

BEEF CHART

Flying A Wagyu

OTHER CUTS



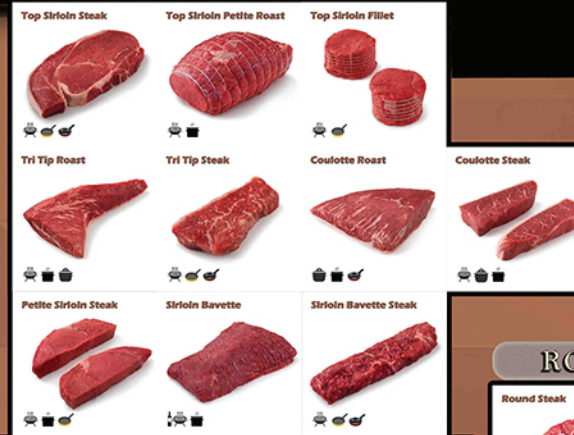
RIB



LOIN



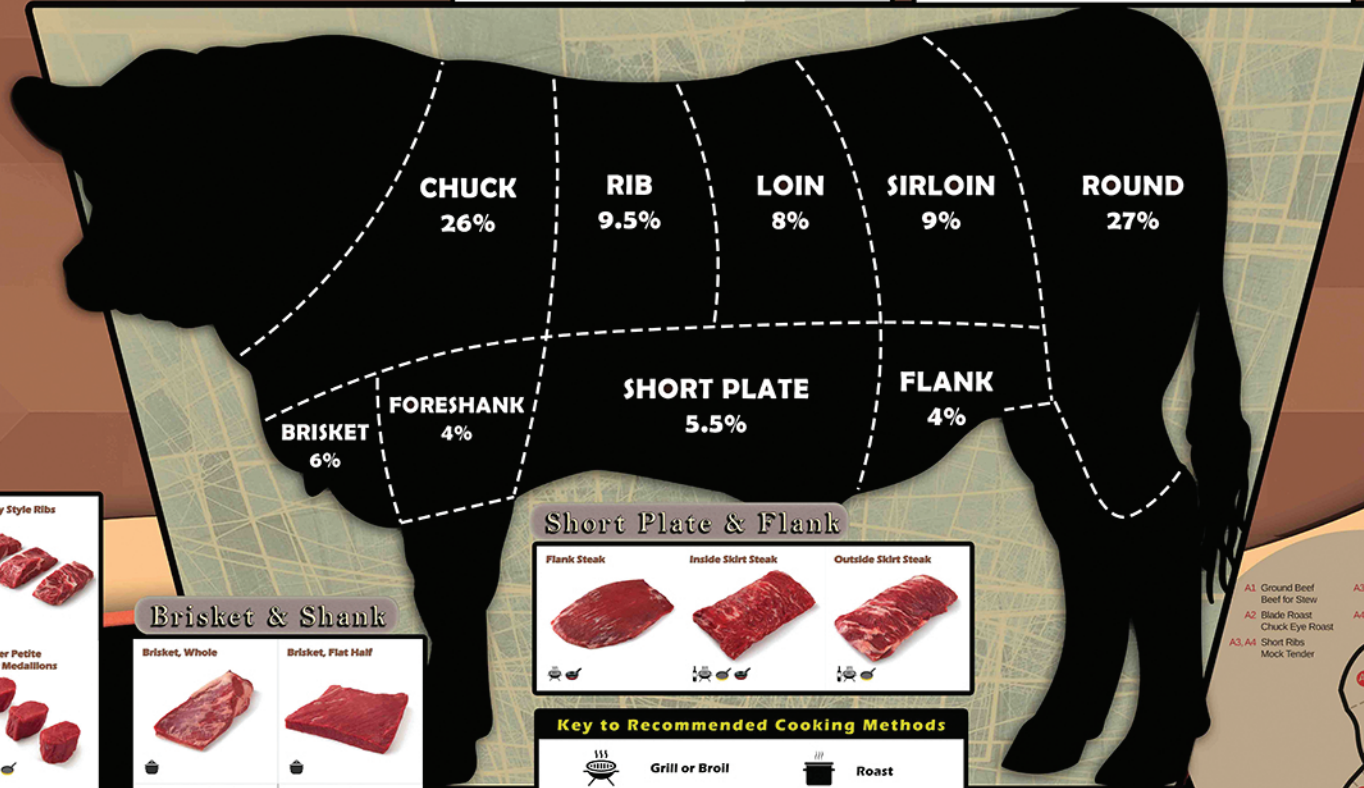
SIRLOIN



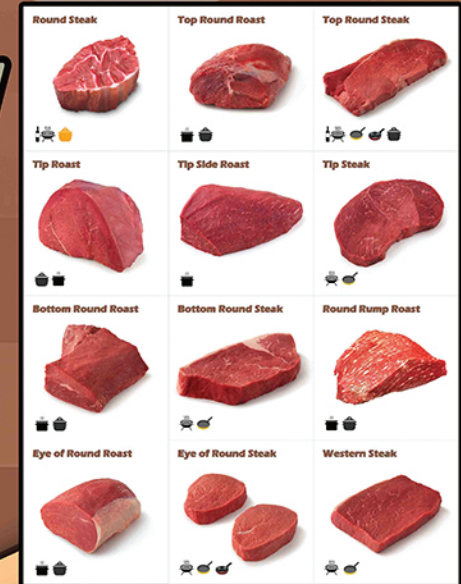
A 1200 pound steer yields a 500 pounds of retail cuts from a 750 pound carcass

22% are steaks
22% are roast
26% is ground beef and stew meat
30% is made-up of fat, bone and shrinkage

CHUCK



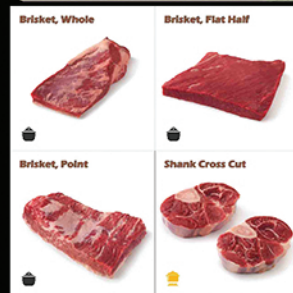
ROUND



Short Plate & Flank



Brisket & Shank



Key to Recommended Cooking Methods

