

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



ROUND

Sirloin Steak, Flat Bone
Broil, Panbroil, Panfry



Sirloin Steak, Round Bone
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

Beef

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



Chuck Eye Roast
Braise, Roast



Boneless Top Blade Steak
Braise, Panfry



Arm Pot Roast
Braise



Boneless Shoulder Pot Roast
Braise



Cross Rib Pot Roast
Braise



Mock Tender
Braise



Blade Roast
Braise



Under Blade Pot Roast
Braise, Roast



7-Bone Pot Roast
Braise



Short Ribs
Braise, Cook in Liquid



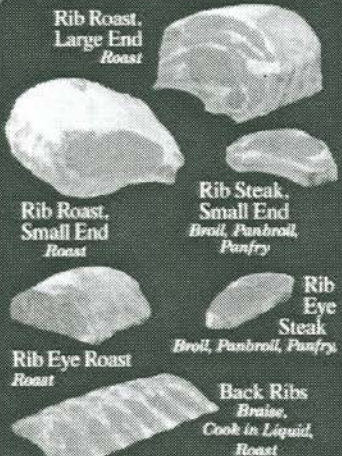
Flanken-Style Ribs
Braise, Cook in Liquid



CHUCK



SHORT LOIN



RIB



FLANK & SHORT PLATE



OTHER CUTS

THIS CHART APPROVED BY
NATIONAL LIVE STOCK & MEAT BOARD

