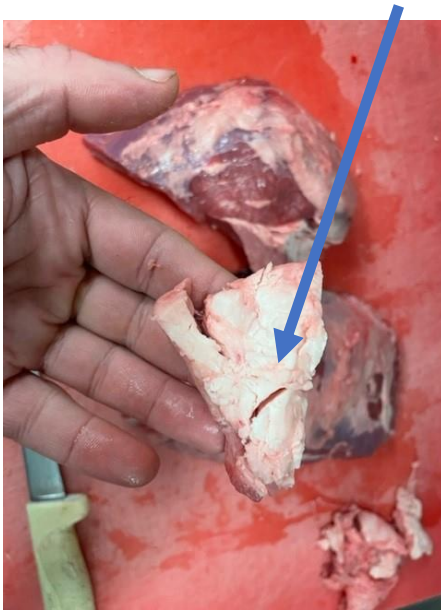


When trimming Beef, there are two types of fat present on the beef. There are pockets of **thick and crumbly white fat** and **thin layers of brown fat**.



When trimming the beef, only remove the thick, crumbly white fat as shown in the image to the left. This will easily pull off with your fingers most of the time. There may sometimes be a large pocket of this, which is fine to remove with a knife as well.

Do not remove the thin brown fat. It will look like a thin layer surrounding the outside of the beef. This fat layer will crisp and render on the rotisserie and is the source of the "umami" flavor associated with roasted meats. It also prevents moisture loss because when it renders, it coats the outside of the meat and prevents water from seeping out. Fat on beef is not necessarily a bad thing. Prime grade meat is considered better because it has a higher level of marbling. Select grade beef is often cheaper, and not so great, because of the lack of fat.

The picture here shows the finished product. An average trimming should yield approximately 95% of the starting weight of the beef. In the image below, the starting weight of the beef was 60 wz, and the fat trimmed from the beef was only 3 wz.

