

# BEEF CHART

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

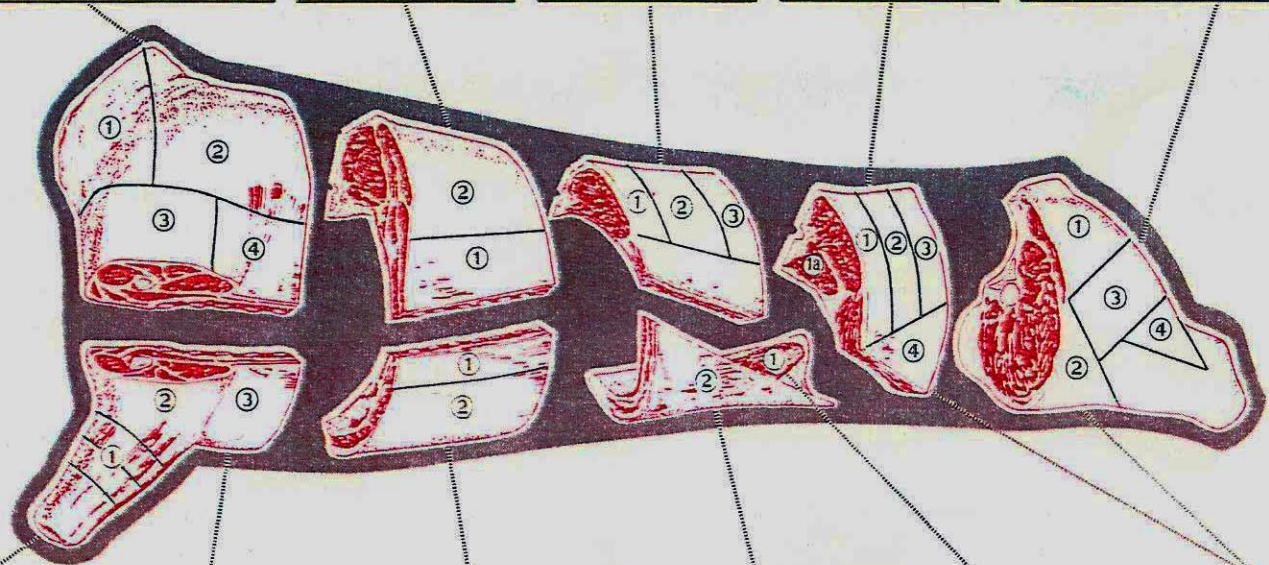
**CHUCK**  
Braise. Cook in Liquid

**RIB**  
Roast, Broil, Panbroil, Panfry

**SHORT LOIN**  
Roast, Broil, Panbroil, Panfry

**SIRLOIN**  
Broil, Panbroil, Panfry

**ROUND**  
Braise. Cook in Liquid



**FORE SHANK**  
Braise. Cook in Liquid

**BRISKET**  
Braise. Cook in Liquid

**SHORT PLATE**  
Braise. Cook in Liquid

**FLANK**  
Braise. Cook in Liquid

**TIP**  
Braise

\*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**