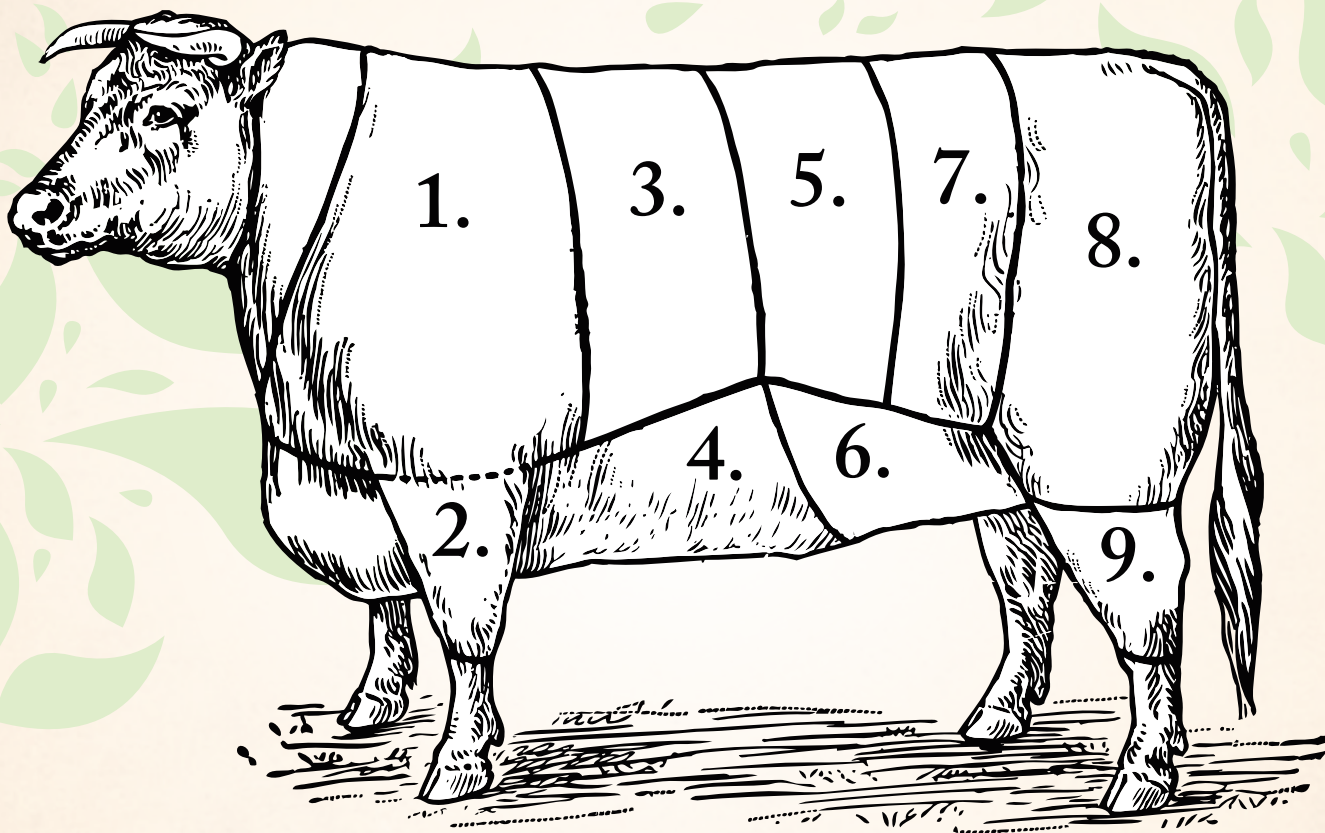








BEEF






1. CHUCK:    
chuck steak & roast, chuck eye, arm
roast, short ribs, top blade steak,
mock tender steak

2. FORESHANK:  
cross-cut shank, corned beef, brisket





3. RIB:  
rib eye roast & steak, back ribs



4. PLATE:  
skirt steak

5. SHORT LOIN:  
T-bone, porterhouse, tenderloin
steaks

6. FLANK:  
flank steak

7. SIRLOIN:  
tri-tip steak, sirloin steak

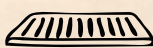
8. ROUND:    
rump roast, top round steak, bottom
round steak & roast, eye round
steak, sirloin tip steak.

9. SHANK:  
cross-cut shank

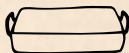
COOKING METHODS



BRAISE



BROIL



ROAST



GRILL