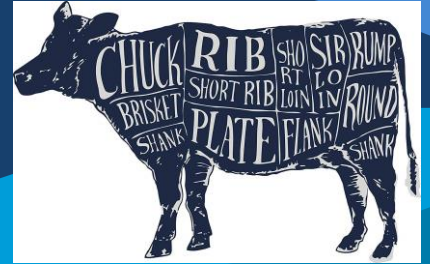


# Double J Beef

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## Information on Cuts:

### Steaks:

Round – A moderately tough cut of beef, good for stir fry or as a roast.

Rump Roast – A very lean cut of meat from the round (rear leg) portion of a beef. Commonly used to make roast beef.

Sirloin – The sirloin is a naturally lean cut of steak, great for grilling.

Loin – This is your prime steak. Can be cut into T-Bone, or Filet and NY Strip.

Rib – The ribeye steak is a tender, juicy, and delicious steak.

Chuck – Very flavorful but a tougher cut for steaks but makes excellent roast.

### Additional Meat Options:

Brisket – Brisket is a tough piece of meat, but braised, smoked, or slowly roasted, it's rendered soft and satisfying with incredible flavor.

Short Ribs - Ribs used for barbecuing, braising, or boiling.

Flank/Skirt – A fibrous cut which can be tenderized. Cook it to medium and slice it very thinly against the grain.

Stew Meat - Lean cubes of meat best used for chili, soups, and stews.

Soup Bones - Meaty portions of the shank bone. Chefs use soup bones to give soup a richer and more flavorful base.