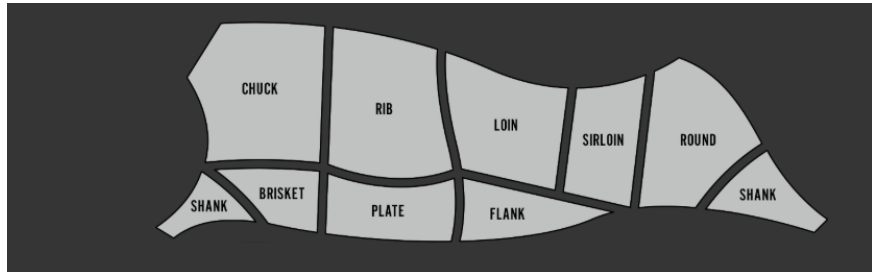


Beef's Primal Cuts

A primal cut or cut of meat is a piece of meat initially separated from the carcass of an animal during butchering. Primal cuts are then reduced into subprimal cuts. Individual portions derived from subprimal cuts are referred to as fabricated or retail cuts.

Visit <https://www.beefitswhatsfordinner.com/cuts> to complete the below activity.



1. **CHUCK**: This large primal comes from the shoulder area and yields cuts known for their rich, beefy flavor. Features roasts ideal for slow-cooking as well as more tender, grill-ready cuts.

The _____ is an extremely tender, well-marbled and flavorful and great for grilling. Cut from the Top Blade.

2. **RIB**: Situated under the front section of the backbone and used primarily for support. Popular cuts from the Rib include the rich, flavorful Ribeye Steak and the Prime Rib Roast.

The _____ is rich and satisfying with exceptional tenderness and marbling. Perfect for grilling.

3. **Loin**: The area below the backbone is home to some of the most tender and popular cuts of beef, such as the Tenderloin, Strip Steak, T-Bone and Porterhouse Steaks. Loin cuts are great prepared on the grill or under a broiler.

The _____ is a thick cut but smaller in diameter than Strip Steak with a robust taste. Season simply with salt and pepper or your favorite rub and grill.

4. **Sirloin:** The Sirloin is home to popular fabricated cuts but is first separated into the Top Sirloin Butt and Bottom Sirloin Butt. In the Top Sirloin you'll find steaks great for grilling, while the Bottom Sirloin provides cuts like Tri-Tip and Sirloin Bavette, which are good for roasting or grilling.

The _____ has plenty of marbling and is a juicy and savory steak. Easy to prepare on the grill.

5. **Round:** Home to lean, inexpensive cuts that come from the rump and hind legs. The muscles in this area are used for movement, so the beef is leaner and less tender. Often sold as roasts, steaks for marinating or Ground Beef.

The _____ is cut from the thin, lean muscle that covers the Top Round. Can be used as an alternative to Skirt or Flank Steaks. Benefits from tenderization.

6. **Brisket:** This is the animal's breast, so it can be tougher because it is used for movement. An ideal cut for cooking low and slow-on the barbecue or in a slow-cooker.

The _____ is the leaner half of the whole Brisket also known also as the "first cut," this full-flavored meat can be sliced or shredded.

7. **Plate:** The section right under the rib primal with a higher fat content. The Short Plate is a source of Short Ribs and Ground Beef.

_____ are known for their good beef flavor. Good braised or on the grill with your favorite rub.

8. **Flank:** Located below the Loin. Cuts from this area are lean, very flavorful, and best when braised, or marinated and grilled.

_____ is lean and boneless with lots of intense beef flavor. Best when marinated and grilled or sliced thin and stir-fried.

9. **Shank:** A portion of the leg, which is used extensively for movement. As a result, it is typically cut into cross sections.

_____ - _____ A cross-section of the leg, which is used extensively for movement. As a result, it is typically braised to make flavorful, fork-tender dishes such as Osso Buco.