

Beef

• RETAIL CUTS •
WHERE THEY COME FROM
HOW TO COOK THEM



Round Steak
Braise, Panfry

Top Round Roast
Roast

Top Round Steak
Broil, Panbroil, Panfry

Boneless Rump Roast
Roast, Braise

Bottom Round Roast
Braise, Roast

Tip Roast, Cap Off
Roast, Braise

Eye Round Roast
Braise, Roast

Tip Steak
Broil, Panbroil, Panfry

ROUND

Sirloin Steak, Flat Bone
Broil, Panbroil, Panfry

Sirloin Steak, Round Bone
Broil, Panbroil, Panfry

Top Sirloin Steak
Broil, Panbroil, Panfry

SIRLOIN

Shank Cross Cut
Braise, Cook in Liquid

Brisket, Whole
Braise, Cook in Liquid

Corned Brisket, Point Half
Braise, Cook in Liquid

Brisket, Flat Half
Braise

FORE SHANK & BRISKET

Chuck Eye Roast
Braise, Roast

Boneless Top Blade Steak
Braise, Panfry

Arm Pot Roast
Braise

Boneless Shoulder Pot Roast
Braise

Cross Rib Pot Roast
Braise

Mock Tender
Braise

Under Blade Pot Roast
Braise, Roast

Blade Roast
Braise

Short Ribs
Braise, Cook in Liquid

7-Bone Pot Roast
Braise

Flanken-Style Ribs
Braise, Cook in Liquid

CHUCK

T-Bone Steak
Broil, Panbroil, Panfry

Boneless Top Loin Steak
Broil, Panbroil, Panfry

Tenderloin Roast
Roast, Broil

Porterhouse Steak
Broil, Panbroil, Panfry

Tenderloin Steak
Broil, Panbroil, Panfry

SHORT LOIN

Rib Roast, Large End
Roast

Rib Steak, Small End
Roast

Rib Eye Steak
Broil, Panbroil, Panfry

Rib Eye Roast
Roast

Back Ribs
Braise, Cook in Liquid, Roast

RIB

Flank Steak
Broil, Braise, Panfry

Flank Steak Rolls
Braise, Broil, Panbroil, Panfry

Skirt Steak
Braise, Broil, Panbroil, Panfry

FLANK & SHORT PLATE

Ground Beef
Broil, Panfry, Panbroil, Roast (Bake)

Cubed Steak
Panfry, Braise

Beef for Stew
Braise, Cook in Liquid

Cubes for Kabobs
Broil, Braise

OTHER CUTS

THIS CHART APPROVED BY
NATIONAL LIVE STOCK & MEAT BOARD

