

BEEF CHART

RETAIL CUTS OF BEEF — WHERE THEY COME FROM AND HOW TO COOK THEM

CHUCK
Braise, Cook in Liquid

- ② Boneless Chuck Eye Roast*
- ③④ Chuck Short Ribs
- ② Blade Roast or Steak
- ③ Arm Pot-Roast or Steak
- ③ Boneless Shoulder Pot-Roast or Steak
- ④ Cross Rib Pot-Roast
- ① Beef for Stew
- ① Ground Beef**

RIB
Roast, Broil, Panbroil, Pan fry

- ② Rib Roast
- ② Rib Steak
- ② Rib Steak, Boneless
- ② Rib Eye (Delmonico) Roast or Steak

SHORT LOIN
Roast, Broil, Panbroil, Pan fry

- ①②③ Top Loin Steak
- ② T-Bone Steak
- ③ Porterhouse Steak
- ①②③ Boneless Top Loin Steak
- ②③ Tenderloin (Filet Mignon) Steak or Roast (also from Sirloin 1A)

SIRLOIN
Broil, Panbroil, Pan fry

- ① Pin Bone Sirloin Steak
- ② Flat Bone Sirloin Steak
- ③ Wedge Bone Sirloin Steak
- ①②③ Boneless Sirloin Steak

ROUND
Braise, Cook in Liquid

- ③ Round Steak
- ④ Heel of Round
- ③ Top Round Steak*
- ① Rolled Rump*
- ③ Bottom Round Roast or Steak*
- ③ Cubed Steak*
- ③ Eye of Round*
- ③ Ground Beef**

SHORT PLATE
Braise, Cook in Liquid

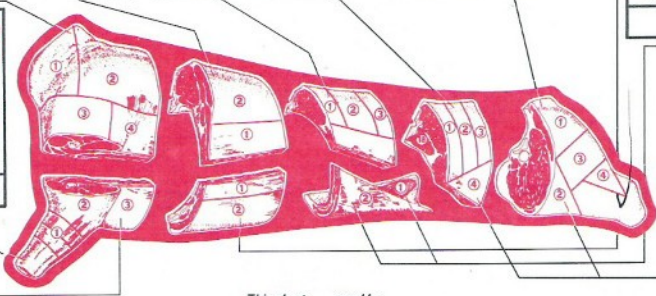
- ① Short Ribs
- ①② Skirt Steak Rolls*
- ①② Beef for Stew (also from other cuts)
- ①② Ground Beef**

FLANK
Braise, Cook in Liquid

- ① Ground Beef**
- ① Flank Steak*
- ①①① Beef Patties**
- ① Flank Steak Rolls**

TIP
Braise

- ④② Tip Steak*
- ④② Tip Roast*
- ④② Tip Kabobs*



FORE SHANK
Braise, Cook in Liquid

- ① Shank Cross Cuts
- ② Beef for Stew (also from other cuts)
- ① Fore Shank

BRISKET
Braise, Cook in Liquid

- ③ Fresh Brisket
- ③ Corned Brisket
- ③ Brisket

This chart developed by National Live Stock and Meat Board

*May be Roasted, Broiled, Panbroiled or Panfried from high quality beef.
**May be Frozen, (Baked), Broiled, Panbroiled or Panfried.