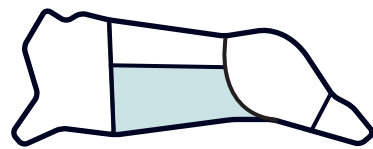


Short plate*



Overview of Raw Meat

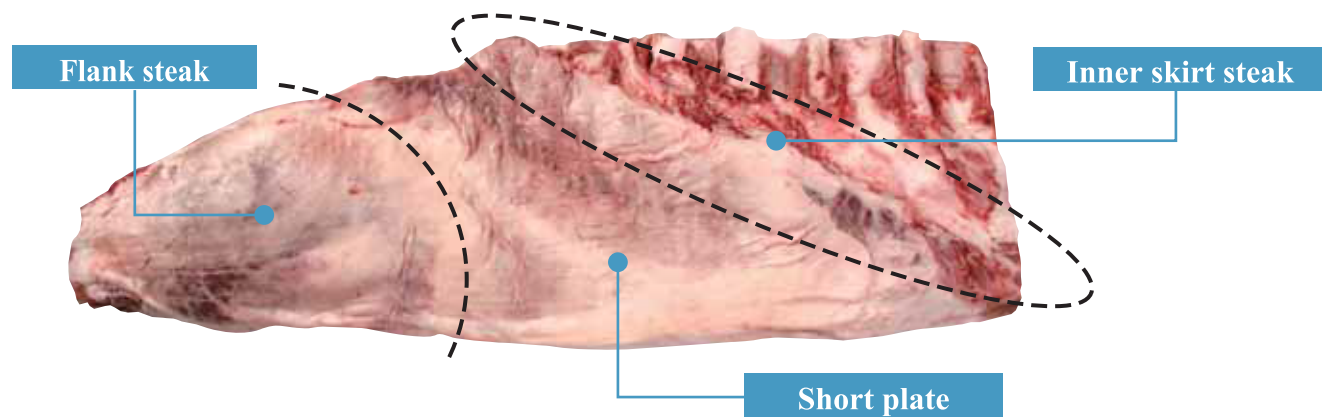
The short plate is the bottom half of the short plate located at the belly. The meat, similar to the 2 Rib short rib, has a rough texture however is characterized by its rich flavor. The short plate includes a cut known as the flank steak with a proportionate distribution of lean meat and fat.



Culinary Applications

Steak	Barbecue	Stewing
Sukiyaki	Shabu-shabu	

PRIMAL CUT



Removing the inner skirt steak



Inner skirt steak Trimmed

* It is recommended that the skin be left on the inner skirt steak unless for immediate use as the meat color changes quickly once the skin is removed.



Removing the flank steak

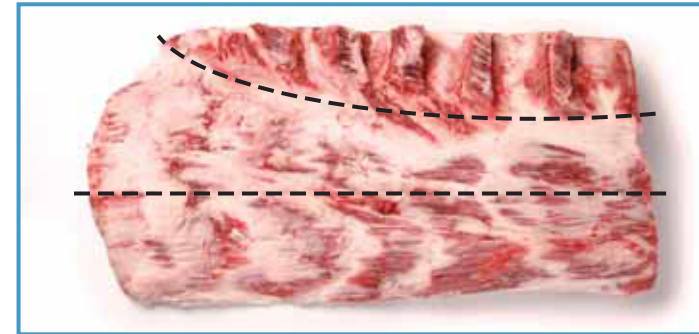


Flank steak Trimmed

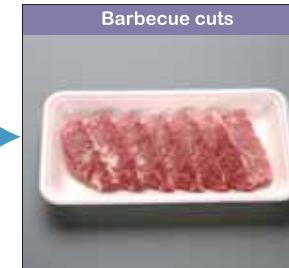


Short plate Trimmed

RETAIL CUT



Short plate Trimmed
Cut along the muscle fibers



Barbecue cuts



Blocks for stewing

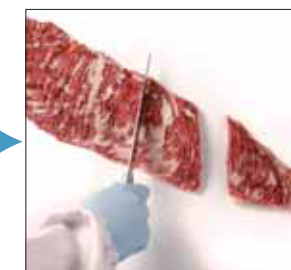
Slicing the whole cut allows for larger slices.



Sukiyaki cuts



Inner skirt steak Trimmed



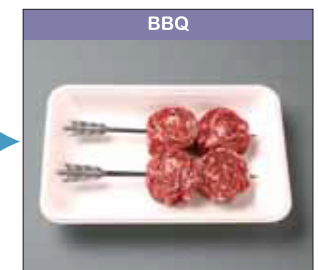
Cut along the muscle fibers



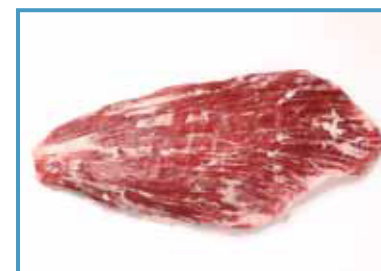
Barbecue cuts



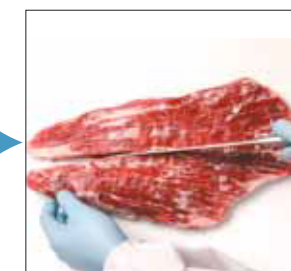
Rolled and skewered



Kabobs



Flank steak Trimmed



Cut along the muscle fibers



Barbecue cuts



Diced steak

Steak cuts