

MEAT CUTS

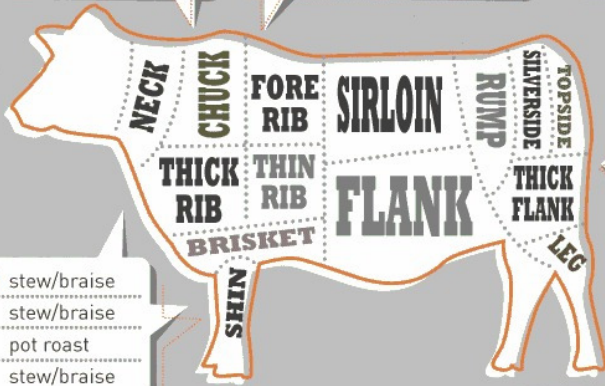
BEEF

NECK, CHUCK

Braising Steak stew/braise
 Best Mince pan fry
 Stewing Steak stew/braise
 Chuck Steak stew/braise

FORE RIB

Rib Eye Steak grill/pan fry
 Fore Rib Roast roast
 Rolled Rib roast
 Single Rib grill/pan fry



THICK RIB stew/braise
 THIN RIB stew/braise
 BRISKET pot roast
 SHIN stew/braise

SIRLOIN

Rolled Sirloin roast
 Sirloin Steak grill/pan fry
 T-Bone Steak grill/pan fry
 Fillet Steak grill/pan fry

FLANK

Skirt stir fry
 Cheap Mince pan fry

RUMP

RUMP grill/pan fry
 TOPSIDE roast/pot roast
 SILVERSIDE pot roast
 THICK FLANK pot roast
 LEG stew/braise

PORK

SHOULDER

Blade Chops braise/grill/pan fry
 Spare Rib Chop grill
 Rolled Shoulder roast

LOIN

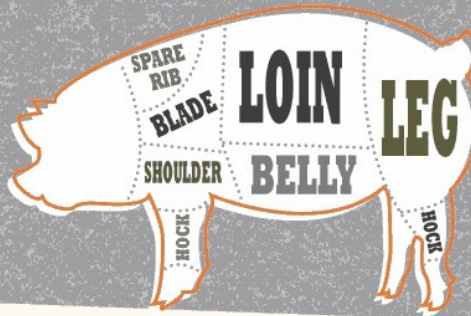
Loin Steak grill/braise
 Loin Rack Joint roast/braise/pot roast
 Tender Loin roast/braise/pan fry

BELLY

Spare Ribs roast/pot roast
 Rolled Belly roast

LEG

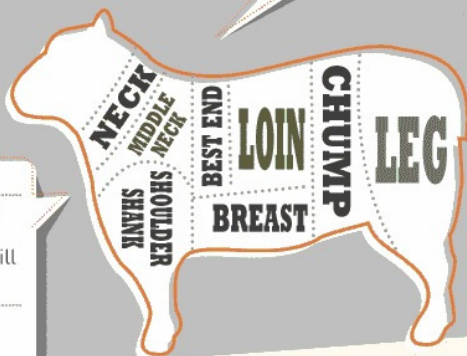
Leg Steaks grill/braise
 Leg Joint roast



LAMB

BEST END OF NECK

Rack of Lamb roast
 Rib Chop grill
 Cutlet grill



NECK

Scrag End pot roast
 Quality Mince pan fry
 Neck Chop braise/grill

SHOULDER

Whole Square roast
 Rolled roast
 Shank pot roast

LOIN

Loin Chop grill/braise
 Medallion roast
 Rolled Loin roast
 Noisettes pan fry

CHUMP

Chops grill/braise
 Joint roast
 Steaks pan fry/braise

BREAST

Breast Joint braise/roast
 Breast Riblets braise/pot roast

LEG

Whole Leg roast
 Steaks grill
 Rolled roast
 Butterfly roast