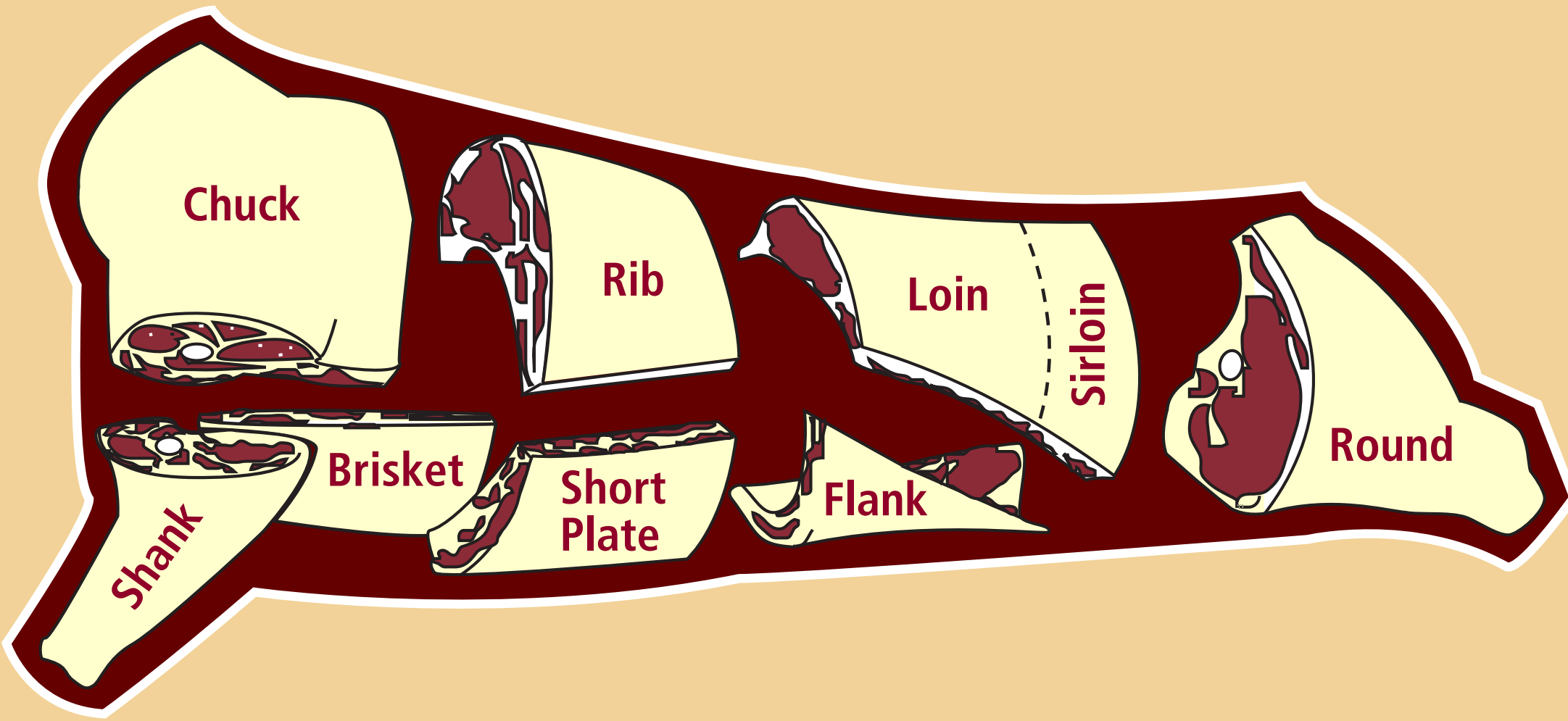

























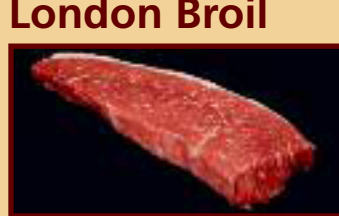








# BEEF CUTS



## Chuck

<b>Flat Iron</b>  Grill, Sauté, Cook < 30 min	<b>Top Blade Steak</b>  Grill, Sauté, Cook < 30 min	<b>Chuck Roast</b>  Braise	<b>Chuck Arm Roast</b>  Braise	<b>Mock Tender Steak</b>  Grill, Sauté, Cook < 30 min
<b>Mock Tender Roast</b>  Braise	<b>Shoulder Clod Roast</b>  Grill, Braise	<b>Shoulder Center Steak, Ranch Steak</b>  Grill, Sauté, Cook < 30 min	<b>Petite Chuck Tender Roast</b>  Grill, Sauté, Cook < 30 min	<b>Shoulder Tender Medallions</b>  Grill, Sauté, Cook < 30 min
<b>Cross Rib Roast, English Roast</b>  Braise	<b>Sierra Cut</b>  Grill, Sauté, Cook < 30 min	<b>Denver Cut, Underblade steak</b>  Grill, Sauté, Cook < 30 min	<b>Country-style Chuck Ribs</b>  Braise	<b>Chuck Short Ribs</b>  Braise
<b>Chuck Eye Steak</b>  Grill, Sauté, Cook < 30 min	<b>Chuck Eye Roast</b>  Grill, Braise			

## Round

<b>Rump Roast</b>  Braise	<b>Top Round London Broil</b>  Grill	<b>Top Round Roast</b>  Braise	<b>Round Petite Tender Steaks</b>  Grill, Sauté, Cook < 30 min
<b>Top Round Steak</b>  Grill, Sauté, Cook < 30 min	<b>Bottom Round Steak</b>  Grill, Sauté, Cook < 30 min	<b>Bottom Round London Broil</b>  Grill	
<b>Bottom Round Roast</b>  Braise	<b>Eye of Round Roast</b>  Grill, Braise	<b>Eye of Round Steak</b>  Grill, Sauté, Cook < 30 min	<b>Sirloin Tip Roast</b>  Grill, Braise
<b>Sirloin Tip Center Roast</b>  Grill, Braise	<b>Sirloin Tip Center Steak</b>  Grill, Sauté, Cook < 30 min	<b>Sirloin Tip Side Steak</b>  Grill, Sauté, Cook < 30 min	<b>Butterfly Top Round Steak</b>  Grill





## Rib

<b>Ribeye Steak, Delmonico</b>  Grill, Sauté, Cook < 30 min	<b>Prime Rib, Ribeye Roast</b>  Grill
<b>Filet of Rib</b>  Grill, Sauté, Cook < 30 min	<b>Rib Satay</b>  Grill
<b>Ribeye Roast</b>  Grill	<b>Cowboy Steak</b>  Grill
<b>Rib Steak</b>  Grill, Sauté, Cook < 30 min	<b>Short Ribs</b>  Braise
<b>Back Ribs</b>  Braise	<b>Chef Cut Ribeye</b>  Grill, Sauté, Cook < 30 min

**KEY**

- Grill
- Sauté
- Marinate & Grill
- Roast
- Braise
- ☑ Cooking time under 30 minutes

## Brisket & Shank

<b>Beef Brisket</b>  Braise	<b>Brisket Flat</b>  Braise	<b>Brisket Point</b>  Braise	<b>Shank Cross Cut</b>  Braise
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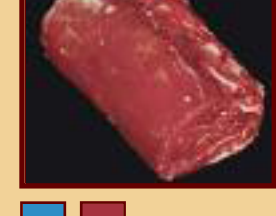


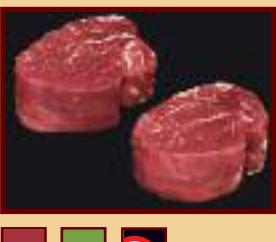
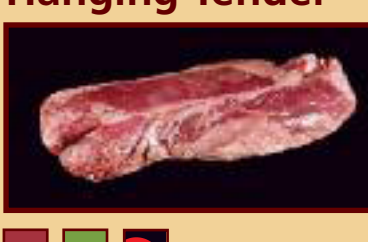
## Short Plate

<b>Short Ribs</b>  Braise	<b>Skirt Steak</b>  Grill, Sauté, Cook < 30 min
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## Flank

<b>Flank Steak</b>  Grill, Sauté, Cook < 30 min	<b>Flap</b>  Grill, Sauté, Cook < 30 min
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## Short Loin

<b>Bone-in Strip Steak, Shell Steak</b>  Grill, Sauté, Cook < 30 min	<b>Strip Steak</b>  Grill, Sauté, Cook < 30 min	<b>Filet of Strip</b>  Grill, Sauté, Cook < 30 min
<b>Strip Roast</b>  Grill	<b>Tenderloin Roast</b>  Grill, Braise	
<b>T-bone Steak</b>  Grill, Sauté, Cook < 30 min	<b>Porterhouse Steak</b>  Grill, Sauté, Cook < 30 min	
<b>Filet Mignon Tenderloin Steak</b>  Grill, Sauté, Cook < 30 min	<b>Hanger Steak, Hanging Tender</b>  Grill, Sauté, Cook < 30 min	

## Sirloin

<b>Center Cut Sirloin Steak</b>  Grill, Sauté, Cook < 30 min	<b>Sirloin Steak</b>  Grill, Sauté, Cook < 30 min
<b>Coulotte Steak</b>  Grill, Sauté, Cook < 30 min	<b>Filet of Sirloin</b>  Grill, Sauté, Cook < 30 min
<b>Tri-tip Steak</b>  Grill, Sauté, Cook < 30 min	<b>Tri-tip Roast</b>  Grill, Braise
<b>Ball Tip Steak</b>  Grill, Sauté, Cook < 30 min	<b>Ball Tip Roast</b>  Grill, Braise
<b>Bottom Sirloin Flap Meat</b>  Grill, Sauté, Cook < 30 min	

## Other

<b>Cubed Steak</b>  Grill, Sauté, Cook < 30 min	<b>Beef Kabob</b>  Grill, Marinate & Grill, Cook < 30 min	<b>Stew Beef</b>  Braise	<b>Stir-fry Beef</b>  Grill, Sauté, Cook < 30 min
<b>Fajita Beef</b>  Grill, Sauté, Cook < 30 min	<b>Ground Beef</b>  Grill, Sauté, Cook < 30 min		



*Angus beef at its best*