

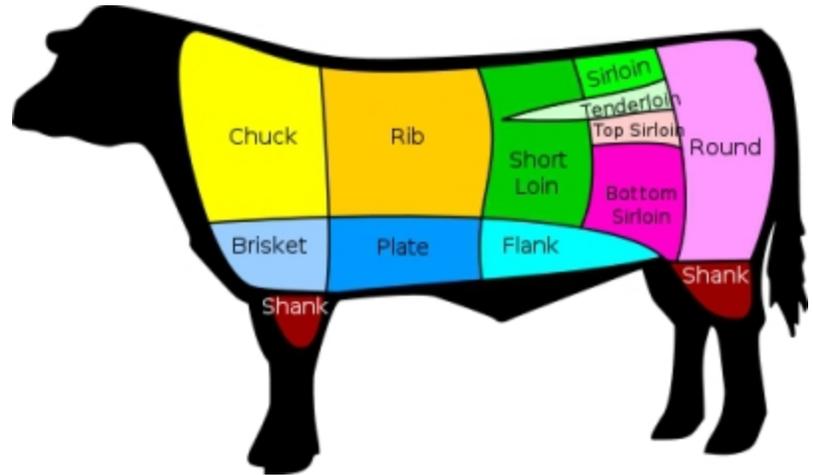
BEEF CATTLE CUTS OF MEAT

Different cuts of beef come from different parts of the animal. Here are some examples of the different cuts of beef!

Round

This is the where most of the beef cuts come from. Round cuts of meat are a little tougher because they come from a muscular area of the animal. They have less gristle and are excellent for slow cooking! Examples are;

- Round Steak
- Round Roast
- Rump Roast
- Eye Round Steak



Chuck

This is the second most popular area for cuts of meat. The meat is flavourful and still economical. Chuck meat can be a bit tough and fatty because they have more bone and gristle cuts (because they are from the shoulder). Chuck meat is also great cooked slowly. Examples are;

- Pot Roast
- Chuck Roast
- Short Ribs

Rib

This includes cuts like rib roast, rib steak and back ribs. Meat from the rib is tender and marbled (marbling is the white "veins" that you see in meat which is fat). Marbling makes the meat more tender and juicy.

Sirloin

A lot of steaks come from this area such as sirloin, tri tip, tenderloin and top sirloin steak. Sirloin meat is also very tender and bit more expensive but it has great flavour.

Short Loin

Tenderloin also comes from this area as well as top loin steak, and t-bone steak. This is the probably your most expensive cut of meat but it is also the most tender and juicy!

Brisket

Brisket is best slow cooked, perfect for a barbeque or a smoked meat sandwich.

These are just some of the larger cuts of beef, there are many more cuts that are not mentioned here.

Cattle are protein machines with the ability to change grass into the high-quality protein that helps people grow!

