Co-Owner Sander Processing
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Different Cuts of Beef

The Beef Section

Cuts of Beef: A Cheat Sheet for Meat Treats

Cooking Methods:
- Shred
- Stir Fry
- Grill
- Marinate & Grill

Cost:
- Inexpensive:
  - up to $5
- Moderate:
  - up to $15
- Expensive:
  - over $20

Rib Roast
Rib Steak
Ribeye Steak Boneless
Peleterhouse Steak
T-Bone Steak
Top Loin Steak Boneless
Tenderloin Steak

Dig in!

The cow is divided into different sections:
- Chuck
- Rib
- Short Loin
- Sirloin
- Round

- Brisket
- Fore Shank
- Short Plate
- Flank

Source: FreshDirect Marketing Retail Scanner Report: The Meat Solutions, Total 09, 2014

visual.ly
Cost Effective Cuts of Beef

Denver Cut Steak
Tri-Tip Steak
Sirloin Tip Steak
Flat Iron Steak
Top Sirloin Steak
Sirloin Tip Roast
Cost Effective Cuts of Beef

Mock Tender Roast

Hanger Steak

Hanger Steak (Trimmed)
Different Cuts of Pork

PORK CHART

Retail Cuts of Pork — Where They Come From and How to Cook Them

This chart approved by National Live Stock and Meat Board

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Cost Effective Pork Cuts

Nitrite Free Bacon

Cured Bacon

Nitrite Free Ham

Cured Ham
Cost Effective Pork

- French Cut Pork Chop
- Country Style Ribs
- T-Bone Chop/French Cut Chop
- Cubed Pork Loin Cutlets