



CANADIAN BEEF
Pick the beef with the leaf
cdnbeef.ca



cdnbeef.ca

Get information on how to buy and cook over 70 cuts of beef at cdnbeef.ca (the Canadian Beef Information Gateway).

Cut Descriptions | Recipes | Nutrition | How to Cook

SIRLOIN / LOIN

Scan here for cooking instructions.

TOP SIRLOIN CAP



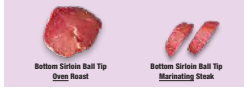
BOTTOM SIRLOIN FLAP (BAVETTE)



TOP SIRLOIN



BOTTOM SIRLOIN BALL TIP



STRIP LOIN



SHORT LOIN



HIP / ROUND

Scan here for cooking instructions.

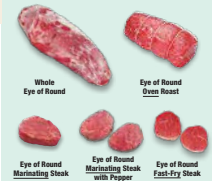
SIRLOIN TIP



LOIN STEAKS



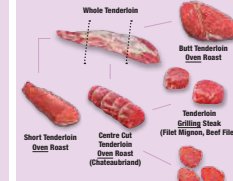
EYE OF ROUND



BOTTOM SIRLOIN TRI-TIP



TENDERLOIN



RIB

Scan here for cooking instructions.

RIB EYE



CHUCK

Scan here for cooking instructions.

CHUCK SHORT RIB



BEEF SHORT RIBS



CHUCK FLAP TAIL



OVEN-READY RIB



CROSS RIB



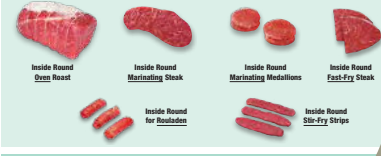
CHUCK ROLL



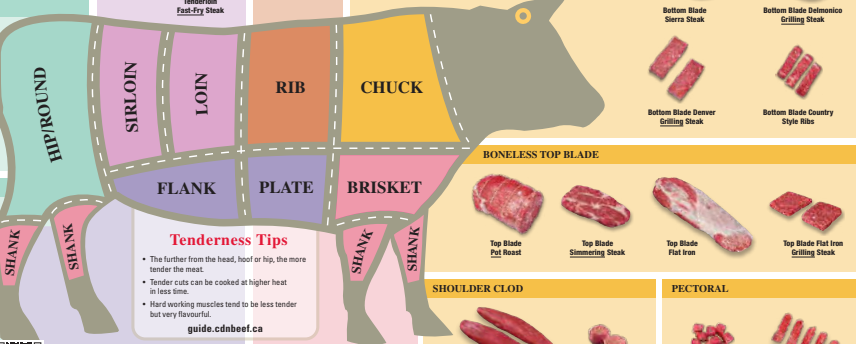
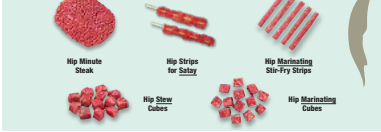
RIB STEAKS



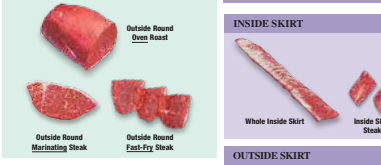
INSIDE ROUND



HIP



OUTSIDE ROUND



FLANK / PLATE

Scan here for cooking instructions.

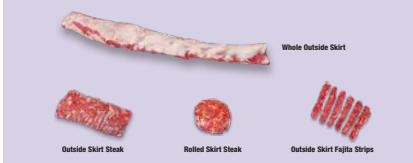
INSIDE SKIRT



HANGING TENDER



OUTSIDE SKIRT



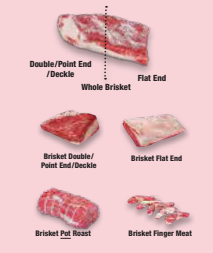
FLANK



BRISKET / SHANK

Scan here for cooking instructions.

BRISKET

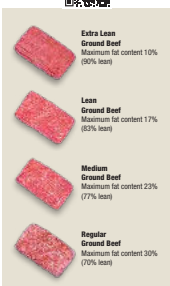


HIND SHANK & FORE SHANK



GROUND BEEF

Scan here for cooking instructions.



CANADIAN BEEF

Buying & Cooking Guide

Version française au verso



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Graded for Greatness canadabeef.ca

GRADING
Assigned by a certified grader, Canada's beef quality grades help you decide what beef to buy for how you want to cook. Canada Prime has the most marbling for a special occasion steak or oven roast, while Canada AA has the least marbling for leanness, and Canada A/A+ is in between to suit any way you want to cook.

MARBLING
Marbling is a key factor in determining the Canada grade. Marbling refers to the amount of fine white flecks of fat that you see running through the lean meat. Marbling typically enhances the juiciness and flavour of beef.

INSPECTION
Canada's meat inspection system helps ensure Canadians have access to a safe, wholesome food supply. Inspection is not related to quality grade designations.

Food Safety at Home

Check out Food Safety at Home for your guide to safe food handling. Follow these 4 basic steps:

- Clean** Wash your hands, and kitchen food prep surfaces and utensils well.
- Separate** Keep cooked foods separate from raw foods, especially raw seafood, meat/poultry and eggs.
- Chill** Keep perishables cold, refrigerate at 4°C or lower.
- Cook** Heat foods to proper temperatures.

BEEF DONENESS TEMPERATURES

Medium Rare 145°F (63°C)	Medium* 160°F (71°C)	Well 170°F (77°C)
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*Cook ground beef or mechanically tenderized beef to a minimum internal temperature of 160°F (71°C).



BEEF STORAGE (FROM PACKAGED ON OR PURCHASE DATE)

Type of Beef	Refrigerator	Freezer
Ground Beef	1-2 days	2-3 months
Variety Meats (e.g. liver, kidney, heart)	1-2 days	3-4 months
Slow Beef, Ribs, Ste-Fry Strips, Kabobs	2 days	3-6 months
Steaks, Roasts, Chops	2-4 days	8-12 months
Cooked Meats, Cold Cuts (opened/pkg)	3-4 days	2-3 months
Vacuum Packed Roasts, Steaks (unopened)	See best before date	10-12 months

*Note: If the package has a 'Best Before Date', use or freeze by that date.

Is This Canadian Beef?
How to read a beef label and more.



- Is it Canadian beef? Look for a maple leaf symbol as your cue. Pick the beef with the leaf.
- The Grade designation is assurance you are buying quality Canadian beef. Canada AA, Canada A/A+ or Canada Prime grade beef.
- Scan to know if it's Canadian beef. Try it right here and now!
1. Enter cdnbeef.ca into the browser on your phone (don't forget to bookmark it!).
2. Enable the camera function.
3. Scan the barcode from the sample meat label (above) to get cooking info about the specific beef cut.
4. Try this next time you grocery shop. If the scan works, it's Canadian beef.

5 Reasons to 'pick the beef with the leaf'

Choosing Canadian beef matters - to our communities, Canada's economy and food sovereignty. Delicious, nutritious and local, scan to find out more about 'why Canadian beef.'



