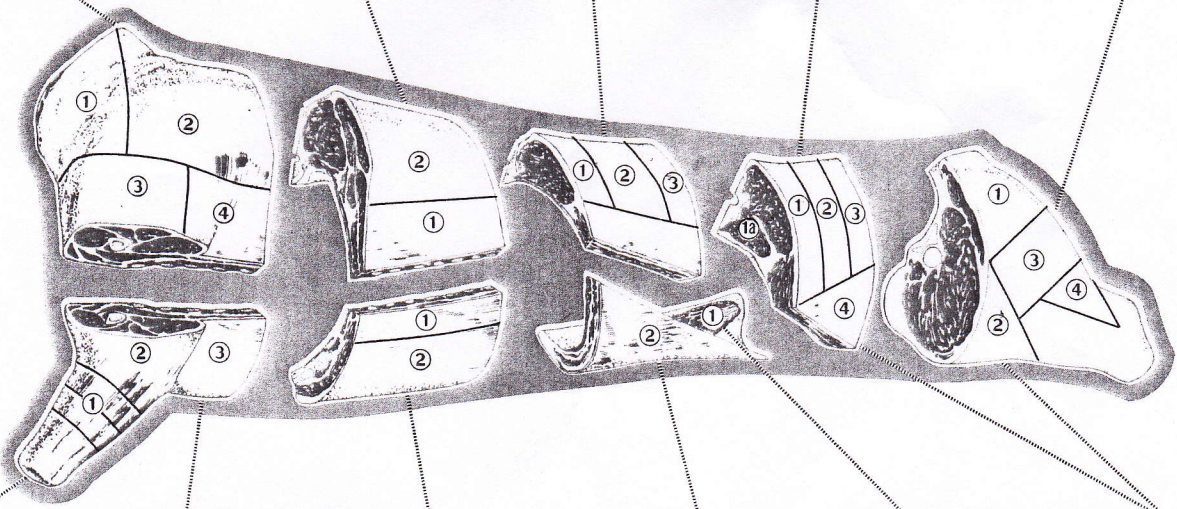


BEEF CHART

RETAIL CUTS OF BEEF — WHERE THEY COME FROM AND HOW TO COOK THEM

<p>② Boneless Chuck Eye Roast** ③④ Chuck Short Ribs Blade ② Roast or Steak Arm ③ Pot-Roast or Steak ③ Boneless Shoulder Pot-Roast or Steak ④ Cross Rib Pot-Roast ① Beef for Stew ① Ground Beef**</p>	<p>② Rib Roast Rib Steak ② Rib Steak, Boneless ② Rib Eye (Delmonico) Roast or Steak ②</p>	<p>①②③ Top Loin Steak ② T-Bone Steak ③ Porterhouse Steak ①②③ Boneless Top Loin Steak ②③ Tenderloin (Filet Mignon) Steak or Roast (also from Sirloin 1a)</p>	<p>① Pin Bone Sirloin Steak ② Flat Bone Sirloin Steak ③ Wedge Bone Sirloin Steak ①②③ Boneless Sirloin Steak</p>	<p>③ Round Steak ④ Heel of Round ③ Top Round Steak* ① Boneless Rump Roast (Rolled)* ③ Bottom Round Roast or Steak* ③ Cubed Steak** ③ Eye of Round* ③ Ground Beef**</p>
<p>CHUCK Braise, Cook in Liquid</p>	<p>RIB Roast, Broil, Panbroil, Pantry</p>	<p>SHORT LOIN Roast, Broil, Panbroil, Pantry</p>	<p>SIRLOIN Broil, Panbroil, Pantry</p>	<p>ROUND Braise, Cook in Liquid</p>



<p>FORE SHANK Braise, Cook in Liquid</p> <p>① Shank Cross Cuts ② Beef for Stew (also from other cuts)</p>	<p>BRISKET Braise, Cook in Liquid</p> <p>③ Fresh Brisket ③ Corned Brisket</p>	<p>SHORT PLATE Braise, Cook in Liquid</p> <p>① Short Ribs ①② Skirt Steak Rolls* ①② Beef for Stew (also from other cuts) ① Ground Beef**</p>	<p>FLANK Braise, Cook in Liquid</p> <p>Ground Beef** ① Flank Steak* Beef Patties** ① Flank Steak Rolls*</p>	<p>TIP Braise</p> <p>④② Tip Steak* ④② Tip Roast* ④② Tip Kabobs*</p>
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*May be Roasted, Broiled, Panbroiled or Panfried from high quality beef.
**May be Roasted, (Baked), Broiled, Panbroiled or Panfried.

This chart approved by
National Live Stock and Meat Board