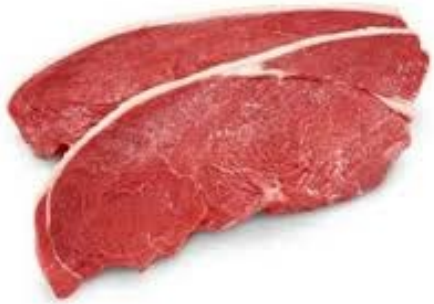
Retail cut identification – training pictures for Junior ICMJ contests

Rump steak	Will include a large cap muscle and external fat coverage.	
Fillet steak	Fine texture, little connective tissue. No external fat. Small portion size in diameter	

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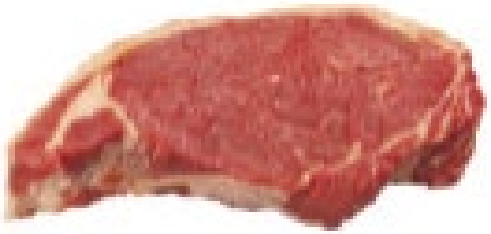
T-bone steak	Contains fillet muscle and external fat over sirloin edge. Bone is shaped as a 'T'		
Sirloin steak boneless	Will not include fillet muscle but will have external fat coverage. Looks similar to rib eye steak but has external fat.		

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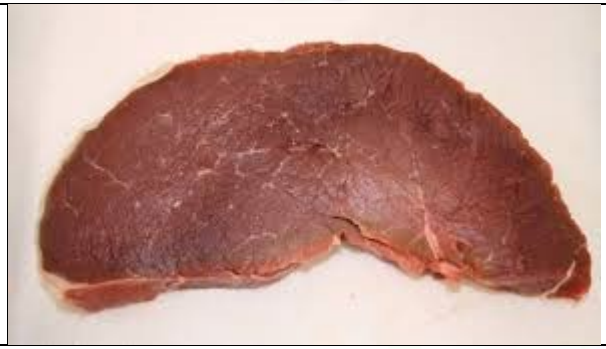
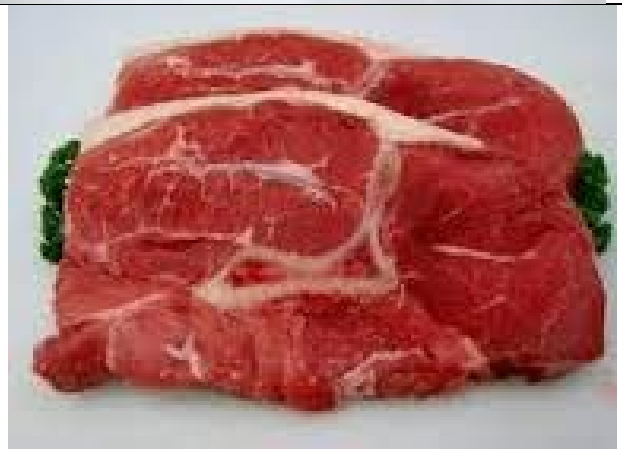
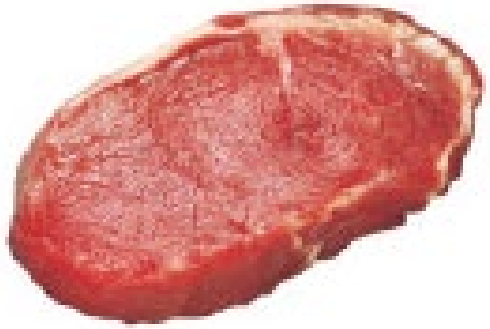
Round steak	May contain a cap muscle and will have little or no external fat. The meat colour is often paler in this cut and the cut will be round in shape		
Topside steak	Contains a cap muscle and will have a coarser texture. Will be quite large in shape and flat. Generally will be very lean.		
Silverside steak	Coarser texture and silvery appearance. Large flat cut. Looks like the heel and toe of a shoe.		

Chuck steak	Looks the ‘messiest’ cut on display with many muscles and a lot of connective tissue.		
Blade steak bone-in	Look for the Y-bone.		

Blade steak boneless	Contains a number of muscles including the oyster blade. It will contain an obvious seam of connective tissue where the Y-bone has been removed.		
Oyster blade steak	Oval in shape, grainy texture and often darkish meat colour. Will have an obvious seam of connective tissue through the middle.		

Rib eye steak	A roundish shaped steak roughly the size of your palm. Will include the spinalis muscle that runs along the side of the steak, separated from the rib eye muscle by a piece of seam fat.		
Rib steak bone-in	Will include a bone which is usually frenched (ie. trimmed of meat and fat). Looks like a large cutlet.		

Shin beef boneless	Coarse texture and exhibits a lot of connective tissue.	
Shin beef bone-in	Coarse texture and exhibits a lot of connective tissue. The bone is round and in the centre of cut taking up approx. 50% of the display.	