

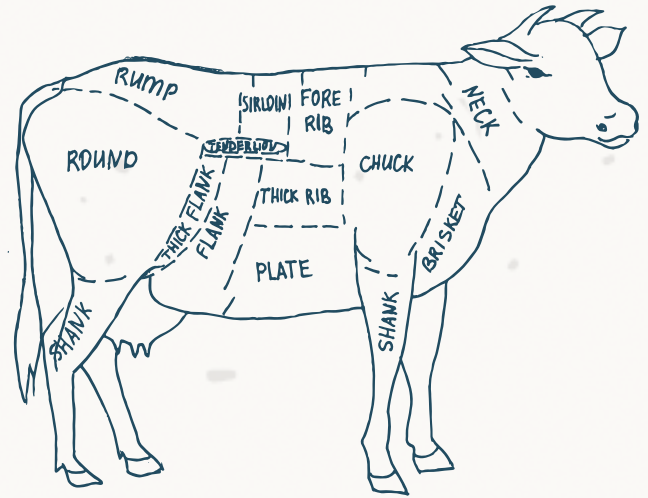
GET TO KNOW YOUR CUTS!

Neck & Chuck

Cuts	How to Cook
Braising Steak	Stew/Braise
Best Mince	Pan Fry
Stewing Steak	Stew/Braise
Chuck Steak	Stew/Braise

Fore Rib

Cuts	How to Cook
Rib Eye Steak	Grill/Pan Fry
Fore Rib Roast	Roast
Rolled Rib	Roast
Rib Steak	Grill/Pan Fry

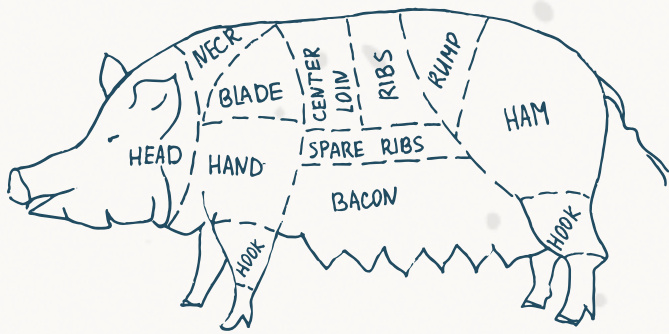


Sirloin

Cuts	How to Cook
Rolled Sirloin	Roast
Sirloin Steak	Grill/Pan Fry
T-Bone Steak	Grill/Pan Fry
Fillet Steak	Grill/Pan Fry

Flank

Cuts	How to Cook
Skirt	Stir Fry
Mince	Pan Fry
Rump	Grill/Pan Fry
Leg/Shank	Stew/Braise
Brisket	Pot Roast



Loin

Cuts	How to Cook
Loin Chop	Grill/Braise
Rack of Pork	Roast/Braise
Pork Steak	Grill/Braise/Pan Fry

Legs

Cuts	How to Cook
Spare Ribs	Roast/Pot Roast
Rolled Belly	Roast
Ham	Slow Cook
Hook	Braise

Shoulder

Cuts	How to Cook
Spare Rib Chop	Grill
Rolled Shoulder	Roast

Belly

Cuts	How to Cook
Spare Ribs	Roast/Pot Roast
Rolled Belly	Roast

Neck

Cuts	How to Cook
Scrag End	Pot Roast
Quality Mince	Pan Fry
Neck Chop	Pot Roast
Medallion	Roast
Rolled Lion	Roast

Loin

Cuts	How to Cook
Rack of Lamb	Roast
Cutlet	Grill
Centreloin Chop	Pot Roast
Medallion	Roast
Rolled Lion	Roast

Chump

Cuts	How to Cook
Sideloin Chop	Roast/Pot Roast
Joint	Roast
Shoulder	Braise/Pot Roast
Breast	Braise/Roast
Shank	Pot Roast
Gigot	Grill/Braise

Leg

Cuts	How to Cook
Fillet End	Roast
Shank End	Roast
Whole Leg	Roast
Steaks	Grill
Rolled	Roast
Butterfly	Roast/Grill/BBQ

