



Hunters Meat Map

By **WILDEATS Enterprises**

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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*

