




























CUT	Grilling	Frying	Braising	Roasting	Stewing
Blade <i>Often sold as braising steak</i>					
Brisket <i>Often sold boned & rolled - sometimes salted</i>					
Butts <i>Beef tenderloin cuts</i>					
Chuck <i>Often sold as braising steak</i>					
Filet <i>Prime cut - little fat and very tender</i>					
Flank Thin <i>Often used for minced or ground meat - top rump</i>					
Fore Rib <i>Traditionally sold on the bone - higher fat content</i>					
Hanging Beef <i>Often called 'Butcher's Steak'</i>					
Leg <i>Tougher cut - sold as stewing steak</i>					
Loins <i>T-Bone, Porterhouse and Strip Loin steak</i>					
Neck <i>Tougher cut - sold as stewing steak or ground/minced</i>					
CUT	Grilling	Frying	Braising	Roasting	
Rounds <i>Eye of round roast</i>					Stewing
Rump <i>Prime cut - not quite as tender as filet/sirloin</i>					
Shank <i>Tougher cut - sold as ground/minced</i>					
Shin <i>Tougher cut - sold as stewing steak or ground/minced</i>					
Silverside <i>Traditionally salted & sold as boiling joint - lean meat</i>					
Sirloin <i>Often sold boned and rolled</i>					
Sirloin Steak <i>Comes from sirloin area but cut into steaks</i>					
Thick Rib <i>Often sold as a braising steak</i>					
Thin Rib <i>Tougher cut - sold as ground/minced</i>					
Top Side <i>Lean - comes with layer of fat tied on top for basting</i>					



= Recommended Preparation Method