



MEAT SHEET

Slash your grocery budget (and afford organic) by buying less expensive cuts of meat and taking advantage of sales. Then, use this chart to cook those cuts to their best advantage. Don't know your braise from your broil? That's ok. Just type the meat, the cut, and the cooking method into Google with the word recipe for ideas.



COOKING METHOD



COOKING WITH BEEF



COOKING WITH PORK



COOKING WITH LAMB

<p>Sautéing: Fast cooking, high heat, with some added fat or liquid</p>	<p>Sirloin, flank steak, top round steak, filet mignon</p>	<p>Cutlets, rib and loin chops, tenderloin medallions</p>	<p>Cubed leg steak</p>
<p>Grilling or Broiling: Medium-fast dry cooking, high heat</p>	<p>Tri-tip roast, sirloin, flank steak, top round steak, eye round steak, filet mignon</p>	<p>Cutlets, rib and loin chops, cubed loin and cubed tenderloin</p>	<p>Rib and loin chops, butterflied leg, cubed leg, leg steak</p>
<p>Roasting: Slow, dry cooking, medium heat</p>	<p>Tenderloin, tri-tip, eye round roast and bottom round roast</p>	<p>Bone-in or boneless loin, tenderloin</p>	<p>Boneless or bone-in leg, boneless loin, rack</p>
<p>Braising: Seared first, then very slow cooking, medium to low heat with added liquid</p>	<p>Brisket, chuck pot roast, bottom round roast</p>	<p>Cutlet, cubed loin, loin roast</p>	<p>Cubed shoulder and leg</p>



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