

BEEF CUTS

AND RECOMMENDED COOKING METHODS



● CHUCK		● RIB		● LOIN		● SIRLOIN		● ROUND		OTHER		
Blade Chuck Roast 	Cross Rib Chuck Roast 	Ribeye Roast, Bone-In 	Porterhouse Steak 	Top Sirloin Steak 	Top Round Steak* 	Kabobs* 						
Blade Chuck Steak* 	Shoulder Roast 	Ribeye Steak, Bone-In 	T-Bone Steak 	Sirloin Steak 	Bottom Round Roast 	Kabobs* 						
7-Bone Chuck Roast 	Shoulder Steak* 	Back Ribs 	Strip Steak, Bone-In 	Top Sirloin Petite Roast 	Bottom Round Steak* 	Cubed Steak 						
Chuck Center Roast 	Ranch Steak 	Ribeye Roast, Boneless 	Strip Steak, Boneless 	Top Sirloin Filet 	Bottom Round Rump Roast 	Stew Meat 						
Chuck Center Steak* 	Flat Iron Steak 	Ribeye Steak, Boneless 	Strip Petite Roast 	Coulotte Roast 	Eye of Round Roast 	Shank Cross Cut 						
Denver Steak 	Top Blade Steak 	Ribeye Cap Steak 	Strip Filet 	Tri-Tip Roast 	Eye of Round Steak* 	Ground Beef and Ground Beef Patties 						
Chuck Eye Roast 	Petite Tender Roast 	Ribeye Petite Roast 	Tenderloin Roast 	Tri-Tip Steak 	● BRISKET		● PLAT & FLANK					
Chuck Eye Steak 	Petite Tender Medallions 	Ribeye Filet 	Tenderloin Filet 	Petite Sirloin Steak 					Brisket Flat 	Skirt Steak* 		
Country-Style Ribs 	Short Ribs, Bone-In 	KEY TO RECOMMENDED COOKING METHOD Grill or Broil Slow Cooking Stir-fry Roast Skillet Skillet-to-Oven		Sirloin Bavette* 	Brisket Point 	Flank Steak* 						
								Short Ribs, Bone-In* 				