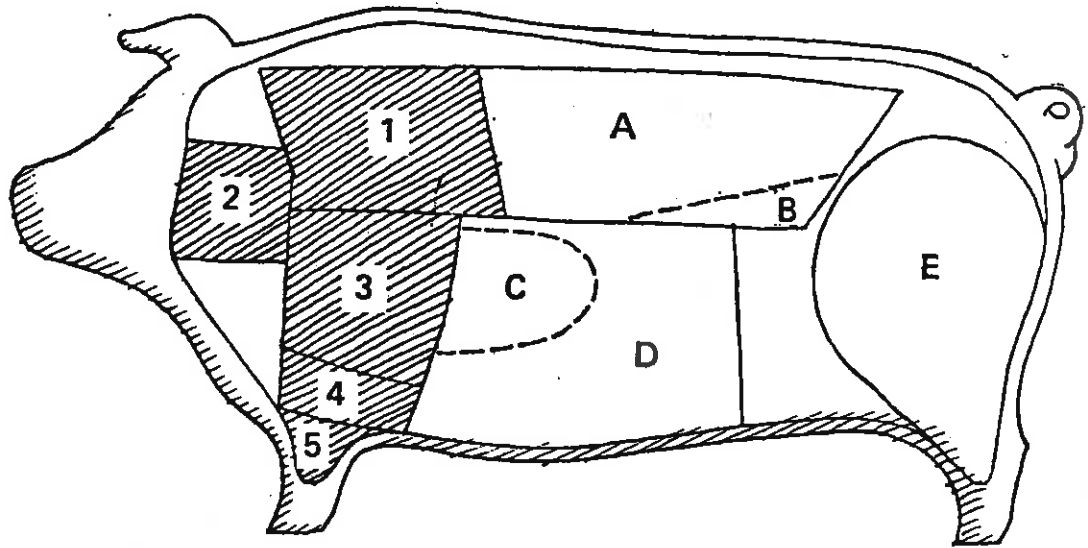


PORK



Note: Unshaded parts are the tender cuts. Shaded parts are not-so-tender.

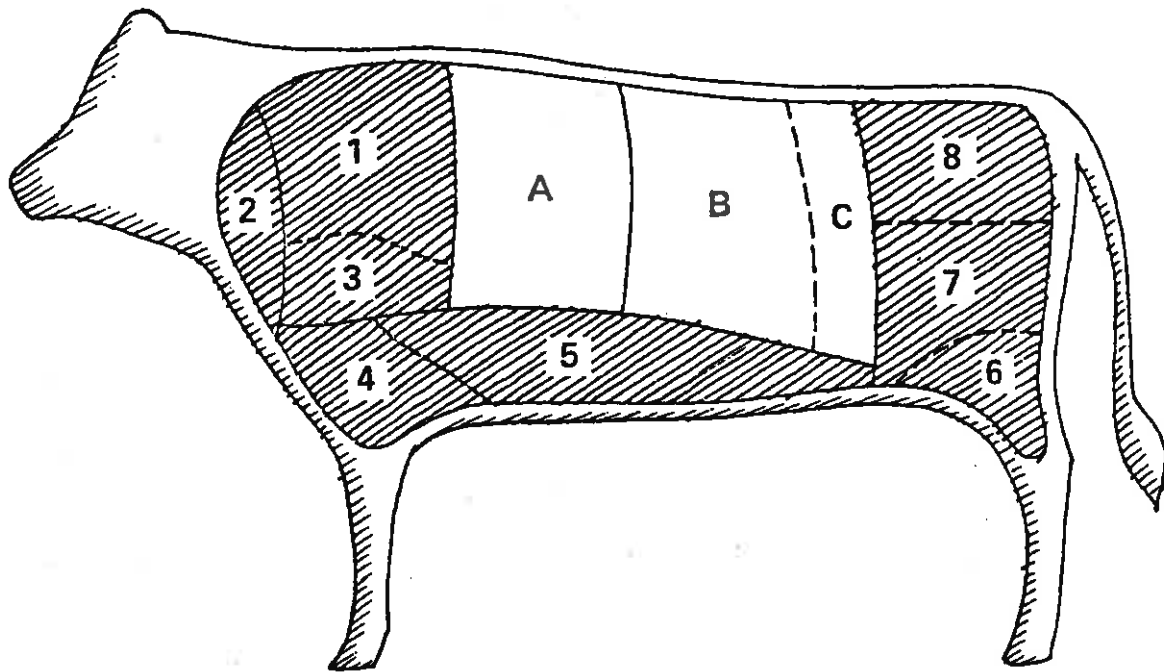
THE TENDER CUTS:

- A. LOIN
 - Roasts (blade loin, center loin, crown, sirloin)
 - Chops (rib, loin, blade, sirloin)
 - Canadian bacon
 - Back ribs
 - Fat back
- B. TENDERLOIN
- C. SPARERIBS
- D. BACON
 - Bacon
 - Salt pork
- E. HAM (LEG)
 - Hams (fresh and cured)
 - Ham steaks

THE NOT-SO-TENDER CUTS:

- 1. BOSTON BUTT (SHOULDER)
 - Roasts
 - Steaks (blade, cube)
 - Stew pork
 - Ground pork
 - Fat back
 - Lard
- 2. JOWL
- 3. PICNIC
 - Roasts (arm, fresh and smoked picnic)
 - Steak (arm)
 - Stew pork
 - Ground pork
 - Sausage
- 4. HOCK
 - Fresh and smoked hock
- 5. FEET
 - Fresh pigs' feet (trotters)
 - Pickled pigs' feet

VEAL



Note: Unshaded parts are the tender cuts. Shaded parts are not-so-tender.

THE TENDER CUTS:

A. RIB

Roasts (rib, crown)
Chops (rib, boneless rib)

B. LOIN

Roasts
Chops (loin, kidney)

C. SIRLOIN

Roasts
Steaks

THE NOT-SO-TENDER CUTS:

1. SHOULDER

Blade roasts
Blade steaks
Stew veal
Ground veal

2. NECK

Stew veal

3. ARM

Arm roasts
Arm steaks

4. SHANK

Shank crosscuts

5. BREAST

Roasts for stuffing
Riblets (stew veal)

6. HEEL OF ROUND

Stew veal

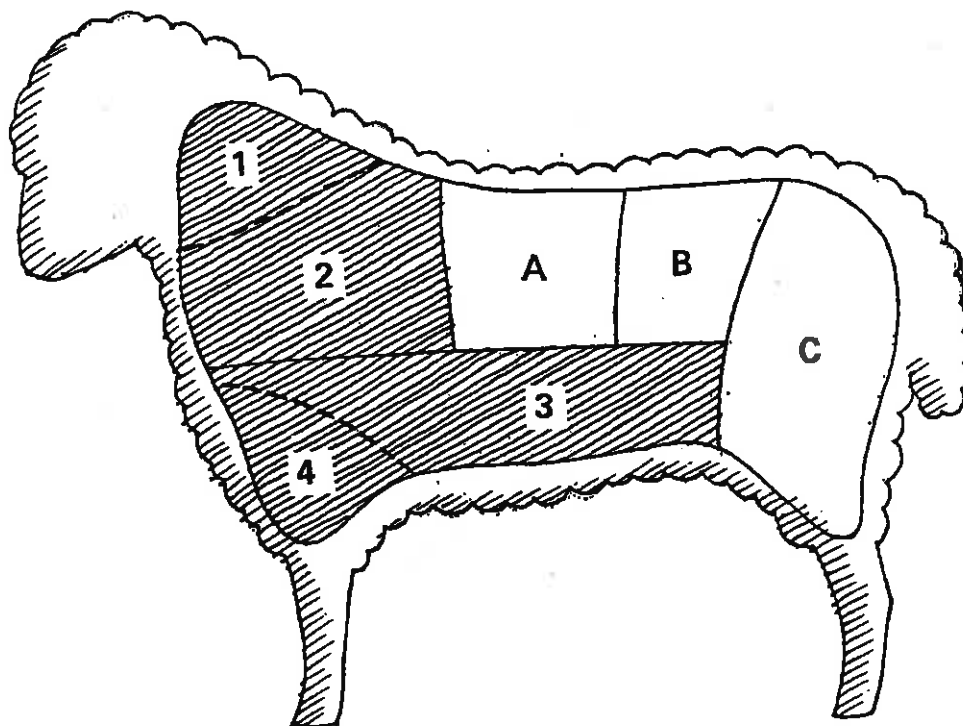
7. ROUND (LEG)

Cutlets, scaloppine
Round steaks

8. RUMP

Roasts

LAMB AND MUTTON



Note: Unshaded parts are the tender cuts. Shaded parts are not-so-tender.

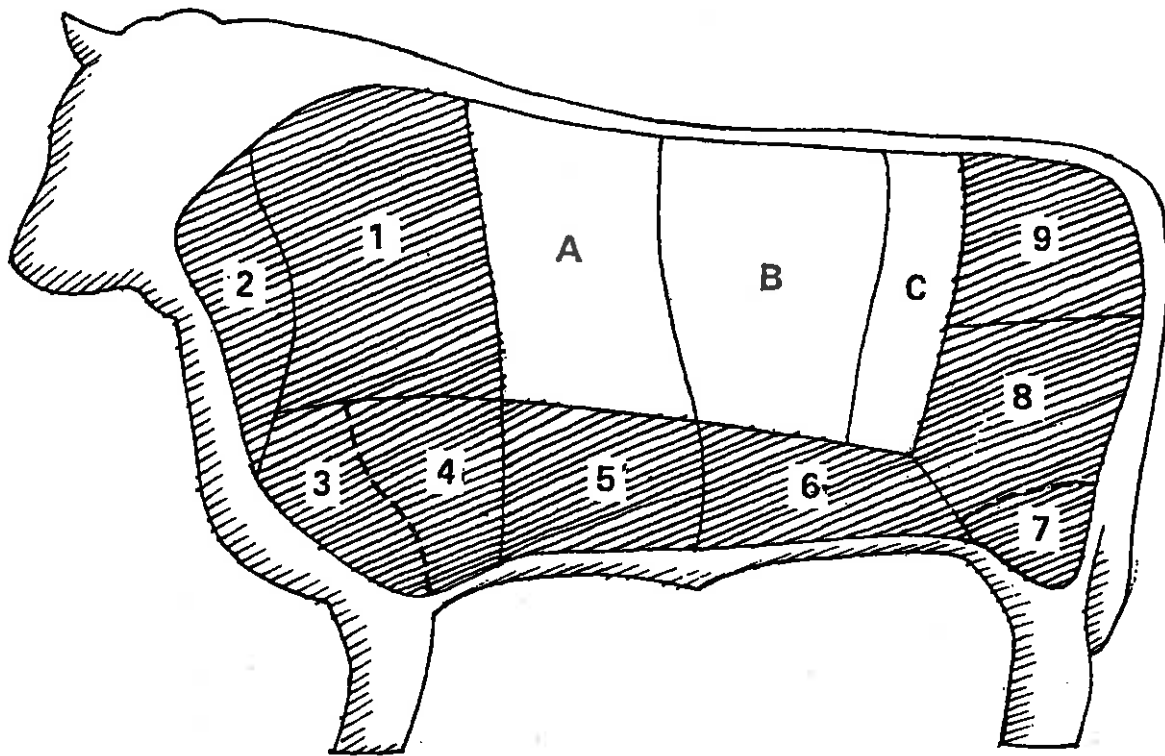
THE TENDER CUTS:

- A. RIB
 - Roasts (rib, crown)
 - Chops (rib, Frenched rib)
- B. LOIN
 - Roasts (loin, double loin)
 - Chops (loin, kidney or English)
- C. LEG
 - Leg of lamb or mutton
 - Leg chop or steak
 - Cubes for kebabs

THE NOT-SO-TENDER CUTS:

- 1. NECK
 - Neck slices
- 2. SHOULDER
 - Roasts (rolled, cushion, square shoulder)
 - Chops (blade, arm)
 - Stew lamb or mutton
 - Ground lamb or mutton
- 3. BREAST
 - Roasts for stuffing
 - Riblets (stew lamb or mutton)
- 4. SHANK
 - Lamb or mutton shanks

BEEF



Note: Unshaded parts are the tender cuts. Shaded parts are not-so-tender.

THE TENDER CUTS:

A. Rib

Roasts (rib, rib eye, or Delmonico)
Steaks (rib, rib eye, or Delmonico)

B. Loin

Steaks (club, T-bone, porterhouse)
Tenderloin

C. Sirloin

Sirloin steaks

3. Shank

Stew beef
Shank crosscuts

4. Brisket

Corned beef

5. Plate

Short ribs
Stew beef
Ground beef

6. Flank

Flank steak
London broil

7. Heel of Round

Stew beef

8. Round

Pot roasts
Steaks (top, eye, and bottom round)
Ground beef

9. Rump

Pot roasts

THE NOT-SO-TENDER CUTS:

1. Chuck (shoulder)

Pot roasts
Swiss-style steaks (blade, arm)
Stew beef
Ground beef

2. Neck

Stew beef