Meals on the Grill

Selecting Retail Cuts
What should you be looking for?

- Not too thick (needs to cook relatively fast)
  - Steaks & Chops

- High in potential tenderness
  - Muscles of Support
    - Rib & Loin
What should you be looking for?

- High in potential moisture
- Moisture comes from fat
  - Fat inside the muscle (marbling)
  - Little flecks of white
- More marbling means more juice and more flavor
What should you be looking for?

- USDA Grades
  - Prime, Choice, Select
- Branded meat products
Questions