BUYING AND COOKING CANADIAN BEEF

Buying Guide
There is a lot to choose from when buying Canadian beef, with cuts that shine in every setting or ones that are made to pair with a specific meal. Whether you're cooking a one-pot meal or need a specific cooking method and look, this Buying Guide is organized by cooking method and has Buying simplified: your schedule, beef's got a cut to fit!

Safe Food Handling

Beef Basics
Canada’s inspection system helps to ensure Canadians have a safe and sustainable food supply. The Canadian beef inspected system means the meat you buy has been handled to Canadian and international standards for food safety and quality.

Grading
Grading is a quality designation based on four characteristics: conformation, condition, finish, and maturity. It is a summary evaluation of the overall quality of the fresh finish cut of the whole carcass or carcass cut. Canada’s grading system is used by all provinces and territories and is recognized internationally.

Marbling
The visible flecks of fat that you see running through the lean meat. The amount of marbling helps determine the grade of beef. Four grades are commonly used: 1. TENDERLOIN • PRIME RIB 1. Maximum fat content 17%

2. INSIDE ROUND • OUTSIDE ROUND

2. Maximum fat content 11%

3. HIP / ROUND

3. Maximum fat content 9%

4. BRISKET / SHANK

4. Maximum fat content 7%

5. GROUND BEEF

5. Maximum fat content 5%

6. SIRLOIN / LOIN

6. Maximum fat content 14%

7. RIB

7. Maximum fat content 16%

8. CHUCK

8. Maximum fat content 16%

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For information on beef cuts, recipes, and more, go to www.canadabeef.ca or download The Roundup app.

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