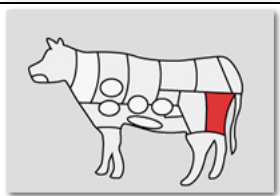


English	Pictures	Part of the cow	Meat Character (English)	Cooking Style (English)
Top Sirloin Butt (Ichibo)		Back-Butt	Butt part. A well-balanced meat with a combination of marbled sweetness and lean taste.	Steak, shabu-shabu, sukiyaki, yakiniku and roast beef
Inside (Top Round)		Top Round	Large portion of red meat. Leanest part. At the inside base of rear feet. No fatty and tender. Widely used for thickly sliced cooking such as steak and stew.	Steak, yakiniku, roast beef, stew, beef cutlet, minced beef, etc.
Top Round		Top Round		
Eye of Round		Top Round		
Top Sirloin Butt (Rump)		Back-Butt	Butt part. A well-balanced meat with a combination of marbled sweetness and lean taste.	Steak, shabu-shabu, sukiyaki, yakiniku, roast beef and minced beef
Outside (Bottom Round)		Bottom Round	Most muscular part in a thigh. Rough and tough texture. Good for sliced, diced, and stewed meat. A lot of protein and best for younger generations.	Sliced for sukiyaki, thick-sliced for yakiniku, cubed for curry and stew, roast beef, etc.
Outside Round		Bottom Round		
Thick Flank		Thick Flank	A part in thigh positioned in the beneath of Inside, in between Inside and Outside. Round shape. Tender red meat with less fat.	Yuk Hwe, beef sashimi, etc.
Knuckle Main Muscle		Thick Flank	Tender texture, smooth and chewy. Light-body taste and eatable. Classy flavour and preferred by connoisseurs of beef.	Tataki, roast beef, yuk hwe, etc.
Kamenoko (Ballchip)		Thick Flank	Block looks like a shell of tortoise. Leanest part in Thin Frank. Favorite part for red meat lovers.	Tataki, roast beef, yuk hwe, etc.
Tri-Tip		Thick Flank	Most parts of Thick Frank are lean, but this part is beautifully marbled. Tastes great with umami together with good flavour of thigh. Very rare part and popular recently.	Roast beef, yakiniku, steak, etc.