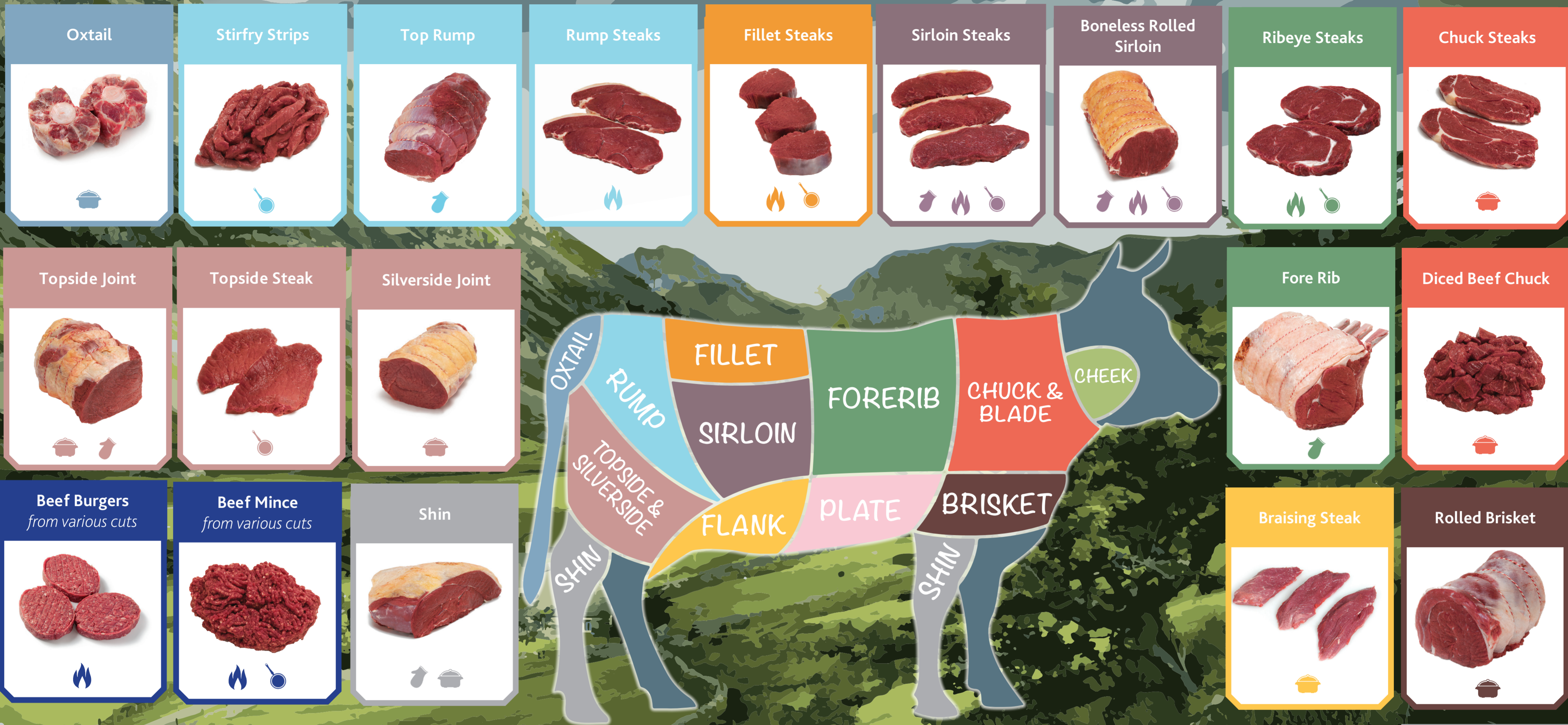


Know your Beef Meat Cuts



SECTION OF THE CARCASS

NECK
The neck produces a variety of cuts which are suitable for stewing and braising. Meat from this section is also commonly used to produce mince.

CLOD
The clod produces economical cuts of meat which should be slow cooked. Meat from this section is also commonly used to produce mince and mince products, e.g. burgers.

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

CHUCK
The chuck produces a fairly lean cut which is 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 slow cooking. The meat is slightly more tender than other stewing cuts.

BRISKET
This is a traditional cut of beef which is available either on the bone or boned and rolled and is also used to prepare rib-eye steaks before roasting. The fat marbling makes it a very succulent joint.

SIRLOIN
Produces tender cuts of meat which is a popular choice with consumers for grilling, frying and roasting. Sirloin meat is leaner than fore rib meat.

FORE RIB
This is a traditional cut of beef which is available either on the bone or boned and rolled and is also used to prepare rib-eye steaks before roasting. The fat marbling makes it a very succulent joint.

LEG
This can also be referred to as the hind shank and commonly deboned. The meat is sinewy and requires lengthy cooking at low temperature.

THICK & THIN FLANK
Flank meat is flavoursome and tends to contain more fat lending itself to long, slow cooking methods. However, minced or cut into strips it can be cooked quickly. Thin flank steak, or skirt steak, can be flash fried and is traditionally used for fajitas.

TOPSIDE/SILVERSIDE
This is a lean cut of beef more often used for roasting and pot-roasting. Traditionally used for salting and sold sliced as salted beef.

RUMP
The rump is a lean and tender cut, commonly sold in large steaks for grilling, frying and barbecuing.

COOKING TECHNIQUES

- Barbequing & Grilling
- Roasting
- Frying & Stir-frying
- Slow Cooking

For more information go to www.redmeathub.wales

