

English	Pictures	Part of the cow	Meat Character (English)	Cooking Style (English)
Shank		Shank	Heavily moving parts with many muscle and tendon parts. Very low fat level. Gets tender when stewed for a long time. Full-bodied red meat. Great for stew and	Soup, stew, hamburger, etc.
Back Shank		Shank		
Front Shank		Shank		
Tenderloin		Loin Back (inner)	Very soft, characterized by an elegant taste with less fat. Rare part with only 3% of a cow. Very popular, expensive parts	Steak, grilled meat, fried dish, etc.
Ribeyes (Spencer roll)		Loin	Thickest loin part. High chance to get marbled.	Best to have as main dish. Steak, sukiyaki, shabu-shabu, roast beef, etc.
Sirloin		Loin Back (upper)	Tender, sweet and high marbling. Some say it was given "Sir" title because of its tastiness.	Steaks, shabu-shabu, sukiyaki and roast beef.
Short Rib (Bone-less)		Rib(upper)	Rough texture and fatty. Full-body taste, umami and sweetness. Deep flavour.	Steak, stew, sukiyaki, yakiniku, thin-slice, etc.
Bottom Flap		Rib	A part of Short Plate close to Loin Back. Moderately marbled and juicy. Popular and rare part as it is only one block each in left and right sides.	Yakiniku, steak, etc.
Short Plate (Breast)		Rib(bottom)	Nearby ribs and beneath of Ribeyes and Sirloin. Layered with red meat and fat. Deep Flavour. Useally sold as Karubi and some offer it as Jo Karubi.	Yakiniku, steak, etc.
Frank		Flank Steak	Red meat part on the tip of Short Plate. Beatifully marbled. Looks sinewy but actually it tastes clean and smooth. Mouthfill is dynamic. Full-body but clean, very tender and easy to swallow. Clean Karubi should be the right word.	Yakiniku, rolled steak, etc.