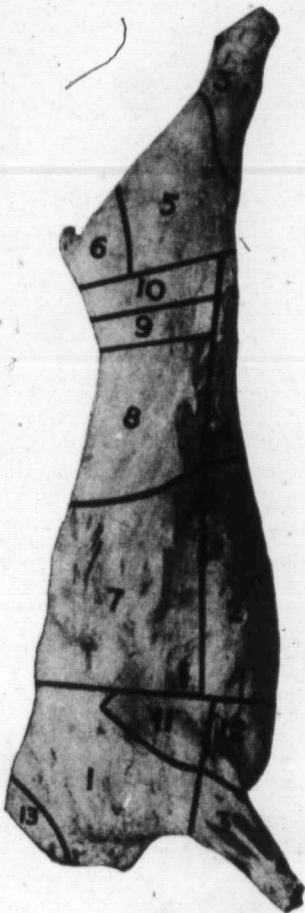




SIDE OF BEEF



- 1 **CHUCK**—Suitable for pot roasts, stews, casserole dishes and spiced beef.
- 2 **PLATE**—Suitable for soup and pot roast. Generally used for making corned beef.
- 3 **SHANK**—Used mostly for soups and stews; also for hamburger steak.
- 4 **FLANK**—Practically a boneless cut. Can be used with very little waste. Contains the flank steak. Flank meat makes excellent pot pie.
- 5 **ROUND**—A juicy cut, free from fat. The top (or inside) is used for steak and roasts. The bottom (or outside) is best chopped.
- 6 **RUMP**—About one-third fat and one-half lean meat. Generally used for steaks, corning, braising and pot roast.
- 7 **RIBS**—There are seven ribs in this cut. About one-half is lean meat, one-third fat and one-sixth bone. The two ribs nearest the loin make excellent roasts. Ribs are always roasted.
- 8-9-10 **LOIN**—Contains the choicest steaks and is divided into two portions, the short loin and the loin end. This latter cut contains the sirloin, pin-bone and porterhouse steaks.
- 11 **CLOD**—There is practically no waste in this cut. It is used principally for steaks and pot roast.
- 12 **BRISKET**—Used mostly for corned beef; also used for soup, pot roast and stew.
- 13 **NECK**—Good for mince meat; also as a brown stew. Flavor and richness are added by cooking with salt pork.

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