

# EXCEL<sup>®</sup> MUSCLE CUTS



## BEEF MUSCLE CUTS OVERVIEW

**Where is the plate? How many different cuts come from the rib primal?** Use this helpful guide to learn more about specific cuts in the Excel boxed muscle beef program.

### Round

- Eye of round roast
- Eye of round steak
- Top round steak
- Sirloin tip center roast
- Sirloin tip center steak
- Sirloin tip side steak
- Bottom round roast
- Bottom round steak

### Sirloin

- Top sirloin steak
- Tri-tip steak
- Tri-tip roast

### Tenderloin

- Tenderloin roast
- Tenderloin fillet

### Short Loin

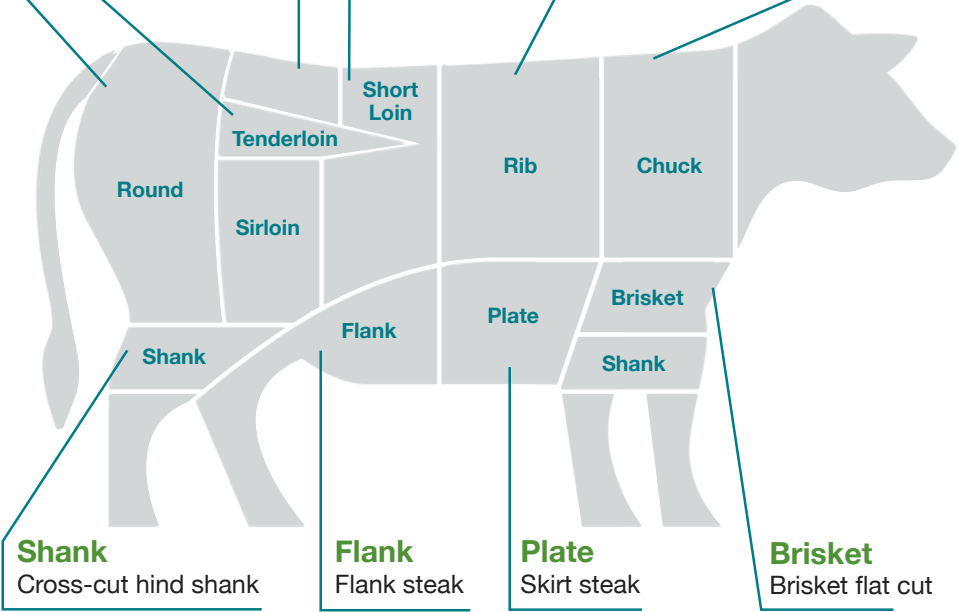
- Striploin steak
- Striploin roast
- T-bone steak
- Porterhouse steak

### Rib

- Ribeye roast
- Ribeye steak
- Rib roast
- Boneless short ribs
- Back ribs

### Chuck

- Boneless short ribs
- Chuck 7-bone pot roast
- Boneless chuck eye steak
- Boneless chuck pot roast
- Boneless chuck steak
- Boneless shoulder pot roast
- Boneless shoulder steak



### Shank

- Cross-cut hind shank

### Flank

- Flank steak

### Plate

- Skirt steak

### Brisket

- Brisket flat cut

## Did you know?

Steaks are simply smaller cuts of beef from the corresponding roast. For example, ribeye steaks can be sliced from ribeye roasts because they're from the same section – they're just cut and prepared differently.

Contact your Cargill sales representative to learn more.

