and oilseeds.



Once cattle have reached the specified age and weight, they are transported to the abattoirs, in full compliance with the established animal welfare guidelines and resting periods.



When animals are ready for slaughter, they are transported to the abattoir, where the documentation of each animal is checked. They are stabled in holding pens, where they are watered, and fed if required. An antemortem inspection is performed to determine whether the animals have experienced injury or stress during transport. They are then driven to the stunning area, where they are put in a stunning box and restrained for stunning prior to slaughter. The majority of abattoirs and meat industries are Halal and Kosher certified, and can export products to Muslim countries and Jewish communities.



After stunning, animals are suspended by a hind limb and moved down a conveyor line for the slaughter procedures. They are typically bled, skinned and eviscerated, and the carcasses are then split. The half carcasses are then transported to coolers for storage. By-products, also known as offal or the fifth quarter, are treated for use as meat products, as well as for other purposes, such as intestines for sausage casings, or gelatine for use in the preparation of other products.



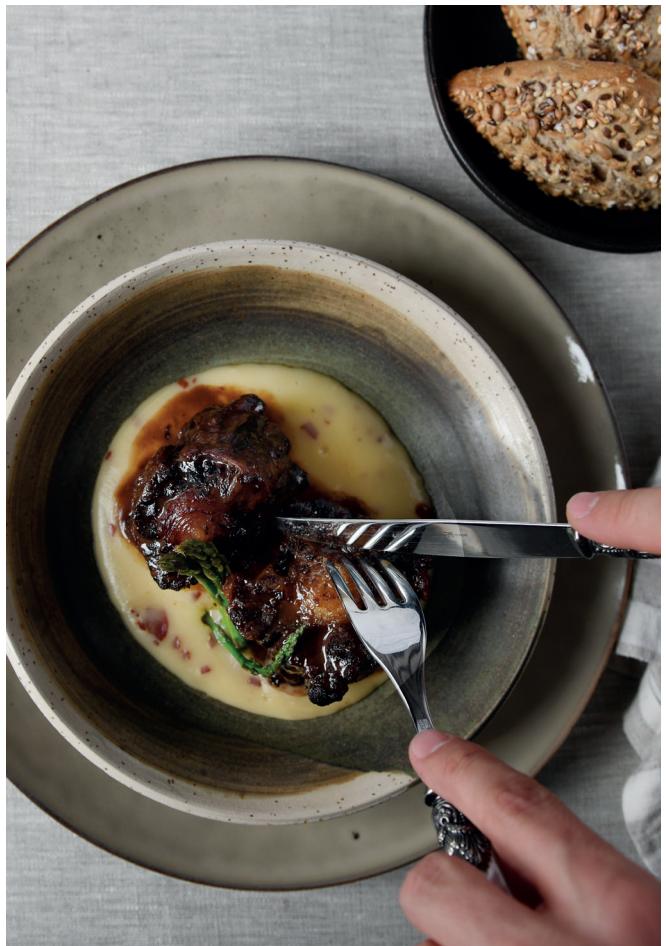
All products are frozen or placed in coolers following a short drying period. Refrigerated carcasses are then sent to the cutting plant, where they are prepared to meet customer and market demand, always in full compliance with hygiene regulations for industrial establishments.



Cuts, steaks and other formats are packaged appropriately (vacuum packed, modified atmosphere, etc.) and transported in temperature-controlled trucks for shipping, or placed in freezers to increase shelf life.



The final step is transport to the country of destination, which is also performed according to food hygiene legislation. Before transport, products undergo official inspections at meat establishments in order to verify the product, food safety standards and food quality in accordance with European legislation and the specific requirements of non-EU markets where Spanish beef is exported.



Feeding

Animals are fed in feedlots with top quality ingredients, primarily grains (like corn, barley or wheat), oilseeds (like sunflower, rapeseed or soy), and silage (like alfalfa or straw), all with a high nutritional value.

Spain is a top producer of these grains and oilseeds, and animal feed is produced using these ingredients, giving the meat from these animals its unique quality and characteristics.

The feed also provides all of the nutrients required for a balanced diet (protein, fat, vitamins, minerals, fibre, etc.).

All livestock operations perform strict oversight of animal feed in compliance with the European Production Model, the most comprehensive in the world in this area.

The nutritional properties and characteristics of beef

Beef is an important part of a balanced diet. It provides the body with significant amounts of high biological value proteins, and is also a source of vitamins B12 (supports the nervous system and aids in cellular growth and repair) and B3 (or niacin, for healthy skin). It is a source of iron, and contains zinc (for strengthening the immune system), and phosphorous, among other nutrients and minerals.

Beef contains proteins that contribute to preserving and increasing muscle mass, as well as to maintaining healthy bones.

Beef is a safe, wholesome, high-quality food linked to the Mediterranean Diet, with a wide range of options for preparation.



Primal beef cuts

1 Hind quarter

- Flank
- Sirloin tip
 - Sirloin
 - Rump
 - Fillet



2 Fore quarter

- Clod
- Fore shank/shin

Sub-primal beef cuts (outside)

1 • Topside

2 • Eye of round

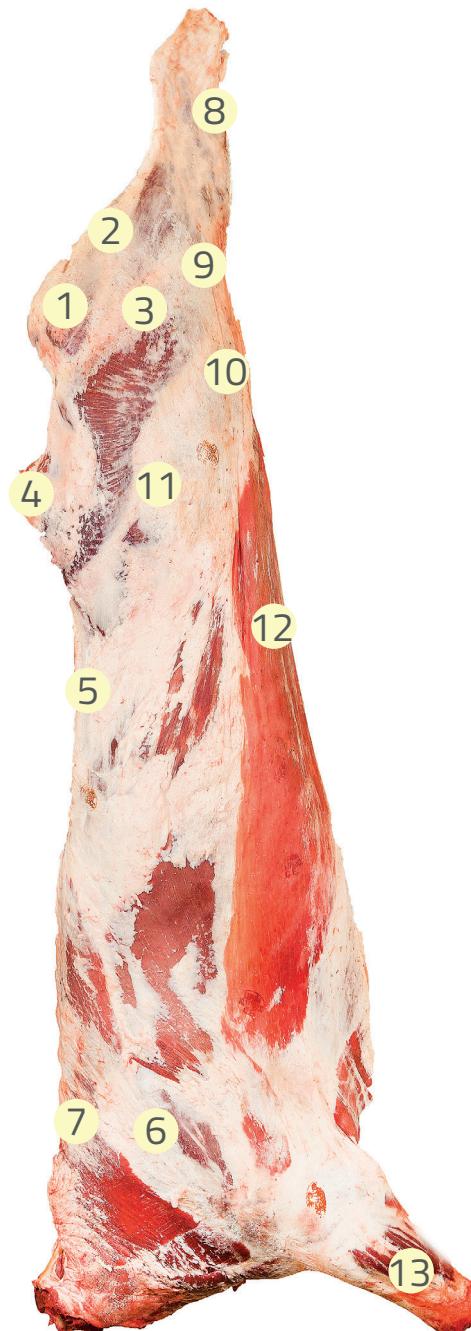
3 • Silverside

4 • Rump

5 • Loin

6 • Shoulder
Chuck tender
Blade
Shoulder clod

7 • Chuck



8 • Shank

9 • Heel muscle

10 • Knuckle

11 • Rump tail

12 • Flank

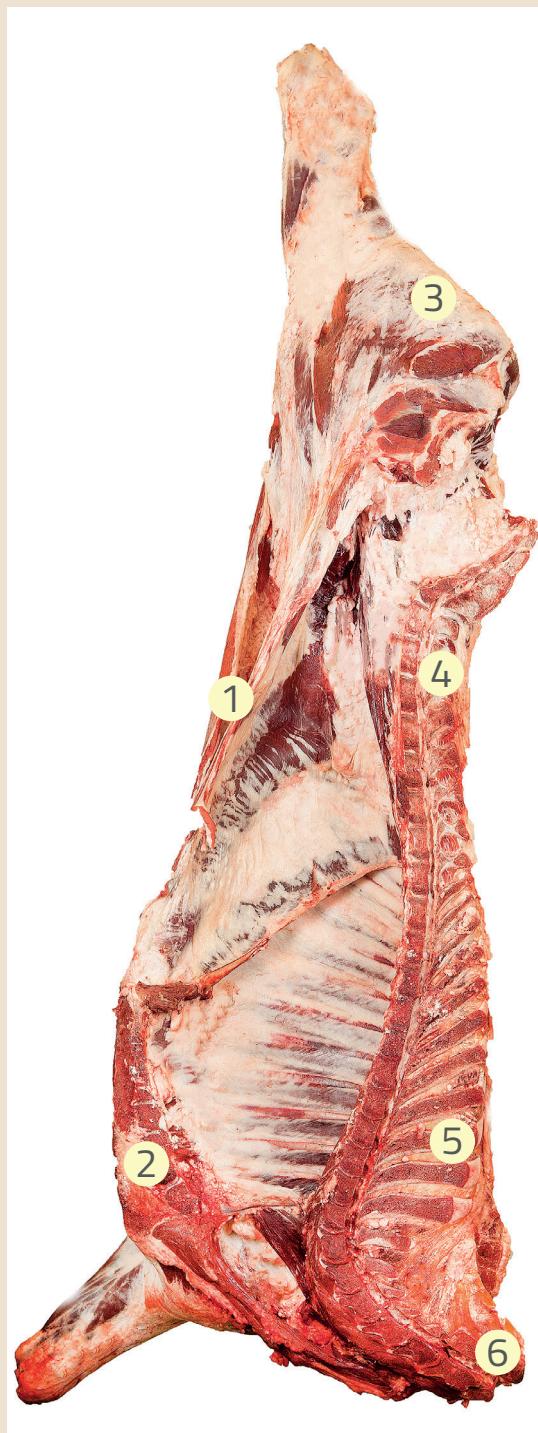
13 • Foreshank

Sub-primal beef cuts (inside)

1 Flank

Brisket
Plate
Skirt
Trimmings /
Pieces

2 • Brisket



3 • Topside

4 Full loin

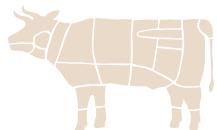
Prime rib
Tenderloin
Striploin

5 • Top blade • Chuck

6 • Neck

Half carcass

TARIC code: 0201100000



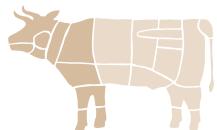
The half carcass is obtained by splitting the carcass from top to bottom immediately after dressing. The tail and tail end remain on the left side of the carcass.

In Spain, it is compulsory for carcasses of animals with a live weight of over 300 kg to be graded. Grading of animals weighing less than this is voluntary. The different grades are established under the letters SEUROP, and are awarded according to the structure of the carcass and the degree of fattening.



Forequarter

TARIC code: 0201203000



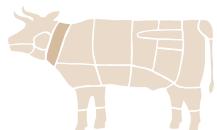
The forequarter is the front portion of the half carcass, and includes the brisket, chuck, blade, and foreshank. The meat is tougher, as it comes from one of the most heavily exercised parts of the cow, but it also has a higher collagen content, making it ideal for stewing and braising.

From this part of the carcass we obtain cuts such as the chuck tender, shin, foreshank, shoulder petite tender, and trimmings/pieces that can be used for mince. Other forequarter cuts include the top blade, chuck, neck, and part of the ribs.



Neck

TARIC code: 0201209000



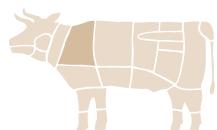
This is one of the boneless cuts that can be obtained from the forequarter, between the head and the chuck.

The meat contains a good deal of connective tissue and cartilage, meaning that it can tend to be a bit dry, but highly flavourful. It is used primarily for minced meat, broths, and braised dishes like beef stew or pot roast.



Chuck

TARIC code: 0201209000



Beef chuck comes from the area located in front of the loin, just above the blade, and joins the rib and loin area to the neck. It includes the first five vertebrae.

It is a lean cut, with some fat marbling. Chuck is sometimes further distinguished between the "rib end", which is quite tender and juicy, and the "neck end", which is less tender.

The meat can be grilled or broiled, skillet-seared, minced, or used for stew meat. Another popular way to prepare this cut is as grilled chuck steak.

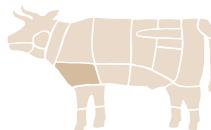


Brisket

TARIC code: 0201209000

The brisket includes a large proportion of bone, connective tissue, ligaments and fat, making it ideal for preparing beef broth and beef stew. This cut lies below the two loins, and includes the first five ribs.

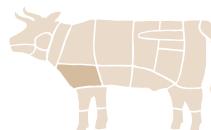
It can be prepared at cutting plants or butcher shops, and is sold as plate ribs for smoking or charbroiling.



Bone-in brisket

TARIC code: 0201209000

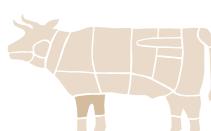
This cut comes from the forequarter, near the ribs. It is located just between the two front legs, and is the continuation of the flank and rib muscles. It has a higher proportion of meat than the flank and ribs, as well as fat, bone and connective tissue, for a very velvety meat that is perfect for mince.



Foreshank

TARIC code: 0201300000

The foreshank is the cut that remains after removing the humerus bone from the foreleg, just behind the shin. It is flavourful and gelatinous, and is a leaner cut than the shin, but with more sinew. It is ideal for stews and braised dishes, broths, ragouts and roasts. It can also be fileted and charbroiled.

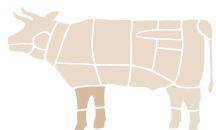


Shin

TARIC code: 0201300000

Just behind the elbow joint is a small, cylindrical piece of meat with a fair proportion of sinew. The shin from the hind leg (or hindshank) is not as commonly used as the shin from the front leg.

Cross cut shanks, also known as osso buco, are tender, fibrous and gelatinous, making this cut ideal for soups, stews and braised dishes.

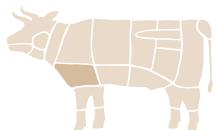


Brisket

TARIC code: 0201300000

This piece, also known as brisket in the UK, is one of the boneless forequarter cuts, and is located just in front of the thorax, next to the sternum. It is a flat, narrow cut obtained from the underbelly of the cow, and is a fibrous meat, although the meat from younger animals is more tender.

It is used primarily for roasts, pot roasts, stews, or mince, or can be butterflied, stuffed and trussed. It is also cut up into dice for stews and ragout.



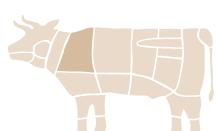
Neck

TARIC code: 0201300000

Also known as flat iron, this narrow, flat steak is located on the external part of the shoulder blade, and the two are sometimes sold together.

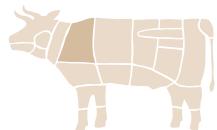
It is a flavourful, but less tender cut because it contains a gristly fascia membrane, which is generally removed, together with the inner sinew. The meat from younger animals is more tender.

It is often used in ragouts, or for preparing steak tartare.



Blade

TARIC code: 0201300000



This cut is obtained from the outside part of the forequarter, near the blade. It is also known by several other names, including shoulder clod, or "mock tenderloin". It is a long, cone-shaped cut with a sheet of sinew in the middle separating two pieces of lean.

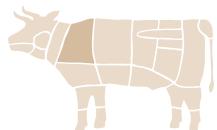
The meat becomes very tender after braising or stewing, and is more flavourful than eye round.

It is used in parts of Spain in dishes such as fricandó, a traditional Catalonian beef and mushroom stew. Other preparations include shredding or charbroiling, or it can be sliced open to remove the central sheet of sinew, and then stuffed. Depending on the age of the animal, it can even be cut into filets for breading.



Shoulder

TARIC code: 0201300000



This is one of the primary cuts of the forequarter, next to the brisket. More specifically, it is the upper part of the front leg, or shoulder.

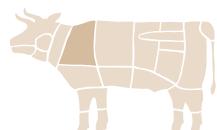
The meat is fatty and juicy, and is used primarily for stews and braised dishes, roasts, or even for pan-searing.

The bistro filet or "butcher's steak" is obtained from this cut. The upper portion is generally sliced into filets, and the lower portion is roasted or pan-fried.



Shoulder clod

TARIC code: 0201300000



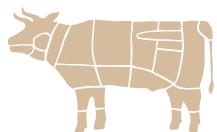
This cut surrounds part of the humerus bone and the shoulder blade. It is also known as shoulder petite tender, and is generally divided into three sections: top, eye and tip.

It is a juicy meat that can be prepared with sauce. It is often used for pot roast, and the central sinew melts during preparation for a soft and tender meat.



Lean meat / Small lean cuts

TARIC code: 0201300041

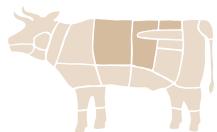


These small trimmings/pieces of lean meat are generally separated from the bone while preparing the main foodservice cuts of meat.



Sirloin / Loin

TARIC code: 0201209000

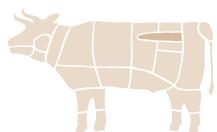


This is one of the noblest parts of the animal, and includes the prime rib, the striploin and the fillet.



Tenderloin

TARIC code: 0201300031



This prime cut is located on the interior side of the striploin, protected by the short loin and the sirloin. It is one of the choicest cuts of beef, and includes the chateaubriand (butt, or sirloin end), the tournedo (short loin), and the filet mignon (fillet tails).

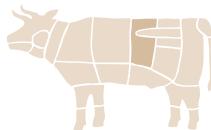
It sits beneath the ribs, next to the backbone. The thickest part, or butt, is located at the first sacral vertebra, while the filet mignon is located at the last thoracic, or floating ribs. It is long and thin, and slightly flat.

It is the leanest and juiciest cut, with virtually no fat, making it ideal for preparing medallions, filet mignon or steak tartare, if minced and served cold.



Striploin

TARIC code: 0201300031



The loin is the dorsal muscle of the animal, extending from the blade to the rump along the entire backbone as far as the ribs.

The striploin is the rear part of the loin, the narrow part near the rump that covers the short ribs.

It is a boneless, rectangular cut used to prepare sirloin steaks or entrecôte. Other retail cuts are porterhouse steaks, the fillet, and the T-bone, so called because of the T-shaped bone.

The rumpstriploin is one of the choicest cuts of beef, next to the fillet. The meat is lean, juicy, soft and tender, with a certain amount of connective tissue and fat, which give it flavour. It is ideal for grilling, pan-searing, or roasting (roast beef).



Fore rib

TARIC code: 0201300031



The widest part of the loin, and the closest to the forequarter, above the ribs. It can be cut boneless, or bone in. Bone-in cuts are ideal for rib-eye steaks, and large boneless cuts are used for rib roasts and roast beef.

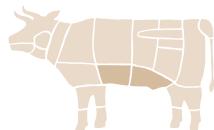
It is also ideal for frying, pan-searing, and especially grilling or charbroiling.



Bone-in flank

TARIC code: 0201209000

The flank comes from the underbelly of the animal. It has a good deal of sinew, but is also highly flavourful and gelatinous. It is used for stuffing, in stews and braised dishes, and for mince, which is then used as an ingredient in other products.

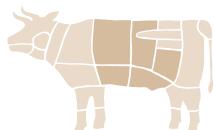


Top rib / Beef plate / Short plate

TARIC code: 0201209000

Inside the flank is the plate, which extends from the fifth to the thirteenth rib. It is meaty, with a high proportion of connective tissue.

It is generally used in stews and braised dishes, or cut into strips for plate ribs.



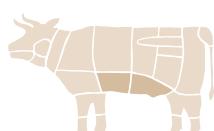
Boneless flank steak

TARIC code: 0201300000

This cut is obtained from the abdominal muscles or lower chest of the animal. French butchers refer to it as bavette, and it is similarly known in Brazil as fraldinha, and in Colombia as sobrebarriga.

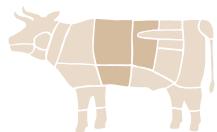
It is typically used for roasts, pan-frying, or braising for increased tenderness. As it comes from one of the most heavily exercised parts of the animal, many chefs prefer to dice or filet this cut for a more tender meat. In countries like China, it is often stir-fried with vegetables.

There are sub-cuts obtained from the flank steak that are soft and tender due to extensive fat marbling.



Thin skirt

TARIC code: 0201300000

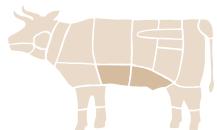


The skirt steak is located next to the diaphragm. It is soft and tender, with extensive fat marbling. It has an intense flavour, and is often minced for fillings and hamburgers. It is also prepared as a roast.



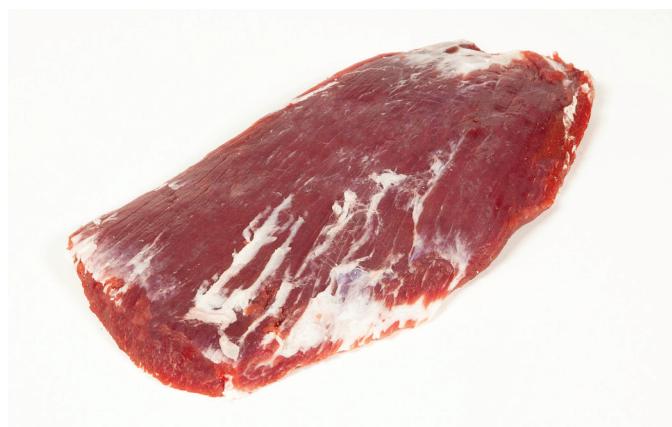
Boneless flap meat

TARIC code: 0201300000



This cut is taken from the flank, and extends from the last rib to the hindquarter, i.e. from the hind leg to the ribs.

It is mild in flavour, and is used for filets, breaded or fried, and can also be used for stuffing or roasts.



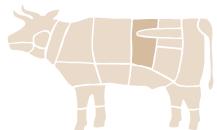
Flank steak



Thick flank

Rib eye

TARIC code: 0201300031

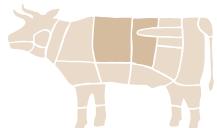


Rib eye comes from the cut of prime rib, after separating it from the ribs. It is a juicy and flavourful meat with a soft and velvety texture and extensive fat marbling. A tasty morsel, guaranteed.



Tomahawk steak / Rib eye beef steak

TARIC code: 0201300031

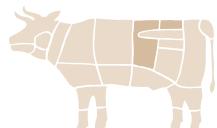


This is another cut that is popular around the world. It is so called because it resembles an axe, referred to as tomahawk by American Indian tribes. It is a French-trimmed rib bone that utilizes the same culinary technique that shapes a rack of lamb. It generally comes from large animals, and is grilled or barbecued.



T-Bone steak

TARIC code: 0201300031



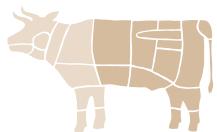
The T-bone contains meat from two of the most prized cuts of beef: the short loin (the larger portion of the steak) and the fillet, (the smaller portion). It is cut from the area of the striploin, leaving the T-shaped bone in.

It is a juicy meat particularly suited to grilling.



Hind quarter

TARIC code: 0201205000



The hindquarter contains the largest and most prized cuts of beef. It includes areas such as the pistola (hindquarter, flank off), the ball tip, the tri-tip, the flank, and the loin primal.



Hind leg / Sirloin tip / Shank

TARIC code: 0201209000

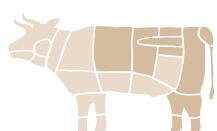


This is the hind leg of the animal. We can obtain cuts such as rump, tri-tip, topside, tip roast, round, silverside, heel muscle, hock, osso bucco, shank, thick flank and tri flank.



Hind quarter without flank / Pistola Cut

TARIC code: 0201209000

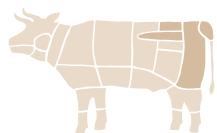


The hindquarter with the flank excluded. It includes the ball tip, sirloin butt, full loin or loin primal, and fillet.



Rump

TARIC code: 0201300000



This triangular cut is located on the top portion of the leg, between the striploin and the topside. It is generally sold together with the tri-tip and the flap, and is divided by a natural seam. It can also be sold with the tri-tip off.

The sub-primal cuts are lean, juicy and flavourful, and are ideal for roasts and other dishes such as steaks, filets, etc. They can also be diced for braised dishes.



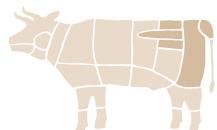
Rump with tri-tip



Rump, tri-tip off

Tri-tip

TARIC code: 0201300000



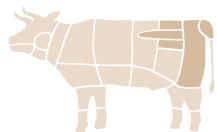
This is a tender, triangular-shaped cut situated between the thick flank and the rump, and is surrounded by fat.

It is ideal for roasting and marinating.



Topside

TARIC code: 0201300000



The topside is one of the largest cuts of the hindquarter. It is the top portion of the rump, on the inside of the hind leg, between the thick flank and the eye round, and is also referred to as the top sirloin cap.

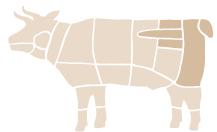
It is triangular in shape, with a central piece of sinew that is excluded before slicing into filets or dicing.

It can be used in multiple preparations, and is ideal for pan-frying, breading, grilling and barbecuing.



Silverside

TARIC code: 0201300000



The silverside comes from the outside of the rear leg, and sits between the topside and the heel muscle, next to the thick flank and the round.

It is a rectangular cut, which is prepared by excluding the sinew that runs through the centre, leaving a lean cut of meat that is nearly fat free.

It is used primarily for breading and batter-frying, as well as for other preparations such as flamenquines (cheese-stuffed meat rolls). It is also used in braised dishes or sauces.



Silverside without tip

TARIC code: 0201300000



This cut excludes the tip from the silverside. The silverside comes from the outside of the rear leg, between the thick flank and the eye round, and the tip, which is the upper portion of the rump, is removed for sale separately.

It is a lean cut that is used for breading, batter-frying or braising.

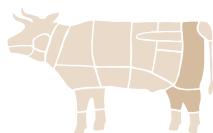


Knuckle

TARIC code: 0201300000

The thick flank is found on the hind leg, and extends from the shank to the rump on the inner side of the thigh muscle. It is a large, oval-shaped cut covered by a layer of sinew.

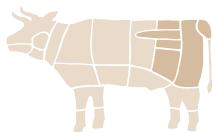
It is divided into two parts: the section closest to the rump, which is tender and juicy and ideal for steaks, and the portion that is closer to the shank, which is slightly tougher and is generally used for stews.



Eye round

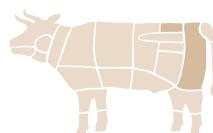
TARIC code: 0201300000

This cut is located in the inner side of the hind leg, near the silverside and the tip. It is a lean, cylindrical-shaped cut without sinew or gristle, and is used primarily in roasts. It can also be used for san jacobos (breaded and fried ham, veal and cheese), for preparing carpaccio, for shredding, or for mince.



Picanha / Rump cup

TARIC code: 0201300000

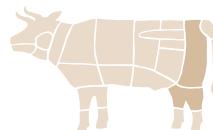


This cut comes from the top side of the rump. The meat is juicy and tender, and can be fileted, or sliced into steaks or beefsteaks for grilling. If prepared whole, it can be pulled, roasted, or diced and braised.



Beef heel muscle

TARIC code: 0201300000



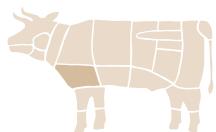
The heel muscle is located on the lower portion of the hind leg, at the distal end of the Achilles tendon. It is broader at one end, and has quite a bit of sinew, although this is not noticeable once the meat has been properly prepared.

It is lean and tender, and ideal for stews, roasts and braised dishes, although it can also be fileted for grilling.



Golden coin

TARIC code: 0201300000



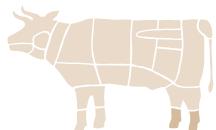
This cut is obtained from the hindquarter, and sits between the rump and the tip.

All sinew and aponeurosis is excluded from the cut, which is then ideal for pan-frying, or for dicing for stews.



Hind shank

TARIC code: 0201300000



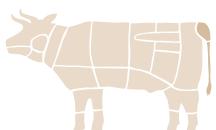
The hindshank is the bottom portion of the hind leg, just as the shin is the bottom portion of the front leg.

It is a lean and tender meat with collagen fibres. Similar to the hock, it is ideal for preparing beef broth, soups, stews and roasts.



Tail

TARIC code: 0201209000



The tail is prized for specific use in such dishes as oxtail stew and braised oxtail.

It is located on the left side of the carcass, and is comprised primarily of bone and gelatinous meat. It is generally cut into sections and the fat is removed.





BEEF OFFAL and BY-PRODUCTS

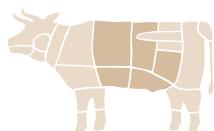


Abomasum

TARIC code: 206100000 / 0206210000

The abomasum, also known as the maw, rennet-bag or reed tripe, is the fourth and final stomach chamber in ruminants. It serves primarily in acid and enzymatic hydrolysis. It is preceded in the digestive process by the omasum, the reticulum and the rumen, and connected to the duodenum by the pyloric canal.

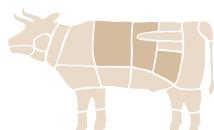
Once the tripe has been cut and bleached by rinsing, scraping and boiling, it is used in stews and hotpots.



Omasum

TARIC code: 206100000 / 0206210000

Also known as book, or bible tripe, this is the third of four stomach chambers in ruminants, located between the abomasum and the honeycomb stomach, or reticulum. It is generally covered by a layer of fat, which is removed before sale.

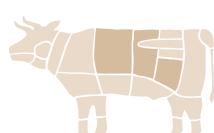


Rumen

TARIC code: 206100000 / 0206210000

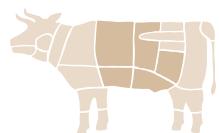
Also known as blanket tripe, the rumen is the first of four digestive chambers in ruminants. It is quite large, and it is the chamber where the cud is stored following rumination.

It is an essential ingredient in stews such as callos and stews.



Beef and yearling tripe, white and unbleached

TARIC code: 206100000 / 0206210000



Callos are an edible offal dish prepared with the carefully cleaned stomach of ruminants. They are generally sold pre-cleaned and boiled, in a process known as bleaching.

Tripe is used to prepare a variety of soups and stews, including callos, mondongo, menudo and guatita.



White yearling tripe



Unbleached yearling tripe



White beef tripe



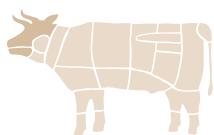
Unbleached beef tripe

Snout

TARIC code: 206100000 / 0206210000

The snout comes from the area around the mouth of the animal.

It is gelatinous in texture, and is often used in stews, braised dishes, and in the preparation of callos or capipota (a dish made with veal head and hocks) in Catalonia.

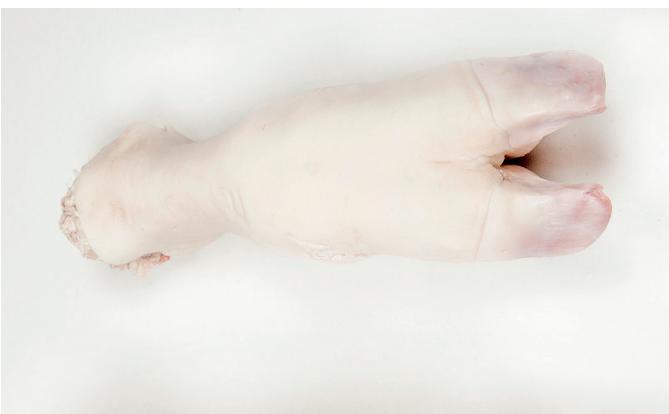
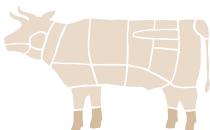


Cow's trotters

TARIC code: 206100000 / 0206210000

The trotters are the cow's feet, and they extend from the metacarpal joint of the front leg and the metatarsal joint of the hind leg, and include the phalanges in both cases. They are generously cleaned and rinsed with a solution of acetic acid.

They are prized in some countries for the preparation of certain dishes, including marinades, stews and braised dishes. The meat is very gelatinous, as it lies close to the bone.

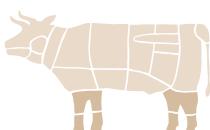


Beef tendon

TARIC code: 206100000 / 0206210000

The superficial and deep digital flexor tendons and the surrounding connective tissue of the animal's front and hind legs. They are generally sold with the muscle excluded.

They are used for preparing callos and stews, as well as in Asian soups due to their soft, tender and gelatinous texture once cooked.

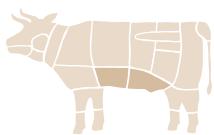


Rennet

TARIC code: 206100000 / 0206210000

The rennet is extracted from the inner mucosa of the fourth stomach chamber (abomasum).

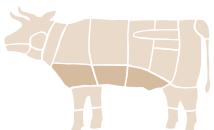
It is high in protease enzymes, which curdle the casein in milk, and it is used in the production of most cheeses.



Diaphragm

TARIC code: 206100000 / 0206210000

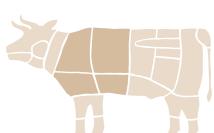
The diaphragm is comprised of layers of connective tissue and fascia, together with the pleura and the peritoneal membrane. It may contain small bits of muscle mass and fat.



Lung

TARIC code: 206100000 / 0206210000

After removing the lungs, the trachea is excluded and the organs are conscientiously cleaned. They are used in some countries for stews, or fileted and fried with spices.

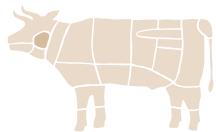


Cheek with papillae

TARIC code: 206100000 / 0206210000

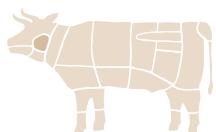
Beef cheeks are muscular and tender pieces of meat that are located in the animal's cheeks, on the upper maxilla, or jawbone. This particular cut includes the cheek membranes with the conical papillae.

It is a juicy piece of meat that must be slow cooked, and they are ideal for stews, broths, etc.



Cheek without papillae

TARIC code: 206100000 / 0206210000

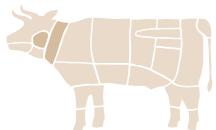


The papillae are excluded in this format, as well as any excess fat.



Neck sweetbreads / Thymus

TARIC code: 206100000 / 0206210000



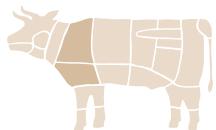
The thymus glands are located in the neck, on either side of the trachea. The surrounding fat and connective tissue that binds them to the trachea are excluded.

They weigh approximately 100 gr, and are prepared in the same way as heart sweetbreads.



Heart sweetbreads

TARIC code: 206100000 / 0206210000



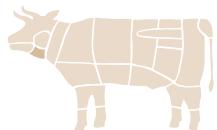
Heart sweetbreads are prepared from the part of the thymus found in the thoracic region. They weigh between 150-200 gr, and are pale in colour.

They are traditionally sautéed, breaded and fried, or grilled.



Larynx

TARIC code: 206100000 / 0206210000

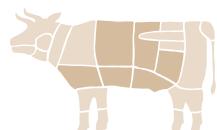


This is part of the neck sweetbreads, and is highly flavourful.



Liver

TARIC code: 206100000 / 0206210000



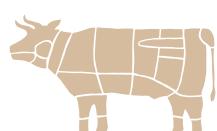
This organ is of considerable size and weight. It is dark brown in colour, with a gelatinous texture. It is high in fat, iron, and vitamins A and D.

The meat is tender and flavourful, and it can be pan-seared, pan-fried, grilled with onions, or used to prepare stews, pâtés, sauces, fillings, etc.



Bones

TARIC code: 206100000 / 0206210000



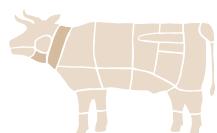
Obtained by excluding them during the preparation of retail cuts of meat. Once they have been cleaned of meat and fat, they can be ground to obtain bone meal and ossein (bone collagen).

They are also used in making gelatine, which is a colloidal protein used in desserts, ice cream and mayonnaise, and which can also be used as a clarifying agent in beer, wine and vinegar, or as a growth medium in laboratories.



Trachea

TARIC code: 206100000 / 0206210000



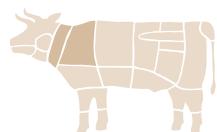
The trachea is separated from the lungs when the carcass is being dressed. It is sometimes sold together with the lungs, but is also sold separately.

It can be used in stews and fillings, but it is generally used for pet food.



Esophagus

TARIC code: 206100000 / 0206210000



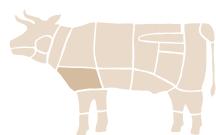
The esophagus connects the larynx to the stomach.

It is used as an ingredient in soups in some Asian countries, as well as for pet food.



Heart

TARIC code: 206100000 / 0206210000



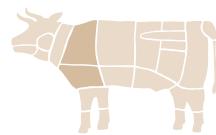
The heart is a dark red muscle. The arteries, veins and fat are excluded, and it is then sold whole or in filets.

It has a high nutritive value, and it can be stewed, breaded, roasted or fried.



Aorta

TARIC code: 206100000 / 0206210000



This is the main artery that carries blood away from the heart. It is long and thin, and pinkish in colour, with a firm yet flexible consistency.

It is used in some countries in soups and stews. It is also used as an ingredient in pet food.

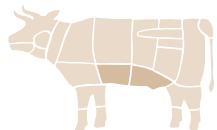


Small intestine

TARIC code: 206100000 / 0206210000

The small intestine starts at the duodenum, continues with the jejunum, and terminates at the distal small intestine. This connects to the caecum, a pouch connected to the junction of the small and large intestines. It is lined with villi, which absorb nutrients from food.

It is sold in Latin American countries under the name chinchulines, and is generally grilled or roasted.



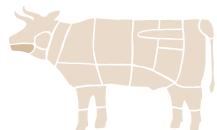
Tongue

TARIC code: 206100000 / 0206210000

Other parts of the head and the throat, such as the larynx and the hyoid bone, are excluded from the tongue. The membrane that extends from the epiglottis to the tongue is left on, but the salivary glands are excluded.

Tongue meat has a very characteristic texture.

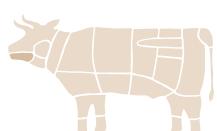
It is cleaned conscientiously, and is then slow-cooked in stews and hotpots.



Swiss cut tongue

TARIC code: 206100000 / 0206210000

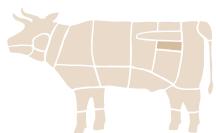
This is the same cut as the previous, from which the hyoid bone, salivary glands, tonsils, connective tissue and mylohyoid muscle are excluded.



Kidney

TARIC code: 206100000 / 0206210000

This soft entrail contains bits of cartilage, and is removed from the carcass during dressing. The meat is firm and juicy, and has a high nutritive value. It can be prepared in many different ways.



Penis

TARIC code: 206100000 / 0206210000

This organ is removed during dressing, and is cleaned and prepared for sale. It is a popular organ in some Asian countries. It is also used to make pet toys, dog chews, etc.

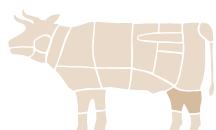


Bull testicles

TARIC code: 206100000 / 0206210000

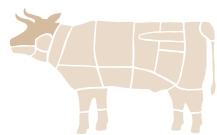
Also known as Rocky Mountain Oysters, the testicles are separated from the epididymis, and the capsule of tissue that encloses them is excluded. They are generally white in colour, with a smooth, fatty and flavourful meat.

They are generally fried or breaded.



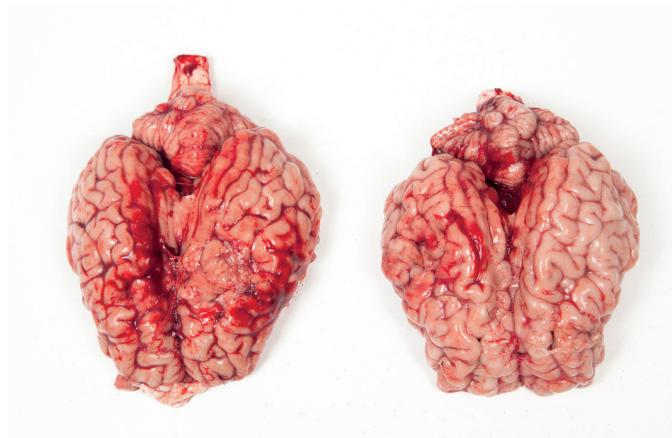
Brains

TARIC code: 206100000 / 0206210000



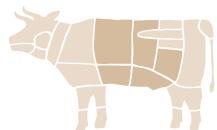
Beef or calf's brains are high in cholesterol, but are also an excellent source of minerals, and of phosphorous in particular.

They must be cleaned conscientiously at the slaughterhouse, and can then be batter-fried, fried, sautéed, etc



Spleen

TARIC code: 206100000 / 0206210000



The spleen is located below the ribs, in the left intestinal cavity. The splenic artery and others are excluded before sale. It is long and thin, and reddish-purple in colour. It has a high nutritive value and is a source of vitamins.





#alimentosdespaña

Guide to meats in Spain

www.interporc.com

www.provacuno.es

www.interovic.es

www.mapa.gob.es