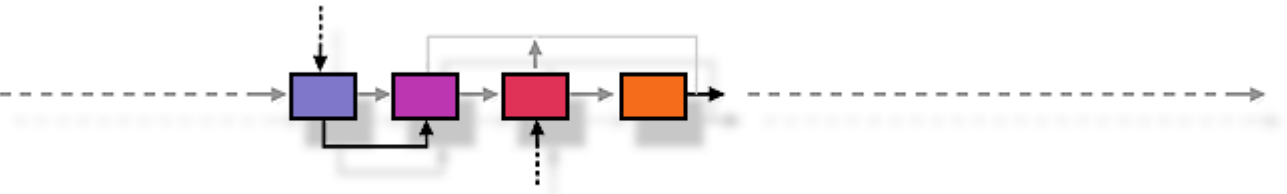


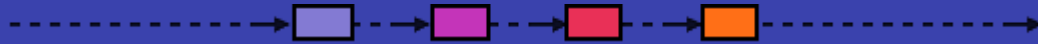


Java
Community
Process

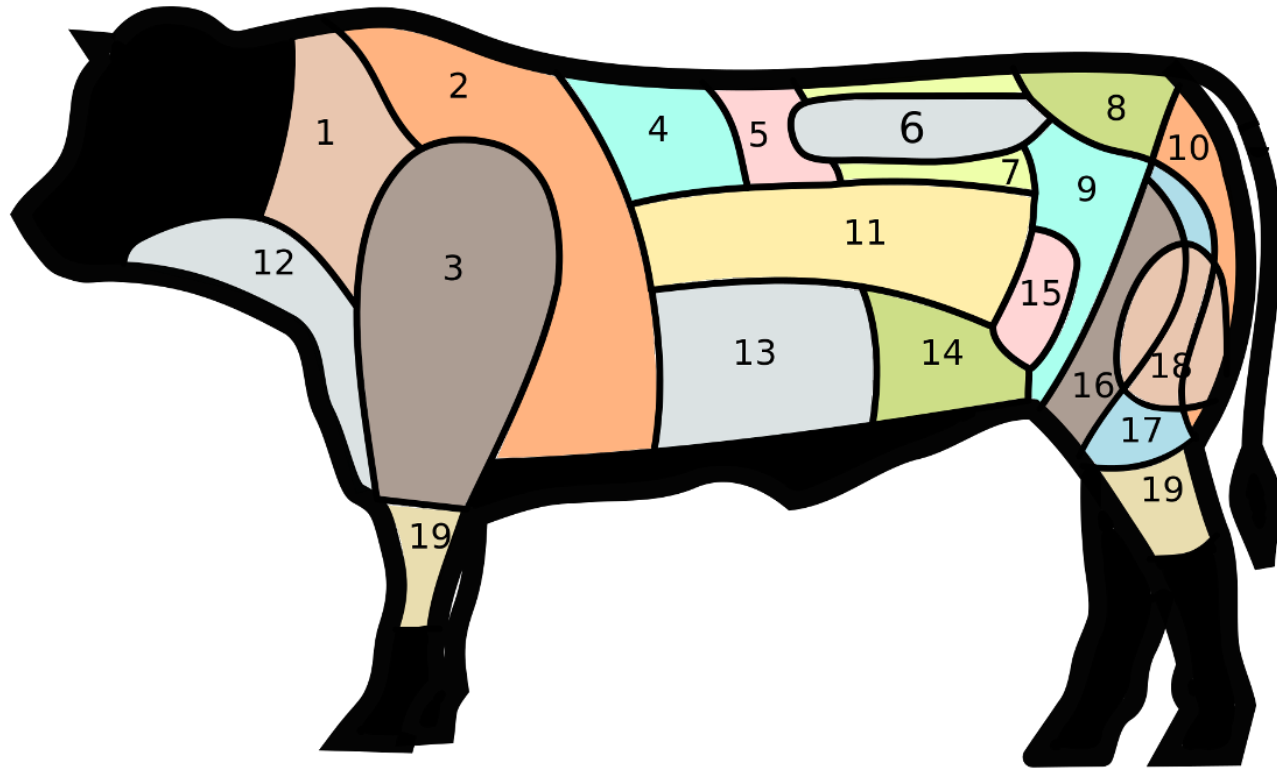


Churrascaria for Dummies

Roll call



Cuts



1. Pescoço
2. Acém
3. Paleta
4. Capa de filé
5. Filé de costela

6. Filé mignon
7. Contrafilé
8. Picanha
9. Alcatra
10. Lagarto

11. Aba de filé
12. Peito
13. Ponta de agulha
14. Fraldinha
15. Maminha de alcatra

16. Patinho
17. Chã-de-fora
18. Chã-de-dentro
19. Músculo