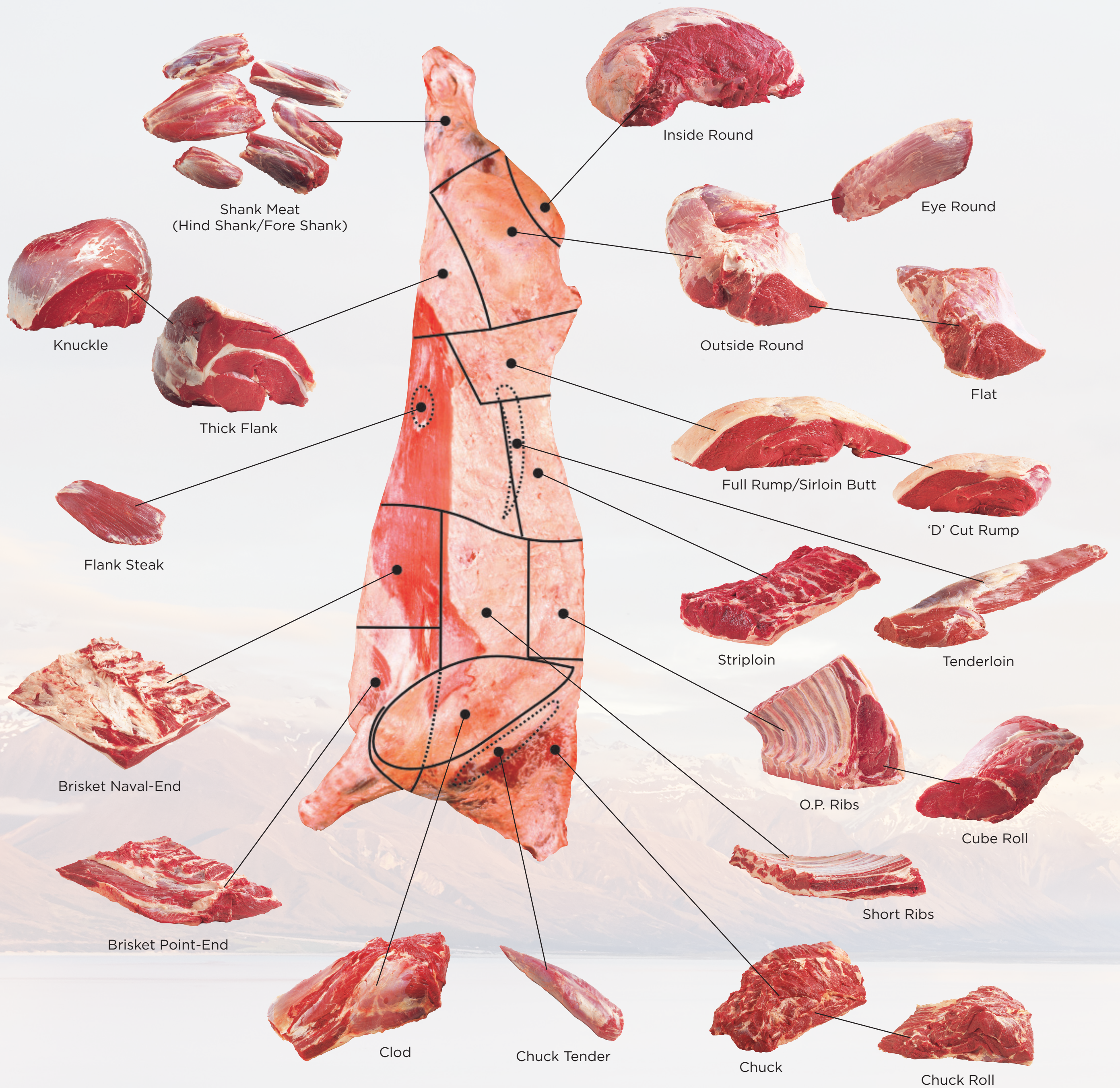


New Zealand Beef

export cuts



New Zealand Beef Offal



Tenderness Level	Cuts	Suggested cooking
Tender	Tenderloin, Cube Roll, Striploin, Rump	Steaks for grilling, roasted whole, barbecue cooking
Less Tender	Flank Steak, Chuck Tender, Thick Flank, Chuck Roll, Eye of Round, Flat	Roast beef, stir-fry, schnitzel, slow moist cooking
Least Tender	Shank, Brisket, Chuck, Clod	Stews, curries, soups