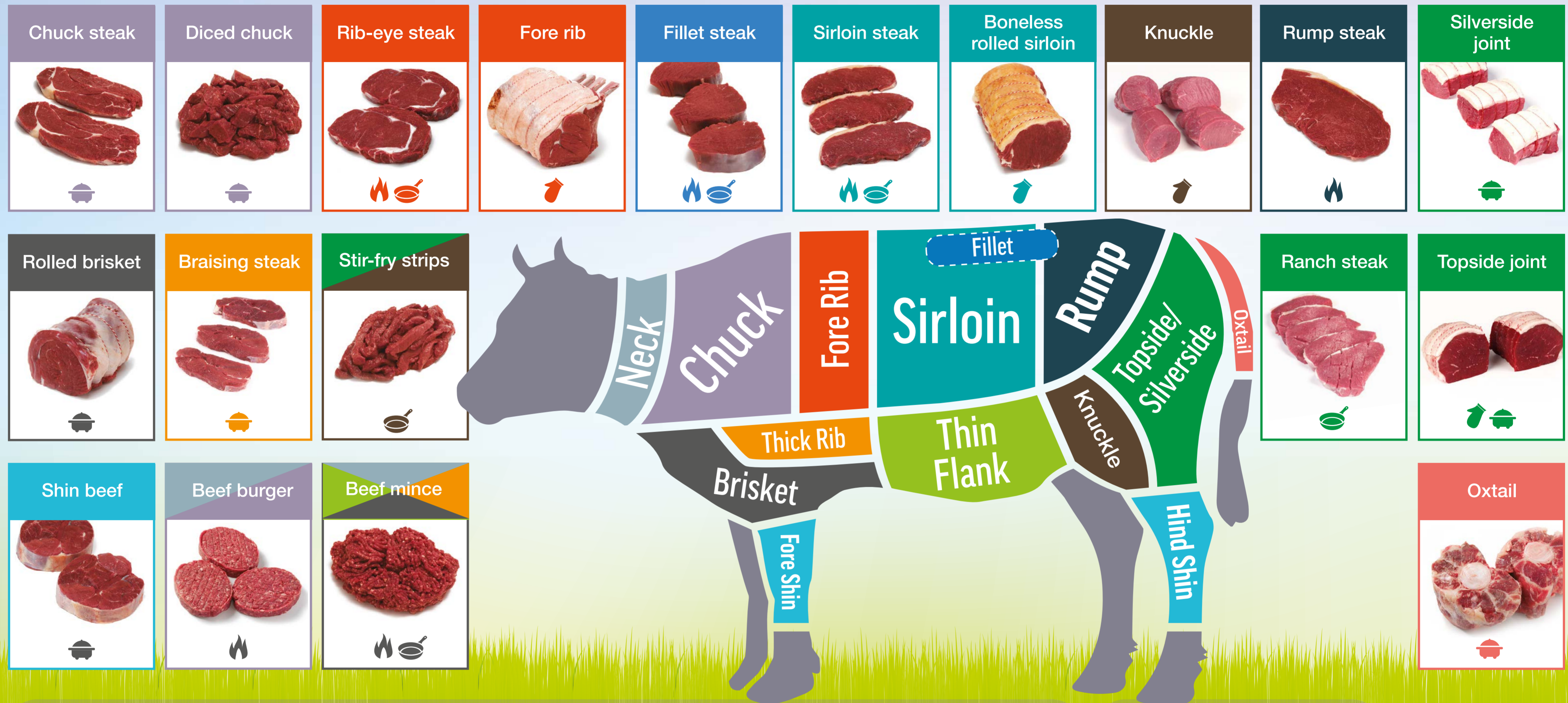


# Know your beef cuts



## Different cuts of beef

### Neck

Produces cuts suitable for stewing. Meat from this section is commonly used to produce mince.

### Fore/Hind Shin

Cuts from the shin consist of lean meat with a high proportion of connective tissue suitable for slow cooking methods such as for stews, casseroles, soups and stocks.

### Chuck

When trimmed, produces lean cuts often sold as chuck steak and diced chuck. It is suitable for braising, stewing and used for pie fillings.

### Thick Rib

Cuts from the thick rib are suitable for braising or slow cooking. The meat is slightly more tender than other stewing cuts.

### Brisket

A traditional beef cut, which is ideal for slow roasting, or as a pot roast. More recently, it has become a favourite for slow cooking on the BBQ.

### Sirloin

Sirloin steaks are a popular choice with consumers. They are suitable for grilling, frying or barbecuing, it also makes a great roasting joint.

### Fillet

Is the tenderest muscle on the carcass and is cut into steaks suitable for grilling or frying.

### Topside/Silverside

Topside is a lean cut of beef, which is traditionally used for roasting joints but can also be used for thin-cut steaks and stir-fries. Silverside can be used as a roasting joint, mini beef joint or as a pot roast; it can also be salted and sold sliced as salted beef.

### Rump

A lean and tender cut, commonly sold in large steaks for grilling, frying and barbecuing.

### Knuckle

Contains some connective tissues and, when trimmed, it produces mini roasts and thin-cut frying steaks that are ideal for steak sandwiches or stir-fries.

### Thin Flank

Cuts that are flavoursome and tends to be well marbled. Once trimmed, thin flank can be used for mince.

### Oxtail

Oxtail is a gelatine-rich meat, which is usually slow-cooked as a stew or braised.

## Cooking techniques



Barbecuing and grilling



Roasting



Frying and stir-frying



Slow cooking