



TERRA FIRMA BEEF

CHUCK & BLADE



STRIPLOIN



TOPSIDE



SILVERSIDE



KNUCKLE



SHIN



RUMP



SKIRT



CUBE ROLL



CUBE ROLL



BRISKET



CHEEK



SHORT RIBS



TENDERLOIN



THIN FLANK



LEGEND: PREP METHODS

- Dry Fry
- Roast
- Grill
- Stir Fry
- BBQ Grill
- Stove / Casserole