

BEEF CUTS

and cooking methods



Roast



Airfry



Pan Fry

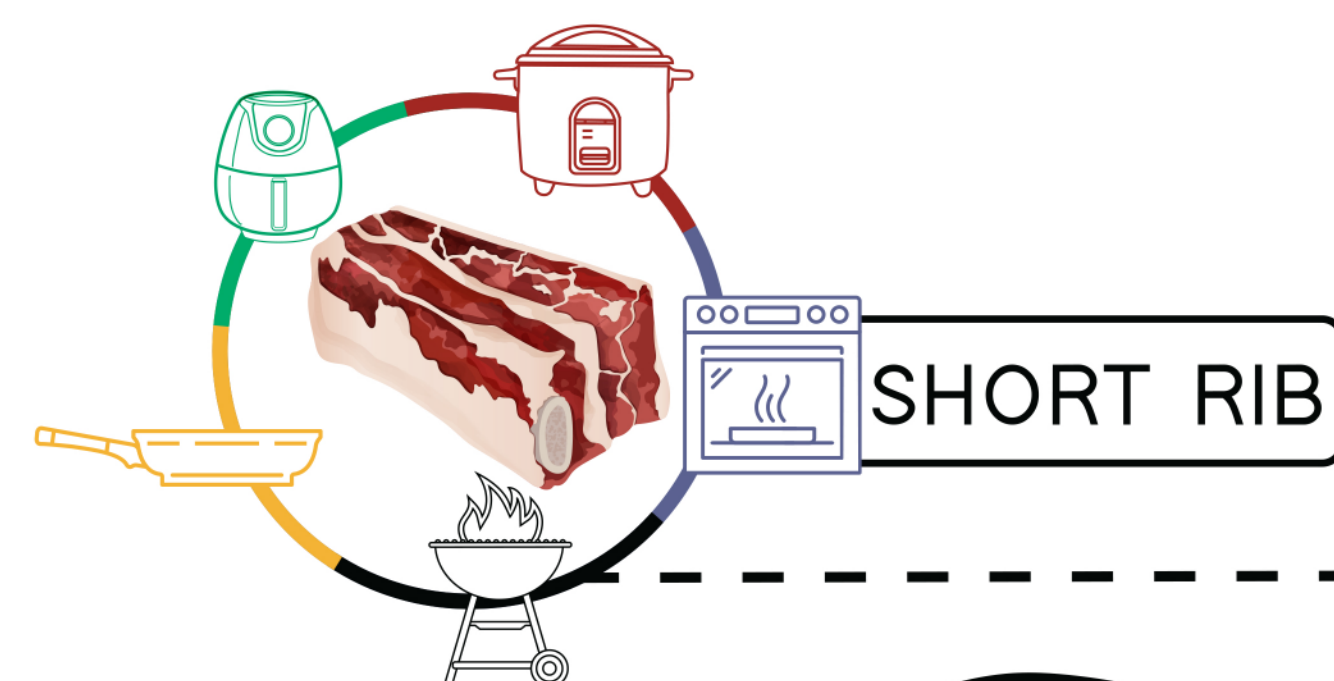


Braai

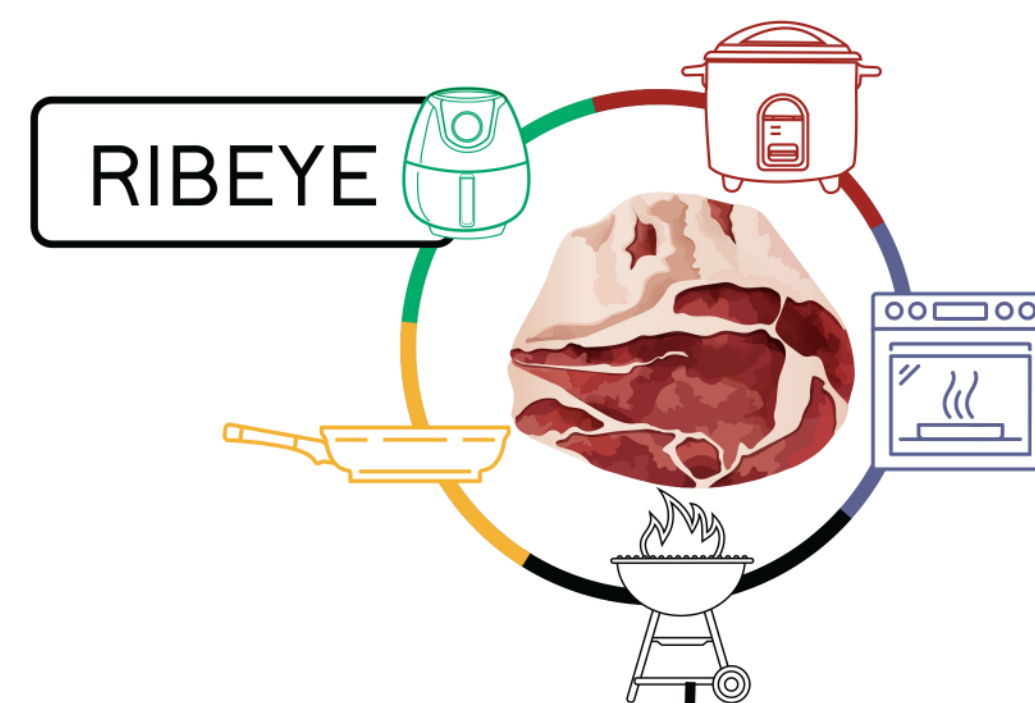


Slow cook/
Braising/
Stewing (S/B/S)

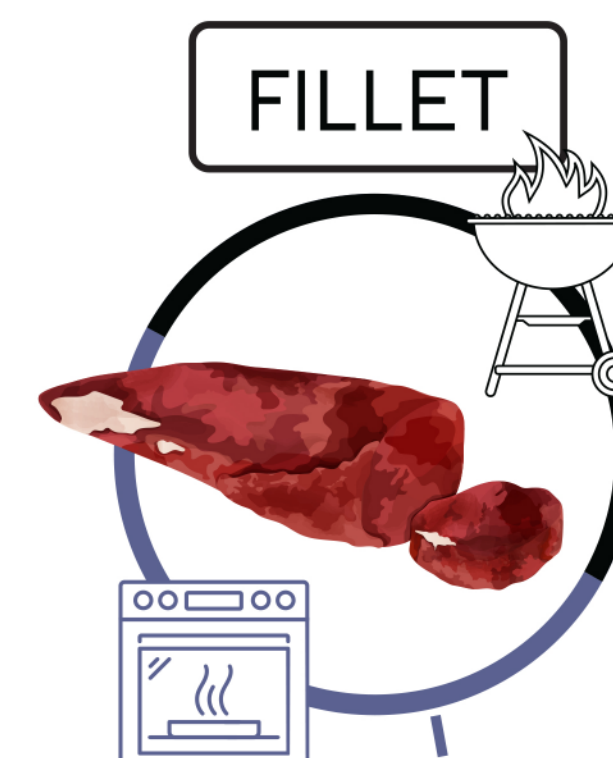
NOTE: These are the most suitable
and recommended cooking methods



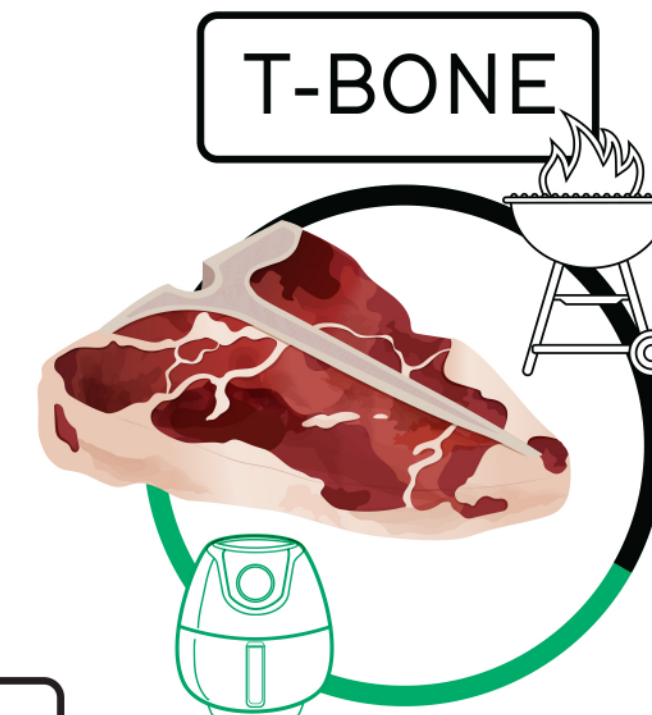
SHORT RIB



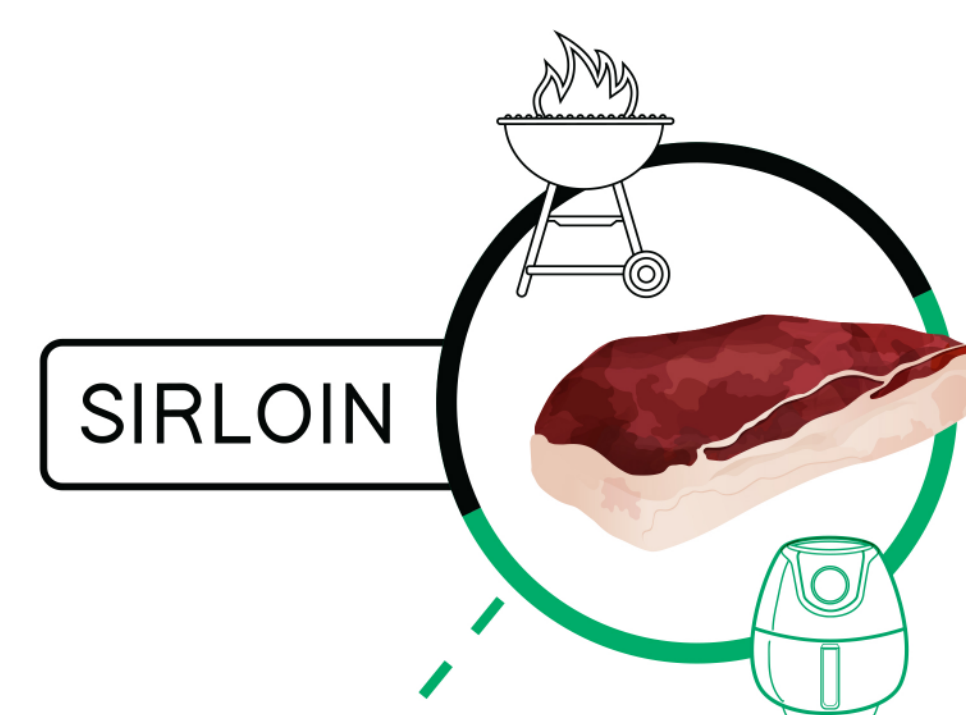
RIBEYE



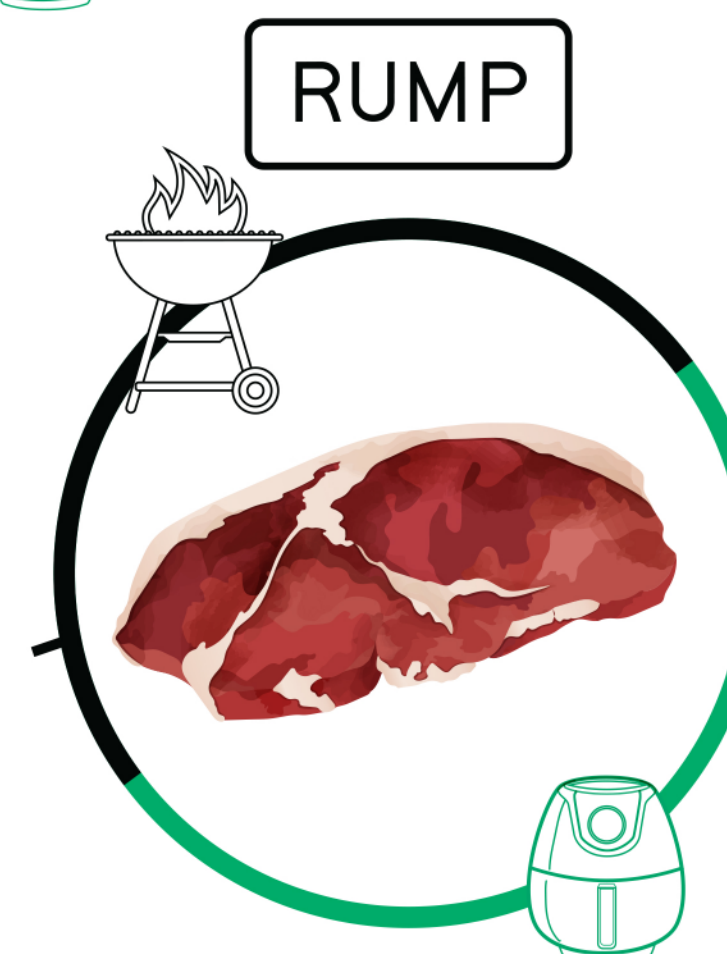
FILLET



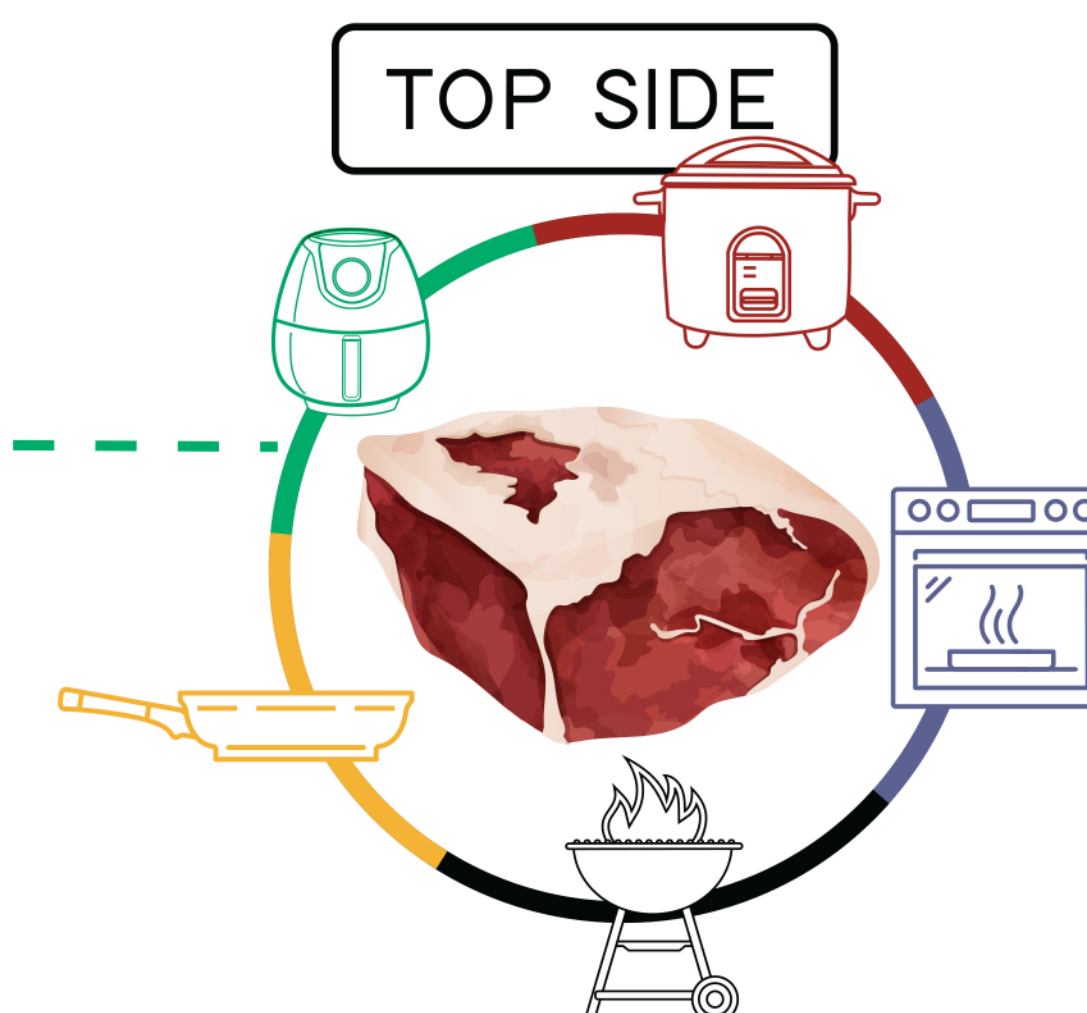
T-BONE



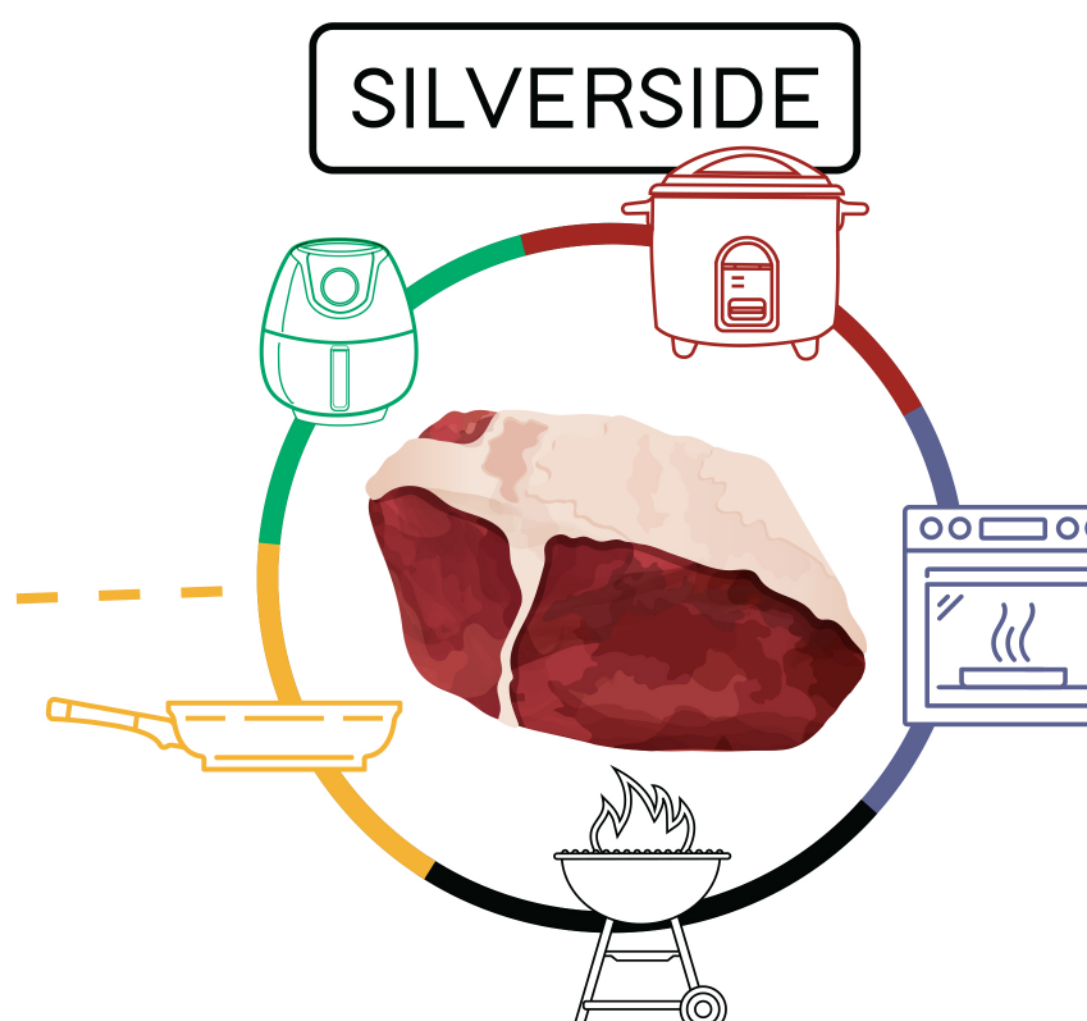
SIRLOIN



RUMP



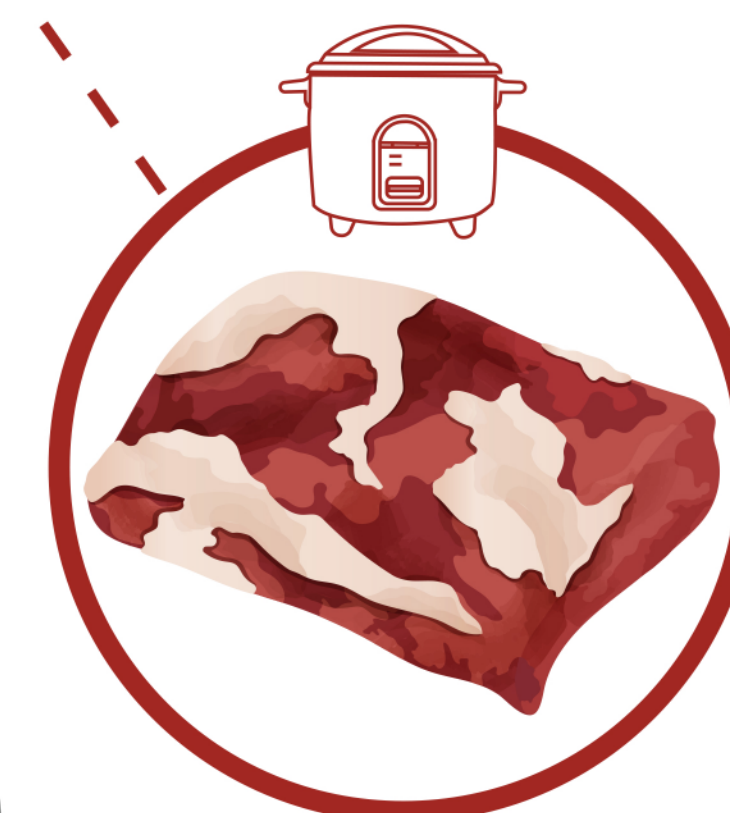
TOP SIDE



SILVERSIDE



SHIN SLICES



BRISKET

