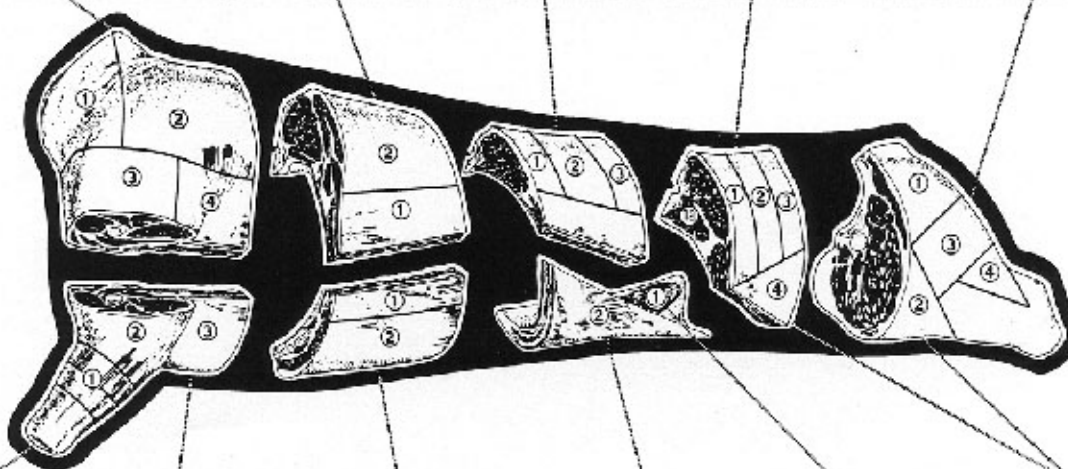


# RETAIL CUTS OF BEEF

WHERE THEY COME FROM AND HOW TO COOK THEM

<p><b>CHUCK</b> Braise, Cook in Liquid</p>	<p><b>RIB</b> Roast, Broil, Panbroil, Pan fry</p>	<p><b>SHORT LOIN</b> Roast, Broil, Panbroil, Pan fry</p>	<p><b>SIRLOIN</b> Broil, Panbroil, Pan fry</p>	<p><b>ROUND</b> Braise, Cook in Liquid</p>
--	---	--	--	--



<p><b>FORE SHANK</b> Braise, Cook in Liquid</p>	<p><b>BRISKET</b> Braise, Cook in Liquid</p>	<p><b>SHORT PLATE</b> Braise, Cook in Liquid</p>	<p><b>FLANK</b> Braise, Cook in Liquid</p>	<p><b>TIP</b> Braise</p>
---	--	--	--	------------------------------

\*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**

© National Live Stock and Meat Board

Oklahoma Cattlemen's Assn., Inc.  
Oklahoma CowBelles, Inc.  
Oklahoma Beef Industry Council