

BEEF CHART

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

CHUCK
Braise, Cook in Liquid

RIB
Roast, Broil, Panbroil, Pan fry

SHORT LOIN
Roast, Broil, Panbroil, Pan fry

SIRLOIN
Broil, Panbroil, Pan fry

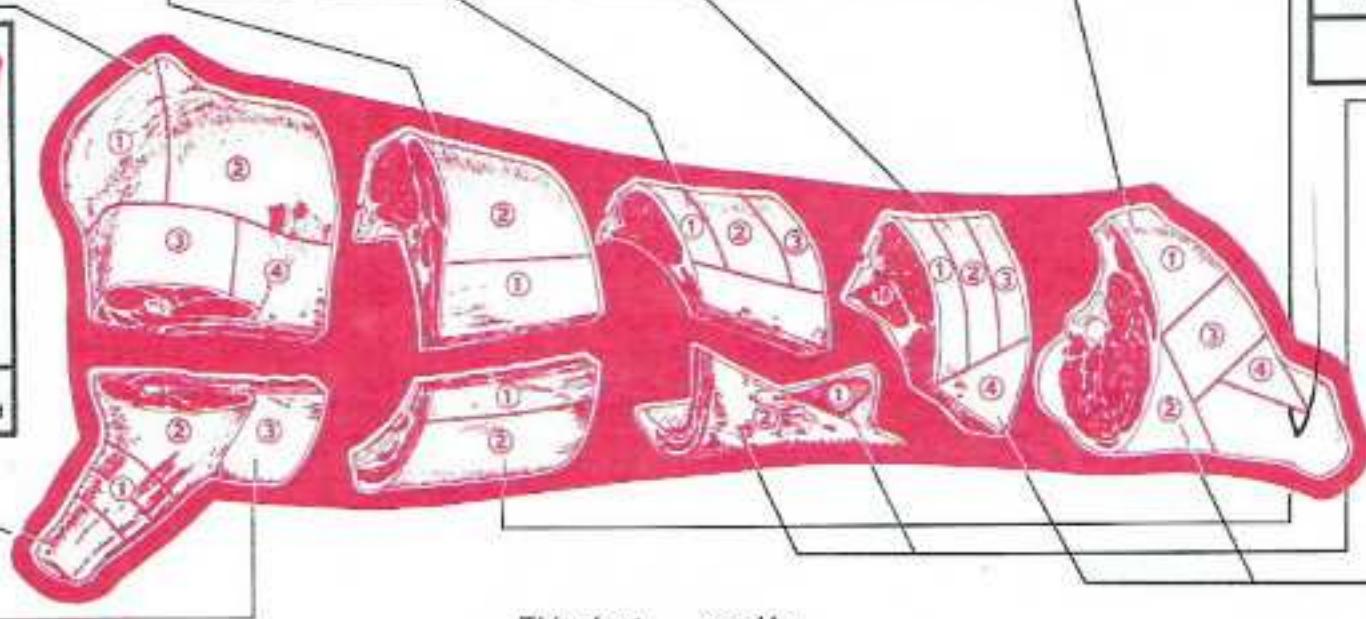
ROUND
Braise, Cook in Liquid

SHORT PLATE
Braise, Cook in Liquid

FLANK
Braise, Cook in Liquid

FORE SHANK
Braise, Cook in Liquid

BRISKET
Braise, Cook in Liquid



TIP
Braise

This chart is provided by
National Live Stock and Meat Board

*May be Roasted, Broiled, Panbroiled or Panfried from high quality beef.
**May be Roasted, (Baked), Broiled, Panbroiled or Panfried.