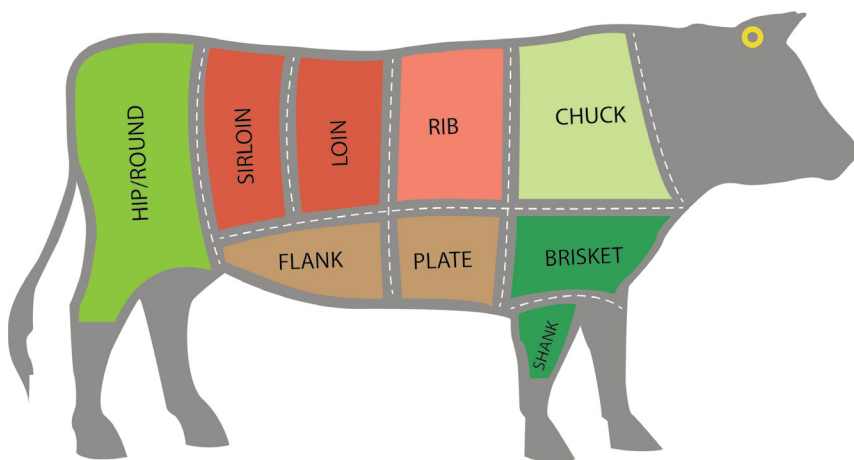


# All for the Beef Market Cards

## Sourcebook

Career and Technology  
Studies FOD2100  
Basic Meat Cookery



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Every effort has been made to acknowledge sources used in the **All for the Beef: Basic Meat Cookery** program resources. In the event of questions arising as to the use of any material, we will be pleased to make the necessary corrections in future versions. Please contact Patricia Shields-Ramsay at InPraxis Learning at 780.421.7163.



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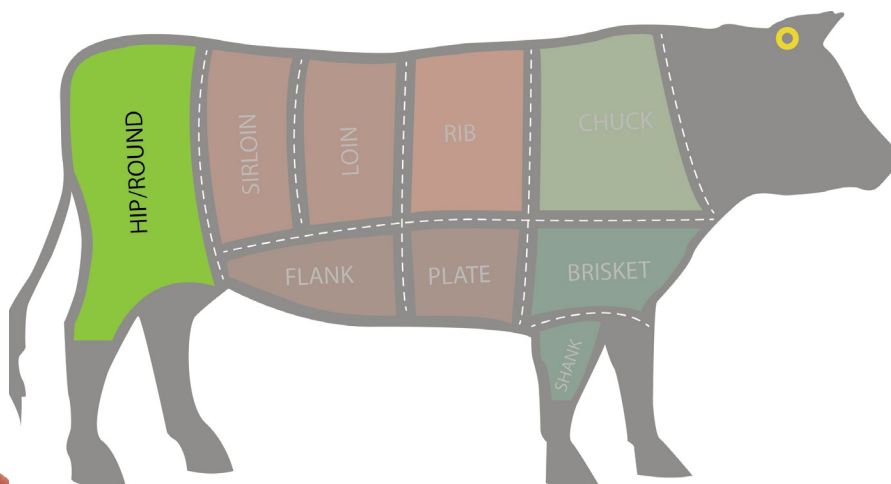


## All for the Beef

### Inside Round Oven Roast



## Hip/Round Common Cuts



### How to cook it

Best oven roasted at low temperatures (275°F/ 135°C) to at least medium rare (145°F/ 63°C). **Identify examples of cooking approaches you find in different recipes for this cut.**

### What it is

Taken from the lean round, inside round is more flavourful than eye of round and more tender than outside round.

**List recipes you find that can use this cut.**

### How to tenderize it

Carve across the grain into thin slices to optimize tenderness. **Describe the tenderizing methods you find in different recipes for this cut.**

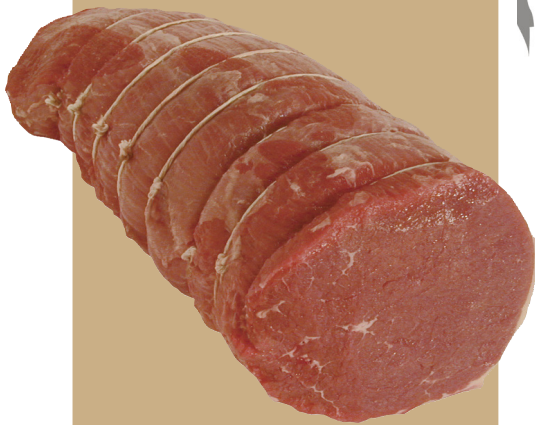
### How to serve it

**Describe how you could use and serve this cut in different meals.**

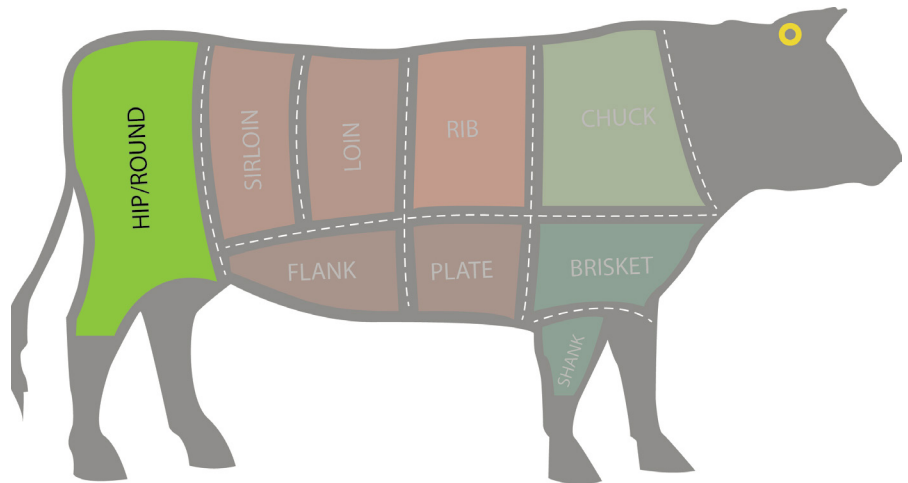


## All for the Beef

### Eye of Round Roast



## Hip/Round Common Cuts



### How to cook it

To maximize tenderness, cook to medium doneness at most. Let cooked roast rest for 15 minutes. **Identify examples of cooking approaches you find in different recipes for this cut.**

### What it is

One of the leanest beef cuts with the mildest flavour, the eye of round roast is generally sold at a moderate price.

**List recipes you find that can use this cut.**

### How to tenderize it

Carve across the grain into thin slices to optimize tenderness. **Describe the tenderizing methods you find in different recipes for this cut.**

### How to serve it

**Describe how you could use and serve this cut in different meals.**



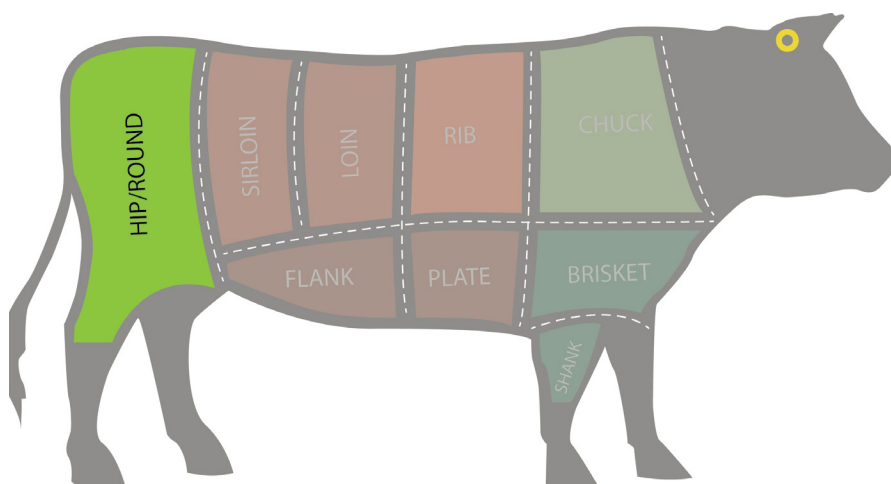


## All for the Beef

### Sirloin Tip Marinating Steak



## Hip/Round Common Cuts



### How to cook it

Best grilled to medium doneness. **Identify examples of cooking approaches you find in different recipes for this cut.**

### What it is

Generally sold at an intermediate price, sirloin tip is moderately tender with good beefy flavour.

**List recipes you find that can use this cut.**

### How to tenderize it

To maximize tenderness, pierce all over and marinate for 4 to 12 hours. **Describe the tenderizing methods you find in different recipes for this cut.**

### How to serve it

**Describe how you could use and serve this cut in different meals.**

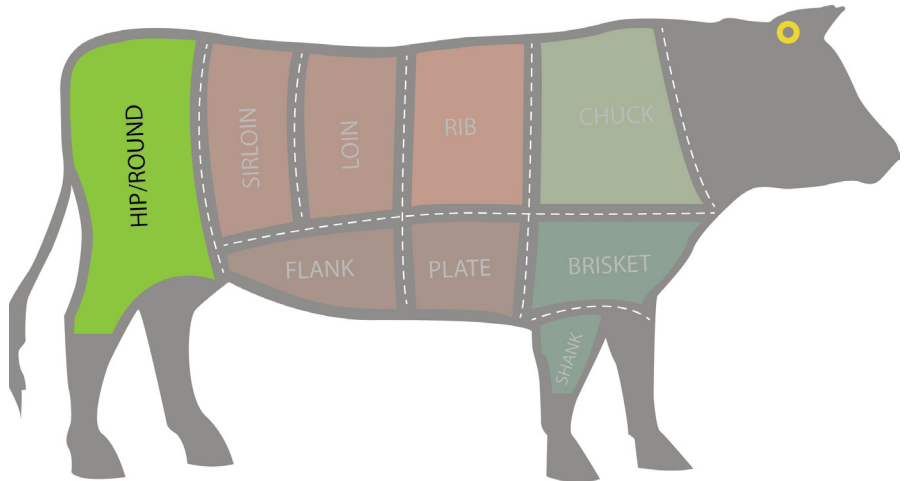


## All for the Beef

### Eye of Round Marinating Steak



## Hip/Round Common Cuts



### How to cook it

Best grilled to medium doneness. Identify examples of cooking approaches you find in different recipes for this cut.

### What it is

Generally sold at an intermediate price, eye of round is moderately tender and lean with mild beefy flavour.

List recipes you find that can use this cut.

### How to tenderize it

To maximize tenderness, pierce all over and marinate 4 to 12 hours. Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.

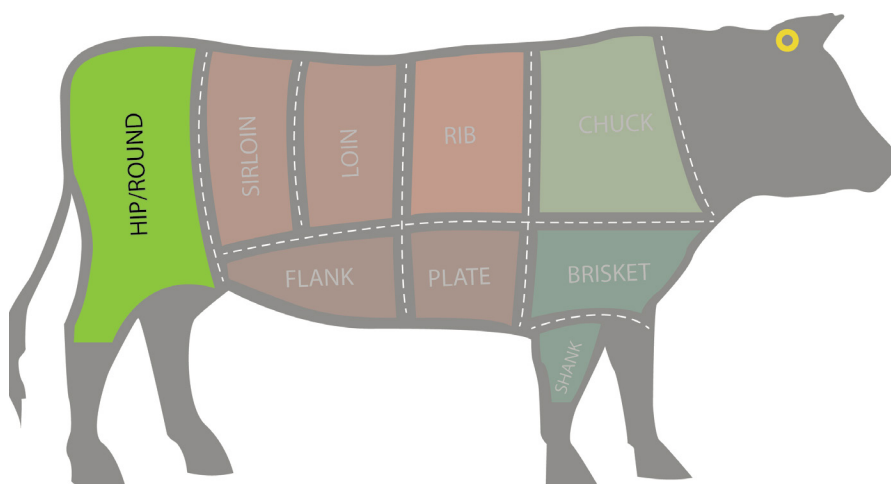


## All for the Beef

### Outside Round Oven Roast



## Hip/Round Common Cuts



### How to cook it

Best oven roasted at low temperatures (275°F) to at least medium-rare 145°F (63°C). Identify examples of cooking approaches you find in different recipes for this cut.

### What it is

Taken from the lean round, outside round is more flavourful than eye of round and less tender than inside round.

List recipes you find that can use this cut.

### How to tenderize it

Carve across the grain into thin slices to optimize tenderness. Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.

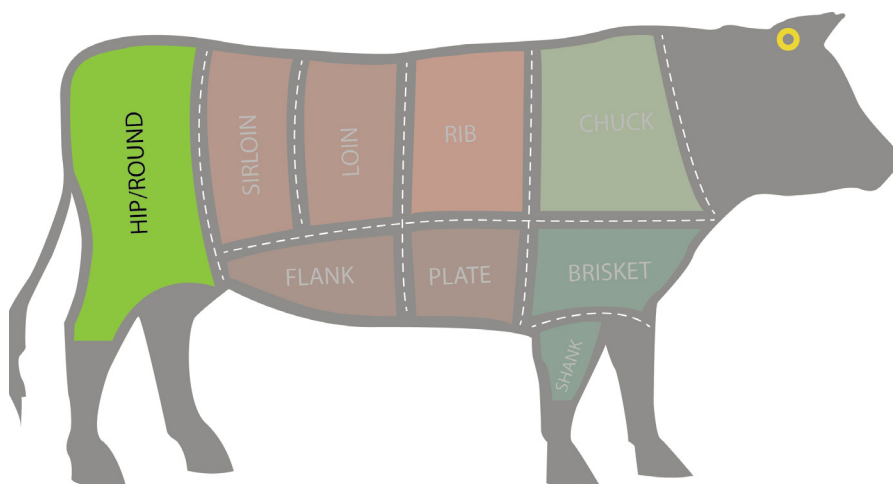


# All for the Beef

## Outside Round Marinating Steak



## Hip/Round Common Cuts



### How to cook it

Grill to at least medium-rare 145°F (63°C). Identify examples of cooking approaches you find in different recipes for this cut.

### What it is

Generally sold at an intermediate price, outside round is moderately tender with good beefy flavour.

List recipes you find that can use this cut.

### How to tenderize it

To maximize tenderness, pierce all over and marinate for 4 to 12 hours. Describe the tenderizing methods you find in different recipes for this cut.

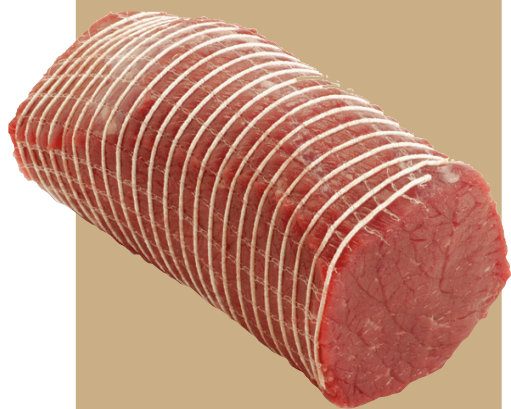
### How to serve it

Describe how you could use and serve this cut in different meals.

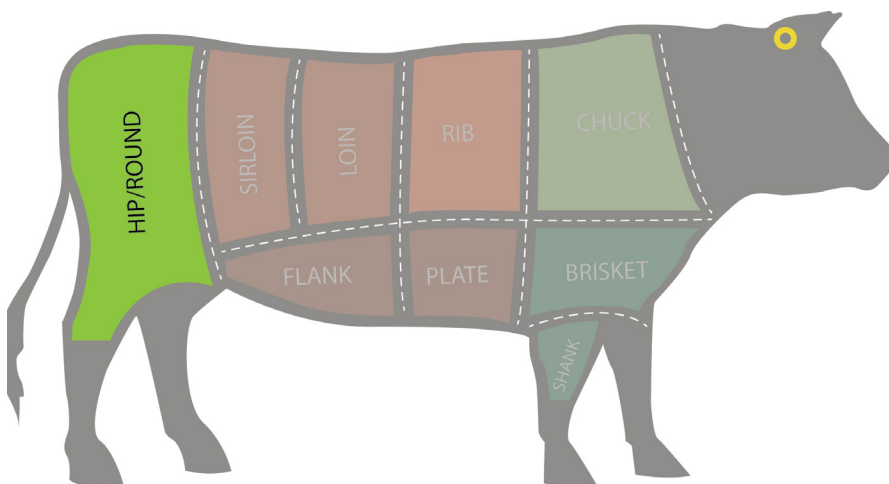


## All for the Beef

### Eye of Round Quick Roast



## Hip/Round Alternate Cuts



### How to cook it

Oven roast this cut in less than an hour. **Identify examples of cooking approaches you find in different recipes for this cut.**

### What it is

An alternative to eye of round oven roast, the quick roast is cut to be about 500g, and shaped like a tenderloin.

**List recipes you find that can use this cut.**

### How to tenderize it

Taken from the lean round, carve across the grain into thin slices to optimize tenderness. **Describe the tenderizing methods you find in different recipes for this cut.**

### How to serve it

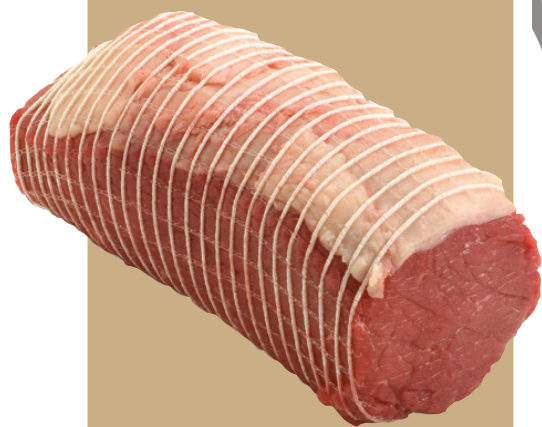
**Describe how you could use and serve this cut in different meals.**



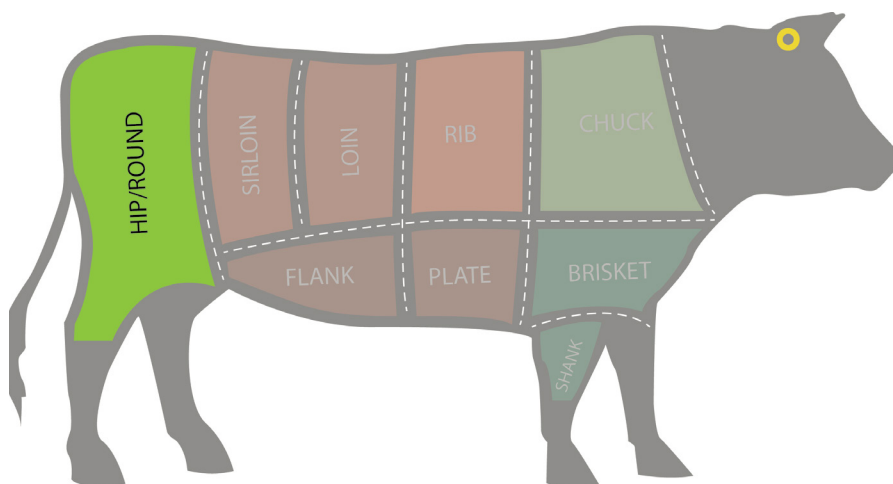


## All for the Beef

### Inside Round Quick Roast



## Hip/Round Alternative Cuts



### How to cook it

This lean cut can be oven roasted in less than an hour. More flavourful than eye of round and more tender than outside round. Best oven roasted at 275°F to at least medium-rare 145°F (63°C). **Identify examples of cooking approaches you find in different recipes for this cut.**

### What it is

An inside round quick roast is an inside round oven roast that has been cut to be about 500g and shaped much like a tenderloin.

**List recipes you find that can use this cut.**

### How to tenderize it

Carve across the grain into thin slices to optimize tenderness. **Describe the tenderizing methods you find in different recipes for this cut.**

### How to serve it

**Describe how you could use and serve this cut in different meals.**

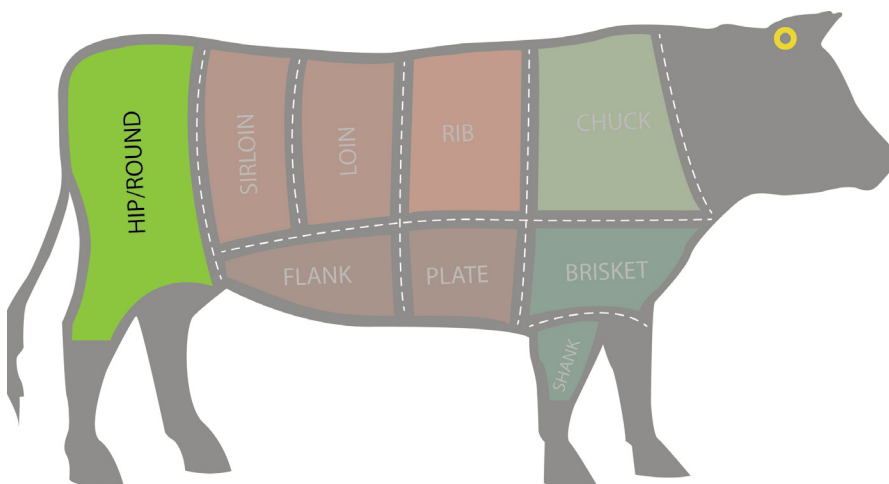


## All for the Beef

### Round Marinating Steak



## Hip/Round Alternate Cuts



### How to cook it

Grill to at least medium-rare 145°F (63°C). Identify examples of cooking approaches you find in different recipes for this cut.

### What it is

Generally sold at an intermediate price, round steak is moderately tender and lean, with mild beefy flavour.

List recipes you find that can use this cut.

### How to tenderize it

To maximize tenderness, pierce all over and marinate 4 to 12 hours. Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.



## All for the Beef

### Sirloin Tip Oven Roast

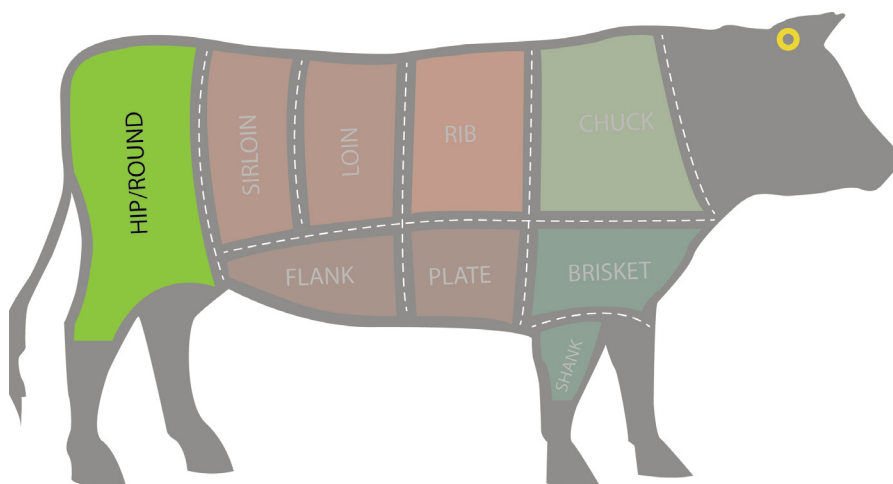


#### What it is

Sirloin tip is a moderately tender oven roast with good beefy flavour, sold at an intermediate price.

List recipes you find that can use this cut.

## Hip/Round Alternative Cuts



#### How to cook it

To maximize tenderness, cook to medium-rare 145°F (63°C). Let cooked roast rest for at least 15 minutes. **Identify examples of cooking approaches you find in different recipes for this cut.**

#### How to tenderize it

Carve across the grain into thin slices to optimize tenderness. **Describe the tenderizing methods you find in different recipes for this cut.**

#### How to serve it

**Describe how you could use and serve this cut in different meals.**

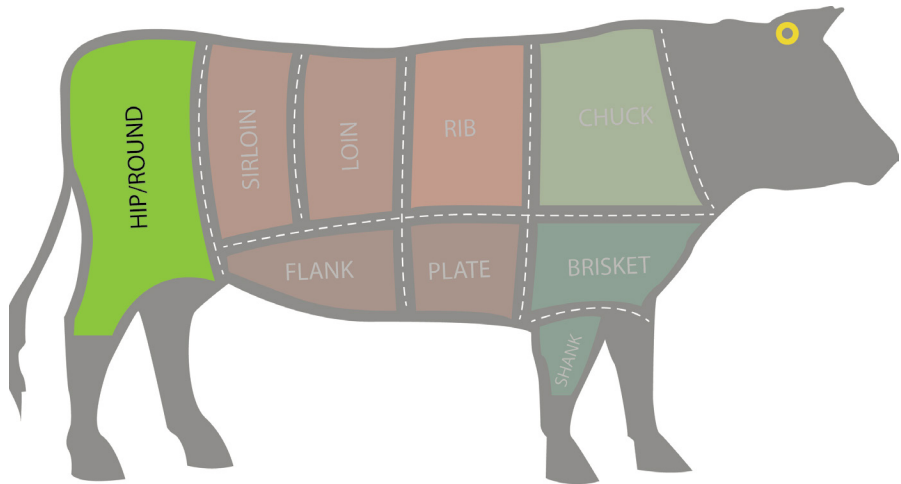


# All for the Beef

## Sirloin Tip Rotisserie Roast



## Hip/Round Alternate Cuts



### How to cook it

Barbeque roast this cut on a rotisserie. Identify examples of cooking approaches you find in different recipes for this cut.

### What it is

A rotisserie roast is an oven roast that is cut and tied to have an even shape so that it roasts easily and cooks evenly when rotisserie roasted. Sirloin tip is moderately tender with good beefy flavour, at an intermediate price.

List recipes you find that can use this cut.

### How to tenderize it

This roast is best pierced all over and marinated 8 to 12 hours. Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.

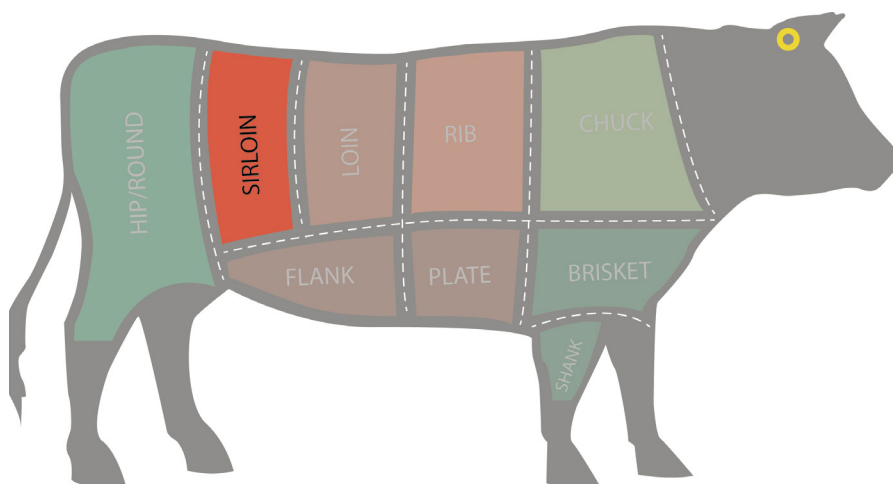


# All for the Beef

## Top Sirloin Premium Oven Roast



## Sirloin Common Cuts



### How to cook it

Identify examples of cooking approaches you find in different recipes for this cut.

### What it is

This premium oven roast has maximized tenderness at an intermediate price. Top sirloin cuts have good beefy flavour.

List recipes you find that can use this cut.

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.



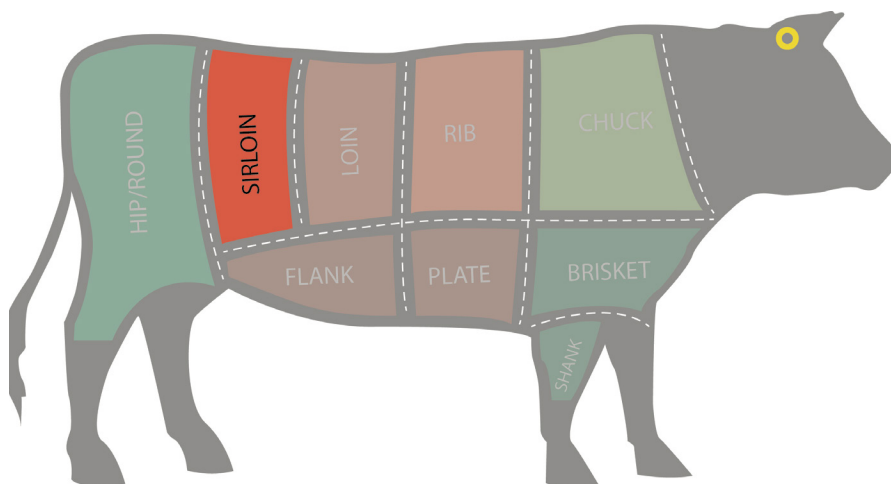


## All for the Beef

### Top Sirloin Grilling Steak



## Sirloin Common Cuts



### How to cook it

This lean steak is good for pan-searing, broiling or grilling. Identify examples of cooking approaches you find in different recipes for this cut.

### What it is

Top sirloin delivers great beef flavour and tenderness at an intermediate price.

List recipes you find that can use this cut.

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.

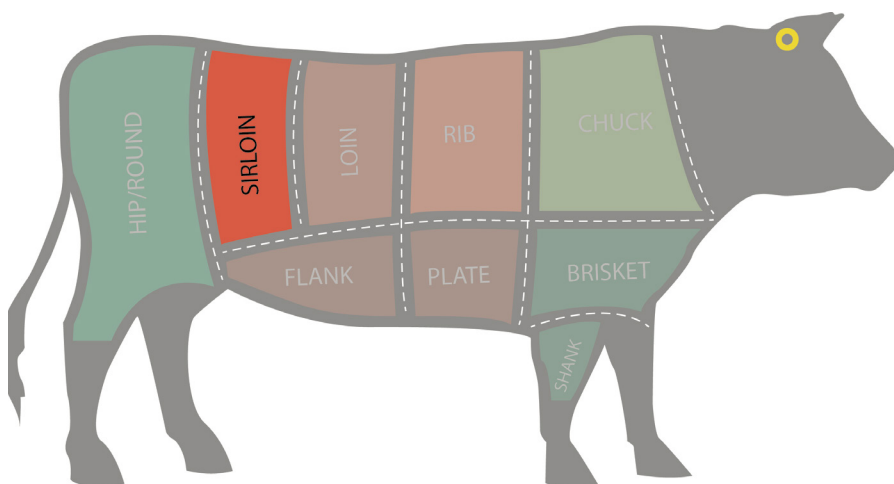


## All for the Beef

### Top Sirloin Cap Off Grilling Steak



## Sirloin Common Cuts



### How to cook it

This lean steak is good for pan-searing, broiling or grilling. Identify examples of cooking approaches you find in different recipes for this cut.

### What it is

This steak is the standard grilling steak that most people reference – "cap off" means that the top cap portion has been separated off, so this steak will be more consistent than a whole top sirloin steak. Sirloin delivers great beef flavour and terrific tenderness at an intermediate price.

List recipes you find that can use this cut.

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.

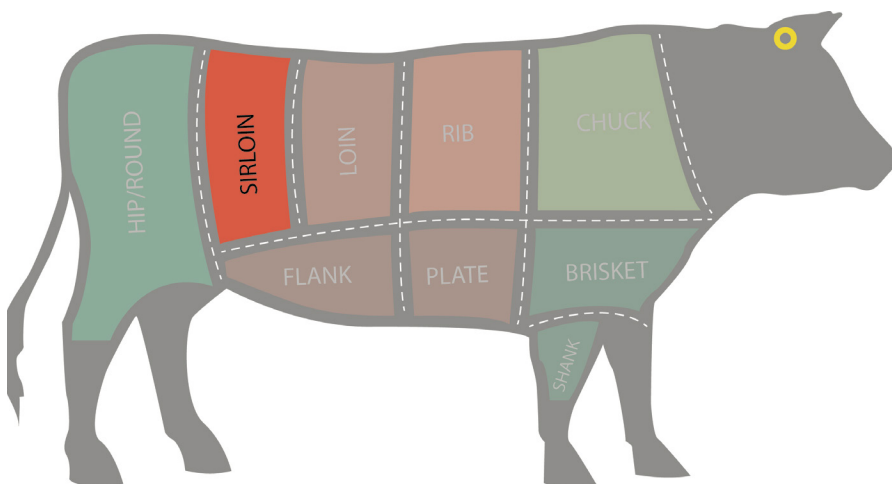


## All for the Beef

### Top Sirloin Grilling Steak (Filet)



## Sirloin Common Cuts



### How to cook it

This lean steak is good for pan-searing, broiling or grilling. Identify examples of cooking approaches you find in different recipes for this cut.

### What it is

Top sirloin delivers great beef flavour and tenderness at an intermediate price.

List recipes you find that can use this cut.

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

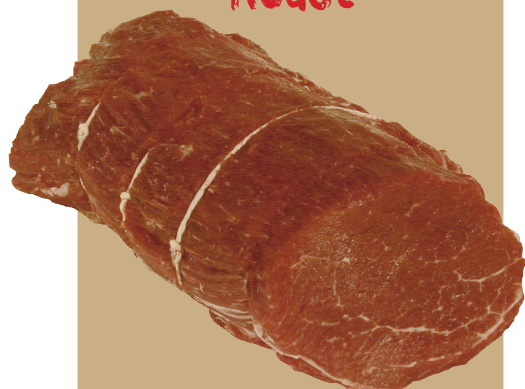
### How to serve it

Describe how you could use and serve this cut in different meals.



# All for the Beef

## Centre Cut Tenderloin Premium Oven Roast

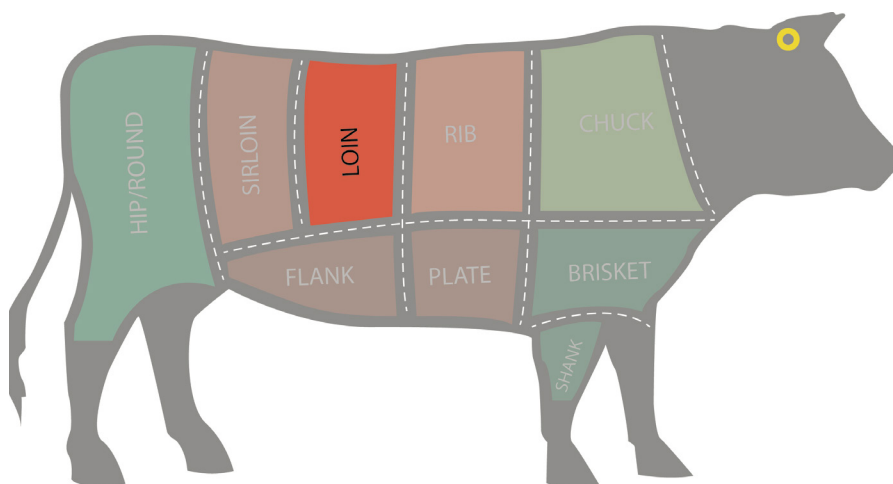


### What it is

This centre section of the whole tenderloin is also known as the *Chateaubriand* and is characterized as having an even shape. Tenderloin is a soft textured beef cut with less marbling and a unique mild flavour. As a premium oven roast, it is an extremely lean and tender cut at a higher price point.

List recipes you find that can use this cut.

## Loin Common Cuts



### How to cook it

This lean steak is good for recipes like *Beef Wellington*. Identify examples of cooking approaches you find in different recipes for this cut.

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.

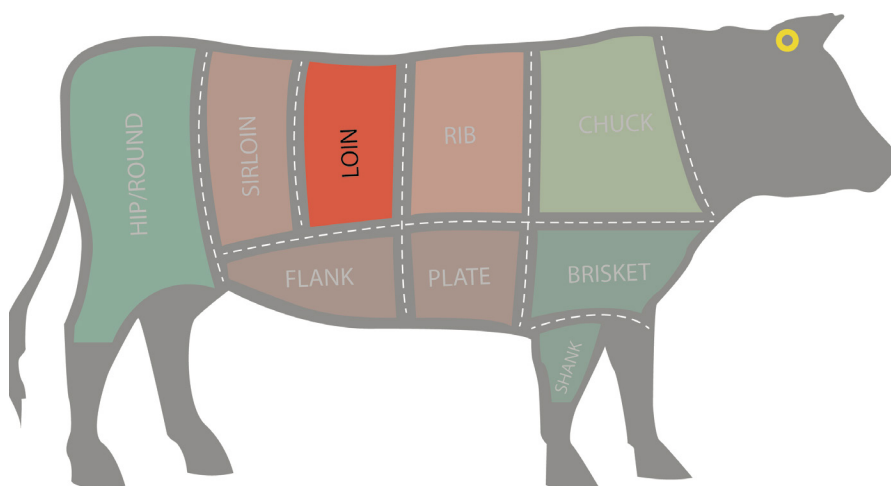


## All for the Beef

### T-Bone Grilling Steak



## Loin Common Cuts



### How to cook it

Identify examples of cooking approaches you find in different recipes for this cut.

### What it is

Cut from the large end of the short loin, the T-bone grilling steak is characterized as having meat from the strip loin on one side of the bone and tenderloin on the other. Fast cooking and convenient, grilling steaks are tender by nature.

List recipes you find that can use this cut.

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.



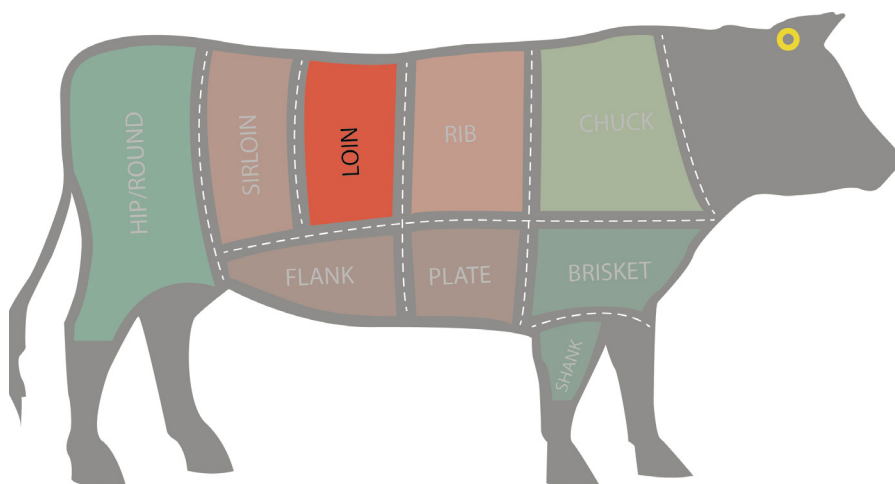


# All for the Beef

## Strip Loin Premium Oven Roast



## Loin Common Cuts



### How to cook it

Identify examples of cooking approaches you find in different recipes for this cut.

### What it is

This oven roast has a thinner and flatter shape than most roasts, so it will cook in less time than many other roasts. Strip loin has an excellent blend of firm texture and fine marbling, with exceptional flavour and tenderness.

List recipes you find that can use this cut.

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.

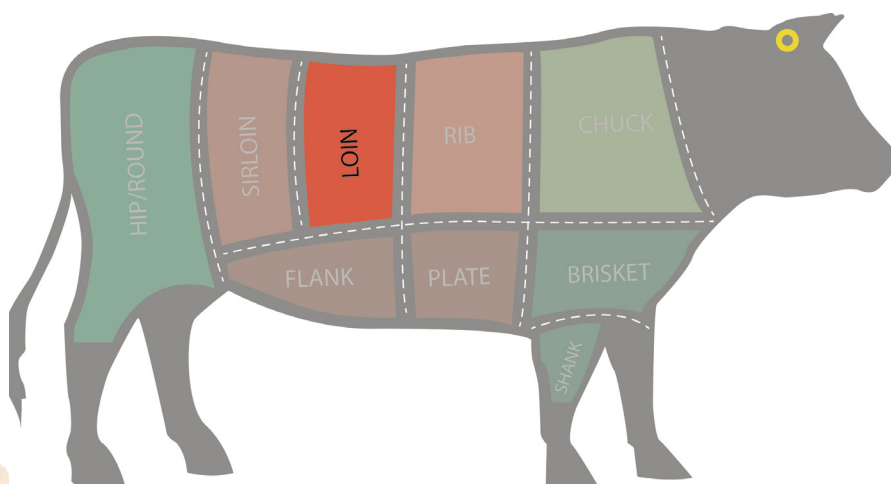


## All for the Beef

### Strip Loin Grilling Steak



## Loin Common Cuts



### How to cook it

This cut is fast cooking and convenient. Simply season it and cook by grilling, broiling or pan-frying. **Identify examples of cooking approaches you find in different recipes for this cut.**

### What it is

The strip loin grilling steak has fine marbling, with exceptional flavour and tenderness. It is a lean cut, also known as the New York steak.

**List recipes you find that can use this cut.**

### How to tenderize it

**Describe the tenderizing methods you find in different recipes for this cut.**

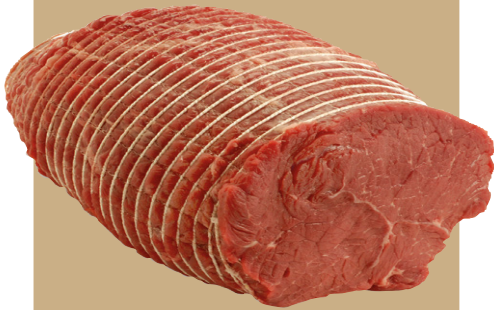
### How to serve it

**Describe how you could use and serve this cut in different meals.**

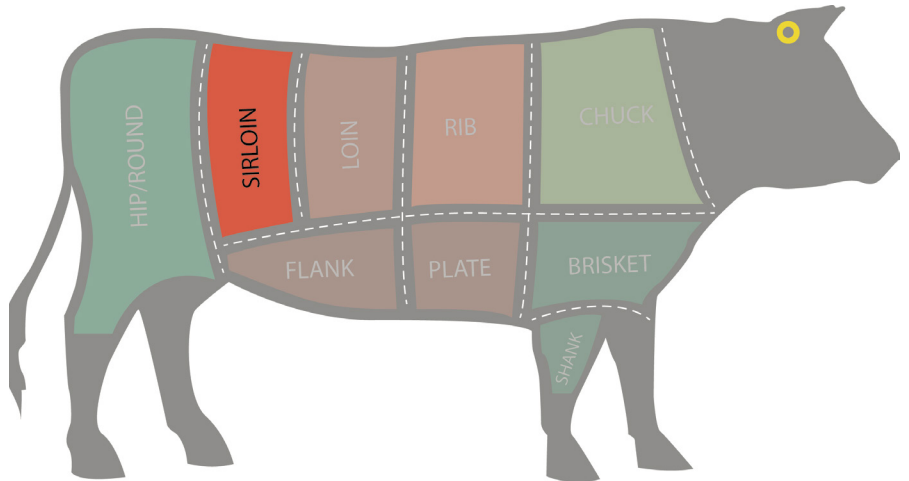


## All for the Beef

### Top Sirloin Premium Rotisserie Roast



## Sirloin Alternate Cuts



### How to cook it

Identify examples of cooking approaches you find in different recipes for this cut.

### What it is

This is a premium rotisserie roast that is cut and tied to have an even shape so that it rotates easily and cooks evenly when rotisserie roasted. Top sirloin has good beefy flavour and is one of the most tender rotisserie roasts.

List recipes you find that can use this cut.

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.

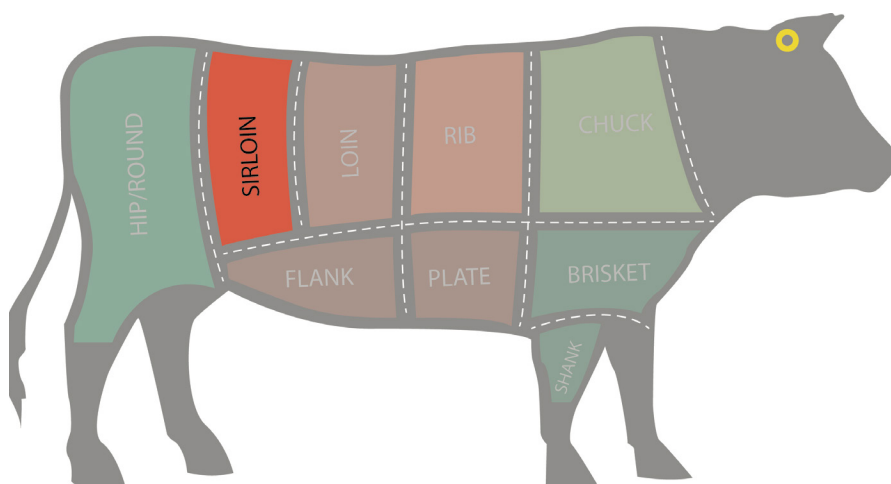


## All for the Beef

### Top Sirloin Grilling Medallion



## Sirloin Alternate Cuts



### How to cook it

Identify examples of cooking approaches you find in different recipes for this cut.

### What it is

This lean steak is cut steak-house style, which means it is thick cut, trimmed and tied in a medallion shape so it is easy to cook, without any carving or cutting to serve. Top sirloin delivers great beef flavour and tenderness.

List recipes you find that can use this cut.

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.

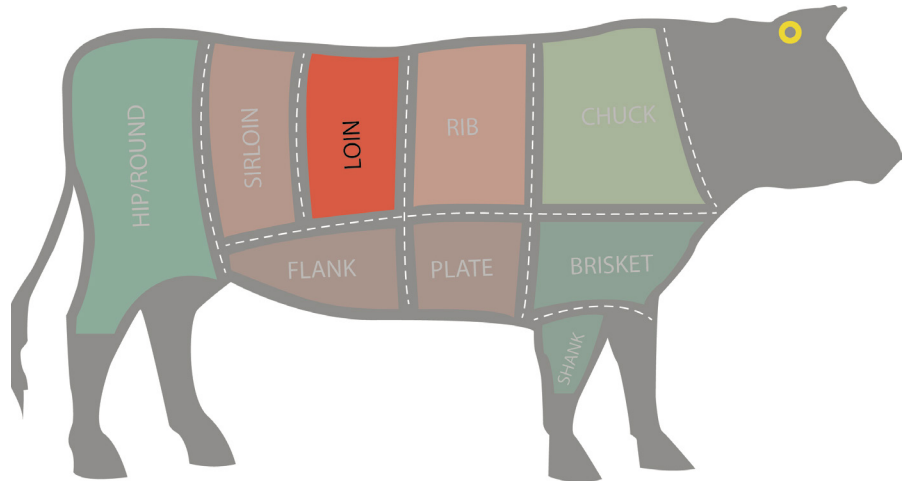


## All for the Beef

### Butt Tenderloin Premium Oven Roast



## Loin Common Cuts



### How to cook it

Identify examples of cooking approaches you find in different recipes for this cut.

### What it is

This tenderloin section is the larger end of the whole tenderloin and is soft textured with less marbling. It has a unique mild flavour. As a premium oven roast, this cut is luxury priced and delivers an extremely lean and tender eating experience.

List recipes you find that can use this cut.

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.





## All for the Beef

### Strip Loin Premium Quick Roast

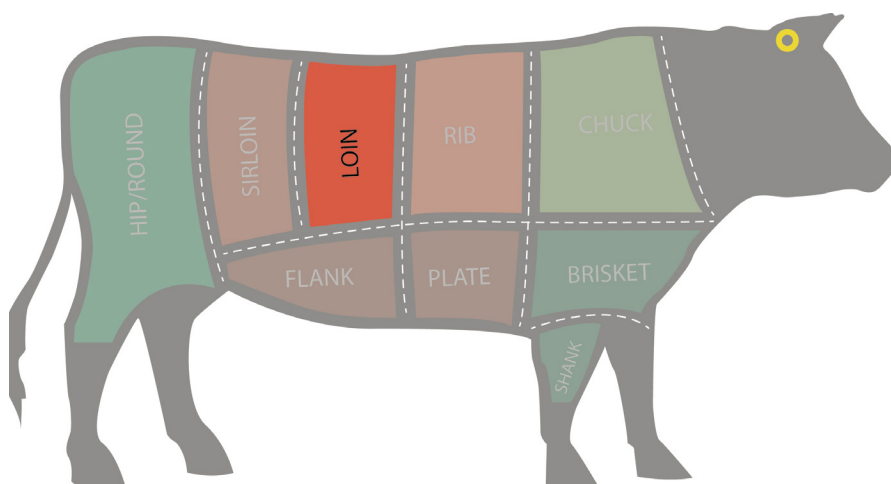


#### What it is

Strip loin quick roast is a strip loin oven roast that has been cut to about 500g and shaped much like a tenderloin. Strip loin has an excellent blend of firm texture and fine marbling.

List recipes you find that can use this cut.

## Loin Common Cuts



#### How to cook it

This cut can be oven roasted in less than an hour. Identify examples of cooking approaches you find in different recipes for this cut.

#### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

#### How to serve it

Describe how you could use and serve this cut in different meals.

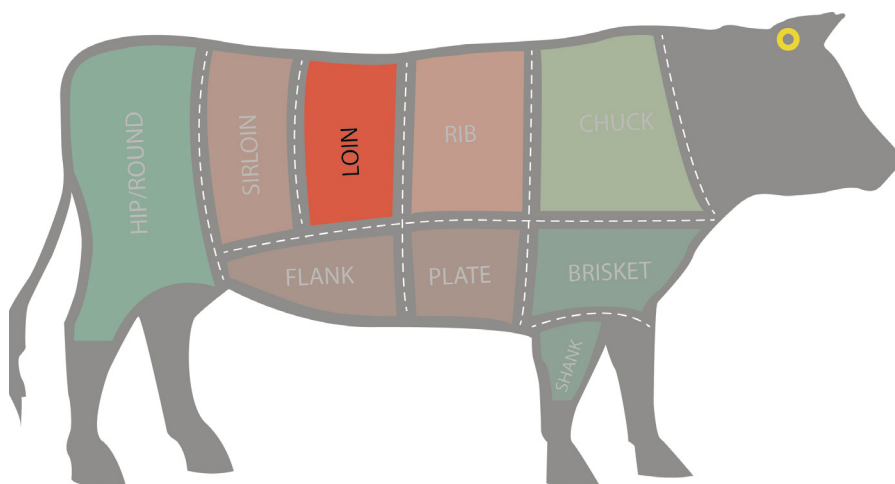


## All for the Beef

### Porterhouse Grilling Steak



## Loin Common Cuts



### How to cook it

This cut is fast cooking and convenient, and tender by nature. Identify examples of cooking approaches you find in different recipes for this cut.

### What it is

Similar to the T-bone grilling steak, this cut has meat from the strip loin on one side of the bone and tenderloin on the other. In the Porterhouse cut, the tenderloin portion is larger.

List recipes you find that can use this cut.

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

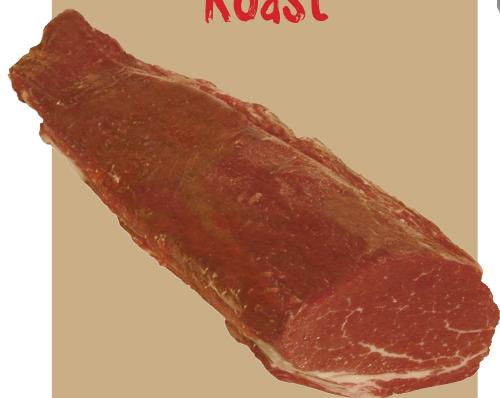
### How to serve it

Describe how you could use and serve this cut in different meals.

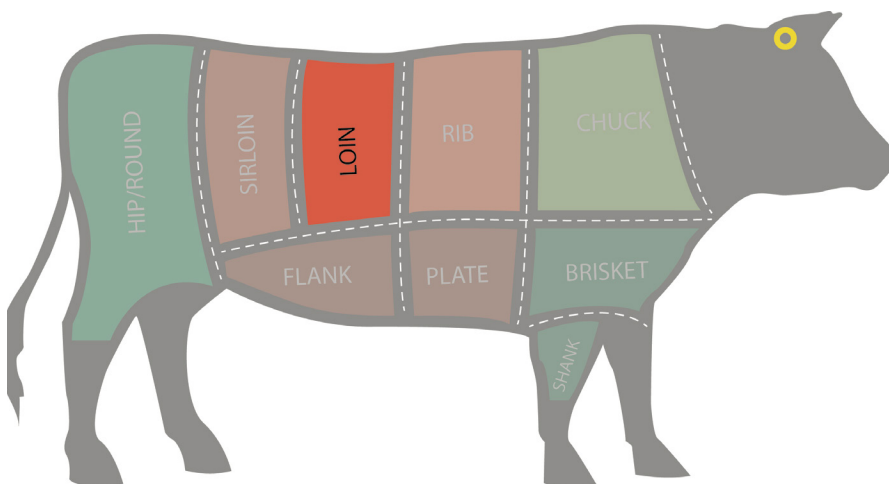


## All for the Beef

### Short Tenderloin Premium Oven Roast



## Loin Common Cuts



### How to cook it

Identify examples of cooking approaches you find in different recipes for this cut.

### What it is

This tenderloin cut is the smaller tapered end section of the whole tenderloin. It has a soft texture with less marbling and a unique mild flavour. As a premium oven roast, it is extremely lean and tender, with a high price point. With a tapered end, the thinnest portion can be used for sit-fry strips or fondue/grilling kabob cubes.

List recipes you find that can use this cut.

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.



# All for the Beef

## Sirloin Grilling Steak

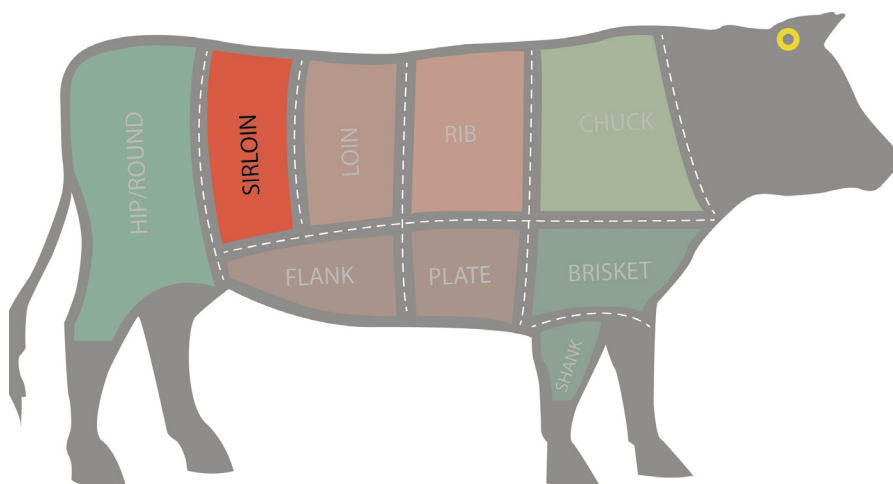


### What it is

This steak is most referenced as the typical grilling steak. Sirloin delivers great beef flavour and tenderness at an intermediate price.

List recipes you find that can use this cut.

## Sirloin Alternate Cuts



### How to cook it

Identify examples of cooking approaches you find in different recipes for this cut.

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.

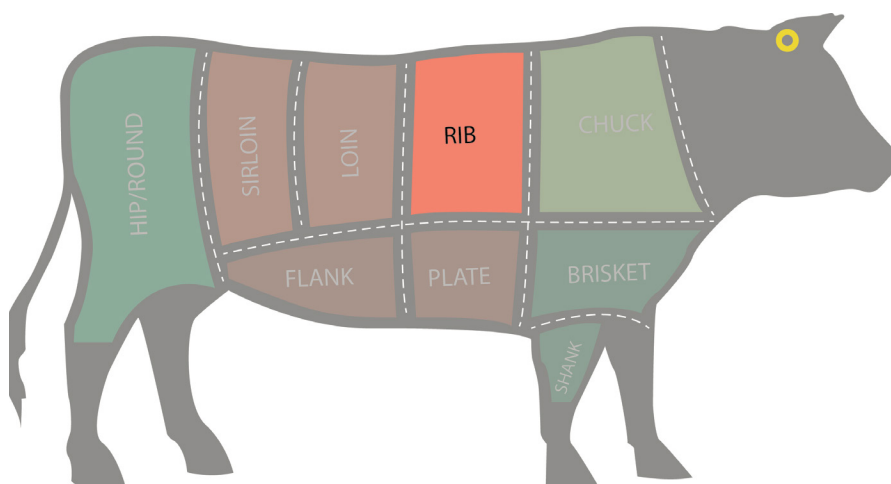


# All for the Beef

## Rib Premium Oven Roast



## Rib Common Cuts



### How to cook it

Identify examples of cooking approaches you find in different recipes for this cut.

### What it is

Rib roast is tender and flavourful. As a premium oven roast, this cut is luxury priced and delivers a tender eating experience.

List recipes you find that can use this cut.

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.





# All for the Beef

## Prime Rib Premium Oven Roast

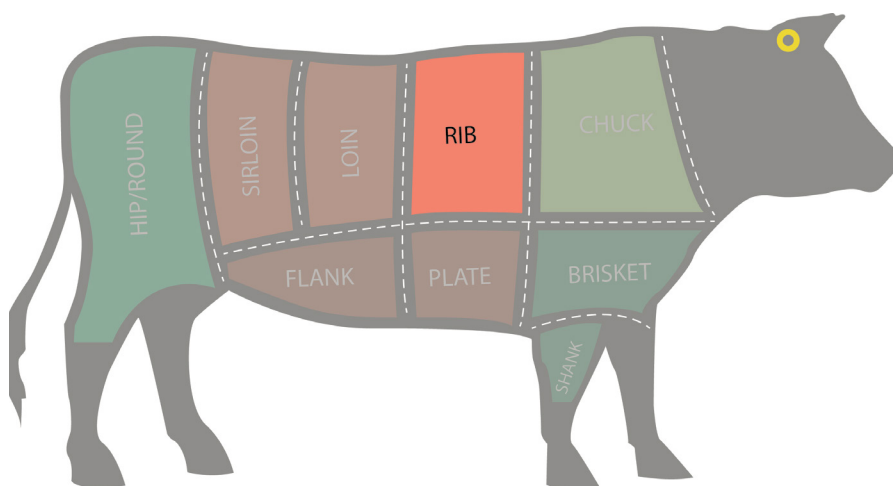


### What it is

The prime rib is a favourite cut and is tender and flavourful. As a premium oven roast, this cut is luxury priced and delivers a tender eating experience.

List recipes you find that can use this cut.

## Rib Common Cuts



### How to cook it

Identify examples of cooking approaches you find in different recipes for this cut.

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.



## All for the Beef

### Rib Cap Off Grilling Steak

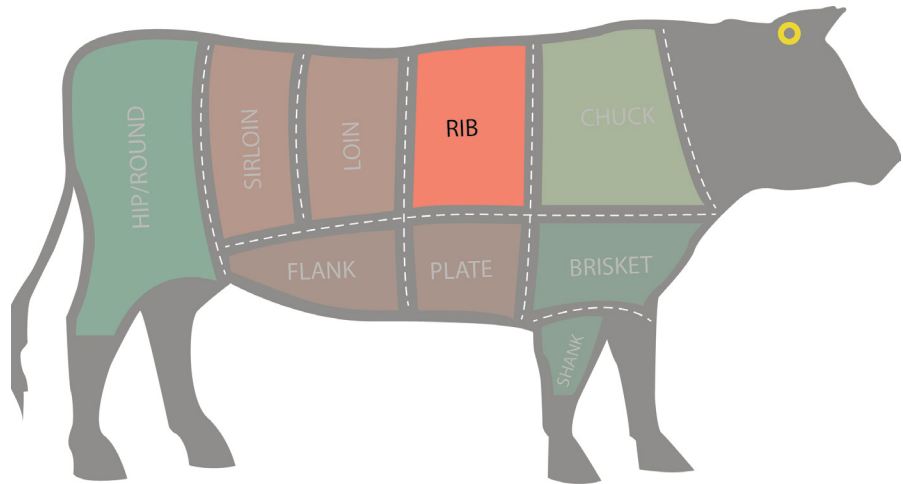


#### What it is

Rib steak is tender and flavourful. Trimming off the cap means there is less waste, so this cut has better value. This cut is one of the most flavourful tender steaks.

List recipes you find that can use this cut.

## Rib Common Cuts



#### How to cook it

This cut is good for pan-searing, broiling or grilling. Identify examples of cooking approaches you find in different recipes for this cut.

#### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

#### How to serve it

Describe how you could use and serve this cut in different meals.



## All for the Beef

### Rib Cap Off Premium Oven Roast

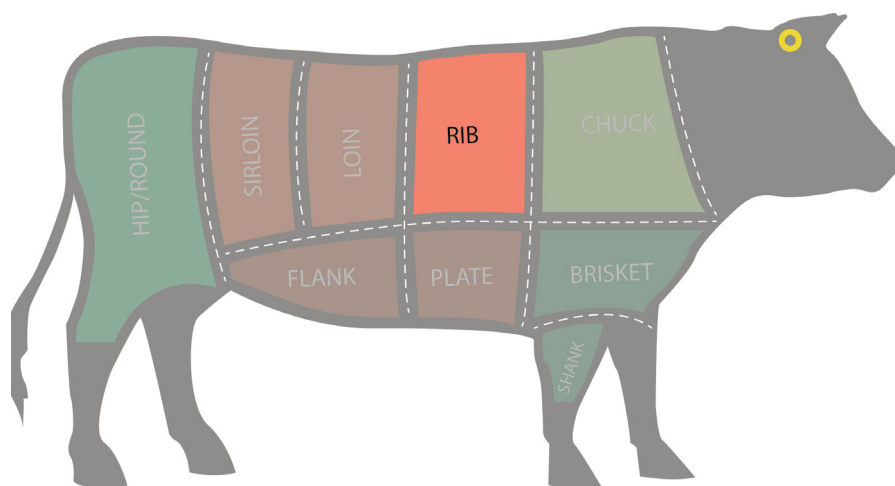


#### What it is

Rib roast is tender and flavourful. Trimming off the cap means there is less waste, so this cut has better value. As a premium oven Roast, this tender cut is luxury priced.

List recipes you find that can use this cut.

## Rib Common Cuts



#### How to cook it

Identify examples of cooking approaches you find in different recipes for this cut.

#### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

#### How to serve it

Describe how you could use and serve this cut in different meals.

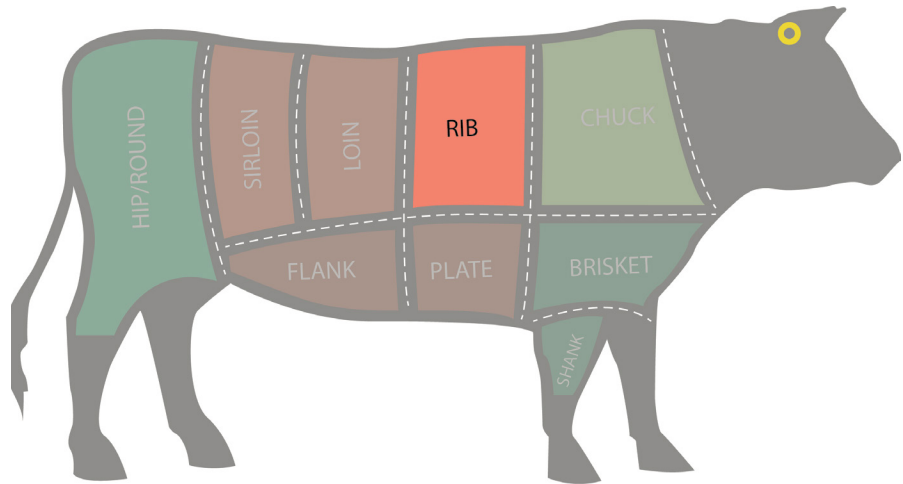


## All for the Beef

### Rib Eye Grilling Steak



## Rib Common Cuts



### How to cook it

This cut is fast cooking and convenient, and is best seasoned and cooked by grilling, broiling or pan-frying. **Identify examples of cooking approaches you find in different recipes for this cut.**

### What it is

This boneless steak is cut from the centre of the rib steak and is considered one of the five most tender beef cuts. It has a reputation for having the most marbling and delivers intense beef flavour and tenderness.

**List recipes you find that can use this cut.**

### How to tenderize it

**Describe the tenderizing methods you find in different recipes for this cut.**

### How to serve it

**Describe how you could use and serve this cut in different meals.**



## All for the Beef

### Simmering Short Ribs

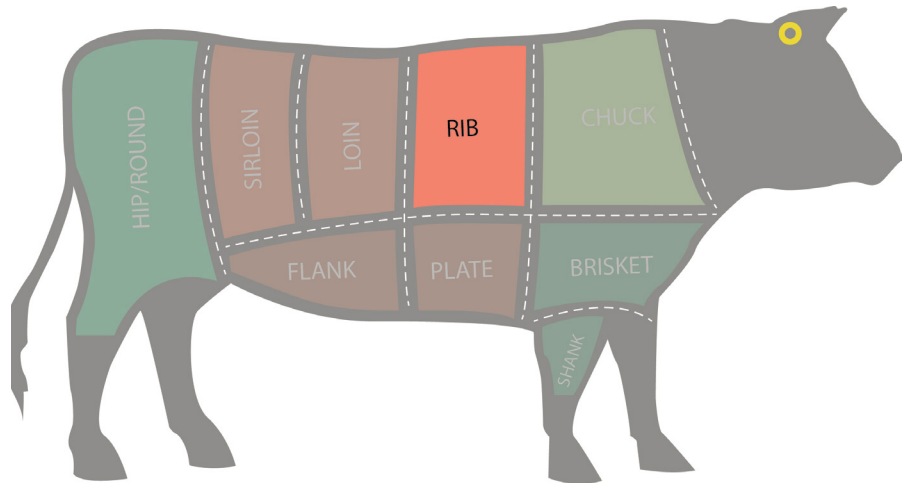


#### What it is

Short ribs are known for their rich beef flavour.

List recipes you find that can use this cut.

## Rib Common Cuts



#### How to cook it

Best cooked by braising to make them fall-off-the-bone tender. Slowly simmer in a seasoned broth in covered container, just like a stew. **Identify examples of cooking approaches you find in different recipes for this cut.**

#### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

#### How to serve it

Describe how you could use and serve this cut in different meals.





# All for the Beef

## Prime Rib Grilling Steak

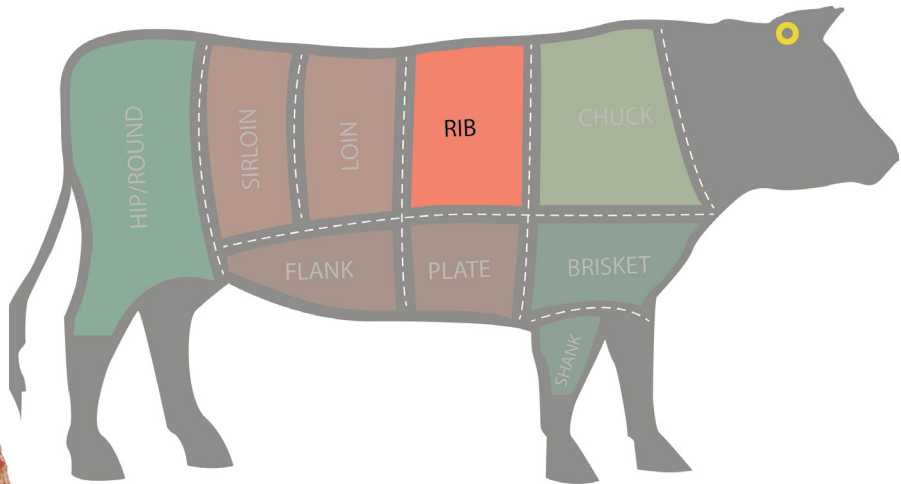


### What it is

This steak is one of the most flavourful tender steaks.

List recipes you find that can use this cut.

## Rib Alternate Cuts



### How to cook it

This cut is good for pan-searing, broiling or grilling. Identify examples of cooking approaches you find in different recipes for this cut.

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.



# All for the Beef

## Rib Eye Grilling Medallion

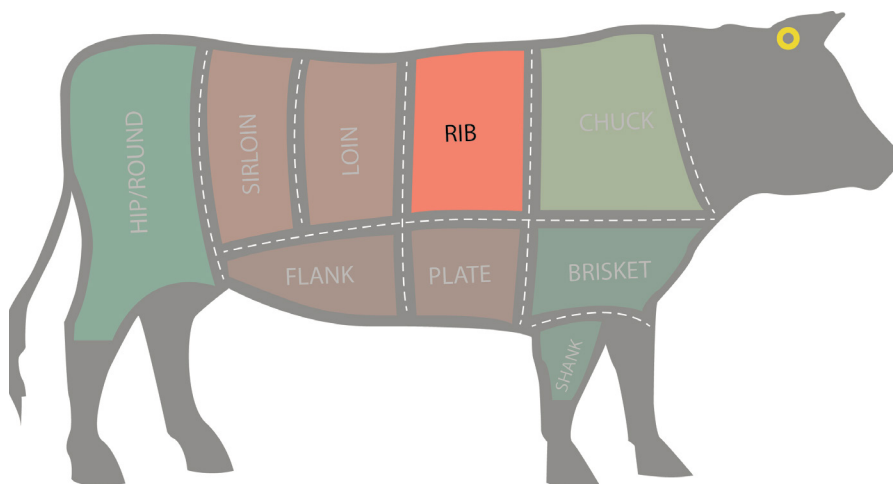


### What it is

Medallions are steakhouse style cuts. They are thick-cut, trimmed and tied in a medallion shape so it is easy to cook and serve without any carving or cutting to serve.

List recipes you find that can use this cut.

## Rib Alternate Cuts



### How to cook it

This cut is good for pan-searing, broiling or grilling. Identify examples of cooking approaches you find in different recipes for this cut.

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.



## All for the Beef

### Rib Eye Premium Oven Roast



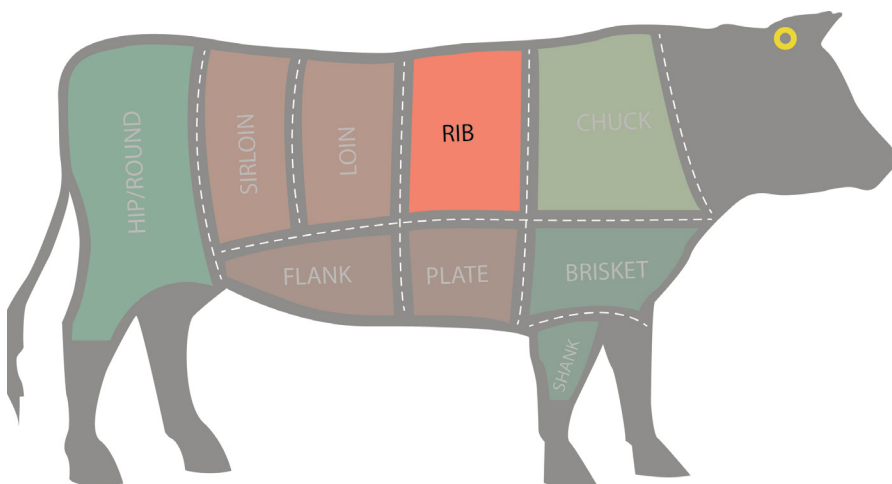
#### What it is

This boneless oven roast is tender and very flavourful.

As a premium oven roast, this cut is luxury priced.

List recipes you find that can use this cut.

## Rib Alternate Cuts



#### How to cook it

Identify examples of cooking approaches you find in different recipes for this cut.

#### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

#### How to serve it

Describe how you could use and serve this cut in different meals.



## All for the Beef

### Simmering Short Ribs Boneless

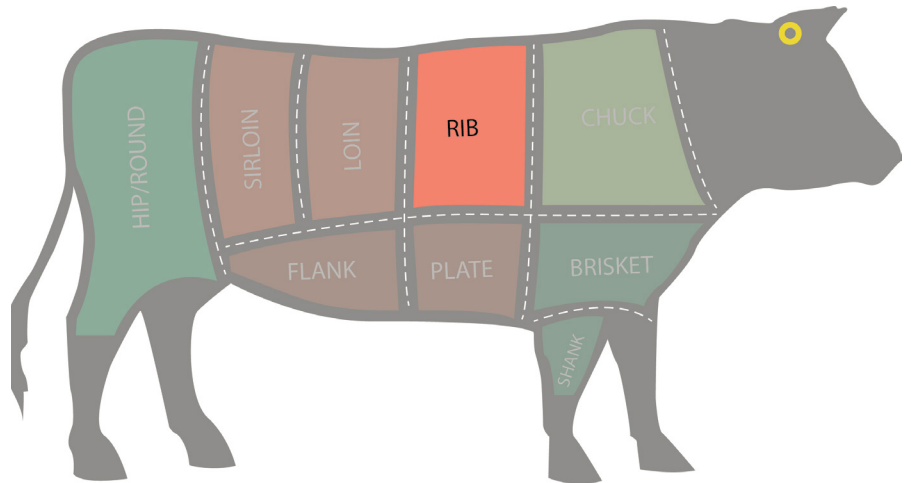


#### What it is

Short ribs are known for their rich beef flavour.

List recipes you find that can use this cut.

## Rib Alternate Cuts



#### How to cook it

Best cooked by braising to make tender. Slowly simmer in a seasoned broth in a covered container, just like a stew. Identify examples of cooking approaches you find in different recipes for this cut.

#### How to tenderize it

Can be cut into cubes as stewing beef. Describe the tenderizing methods you find in different recipes for this cut.

#### How to serve it

Describe how you could use and serve this cut in different meals.



## All for the Beef

### Blade Pot Roast

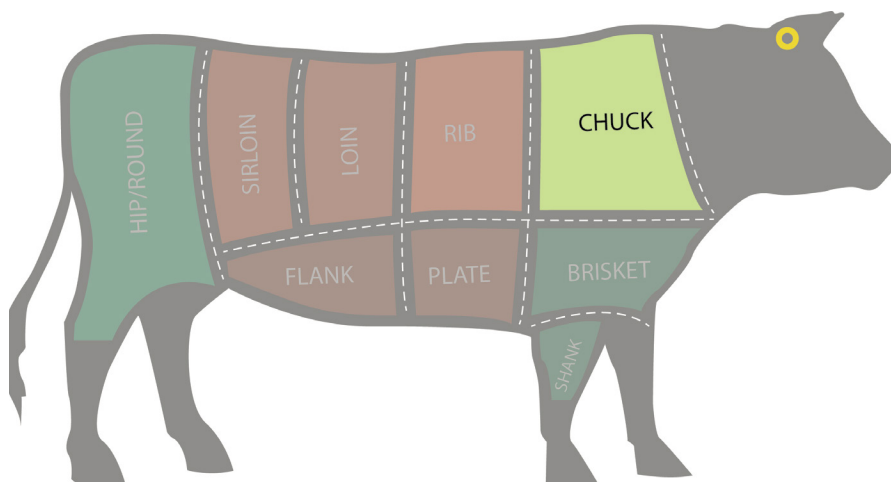


#### What it is

This cut is one of the best beef cuts for pot roast or cut into chunks for stew.

List recipes you find that can use this cut.

## Chuck Common Cuts



#### How to cook it

Slowly simmer/ braise in a seasoned broth in a covered container for optimal tenderness. Identify examples of cooking approaches you find in different recipes for this cut.

#### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

#### How to serve it

Describe how you could use and serve this cut in different meals.





## All for the Beef

### Blade Simmering Steak

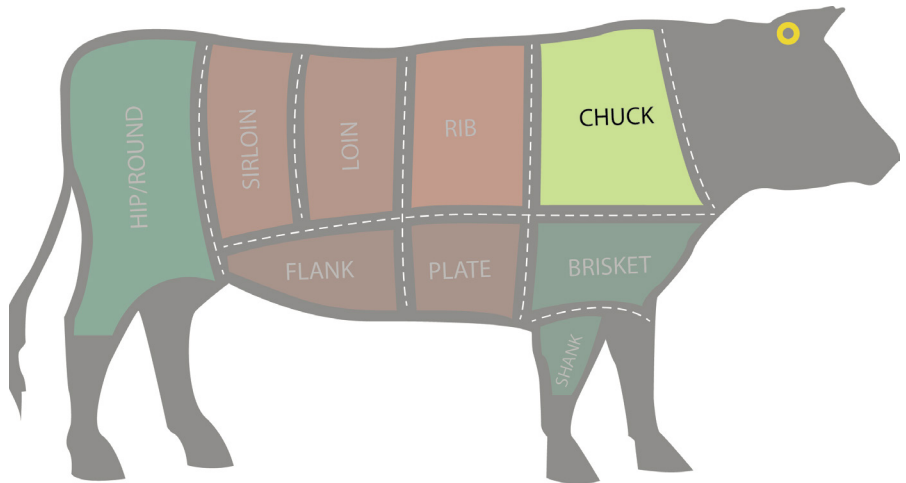


#### What it is

This is one of the best beef cuts for simmering steak or for cutting into chunks for stew.

List recipes you find that can use this cut.

## Chuck Common Cuts



#### How to cook it

Slowly simmer/braise in a seasoned broth in a covered container for optimal tenderness. Identify examples of cooking approaches you find in different recipes for this cut.

#### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

#### How to serve it

Describe how you could use and serve this cut in different meals.



## All for the Beef

### Boneless Short Ribs

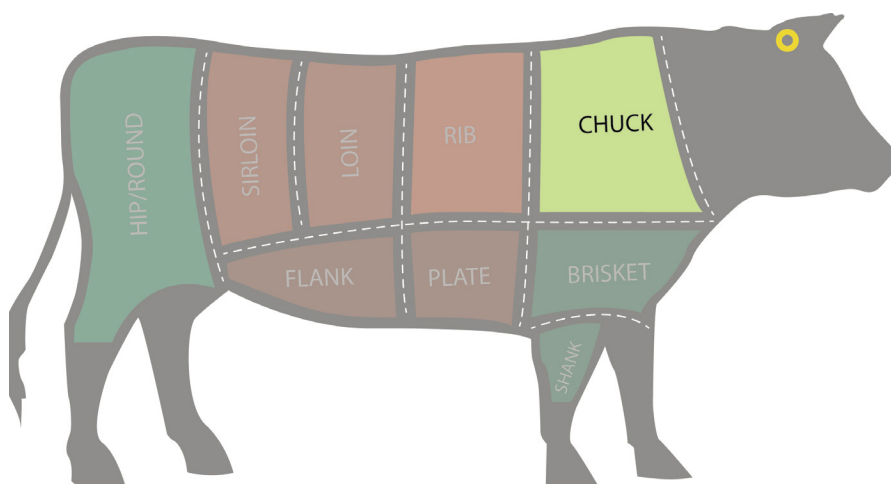


#### What it is

Short ribs are known for their rich beef flavour. This cut can also be cut into cubes as stewing beef.

List recipes you find that can use this cut.

## Chuck Common Cuts



#### How to cook it

Best cooked by braising to make tender. Slowly simmer in a seasoned broth in a covered container, just like a stew. Identify examples of cooking approaches you find in different recipes for this cut.

#### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

#### How to serve it

Describe how you could use and serve this cut in different meals.



## All for the Beef

### Bottom Blade Pot Roast Boneless

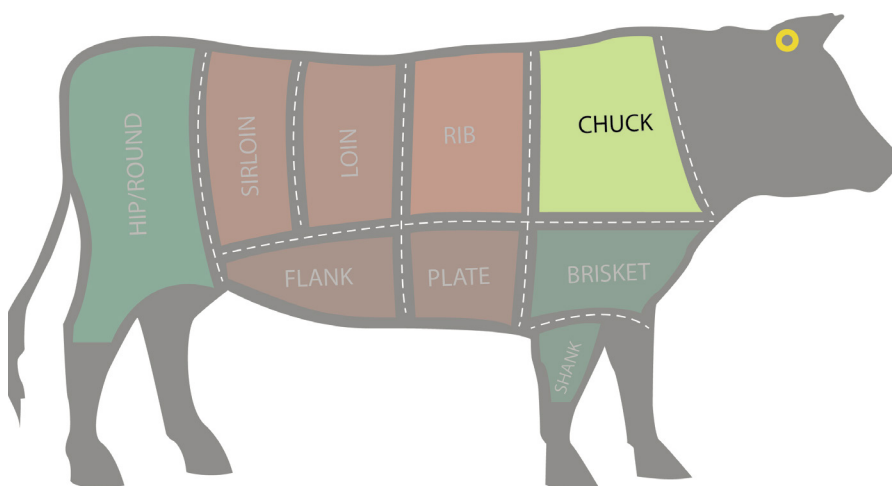


#### What it is

This cut is one of the best beef cuts for pot roast or cut into chunks for stew.

List recipes you find that can use this cut.

## Chuck Common Cuts



#### How to cook it

Slowly simmer/braise in a seasoned broth in a covered container for optimal tenderness. Identify examples of cooking approaches you find in different recipes for this cut.

#### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

#### How to serve it

Describe how you could use and serve this cut in different meals.



## All for the Beef

### Bottom Blade Simmering Steak Boneless

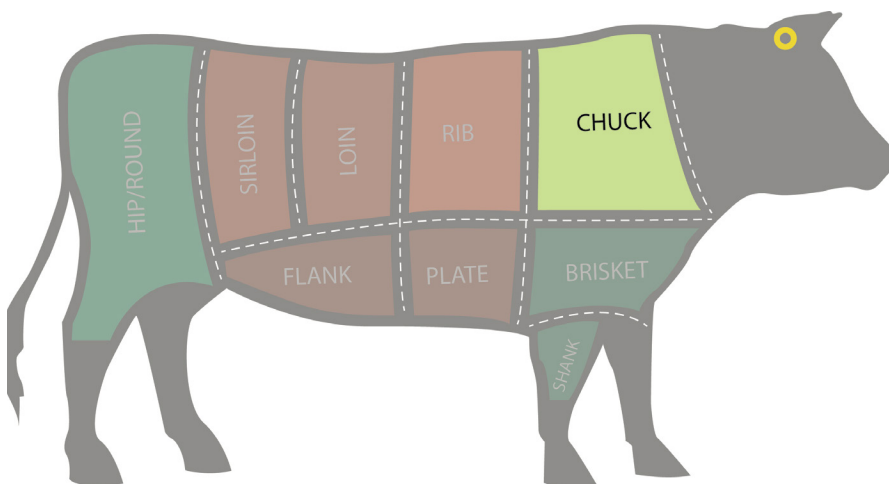


#### What it is

This is one of the best beef cuts for simmering steak or cut into chunks for stew.

List recipes you find that can use this cut.

## Chuck Common Cuts



#### How to cook it

Slowly simmer/braise in a seasoned broth in a covered container for optimal tenderness. Identify examples of cooking approaches you find in different recipes for this cut.

#### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

#### How to serve it

Describe how you could use and serve this cut in different meals.



## All for the Beef

### Stewing Beef

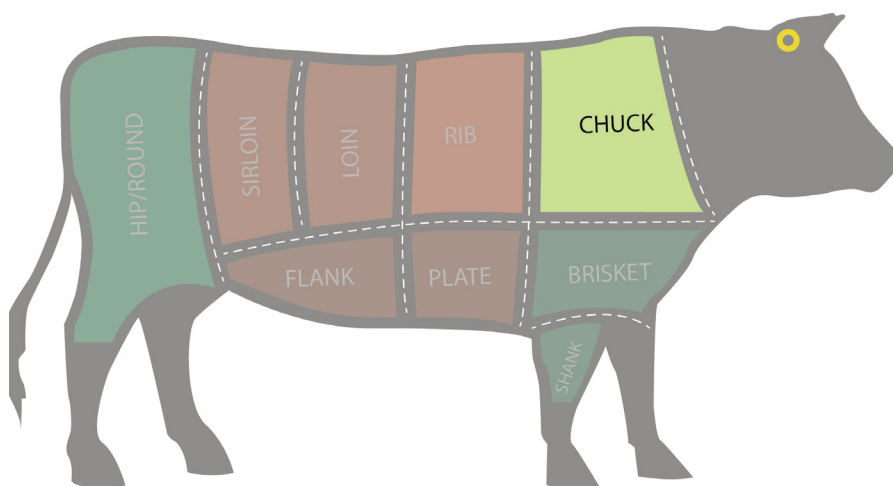


#### What it is

Cut from the chuck, stewing beef cubes have deep rich beef flavour.

List recipes you find that can use this cut.

## Chuck Common Cuts



#### How to cook it

Best cooked by braising to make tender. Slowly simmer in a seasoned broth in a covered container. **Identify examples of cooking approaches you find in different recipes for this cut.**

#### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

#### How to serve it

Describe how you could use and serve this cut in different meals.





## All for the Beef

### Cross Rib Simmering Steak Boneless

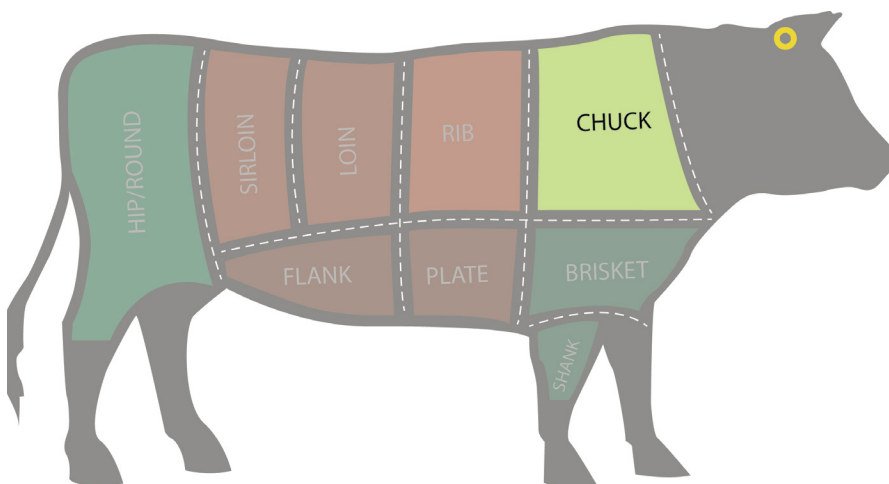


#### What it is

One of the best beef cuts for simmering steak or cut into chunks for stew.

List recipes you find that can use this cut.

## Chuck Common Cuts



#### How to cook it

Slowly simmer/braise in a seasoned broth in a covered container for optimal tenderness. Identify examples of cooking approaches you find in different recipes for this cut.

#### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

#### How to serve it

Describe how you could use and serve this cut in different meals.



## All for the Beef

### Marinating Short Ribs

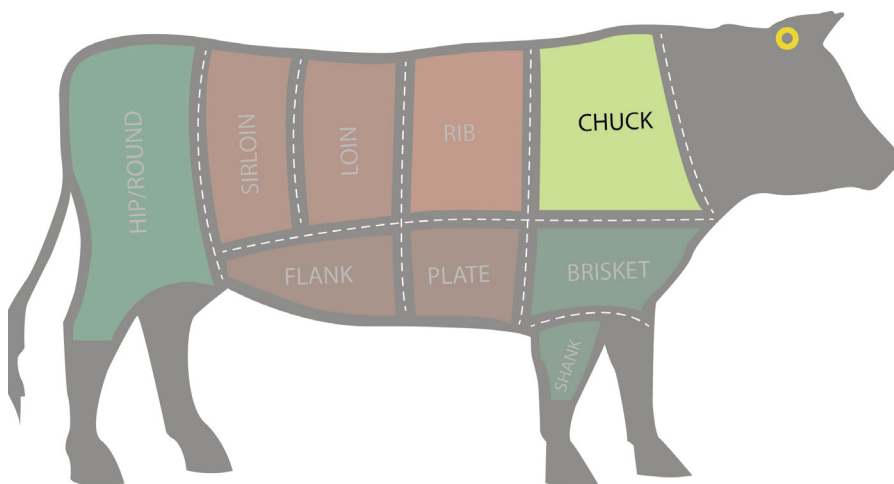


#### What it is

This cut can also be called Korean Style Ribs.

List recipes you find that can use this cut.

## Chuck Common Cuts



#### How to cook it

Identify examples of cooking approaches you find in different recipes for this cut.

#### How to tenderize it

Best marinated before grilling or pan frying. For a quick tip, add 2 tbsp cornstarch to ½ cup marinade to maximize tenderness. Describe the tenderizing methods you find in different recipes for this cut.

#### How to serve it

Describe how you could use and serve this cut in different meals.

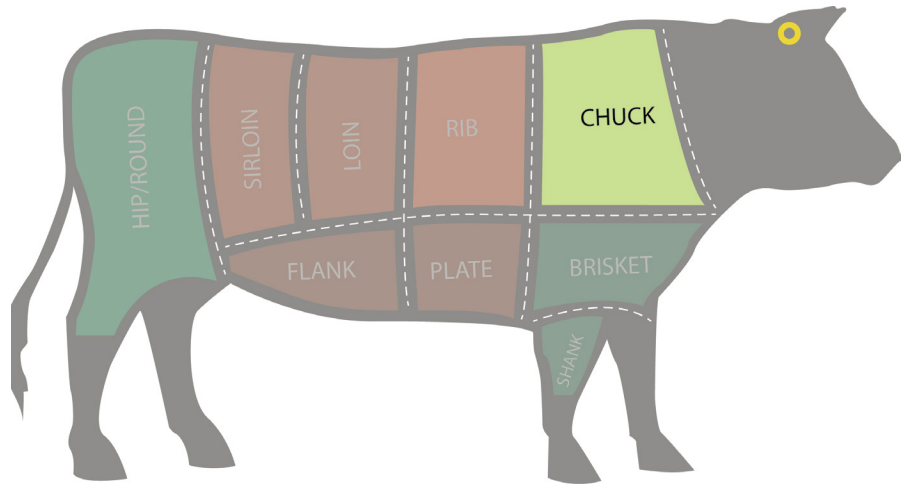


# All for the Beef

## Top Blade Pot Roast



## Chuck Common Cuts



### How to cook it

Slowly simmer/braise in a seasoned broth in a covered container for optimal tenderness. **Identify examples of cooking approaches you find in different recipes for this cut.**

### What it is

One of the best beef cuts for pot roast or pulled beef or for cutting into chunks for stew.

**List recipes you find that can use this cut.**

### How to tenderize it

**Describe the tenderizing methods you find in different recipes for this cut.**

### How to serve it

**Describe how you could use and serve this cut in different meals.**



## All for the Beef

### Top Blade Simmering Steak

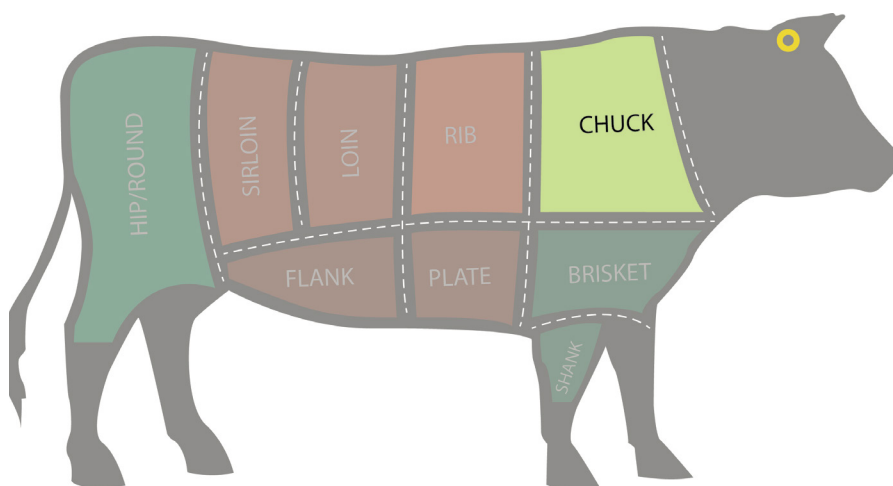


#### What it is

One of the best beef cuts for simmering steak or for cutting into chunks for stew.

List recipes you find that can use this cut.

## Chuck Common Cuts



#### How to cook it

Slowly simmer/braise in a seasoned broth in a covered container for optimal tenderness. Identify examples of cooking approaches you find in different recipes for this cut.

#### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

#### How to serve it

Describe how you could use and serve this cut in different meals.



## All for the Beef

### Cross Rib Pot Roast Boneless

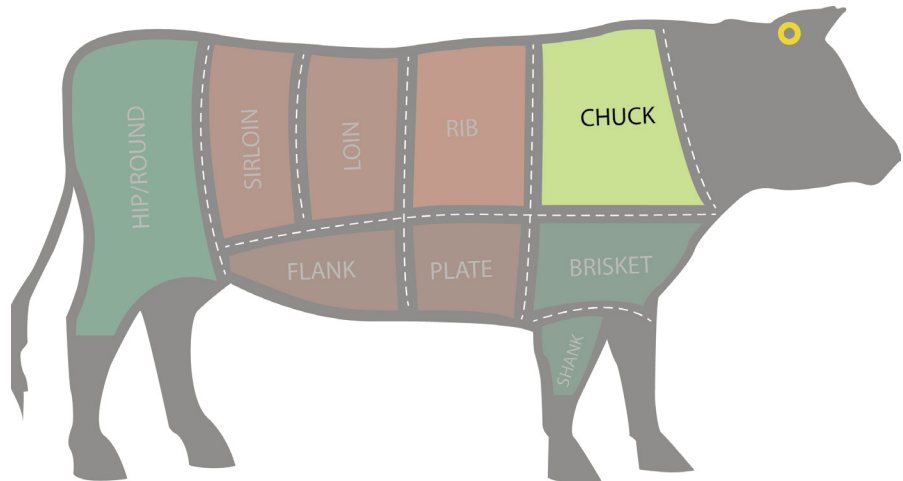


#### What it is

This pot roast is a lean and flavourful beef cut.

List recipes you find that can use this cut.

## Chuck Common Cuts



#### How to cook it

Pot roast needs to be slowly simmered/braised for optimal tenderness, much like stew. **Identify examples of cooking approaches you find in different recipes for this cut.**

#### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

#### How to serve it

Describe how you could use and serve this cut in different meals.



# All for the Beef

## Chuck Short Ribs

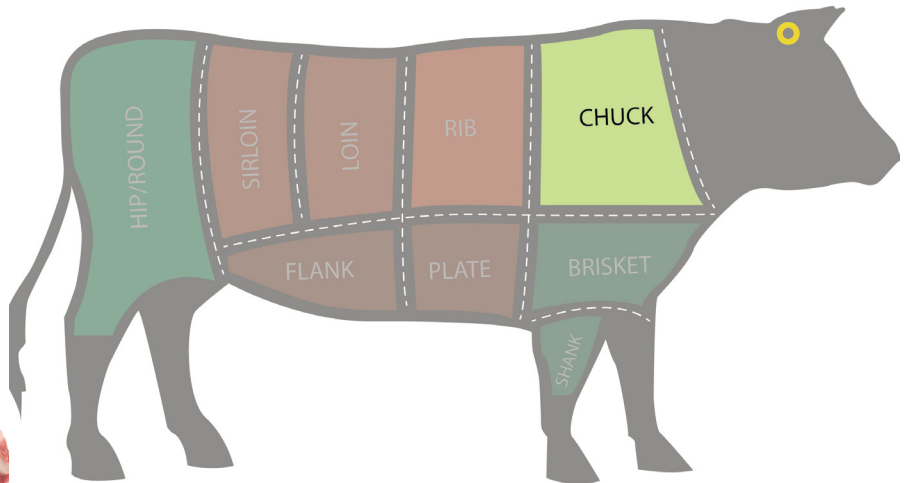


### What it is

Short ribs are known for their rich beef flavour.

List recipes you find that can use this cut.

## Chuck Alternate Cuts



### How to cook it

Best cooked by braising to make them fall-off-the-bone tender. Slowly simmer in a seasoned broth in a covered container, just like a stew. **Identify examples of cooking approaches you find in different recipes for this cut.**

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.





# All for the Beef

## Shoulder Pot Roast

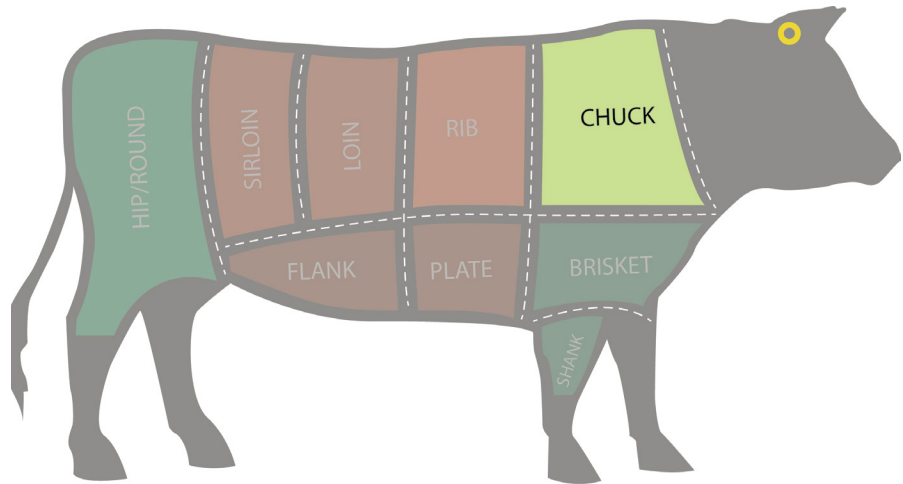


### What it is

This pot roast is a lean and flavourful beef cut.

List recipes you find that can use this cut.

## Chuck Alternate Cuts



### How to cook it

A pot roast needs to be slowly simmered/braised for optimal tenderness, much like stew. **Identify examples of cooking approaches you find in different recipes for this cut.**

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.



## All for the Beef

### Flank Marinating Steak

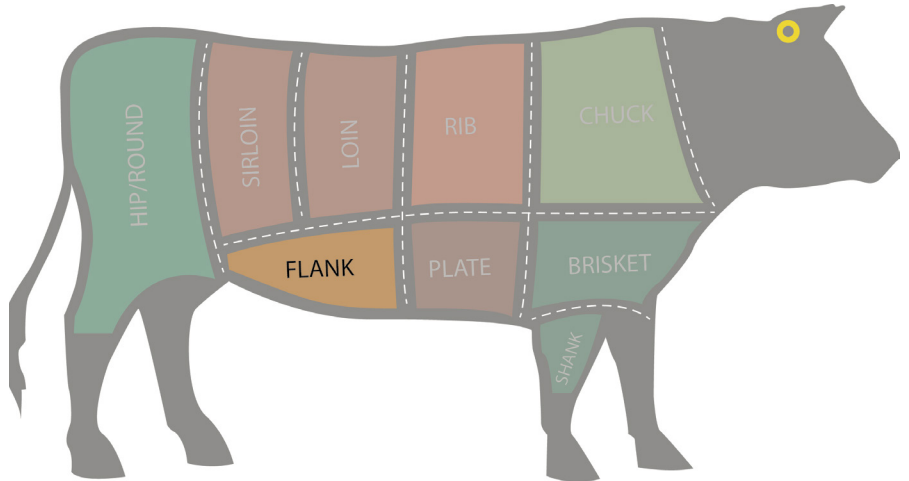


#### What it is

This cut has a long visible grain, is lean and fully trimmed so no waste. It has a full beefy flavour. Used in London Broil, Asian or Latin recipes, it has a moderate price.

List recipes you find that can use this cut.

## Flank Common Cuts



#### How to cook it

This cut works well when marinated, but can also be used as a grilling steak. Season simply and grill to medium-rare. **Identify examples of cooking approaches you find in different recipes for this cut.**

#### How to tenderize it

Season simply or marinate after piercing all over for 4 to 24 hour. **Describe the tenderizing methods you find in different recipes for this cut.**

#### How to serve it

Describe how you could use and serve this cut in different meals.

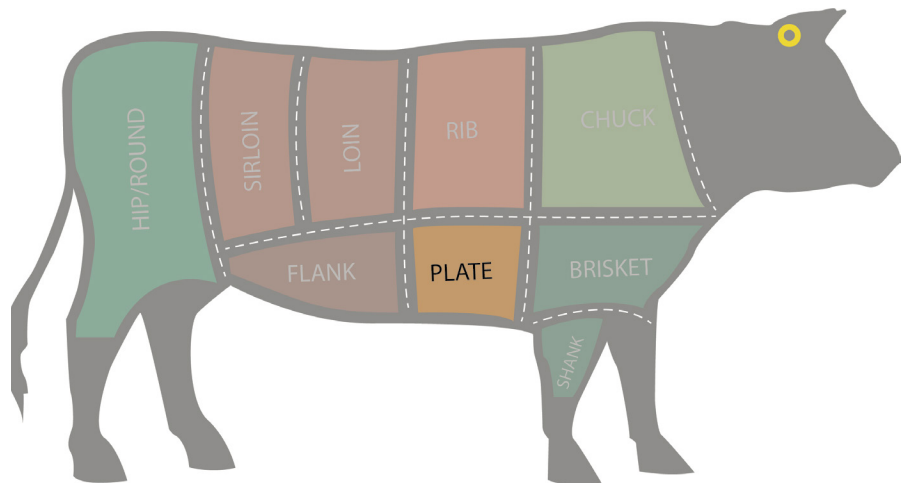


# All for the Beef

## Outside Skirt Marinating Steak



## Plate Common Cuts



### How to cook it

Identify examples of cooking approaches you find in different recipes for this cut.

### What it is

This long, thin flat steak has strong graining, shaped like a sash and cut from the plate or underbelly. Outside skirt is in front of the flank, has less fat chunks but is more marbled, smaller, thicker and less strong than inside skirt. It is trimmed, folded over or cut into steak-size lengths. It performs much like flank steak but is more flavourful. Great used in Latin-flavoured dishes or Asian cuisine.

List recipes you find that can use this cut.

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.



# All for the Beef

## Inside Skirt Marinating Steak

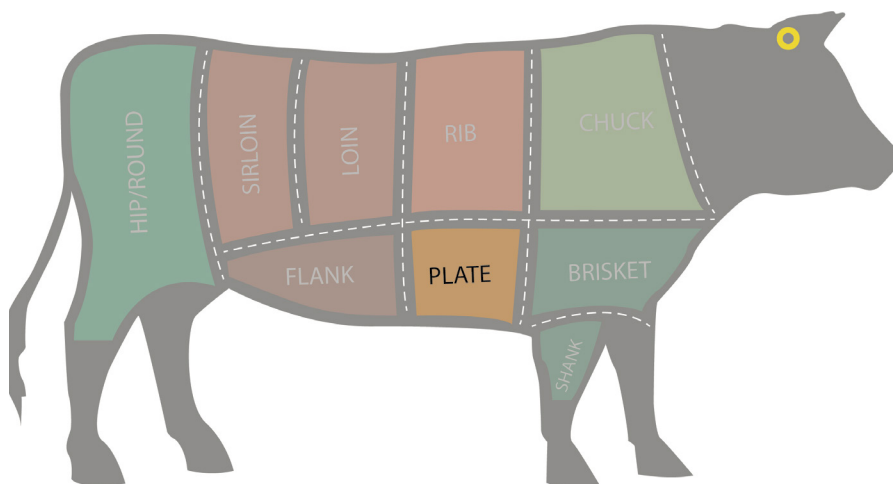


### What it is

This is a long, thin flat steak with strong graining. It comes from a cut called inside skirt, from the diaphragm. Inside skirt is less marbled and is wider and thinner than outside skirt. It performs much like flank steak but is more flavourful. Great used in Latin-flavoured dishes and Asian cuisine.

List recipes you find that can use this cut.

## Plate Alternate Cuts



### How to cook it

Identify examples of cooking approaches you find in different recipes for this cut.

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

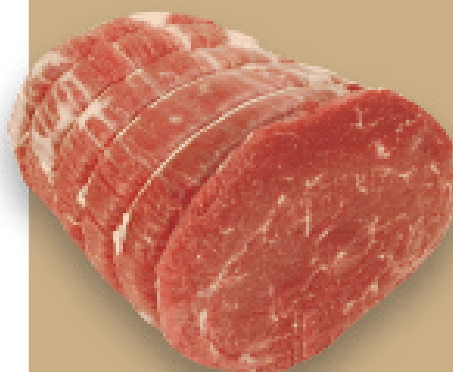
### How to serve it

Describe how you could use and serve this cut in different meals.



All for the  
Beef

Brisket Pot Roast  
Boneless

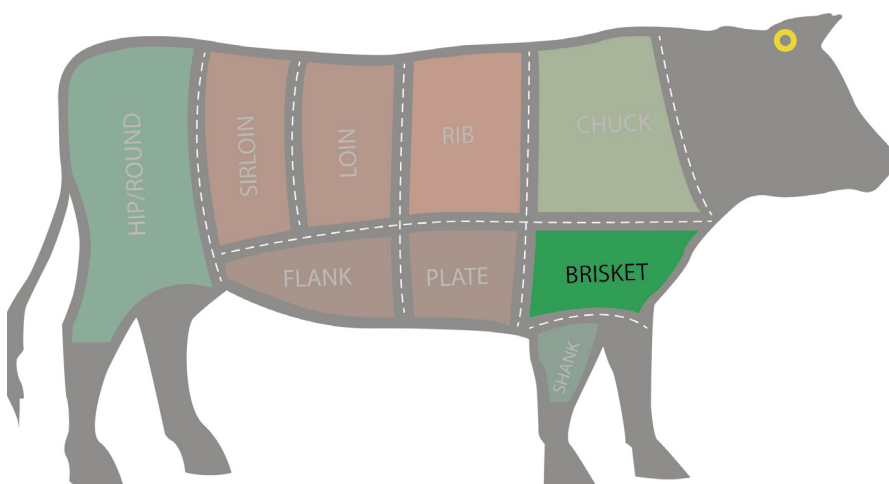


### What it is

Pot roast is one of the most flavourable beef cuts.

List recipes you find that can use this cut.

## Brisket Common Cuts



### How to cook it

Pot roast needs to be slowly simmered/braised for optimal tenderness. Brisket can also be cooked slowly on the grill by indirect heat or it can be smoked or made into corned beef. **Identify examples of cooking approaches you find in different recipes for this cut.**

### How to tenderize it

Describe the tenderizing methods you find in different recipes for this cut.

### How to serve it

Describe how you could use and serve this cut in different meals.



## All for the Beef

### Brisket Double/ Point End/ Deckle

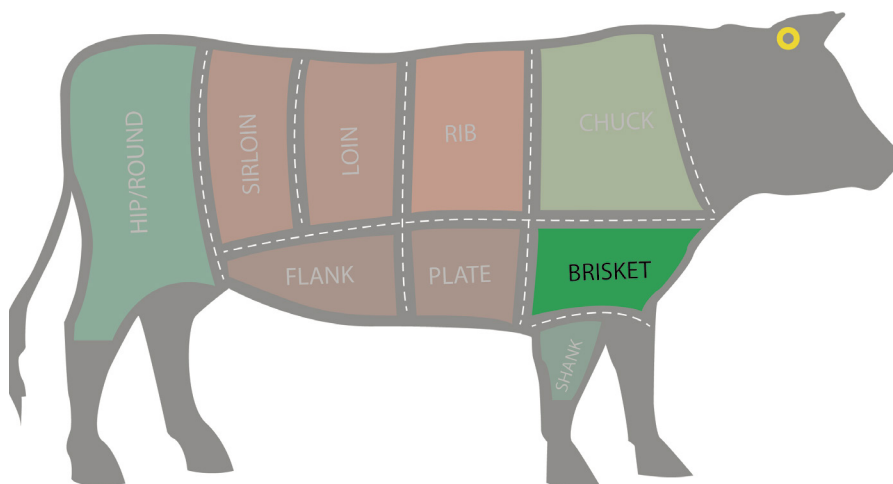


#### What it is

This cut comes from the thicker section of the brisket and is ideal for barbecue smoking and for turning into pulled beef. It has a bold beefy flavour.

List recipes you find that can use this cut.

## Brisket Common Cuts



#### How to cook it

This cut is suitable for slow roasting, pot-roasting and braising. Identify examples of cooking approaches you find in different recipes for this cut.

#### How to tenderize it

Tender when slowly-cooked and thinly sliced; also good marinated. Describe the tenderizing methods you find in different recipes for this cut.

#### How to serve it

Describe how you could use and serve this cut in different meals.





# All for the Beef

## Brisket Flat End

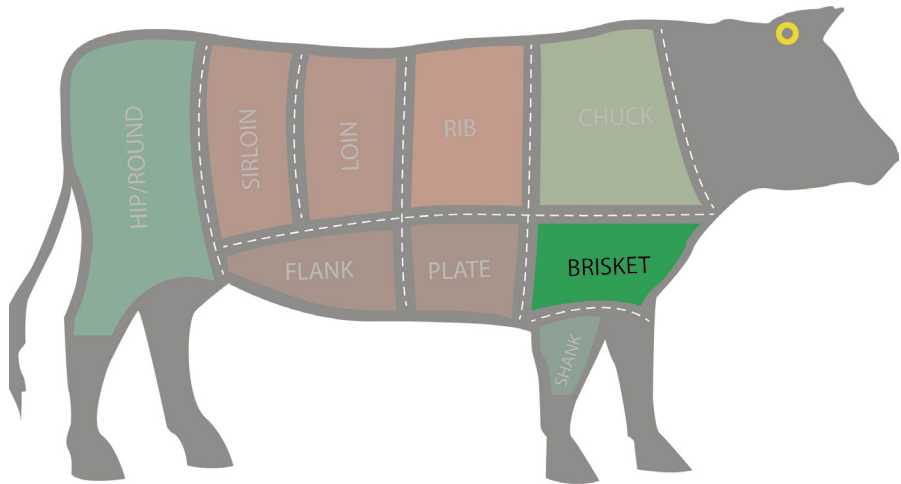


### What it is

This cut is from the thinner section of the brisket, which is ideal for corned beef. It has a bold beefy flavour.

List recipes you find that can use this cut.

## Brisket Alternate Cuts



### How to cook it

This cut is suitable for slow roasting, pot-roasting and braising. Identify examples of cooking approaches you find in different recipes for this cut.

### How to tenderize it

Tender when slowly-cooked and thinly sliced; also good marinated. Describe the tenderizing methods you find in different recipes for this cut.

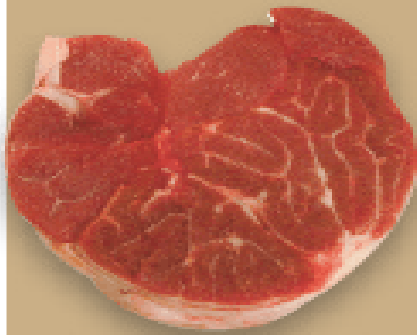
### How to serve it

Describe how you could use and serve this cut in different meals.



## All for the Beef

### Shank Centre Cut Stewing Beef Boneless

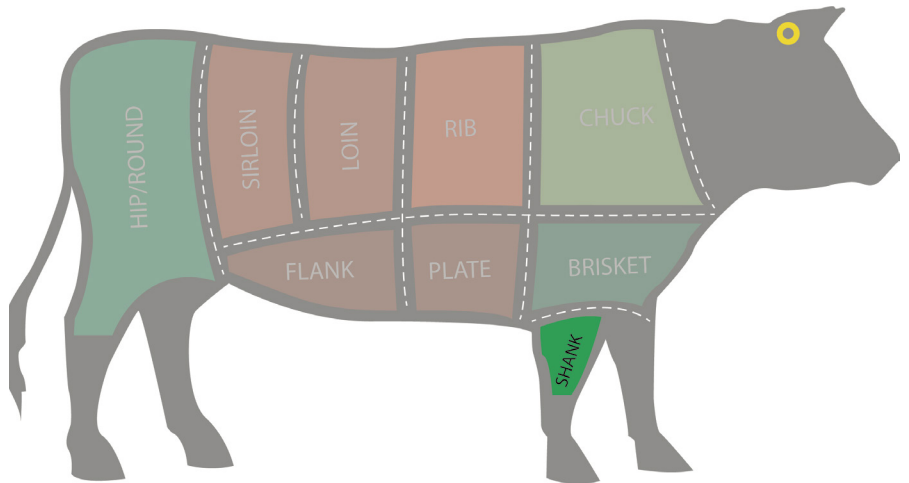


#### What it is

Perfect for stew, this cut has a deep rich beef flavour. Can be cut into cubes as stewing beef.

List recipes you find that can use this cut.

## Shank Alternate Cuts



#### How to cook it

Best cooked by braising to make tender. Slowly simmer in a seasoned broth in a covered container. **Identify examples of cooking approaches you find in different recipes for this cut.**

#### How to tenderize it

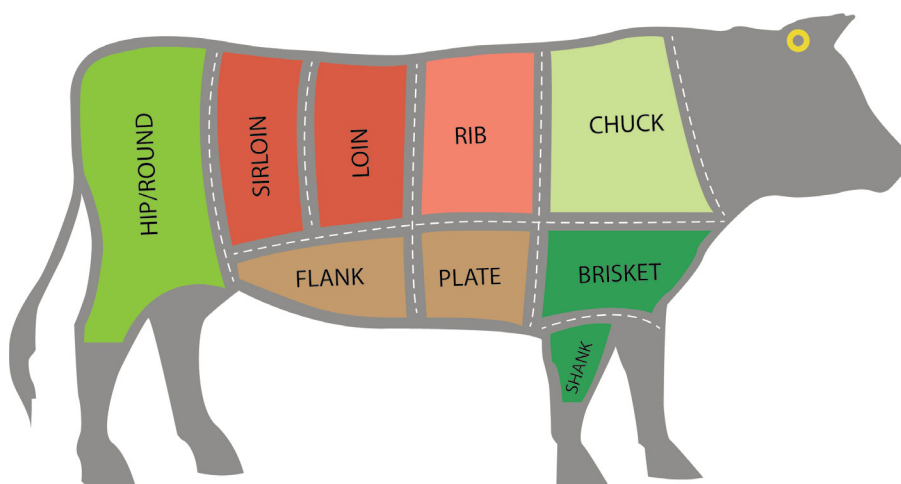
Describe the tenderizing methods you find in different recipes for this cut.

#### How to serve it

Describe how you could use and serve this cut in different meals.



# All for the Beef



How to cook it

What it is

How to tenderize it

How to serve it

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