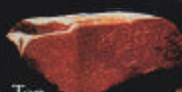
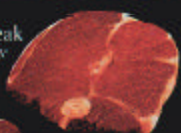


Beef

• RETAIL CUTS •
WHERE THEY COME FROM
HOW TO COOK THEM



Round Steak
Braise, Panfry



Top Round Roast
Roast



Top Round Steak
Broil, Panbroil, Panfry



Boneless Rump Roast
Roast, Braise



Bottom Round Roast
Braise, Roast



Tip Roast, Cap Off
Roast, Braise



Eye Round Roast
Braise, Roast



Tip Steak
Broil, Panbroil, Panfry

ROUND



Sirloin Steak, Flat Bone
Broil, Panbroil, Panfry



Sirloin Steak, Round Bone
Broil, Panbroil, Panfry



Top Sirloin Steak
Broil, Panbroil, Panfry

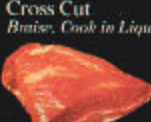
SIRLOIN



Shank Cross Cut
Braise, Cook in Liquid



Brisket, Whole
Braise, Cook in Liquid



Corned Brisket, Point Half
Braise, Cook in Liquid



Brisket, Flat Half
Braise

FORE SHANK & BRISKET



Chuck Eye Roast
Braise, Roast



Arm Pot Roast
Braise



Cross Rib Pot Roast
Braise



Blade Roast
Braise



7-Bone Pot Roast
Braise



Flanken-Style Ribs
Braise, Cook in Liquid

CHUCK



Boneless Top Blade Steak
Braise, Panfry



Boneless Shoulder Pot Roast
Braise



Mock Tender
Braise



Under Blade Pot Roast
Braise, Roast



Short Ribs
Braise, Cook in Liquid



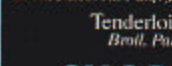
T-Bone Steak
Broil, Panbroil, Panfry



Boneless Top Loin Steak
Broil, Panbroil, Panfry



Porterhouse Steak
Broil, Panbroil, Panfry



Tenderloin Steak
Broil, Panbroil, Panfry

SHORT LOIN



Rib Roast, Large End
Roast



Rib Roast, Small End
Roast



Rib Eye Roast
Roast



Back Ribs
Braise, Cook in Liquid, Roast

RIB

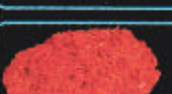


Flank Steak
Broil, Braise, Panfry



Skirt Steak
Braise, Broil, Panbroil, Panfry

FLANK & SHORT PLATE



Ground Beef
Broil, Panfry, Panbroil, Roast (Beef)



Beef for Stew
Braise, Cook in Liquid

OTHER CUTS



Cubed Steak
Panfry, Braise



Cubes for Kabobs
Broil, Braise