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# Do you know meat cuts and cook according to the cut ?



Tender cuts



Less-tender cuts

## Tender cuts

**Beef:** Roasts and steaks from loin and rib

**Lamb:** All cuts

**Pork:** All cuts

Tender cuts are best roasted or broiled

## Less-tender cuts

**Beef:** Chuck, brisket, plate, rump, round, and flank

Less-tender and tough cuts need long, slow cooking with moisture