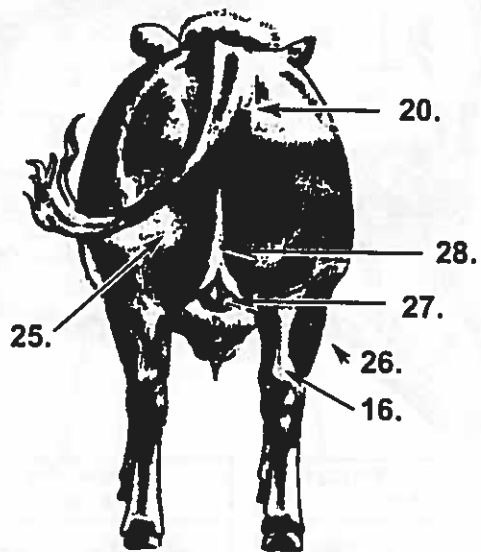


Parts of the Beef Animal (Steer)

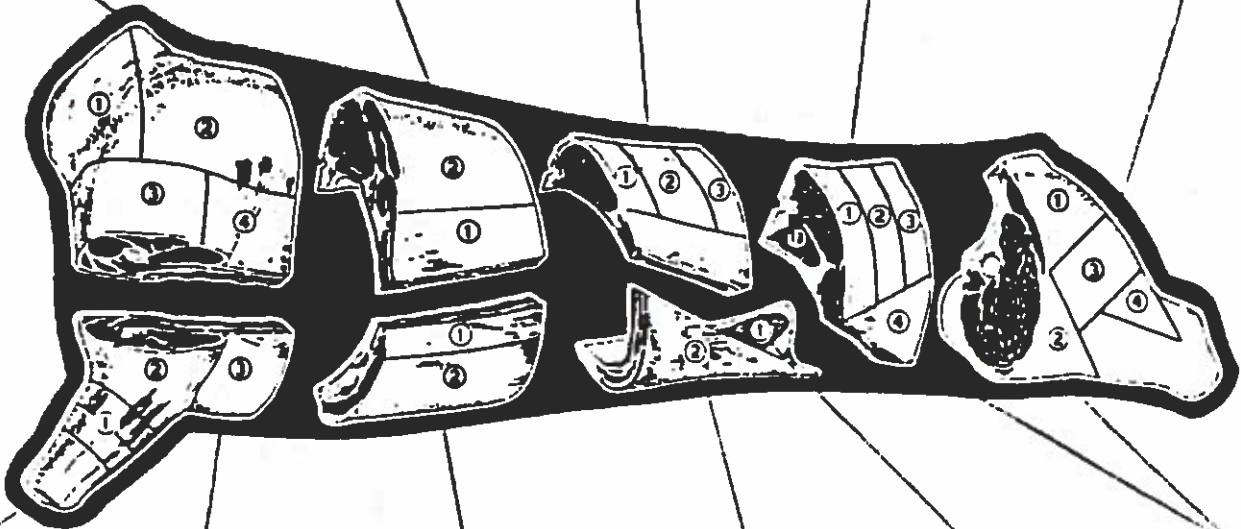
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|----------------------|---------------------|
| 1. Muzzle | 16. Hock |
| 2. Poll | 17. Stifle joint |
| 3. Crest (neck) | 18. Stifle muscle |
| 4. Dewlap | 19. Quarter (round) |
| 5. Point of shoulder | 20. Pins |
| 6. Brisket | 21. Tailhead |
| 7. Forearm | 22. Rump |
| 8. Hoof (toe) | 23. Loin |
| 9. Pastern | 24. Rib |
| 10. Dew claw | 25. Inside of round |
| 11. Shoulder | 26. Gaskin |
| 12. Flank | 27. Cod |
| 13. Belly-middle | 28. Twist |
| 14. Cannon (shank) | 29. Heart girth |
| 15. Hoof (foot) | |



Retail Cuts of Beef

WHERE THEY COME FROM AND HOW TO COOK THEM

<p>CHUCK Braise Cook in Liquid</p>	<p>RIB Roast Broil Panbroil Pantry</p>	<p>SHORT LOIN Roast Broil Panbroil Pantry</p>	<p>SIRLOIN Broil Panbroil Pantry</p>	<p>ROUND Braise Cook in Liquid</p>
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<p>FORE SHANK Braise Cook in Liquid</p>	<p>BRISKET Braise Cook in Liquid</p>	<p>SHORT PLATE Braise Cook in Liquid</p>	<p>FLANK Braise Cook in Liquid</p>	<p>TIP Braise</p>
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May be Roasted, Broiled, Panbroiled or Panfried from high quality beef.
 *May be Roasted (Braised), Broiled, Panbroiled or Panfried.

This chart approved by
National Live Stock and Meat Board