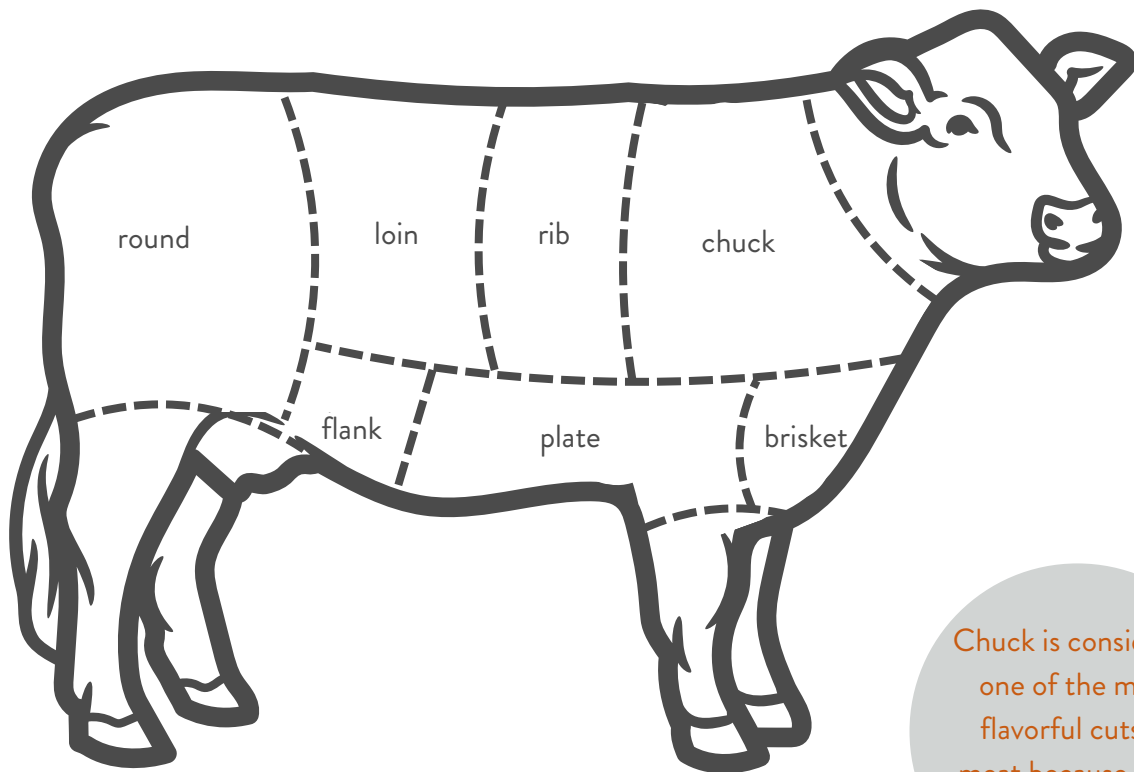




PRIMAL CUTS OF BEEF



Let's examine the primal cuts of beef.



Fun Facts

Chuck is considered one of the most flavorful cuts of meat because of its extensive marbling.

The 7-bone roast, a cut from the chuck, is named from the look of the number 7 within the roast.

Skirt steak, a cut from the plate, is the traditional cut for fajitas.

The rib section only includes ribs 6 through 12 - not the whole rib cage.

The round is lean and tough, because it comes from the hind leg, which gets a lot of movement.