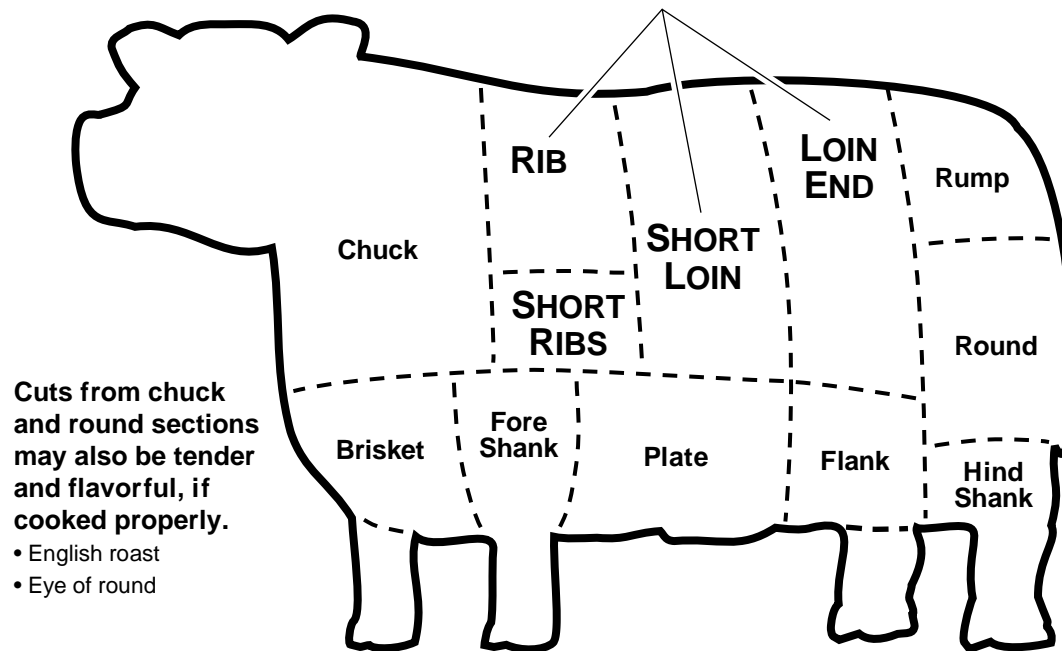


MIDDLE MEAT: Cuts from these sections make the most tender and flavorful steaks.

- New York strip
- Rib steak
- Delmonico
- Filet mignon
- Porterhouse



Cuts from chuck and round sections may also be tender and flavorful, if cooked properly.

- English roast
- Eye of round

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For Year-Round Time Frame