Beef Odd Bits

Bones, Offal & Trim

LEG
Marrow Bones (femur)

ARM
Marrow Bones (Radius)

KNEE
Meaty Soup Bones

KNEE
Broth Bones

HEAD
Tongue

HEAD
Cheek

NECK
Soup Bones (neck)

KIDNEY
Suet

RIB
Feather Bones (Chuck & Rib)

RIB
Back Ribs

LOIN
Back or Neck Strap

Cooking Key

- SIMMER
- SKILLET
- BRAISE
- BROWN & BRAISE
- GRILL

LEG
Whole Shank

LEG
Center-cut Shank

TAIL
Oxtail

MISC.
Stew Beef w/fat

OFFAL
Whole Heat

OFFAL
Whole Liver

OFFAL
Tripe (Stomach)

OFFAL
Whole Kidney

TRIM
Coursely Ground Beef

TRIM
Finely Gound Beef

TRIM
Patties

MISC.
Cubed Steak

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