Caribou Meat Chart

- **tender cuts**
  - Use dry heat. Roast, fry, broil, bbq
- **medium tender cuts**
  - Use moist heat for extra tenderness
- **less tender cuts**
  - Use moist heat. Braise, marinate, pot roast, stew

- Antlers for carving/art
- Roasted caribou head, tongue
- Hair for tufting
- Ground & stew meat
- Blade roasts and steaks, chuck roasts and steaks, ground, stew meat
- Backstrap steaks, rib roast
- Ribs, ground and stew meat
- Round roasts and steaks
- Short ribs, rolled rib roast
- Flank steaks
- T-bone steaks
- Rump roast
- Tenderloins
- Ground & stew meat
- Liver, heart, kidneys
- Legs/bones for marrow, soup
- Hide for leather/tanning