Heel (located above the shank)  
Stews, Pot roast, ground meat – *braising, grinding*

**Top Sirloin** (bottom) – Roast or steaks  
- roasting, grilling, *pan roasting, sautéing*

Assorted smaller muscles in the leg – called “decals” are generally used for braising or grinding

**Flaps, Flanks and Skirts** (located on the underside of the abdominal area, these muscles hold up the internal organs of the animal) If properly cared for they can be very tasty and tender…the trick is to keep them clean and free of impurities during the cleaning process. *Grilling, sautéing, grinding*

**Tenderloins or Inside Straps**  
(Located on the inside of abdominal cavity, just under the spine bones)  
Roast or steaks – *roasting, grilling, sautéing – cooked very quickly*

**Lower Ribs**, Used to stuff,  
Ground meat, braised short ribs, Bbq ribs etc.

**Brisket**, Pot roast, stews,  
Ground meat, *braising, grinding*

**Fore Shank**, Braised Shank, ground meat

**Hind Shank** – stews, braising, ground meat

**Bottom Round** (located on outer portion of the leg) Stews, pot roast, ground meat - *braising, grinding*

**Eye Round** (located next to bottom round)  
Pot roast, stews, ground meat – *braising, grinding*

**Top Round** (top) Roast or steaks - *roasting, grilling, pan roasting, sautéing*

**Sirloin Butt** (top part of the hip area)  
Steaks or roast - *grilling, roasting, pan roasting, sautéing*

**Strip Loin or New York Strip**  
(Located on the top side of spine bone. From the hip bone forward to in-between the last two rib bones)  
Steaks or roast - *roasting, grilling, pan roasting, sautéing*

**Rack, Prime Rib or Ribeye**  
(Located on the top side of spine bone. From the 12th thru the 4th rib bones) Roast or steaks - *roasting, grilling, sautéing*

**Shoulder** (from the 4th rib to the base of the neck) Pot roasts, stews, ground meat – *braised, slow roasted*

**Neck** - stews, pot roast, ground meat – *braising, grinding*