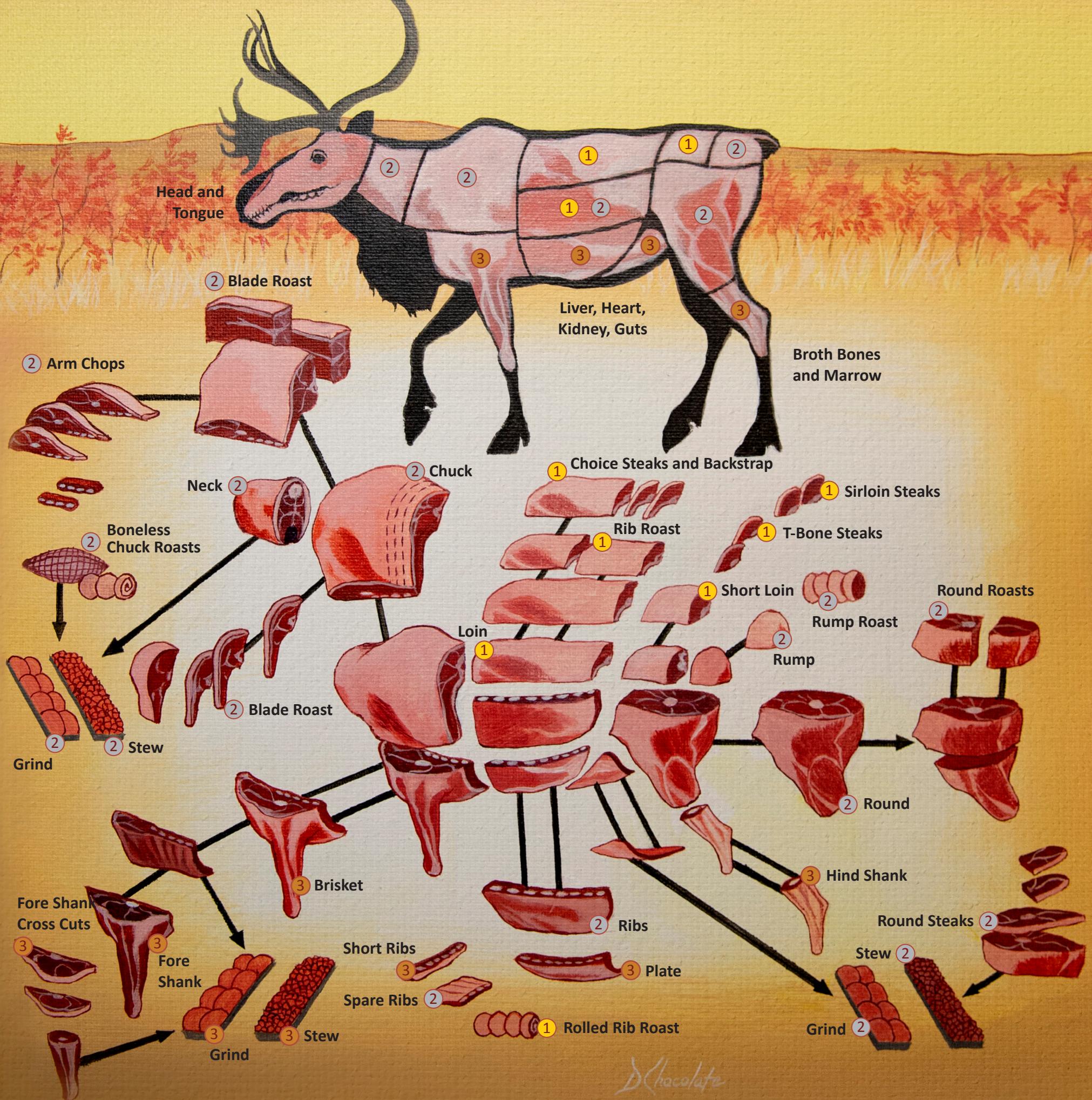


# Caribou Meat Chart



**1 TENDER CUTS:**  
Use dry heat. Roast, broil, fry, barbecue 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