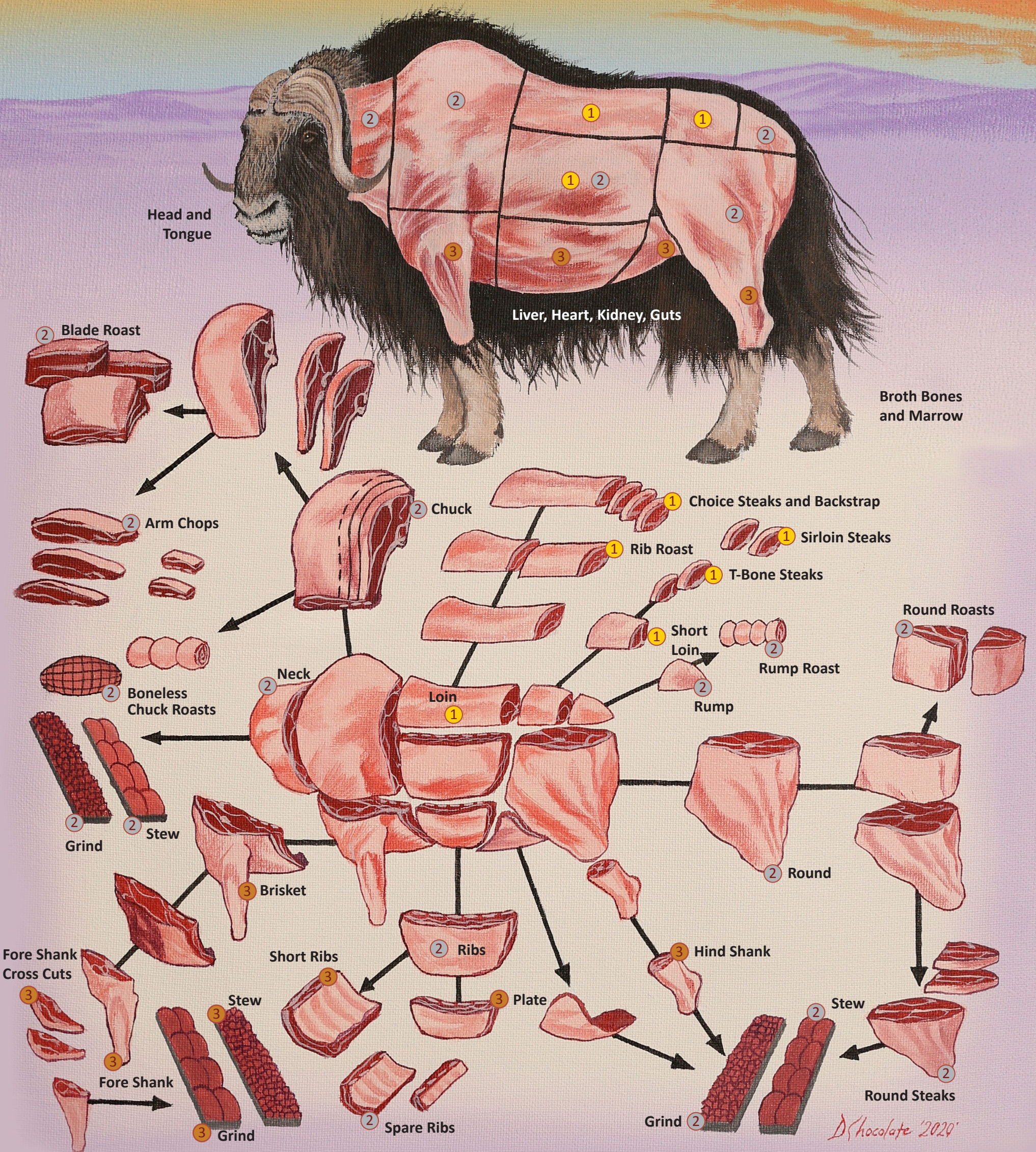


Muskox

Meat Chart



- 1 TENDER CUTS:**
Use dry heat. Roast, broil, fry, barbeque or make dry meat.
- 2 MEDIUM TENDER CUTS:**
Use dry or moist heat. Make dry meat. Moist heat for extra tenderness.
- 3 LESS TENDER CUTS:**
Use moist heat methods. Braise, pot roast or stew.

HEAD
Slow roast in oven or simmer until tender