Appendix B Chart (Page 537)

	STEAKS: Grill, Broil or Pan Broil							STEAKS: Marinate and Cook (Grill, Broil or Pan Broil							ROASTS: Grill or Roast in Oven				ROASTS: Braise or Cook in Liquid			
YOU CAN ALSO USE……..	**T-Bone Stk**	**Tenderloin Stk**	**Top Loin (Strip) Stk**	**Tri-Tip Stk**	**Sirloin Tip Center Stk**	**Ranch Steak**	**Top Sirloin Stk**	**Round Tip Steak**	**Eye Round Stk**	**Top Round Stk**	**Sirloin Tip Side Stk**	**Western Griller Stk**	**Chuck Shoulder Stk**	**Flank Stk**	**Tri-Tip Rst**	**Sirloin Tip Center Rst**	**Eye Round Rst**	**Round Tip Rst**	**Chuck Shoulder Rst**	**Brisket, Flat Half**	**Shank Cross Cuts**	**Bottom Round Rst**
Eye Round Roast															X	X		X				
Eye Round Steak				X				X			X	X										
Top Round Steak							X						X	X								
Bottom Round Roast																			X	X		
Sirloin Tip Center Roast																	X	X				
Sirloin Tip Center Steak		X	X	X		X																
Sirloin Tip Side Steak									X		X	X										
Top Sirloin Steak										X			X	X								
Round Tip Roast															X	X	X					
Round Tip Steak									X	X			X	X								
Bottom Round (Western Griller) Steak									X		X											
Brisket, Flat Half																			X			X
Shank Cross Cuts																			X	X		X
Shoulder Center (Ranch) Steak		X	X	X	X																	
Chuck Shoulder Roast																				X		X
Chuck Shoulder Steak							X			X				X								
Top Loin (Strip) Steak	X	X		X	X	X																
Flank Steak							X			X			X									
Tri-Tip Roast																	X	X				
Tri-Tip Steak	X	X	X		X				X													
Tenderloin Steak	X		X	X	X	X																
T-Bone Steak		X	X	X																		