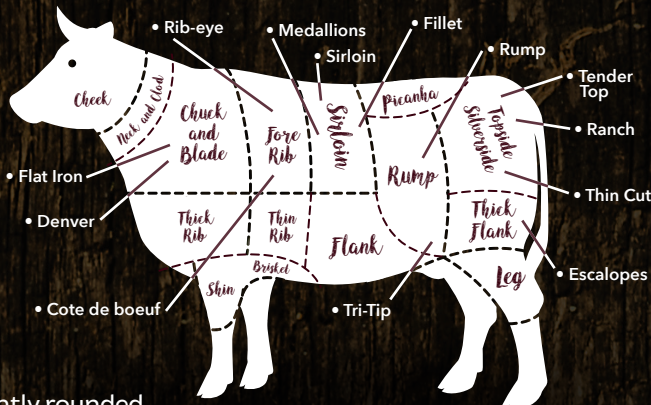




# COOKING WITH MEAT

## THE STEAK Masterclass

Your Q Guild butcher will be happy to help you choose the right steak and guide you on the different flavours and textures. Do not be worried about asking for help.



### Popular steaks

**Rib-eye** – large and slightly rounded steaks cut from the eye of the fore-rib  
**Sirloin** – sirloin steak has a great flavour  
**Rump** – large and with a firmer texture  
**Fillet** – the most lean and tender of all steaks

**Flat Iron steaks** – why not try this forequarter steak for a change

**Thin cut steaks** – taken from the hindquarter these are perfect for quick cooking and midweek meals

### New Steaks to try

We've taken inspiration from around the world to bring you these new ideas for steaks. The Flat Iron steak is one of the most popular steaks in the USA, and South America's favourite steak cut, the Picanha.



Denver steak



Flat Iron steak



Sirloin Cannon



Picanha steak

• Flat Iron • Denver • Tender Top • Ranch • Picanha • Tri tip  
 • Côte de boeuf • Sirloin cannon • Escalopes • Medallions