

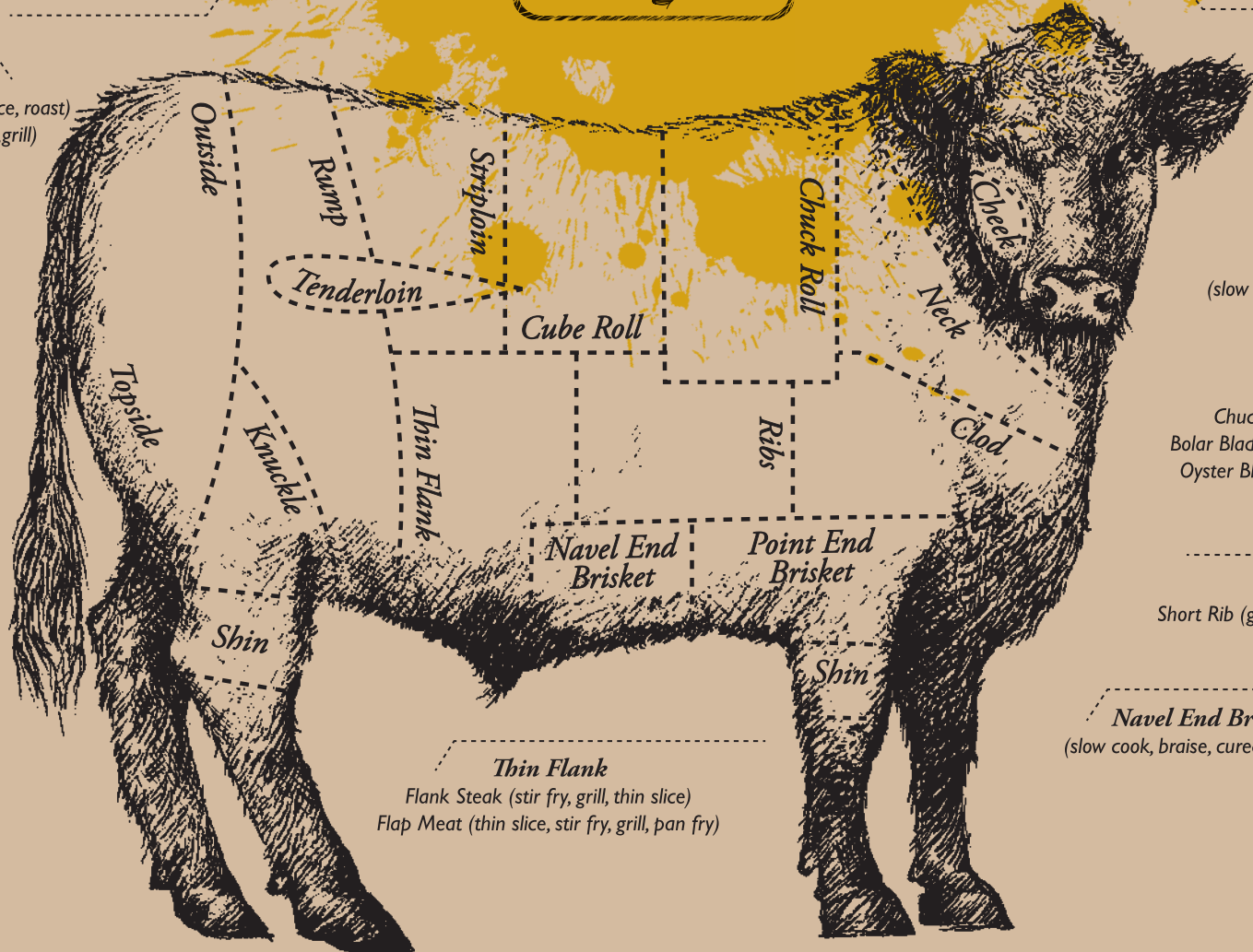


Striploin
(grill, pan fry, roast)

Cube Roll
(grill, roast)

Cheek
(braise)

Outside / Topside
Eye Round (braise, grill, corn, thin slice, roast)
Outside Flat (braise, corn, roast, grill)
Topside (roast, thin slice)



Neck
(braise)

Chuck Roll
(slow cook, braise, thin slice, stir fry, grill)

Rump
(grill, stir fry, pan fry, roast, braise, thin slice)

Clod
Chuck Tender (braise, grill, pan fry, roast)
Bolar Blade (grill, roast, slow cook, stir fry, thin slice)
Oyster Blade (grill, roast, braise, stir fry, thin slice)

Tenderloin
(grill, pan fry)

Ribs
Short Rib (grill, pan fry, roast)

Knuckle
(roast, thin slice, slow cook, stir fry)

Navel End Brisket
(slow cook, braise, cured, thin slice)

Shin
(braise)

Thin Flank
Flank Steak (stir fry, grill, thin slice)
Flap Meat (thin slice, stir fry, grill, pan fry)

Point End Brisket
(slow cook, thin slice, braise)

Marble score 3+ pure black angus

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