



































































# BEEF CUTS

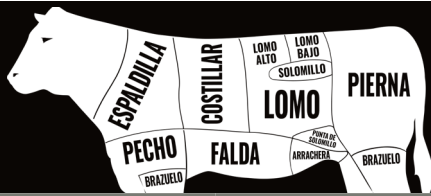
## AND RECOMMENDED COOKING METHODS



CHUCK		RIB		LOIN		ROUND		INGREDIENT CUTS	
 Arm Chuck Roast ●●●●●	 Cross Rib Chuck Roast ●●●●	 Prime Rib Roast ●●	 Porterhouse Steak ●●●●	 Top Sirloin Steak ●●●●●●●●	 Top Round* ●●	 Kabobs* ●			
 Arm Chuck Steak ●●●●	 Shoulder Roast ●●●●★	 Ribeye Steak, Bone-In ●●●●	 T-Bone Steak ●●●●	 Top Sirloin Petite Roast ●●●●●●	 Top Round Steak* ●●●●●	 Stew Meat ●			
 Blade Chuck Roast ●●●●	 Shoulder Steak* ●●●●●●	 Back Ribs ●●●●	 Strip Steak, Bone-In ●●●●	 Top Sirloin Filet ●●●●	 Bottom Round Roast ●●●●	 Strips ●●●●			
 Blade Chuck Steak* ●●●●	 Ranch Steak ●●●●	 Ribeye Roast, Boneless ●●●●	 Strip Steak, Boneless ●●●●	 Coulotte Roast ●●●●●●	 Bottom Round Steak* ●●●●	 Cubed Steak ●●●●			
 7-Bone Chuck Roast ●●●●	 Flat Iron Steak ●●●●●	 Ribeye Steak, Boneless ●●●●	 Strip Petite Roast ●●●●	 Coulotte Steak ●●●●●	 Bottom Round Rump Roast ●●●●	 Ground Beef & Ground Beef Patties ●●●●●			
 Chuck Center Roast ●●●●	 Top Blade Steak ●●●●●	 Ribeye Cap Steak ●●●●	 Strip Filet ●●●●●	 Tri-Tip Roast ●●●●●	 Eye of Round Steak ●●●●	 Shank Cross-Cut ●●●●			
 Denver Steak ●●●●●	 Shoulder Petite Tender ●●●●●●	 Ribeye Petite Roast ●●●●	 Tenderloin Roast ●●●●●	 Tri-Tip Steak ●●●●●	 Eye of Round Steak* ●●●●●	 Tenderloin Tips ●●●●			
 Chuck Eye Roast ●●●●	 Shoulder Petite Tender Medallions ●●●●●●	 Ribeye Filet ●●●●	 Tenderloin Steak (Filet Mignon) ●●●●●	 Petite Sirloin Steak ●●●●	<b>BRISKET</b>		<b>PLATE &amp; FLANK</b>		
 Chuck Eye Steak ●●●●	 Short Ribs, Bone-In ●●●●●	<b>KEY TO RECOMMENDED COOKING METHODS</b>		 Sirloin Bavette Steak ●●●●	 Brisket Flat ●●●●	 Inside Skirt* ●●●●			
 Country-Style Ribs ●●●●●	★ = LEAN These cuts meet the government guidelines for lean, based on cooked servings, visible fat trimmed.			 Stir-Fry	 Oven Roasting	 Broiling	 Pressure Cooking	 Indirect Grilling	 Smoking

A cut of cooked fresh meat is considered "lean" when it contains less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 mg of cholesterol per 100 grams (3½ oz) and per RACC (Reference Amount Customarily Consumed), which is 85 grams (3 oz).

\*For best results, marinate before cooking



# CORTES DE CARNE

## Y MÉTODOS DE COCCIÓN RECOMENDADOS



ESPAJDILLA		COSTILLAR		LOMO		PIERNA		CORTE DE INGREDIENTES	

### CLAVE PARA LOS MÉTODOS DE COCCIÓN RECOMENDADOS

- PARILL O ASAR
- SARTÉN
- CACEROLA
- SALTEADO
- DEL SARTEN AL HORNO
- ASADVO INDIRECTO
- COCCIÓN LENTA

*\*Marinar antes de cocinar para obtener mejores resultados*

Todos los cortes de carne magra tienen menos de 10 gramos de grasa total, 4,5 gramos o menos de grasa saturada y menos de 95 miligramos de colesterol por porción de 3½ onzas. A base de raciones cocinadas, grasa visible recortada.