

AUSTRALIAN BEEF CUTS

Recommended Cooking Methods



1 SHIN WHOLE HIND SHIN Bone-In WHOLE FORE SHIN Bone-In OSSO BUCO BONELESS SHIN Sliced			2 SILVERSIDE WHOLE SILVERSIDE CORNE SILVERSIDE SILVERSIDE ROAST Aitch-Bone End		
 EYE ROUND Girello Roast	3 TOPSIDE TOPSIDE WHOLE Cap-On TOPSIDE WHOLE Cap-Off TOPSIDE ROAST TOPSIDE STEAK	 KNUCKLE EYE ROAST KNUCKLE EYE MEDALLION	4 KNUCKLE ROUND/KNUCKLE ROUND STEAK		
 KNUCKLE EYE ROAST KNUCKLE EYE MEDALLION	5 RUMP WHOLE RUMP RUMP STEAK ROSTBEIFF RUMP CENTRE RUMP CENTRE CUT STEAK RUMP EYE SIDE				
 RUMP EYE MEDALLION RUMP CAP RUMP CAP STEAK					
 TENDERLOIN WHOLE BUTT FILLET CENTRE CUT FILLET					
 INSIDE SKIRT FLAP MEAT THICK SKIRT Hanger Steak					
 WHOLE SIRLOIN SIRLOIN STEAK Bone-In (Wing End No Fillet) BONELESS SIRLOIN STEAK Porterhouse/New York					
 RIB EYE On the Bone TOMAHAWK RIB EYE ROAST On the Bone					
 BLADE WHOLE Oyster Included BOLAR ROAST BLADE STEAK BBQ BLADE STEAK Y-bone, Cross Cut Blade Steak OYSTER BLADE WHOLE OYSTER BLADE STEAK FLAT IRON STEAK					
 CHUCK STEAK CHUCK EYE LOG ROAST CHUCK RIB PLATE	12 BRISKET WHOLE BRISKET POINT END BRISKET Deckle Removed NAVEL END BRISKET				
 DICED STIR FRY BEEF CHEEK OX TAIL WHOLE OX TAIL Sliced MARROW BONE THIN SLICE					

Diagram labels: SILVERSIDE, SHIN, KNUCKLE, TENDERLOIN, FLANK, BRISKET, SHIN, CHUCK, CUBE ROLL, BLADE, SHORTLOIN, TOPSIDE, RUMP.

6 TENDERLOIN

RUMP ROAST

TRI TIP
7 FLANK & SKIRTS

EYE FILLET STEAK

FLANK STEAK
8 SHORTLOIN

WHOLE SHORTLOIN

T-BONE STEAK
9 CUBE ROLL

CUBE ROLL WHOLE

SCOTCH FILLET STEAK / RIB EYE STEAK
10 BLADE

SHORT RIBS

SHORT RIBS ASADO