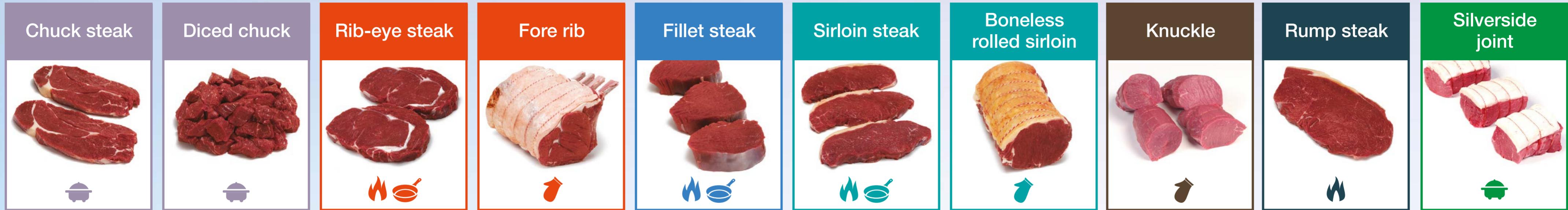


Know your beef cuts



Different cuts of beef

Neck

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

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.

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.

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