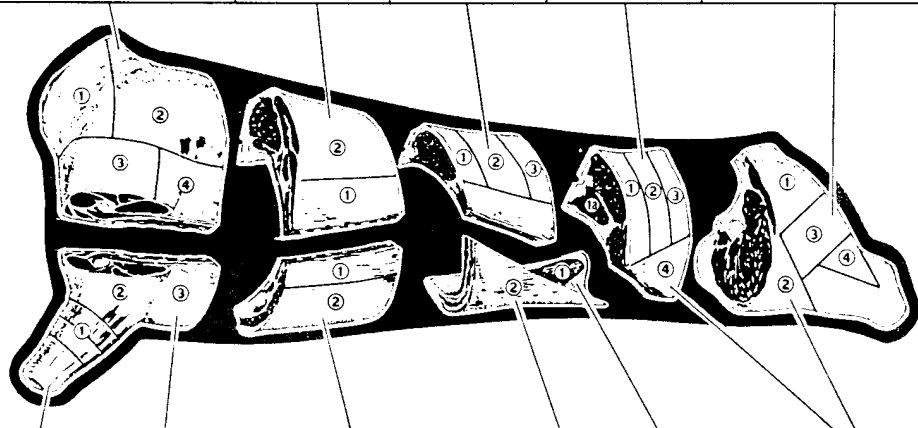


# BEEF CHART

RETAIL CUTS OF BEEF —

WHERE THEY COME FROM AND HOW TO COOK THEM

<p>2 Boneless Chuck Eye Roast* 3, 4 Chuck Short Ribs</p> <p>2 Blade Roast or Steak 3 Pot Roast or Steak</p> <p>3 Boneless Shoulder Pot Roast or Steak 4 Cross Rib Pot Roast</p> <p>1 Beef for Stew 1 Ground Beef**</p> <p><b>CHUCK</b> Braise Cook in Liquid</p>	<p>2 Rib Roast 2 Rib Steak</p> <p>2 Rib Steak, Boneless 3 Porterhouse Steak</p> <p>1, 2, 3 Boneless Top Loin Steak 2, 3 Tenderloin (Filet Mignon) Steak or Roast (also from Sirloin 1a)</p> <p>2 Rib Eye (Delmonico) Roast or Steak</p> <p><b>RIB</b> Roast Broil Panbroil Pantry</p>	<p>1, 2, 3 Top Loin Steak 2 T-Bone Steak</p> <p>3 Porterhouse Steak 1, 2, 3 Boneless Top Loin Steak</p> <p>2, 3 Tenderloin (Filet Mignon) Steak or Roast (also from Sirloin 1a)</p> <p><b>SHORT LOIN</b> Roast Broil Panbroil Pantry</p>	<p>1 Pin Bone Sirloin Steak 2 Flat Bone Sirloin Steak</p> <p>3 Wedge Bone Sirloin Steak 1, 2, 3 Boneless Sirloin Steak</p> <p><b>SIRLOIN</b> Roast Broil Panbroil Pantry</p>	<p>3 Round Steak 4 Heel of Round</p> <p>3 Top Round Steak* 1 Rolled Rump*</p> <p>3 Bottom Round Roast or Steak* 3 Cubed Steak*</p> <p>3 Eye of Round* 1 Ground Beef**</p> <p><b>ROUND</b> Braise Cook in Liquid</p>
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<p>1 Shank Cross Cuts</p> <p>2 Beef for Stew (also from other cuts)</p> <p><b>FORE SHANK</b> Braise Cook in Liquid</p>	<p>3 Fresh Brisket</p> <p>3 Corned Brisket</p> <p><b>BRISKET</b> Braise Cook in Liquid</p>	<p>1 Short Ribs 1, 2 Skirt Steak Rolls*</p> <p>1, 2 Beef for Stew (also from other cuts) 1 Ground Beef**</p> <p><b>SHORT PLATE</b> Braise Cook in Liquid</p>	<p>1 Ground Beef** 1 Flank Steak*</p> <p>1 Beef Patties 1 Flank Steak Rolls*</p> <p><b>FLANK</b> Braise Cook in Liquid</p>	<p>4, 2 Tip Steak* 4, 2 Tip Roast*</p> <p>4, 2 Tip Kabobs*</p> <p><b>TIP</b> Braise</p>
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## CONSIDERATIONS IN PLACING YOUR ORDER

Think about how your family likes to eat beef and what you like to cook.

### Standard Wrap

- 1½ lb hamburger packages.
- 85% leanness of hamburger  
85% is good; any leaner and we find ourselves adding oil to the frying pan.
- 3-4 lb roasts.
- Thickness of steaks:  
¾ inch for T-bone, Sirloin & Rib  
⅝ inch for Round, Chuck & Flank
- 2 steaks per package

### Do you want:

- Flank steaks?
- Beef ribs?
- Brisket?
- Stew meat?
- Oxtail?
- Organ meats (heart, liver etc.)?

Except for the organ meats, these cuts can be otherwise ground into hamburger.

### Do you want more steaks and fewer roasts or vice versa?

### If you like making jerky, ask to have some meat sliced thin and packaged for jerky.

### If you like making soups, ask for soup bone and soup meat packages.

### Do you want any of the tougher cuts of steak that come from the round or flank to go through the tenderizer? These steaks are sometimes called cube steaks, minute steaks or country-fried steaks.

