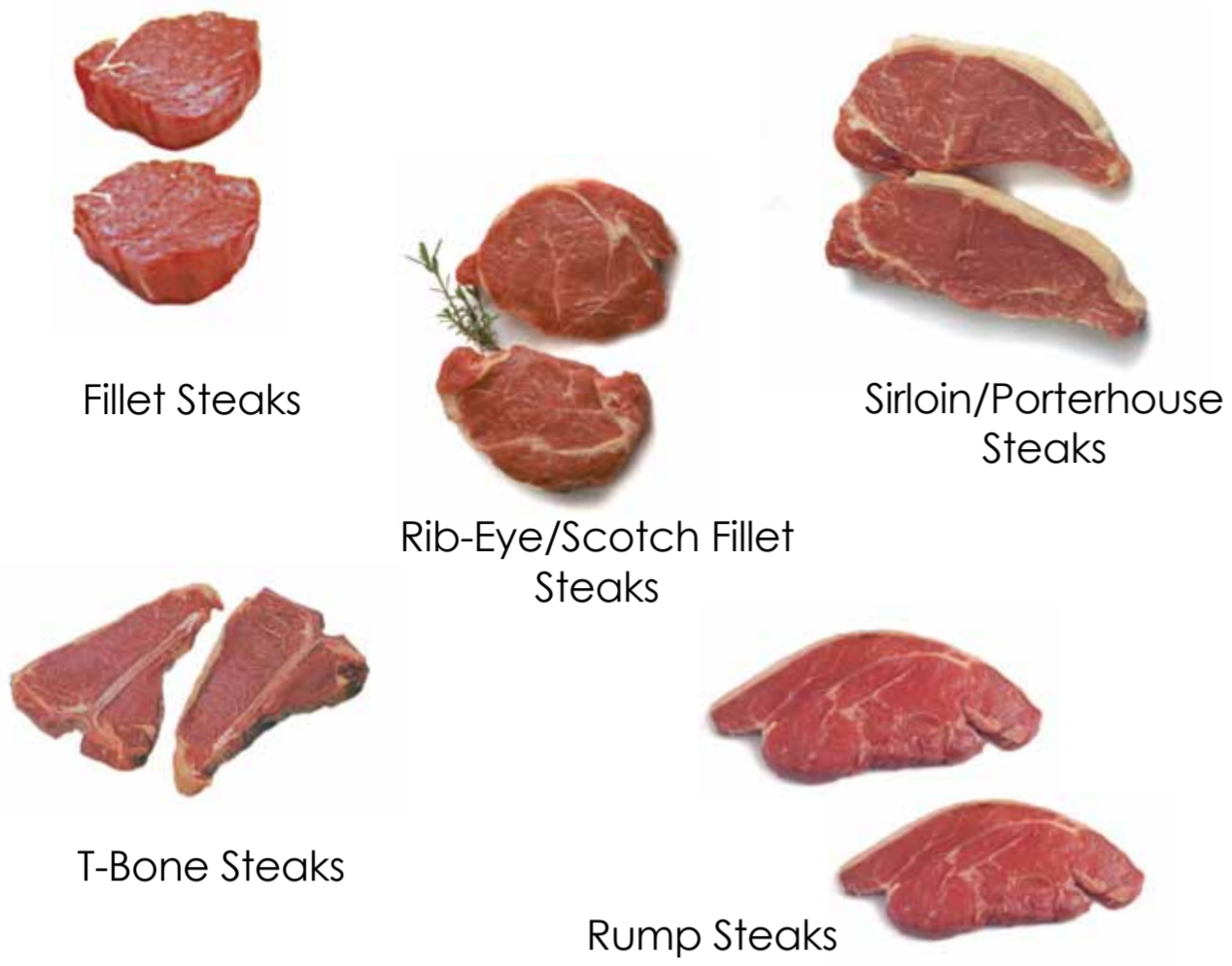
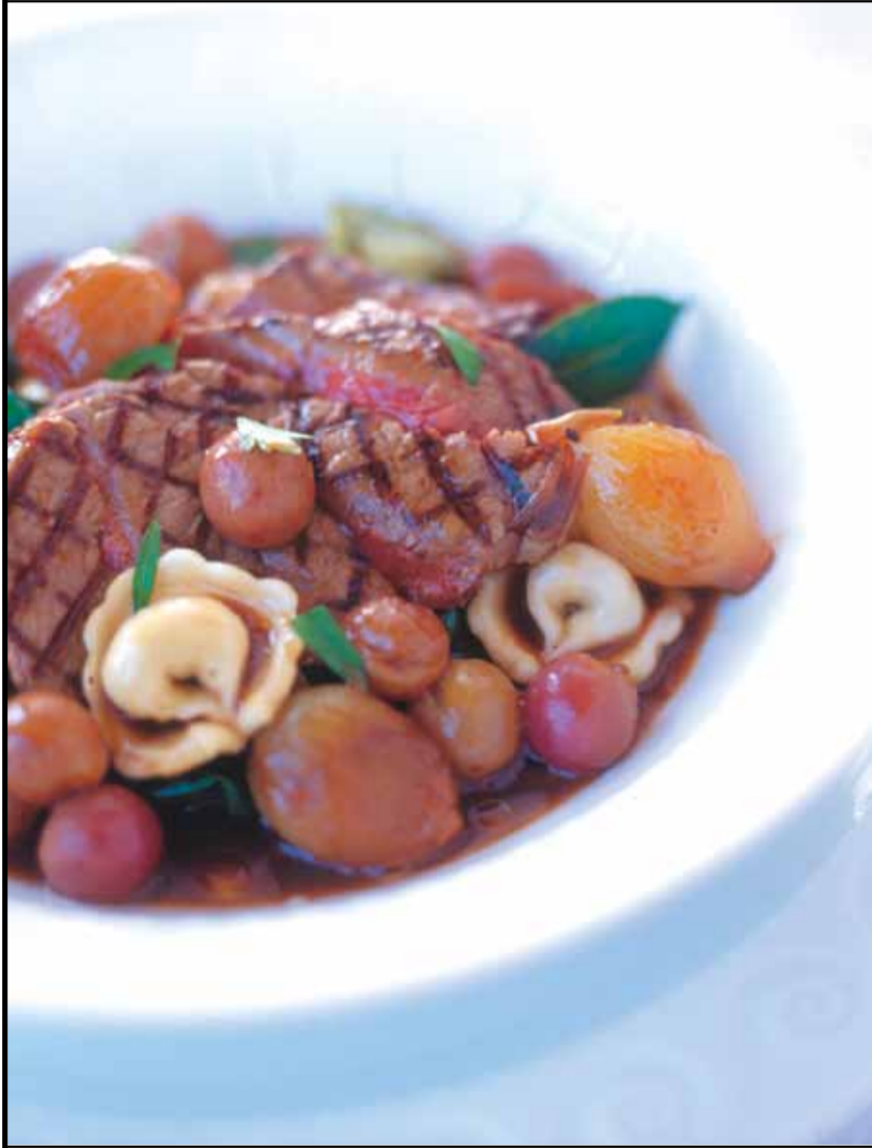
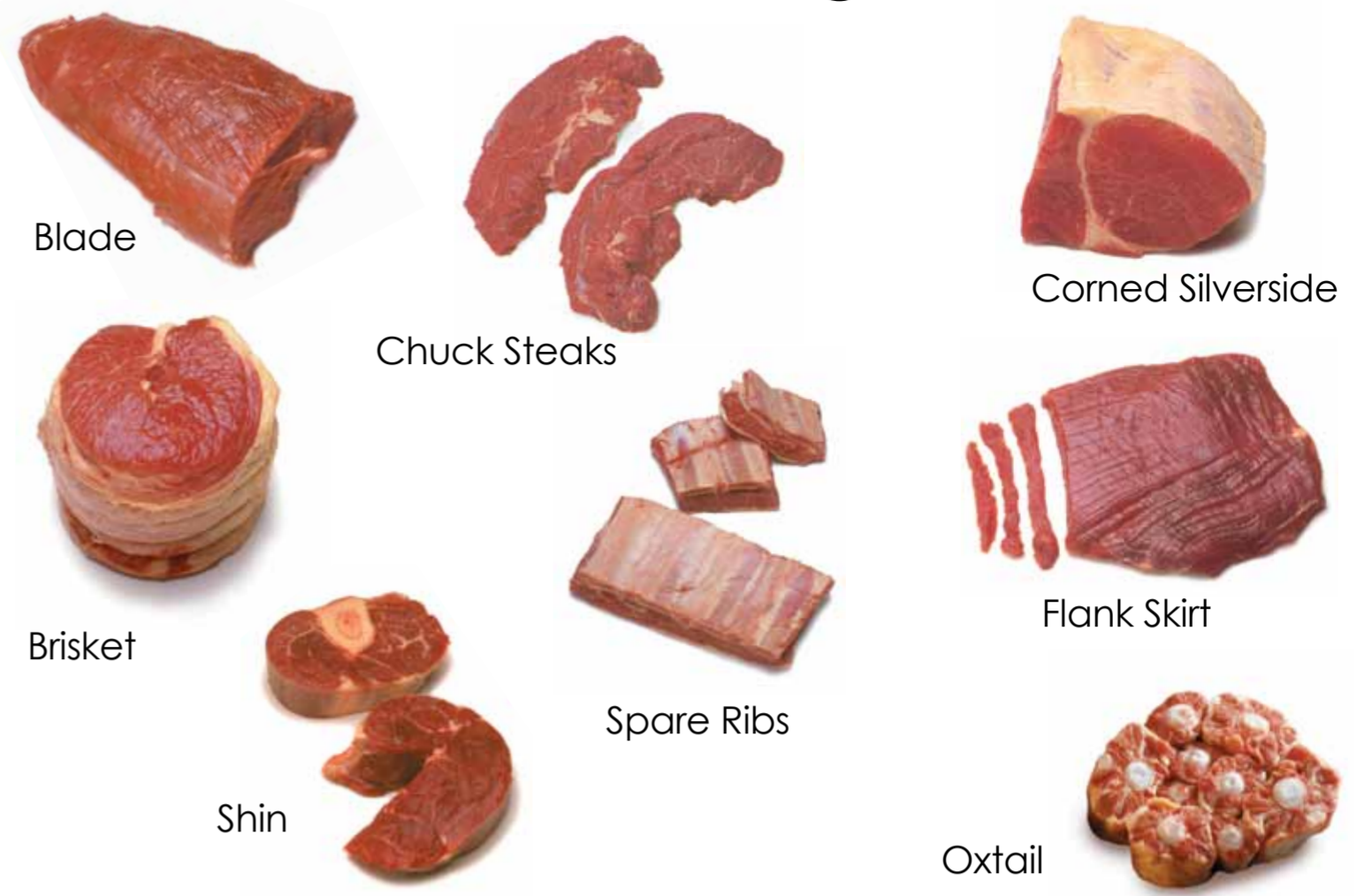


Fast Cooking Cuts

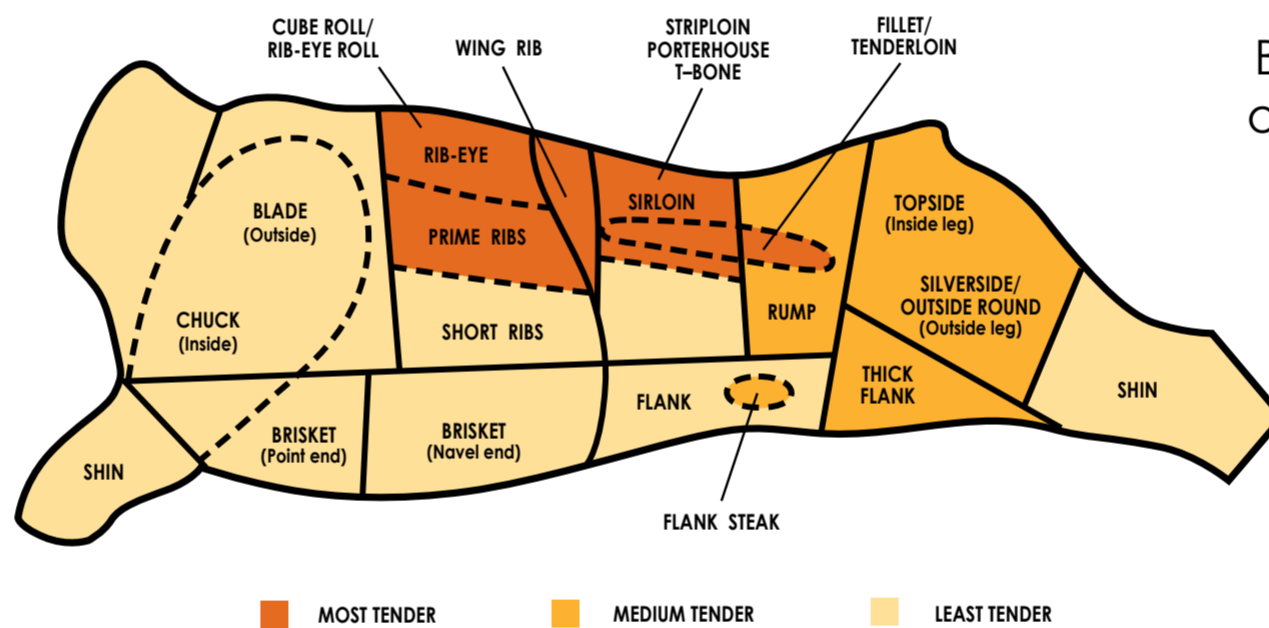


Slow Cooking Cuts



TODAY'S BEEF CUTS

For more information and recipes with beef and lamb, call Beef + Lamb New Zealand on freephone 0800 733 466 or visit www.recipes.co.nz



Roasting Cuts

