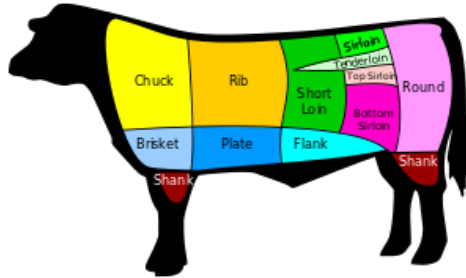




## Cuts of Beef and Best Cooking Methods



There are 9 “primal cuts” of beef, large sections by which the animal is broken down into before cutting individual steaks and roasts. Each primal section yields meat with a different flavor, fat content (marbling), and texture. See which cuts come from which primal section, and the best cooking methods for each below.

**Chuck:** Very flavorful cut with a good balance of meat and fat

Chuck Steak – Marinate and grill or braise

Chuck Roast – Pot roast, braise, stew

Flat Iron Steak – skillet or grill

**Brisket:** Moderately fatty and flavorful, coarse grained

Brisket – Pot roast, smoke, brine for corned beef

**Rib:** “Premium” Steaks and Roasts, excellent flavor, texture, marbling

Rib Roast, standing or boneless (prime rib) – roast

Ribeye Steak (bone-in) – Grill

Delmonico (boneless) – Grill or skillet

**Plate:** Flavorful, coarse grained

Short Ribs – braise

Skirt Steak – Marinate and grill (slice against the grain for fajitas or stir fry)

**Flank:** Flavorful, coarse grained

**Flank Steak-** Marinade and grill or braise. (slice against the grain for fajitas or stir fry) Thicker and wider than skirt.

**Loin:** “Premium” Steaks and roasts, tender and flavorful.

**T-Bone-** Grill or Skillet

**Porterhouse-** Grill or skillet

**New York Strip-** Grill or skillet

**Tenderloin steak (filet mignon) –** grill or skillet

**Tenderloin Roast-** Roast

**Sirloin:** Relatively tender, great on the grill

**Top Sirloin Steak –** Grill

**Tri-tip-** Roast or grill or smoke

**Sirloin Tip Steak-** Grill

**Sirloin Butt Flap-** Grill or skillet

**Round:** Very lean, good for sandwiches and roasts

**Top Round Steak/London Broil-** Marinate, tenderize with meat mallet and grill, or try making beef jerky

**Bottom Round Roast-** Pot Roast or try making beef jerky

**Eye Round Steak-** Marinate, tenderize with meat mallet and grill or Braise

**Shank:** Cross Cut sections with very lean meat surrounding marrow bone

**Shank Soup Bones with meat-** Stew or braise. Try Italian “Osso Bucco”