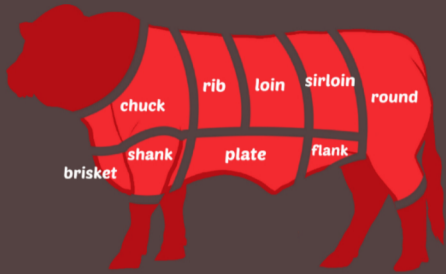
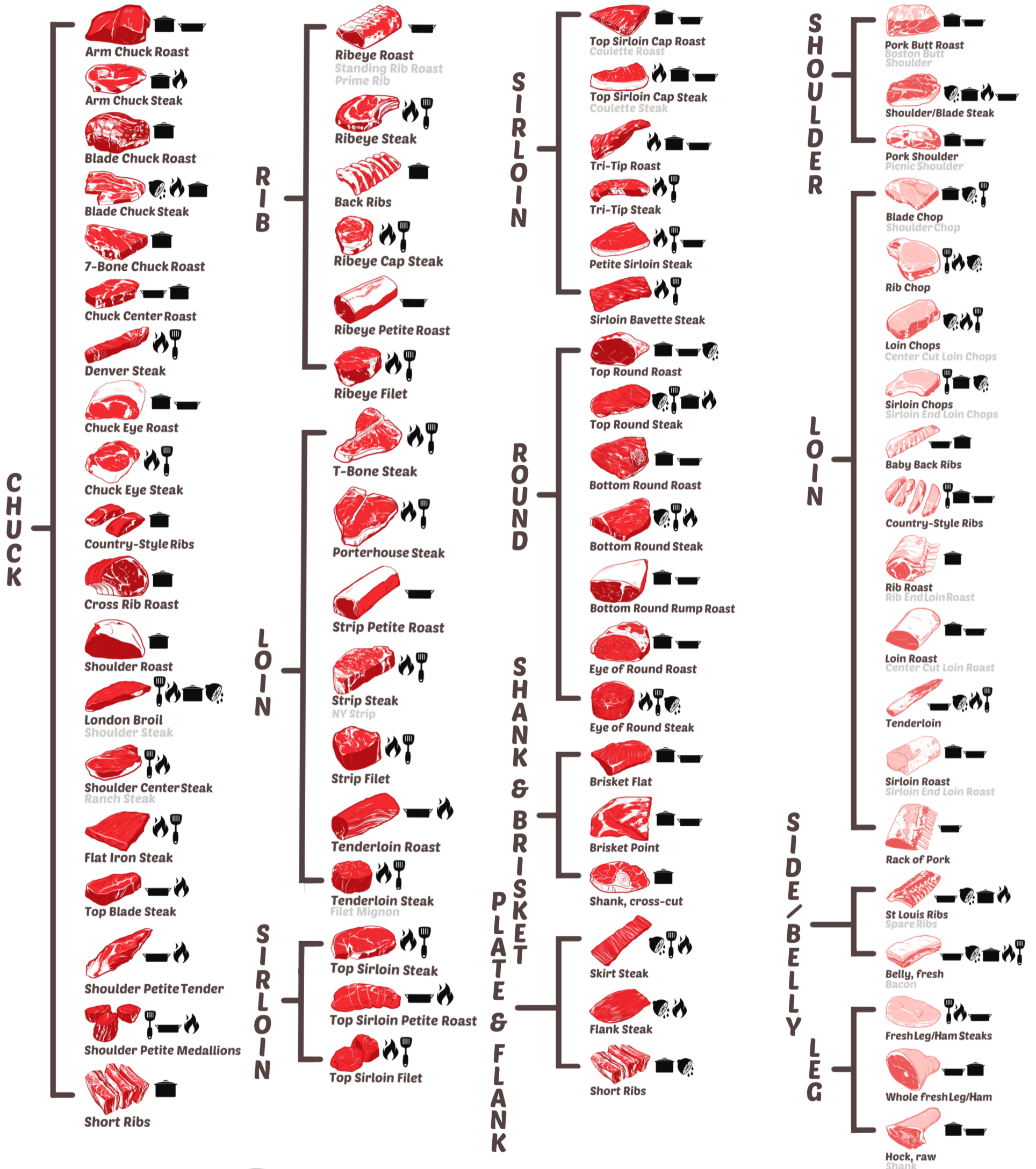
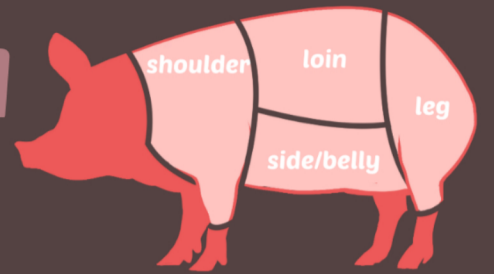


GUIDE TO BEEF AND PORK



A Primer on Cuts and How to Cook Them



Broil/Grill

Meat is cooked over/under a flame at a very high heat.



Pan Fry

Meat is fried in a pan. Thick cuts may require being finished in the oven.



Braise/Pot Roast

Meat is seared then cooked in a covered pot with liquid at a low temperature.



Roast/Bake

Meat is cooked in the oven with dry heat.



Marinate Recommended

We recommend you marinate these cuts before cooking.



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