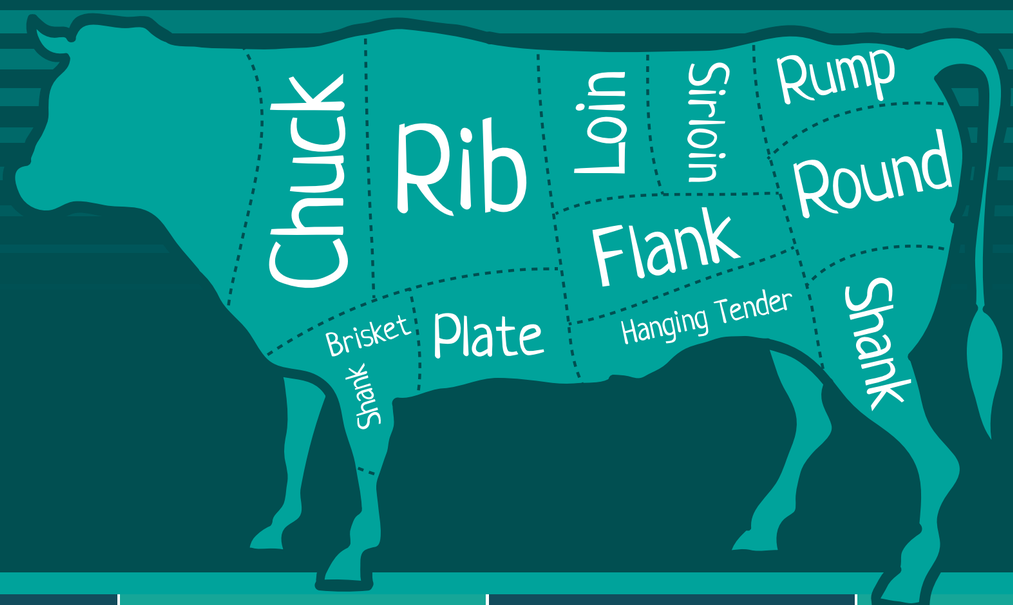
BEEF CUTS

AND RECOMMENDED COOKING METHODS



Hansal Fresh
farm-fresh every time
HANSAL
Wholesale & Retail / Borong & Runcit

CHUCK

Arm Chuck Roast


Arm Chuck Steak


Blade Chuck Roast


Blade Chuck Steak*


7-Bone Chuck Roast


Chuck Center Roast


Denver Steak


Chuck Eye Roast | LEAN


Chuck Eye Steak

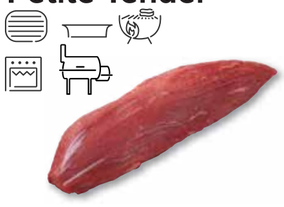

Country-Style Ribs

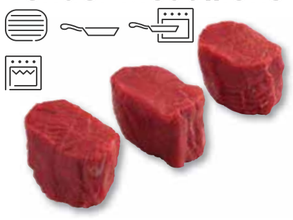

RIB

Cross Rib Chuck Roast


Shoulder Roast | LEAN


Shoulder Steak* | LEAN


Shoulder Petite Tender | LEAN


Shoulder Petite Tender Medallions | LEAN


Prime Rib Roast


Ribeye Steak, Bone-In


Back Ribs

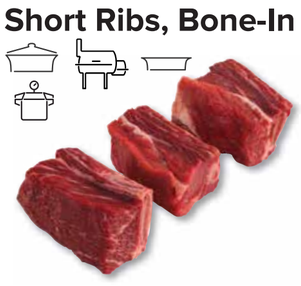

Ribeye Roast, Boneless


Ribeye Cap Steak


Ribeye Petite Roast | LEAN

Ribeye Steak, Boneless


Ribeye Filet | LEAN


Short Ribs, Bone-In


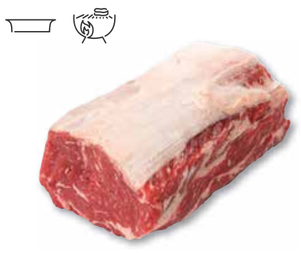
LOIN

Porterhouse Steak


T-Bone Steak

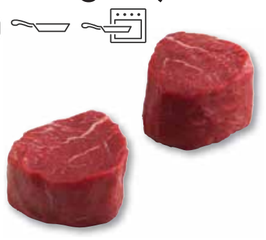

Strip Steak, Bone-In | LEAN


Strip Steak, Boneless | LEAN


Strip Petite Roast | LEAN


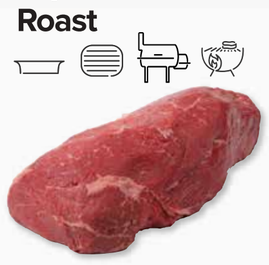
Strip Filet | LEAN


Tenderloin Roast | LEAN

Tenderloin Steak (Filet Mignon) | LEAN


SIRLOIN

Top Sirloin Steak | LEAN


Top Sirloin Petite Roast | LEAN


Top Sirloin Filet | LEAN


Tri-Tip Roast | LEAN


Tri-Tip Steak | LEAN


Coulotte Roast

Coulotte Steak | LEAN


Petite Sirloin Steak

Sirloin Bavette Steak

ROUND

Top Round* | LEAN

Top Round Steak* | LEAN

Bottom Round Roast | LEAN

Bottom Round Steak* | LEAN

Bottom Round Rump Roast | LEAN

Eye of Round Roast | LEAN

Eye of Round Steak* | LEAN

Brisket Flat | LEAN

INGREDIENT CUTS

Kabobs*

Stew Meat

Strips

Cubed Steak

Ground Beef and Ground Beef Patties

Shank Cross-Cut | LEAN

Tenderloin Tips

BRISKET

Chuck Eye Roast | LEAN

Chuck Eye Steak

Country-Style Ribs

Shoulder Petite Tender Medallions | LEAN

Short Ribs, Bone-In

MALAYSIA حلال HALAL ماليزيا
MS 1500:2009

Ribeye Filet | LEAN

Tenderloin Steak (Filet Mignon) | LEAN

Key to Recommended Cooking Methods

- Grilling
- Oven Roasting
- Stewing
- Braising
- Skillet-to-Oven
- Stir-Fry
- Broiling
- Skillet Cooking
- Pressure Cooking
- Indirect Grilling
- Smoking

*Marinate before cooking for best results

PLATE & FLANK

Brisket Point

Petite Sirloin Steak

Brisket Flat | LEAN

Inside Skirt*

Sirloin Bavette Steak

Flank Steak* | LEAN

Short Ribs, Bone-In*

| LEAN

These cuts meet the government guidelines for lean, based on cooked servings, visible fat trimmed.

A cut of cooked fresh meat is considered “lean” when it contains less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 mg of cholesterol per 100 grams (3½ oz) and per RACC (Reference Amount Customarily Consumed), which is 85 grams (3 oz).