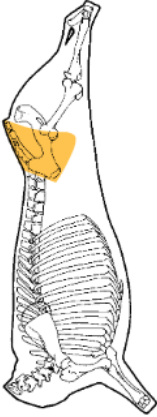
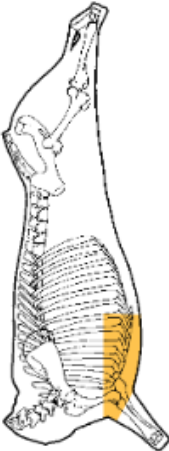
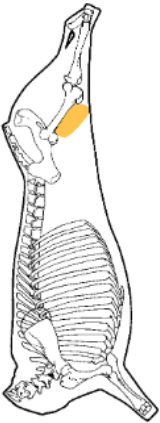
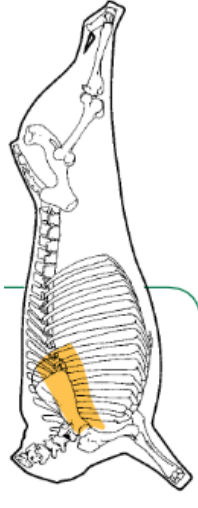


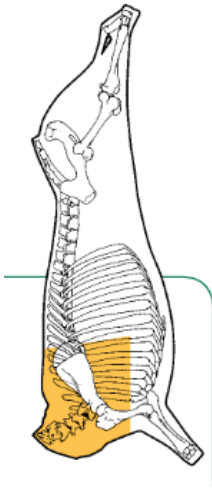
Cut	Photo	Recommended cook methods
Rump		Grill Roast Casserole Thin slice Yakiniku Shabu shabu Stir fry Roast combi oven
Brisket		Casserole Yakiniku Roast Stir fry Thin slice Corn Roast combi oven Sous vide
Knuckle		Roast Casserole Stir fry Yakiniku Thin slice Roast combi oven Sous vide

Blade



Grill
Roast
Slow cook
Stir fry
Shabu shabu
Yakiniku
Thin slice
Casserole
Roast combi oven
Sous vide

Chuck



Grill
Roast
Stir fry
Thin slice
Casserole
Yakiniku
Sous vide