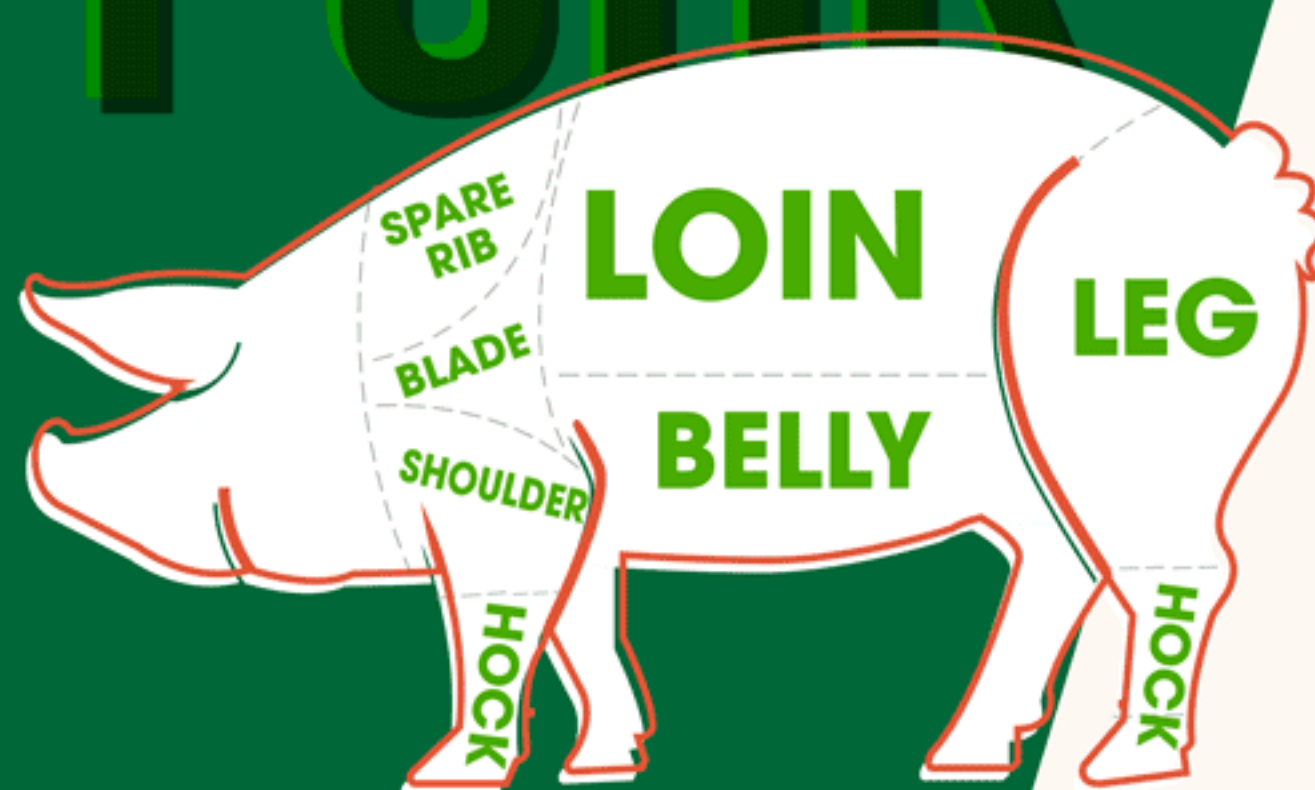


MEAT CUTS & PREPARING RECOMMENDATIONS

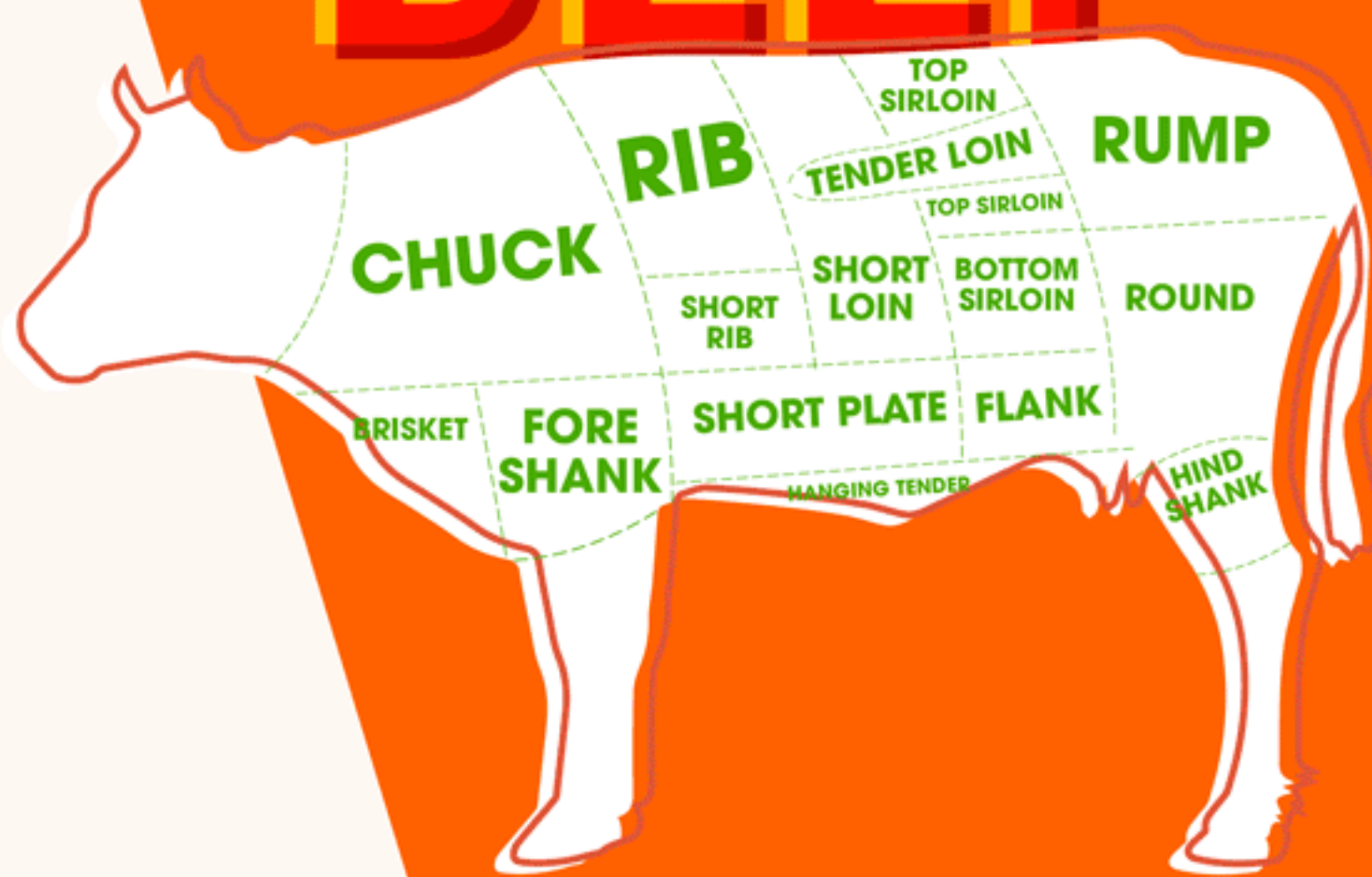
PORK CUTS

Pork Butt Roast	Grill Roast, BBQ, Roast, Braise
Pork Shoulder	Grill Roast, BBQ, Roast, Braise
Rib Chop	Grill, Pan Sear, Braise
Center-Cut Chop	Sear, Grill
Baby Back Ribs	Grill, BBQ
Country-Style Ribs	Braise, Grill, Pan Sear
Blade-End Roast	Roast
Boneless Blade-End Roast	Roast, Grill Roast
Center-Cut Loin Roast	Roast, Grill Roast
Center-Cut Rib Roast	Roast, Grill Roast
Tenderloin Roast	Roast, Pan Sear, Stir-Fry
Crown Roast	Roast
St. Louis-Style Spareribs	Roast, BBQ
Fresh Ham, Shank End	Roast, Grill Roast
Fresh Ham, Sirloin Half	Roast
Spiral-Sliced Bone-In Half Ham	Roast
Country Ham	Roast

PORK



BEEF



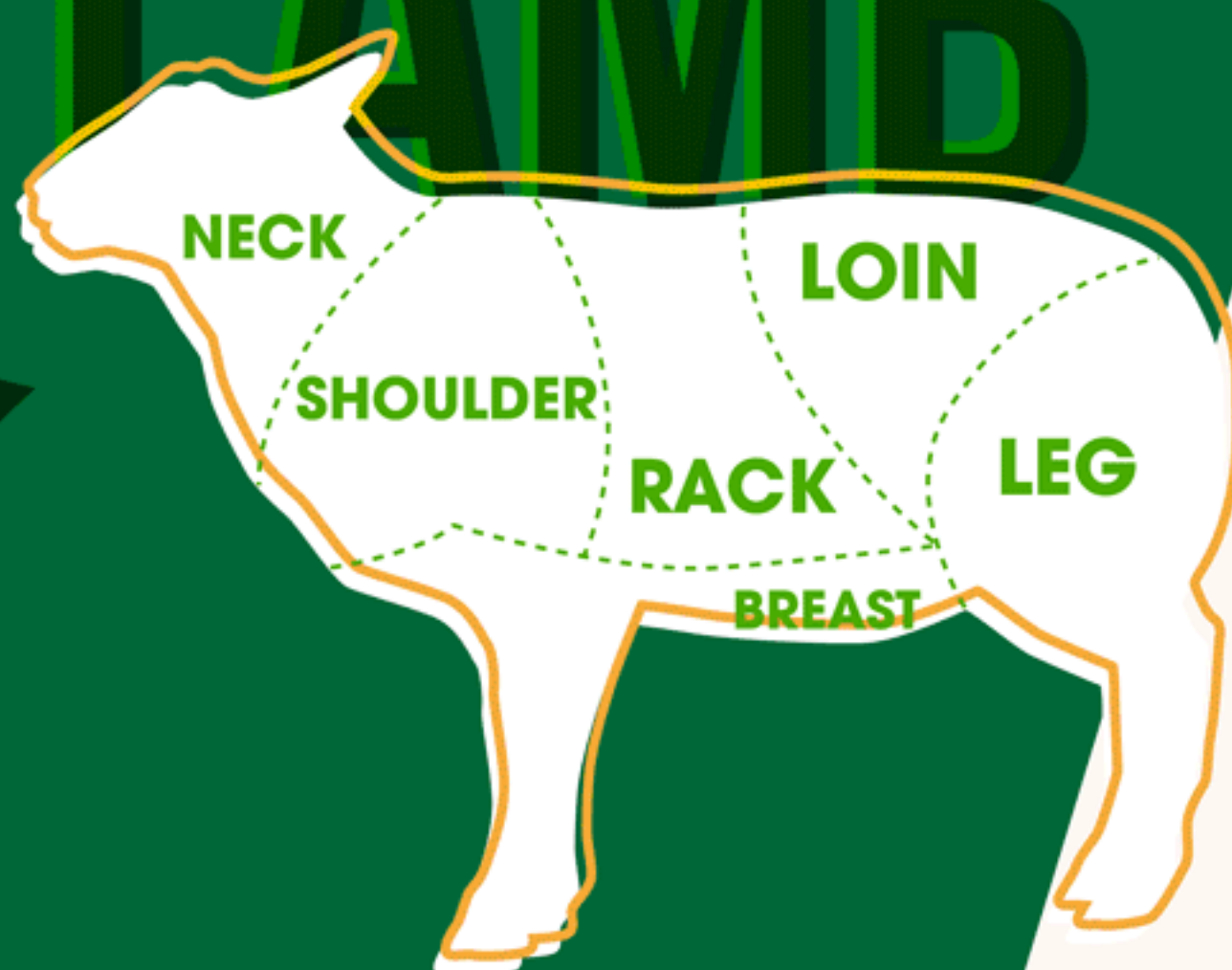
BEEF CUTS

Chuck & Blade	Stew, Braise, Pot Roast
Brisket	Braise
Fore Shank	Braise
Short Plate	Grill, Pan-Sear
Flank	Grill, Pan-Fry, Broil, Braise
Round	Braise
Sirloin	Grill, Fry, BBQ
Short Loin	Grill, Pan Sear
Rib	Grill, Pan Fry, Roast, Braise
Tongue	Simmer
Livers	Bake, Boil, Broil, Fry, Stir-Fry
Heart	Simmer, Bake, Braise

LAMB CUTS

Butterflied Leg Of Lamb	Roll, Roast
Carvery Leg Of Lamb	Roast
Carvery Shoulder Of Lamb	Roast
Centre Loin Chops	Fry, Grill
Diced	Stew / Braise, BBQ
Fillet	Fry
Shank	Stew / Braise
Gigot Chops	Stew/ Braise, Roast, BBQ
Leg Steaks	Fry, Grill, BBQ
Loin Canon	Fry, Grill
Loin Saddle (Bone In)	Roast
Loin Saddle (Boneless)	Roast
Noisette	Roast, Fry
Rack Of Lamb	Roast
Rump (Boneless)	Roast, Fry, BBQ
Shoulder Rack	Roast, Grill
Striploin	Roast, Fry, Grill, BBQ

LAMB



CHICKEN



CHICKEN CUTS

Whole Chicken	Roast
Breast	Steam, Pan-Fry, Grill, Deep-Fry, Oven Roast
Cockscorn	Braise
Drumsticks	Braise, Grill, Bake, BBQ
Feet	Braise, Grill, BBQ, Simmer, Deep-Fry, Steam
Gizzard	Pan-Fry, Grill, Braise, Deep-Fry
Heart	Grill, Pan-Fry, Simmer
Kidney	Pan-Fry, Simmer, Grill, Oven Roast
Liver	Pan-Fry
Neck	Simmer, Pan-Fry, Braise
Tenderloin	Steam, Pan-Fry, Grill, Deep-Fry
Thigh	Pan-Fry, Oven Roast, BBQ, Grill, Deep-Fry
Wing	Pan-Fry, Grill, Oven Roast, BBQ, Deep-Fry

FISH CUTS

Whole Fish	Bake, Bake In Foil, Deep Fry, Grill
Small Whole Fish	Bake, Bake In Foil, Pan-Fry, Deep Fry, Oven Fry, Grill
Fillet	Bake, Pan-Fry, Deep Fry, Grill
Steak	Bake, Bake In Foil, Pan-Fry, Grill

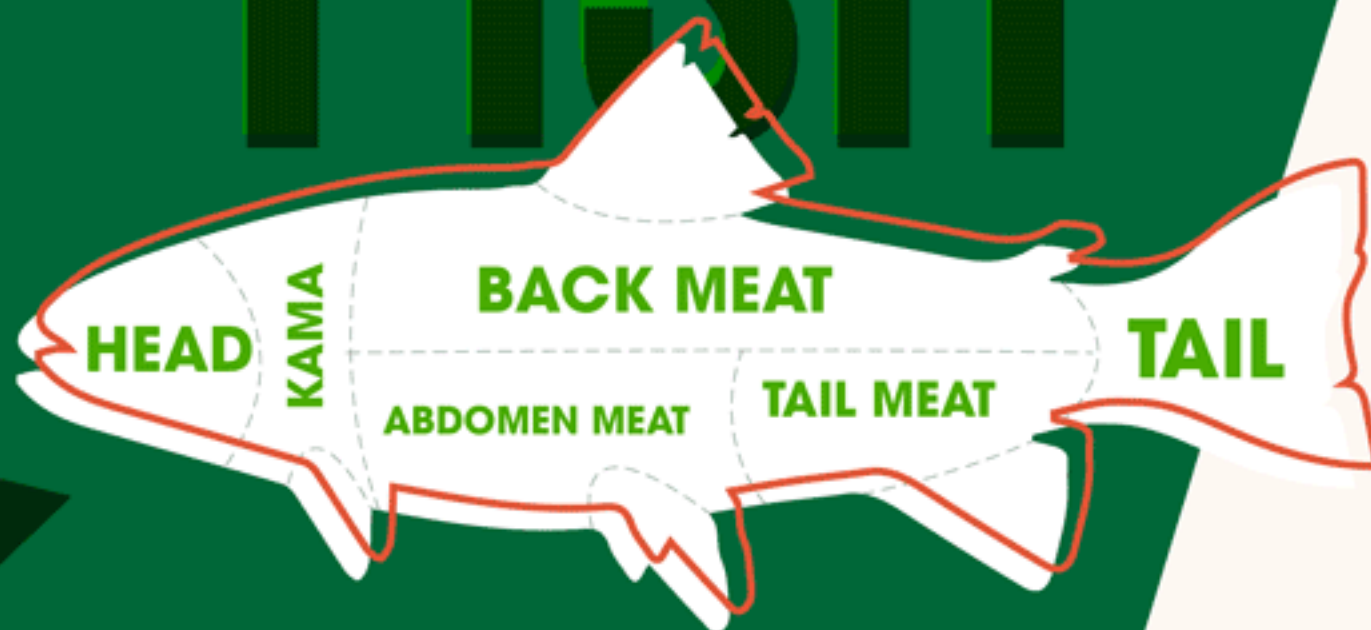


Steak



Fillet

FISH



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