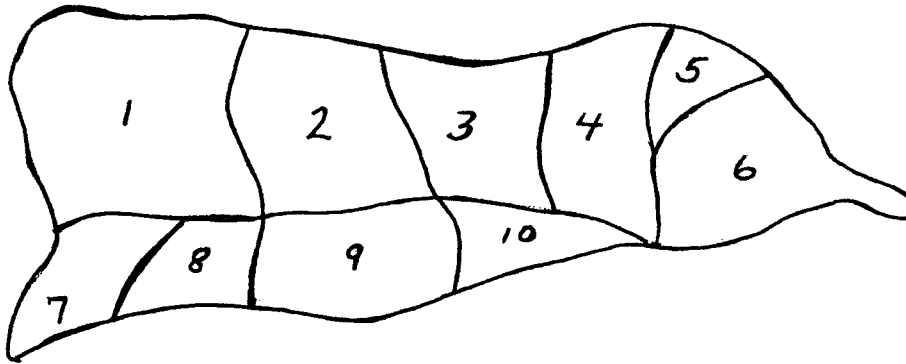


Identify the wholesale cuts on the diagram of the beef carcass below. List at least one retail cut and identify the recommended method of cooking.

Name of the Carcass



2,3,4 – Area of Support – tenders cuts, use Dry Heat

1,7,8,9,10,5,6 – Area of Locomotion – less tender cuts, use Moist Heat

Wholesale Cuts	Retail Cuts	Method of Cooking
1. Chuck of Shoulder	Stew meat, blade roast arm pot roast	Moist Heat
2. Rib	Rib roast, rib steak, Rib eye roast of steak	Dry Heat
3. Short Loin	T-bone, porterhouse, tenderloin steak	Dry Heat
4. Sirloin	Pin bone sirloin steak, flat bone sirloin steak	Dry Heat
5. Rump	Rump Roast	Moist Heat
6. Round	Round Steak, top round steak, eye of round	Moist Heat
7. Foreshank	Shank cross cuts, stew meat	Moist Heat
8. Brisket	Corned brisket, brisket	Moist Heat
9. Short Plate	Short ribs, stew meat, ground beef	Moist Heat
10. Flank	Ground beef, flank steak	Moist Heat