

AUSTRALIAN BEEF CUTS

Recommended Cooking Methods



ROAST



GRILL



CORN



STIR FRY



THIN SLICE



SLOW COOK

1 SHIN					2 SILVERSIDE			
	WHOLE HIND SHIN <i>Bone-In</i>	WHOLE FORE SHIN <i>Bone-In</i>	OSSO BUCO	BONELESS SHIN <i>Sliced</i>		WHOLE SILVERSIDE	CORNE SILVERSIDE	SILVERSIDE ROAST <i>Aitch-Bone End</i>
	3 TOPSIDE					4 KNUCKLE		
EYE ROUND <i>Girello Roast</i>		TOPSIDE WHOLE <i>Cap-On</i>	TOPSIDE WHOLE <i>Cap-Off</i>	TOPSIDE ROAST	TOPSIDE STEAK		ROUND/KNUCKLE	ROUND STEAK
		5 RUMP						
KNUCKLE EYE ROAST	KNUCKLE EYE MEDALION		WHOLE RUMP	RUMP STEAK	ROSTBIFF	RUMP CENTRE	RUMP CENTRE CUT STEAK	RUMP EYE SIDE
								6 TENDERLOIN
RUMP EYE MEDALION	RUMP CAP	RUMP CAP STEAK				RUMP ROAST	TRI TIP	
							7 FLANK & SKIRTS	
TENDERLOIN WHOLE	BUTT FILLET	CENTRE CUT FILLET				EYE FILLET STEAK		FLANK STEAK
							8 SHORTLOIN	
INSIDE SKIRT	FLAP MEAT	THICK SKIRT <i>Hanger Steak</i>				WHOLE SHORTLOIN		T-BONE STEAK
							9 CUBE ROLL	
WHOLE SIRLOIN	SIRLOIN STEAK <i>Bone-In (Wing End No fillet)</i>	BONELESS SIRLOIN STEAK <i>Porterhouse/New York</i>	CUBE ROLL WHOLE		SCOTCH FILLET STEAK / RIB EYE STEAK			
					10 BLADE			
RIB EYE <i>On the Bone</i>	TOMAHAWK	RIB EYE ROAST <i>On the Bone</i>	SHORT RIBS	SHORT RIBS ASADO				
							11 CHUCK	
BLADE WHOLE <i>Oyster Included</i>	BOLAR ROAST	BLADE STEAK	BBQ BLADE STEAK <i>Y-bone, Cross Cut Blade Steak</i>	OYSTER BLADE WHOLE	OYSTER BLADE STEAK	FLAT IRON STEAK		CHUCK WHOLE
			12 BRISKET					
CHUCK STEAK	CHUCK EYE LOG ROAST	CHUCK RIB PLATE		WHOLE BRISKET	POINT END BRISKET <i>Deckle Removed</i>	NAVEL END BRISKET		MINCE
DICED	STIR FRY	BEEF CHEEK	OX TAIL WHOLE	OX TAIL Sliced	MARROW BONE	THIN SLICE		