

COOKING WITH BEEF

SLOW COOKING CUTS

Beef Shin



Blade/
Crosscut Blade



Brisket



Chuck Steak



Short Rib



Oxtail



Gravy Beef



FAST COOKING CUTS

Rump Steak



Scotch Fillet Steak



Minute Steaks



Eye Fillet Steak



Schnitzel



Sirloin Steak



ROASTING CUTS

Standing
Rib Roast



Eye Fillet



Whole Sirloin



Whole Rib Eye/
Scotch Fillet

