

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 ^{EA} 	Top Round Steak* ^{EA} 	Kabobs*
Blade Chuck Steak* 	Shoulder Roast ^{EA} 	Ribeye Steak, Bone-In 	T-Bone Steak ^{EA} 	Sirloin Steak 	Bottom Round ^{EA} 	Strips
7-Bone Chuck Roast 	Shoulder Steak* ^{EA} 	Back Ribs 	Strip Steak, Bone-In ^{EA} 	Top Sirloin Petite ^{EA} 	Bottom Round ^{EA} 	Cubed Steak
Chuck Center Roast 	Ranch Steak ^{EA} 	Ribeye Roast, Boneless 	Strip Steak, Boneless ^{EA} 	Top Sirloin Filet ^{EA} 	Bottom Round Rump Roast ^{EA} 	Stew Meat
Chuck Center Steak* 	Flat Iron Steak 	Ribeye Steak, Boneless 	Strip Petite Roast ^{EA} 	Coulotte Roast 	Eye of Round Roast ^{EA} 	Shank Cross Cut ^{EA}
Denver Steak 	Top Blade Steak 	Ribeye Cap Steak 	Strip Filet ^{EA} 	Tri-Tip Roast ^{EA} 	Eye of Round Steak* ^{EA} 	Ground Beef and Ground Beef Patties
Chuck Eye Roast ^{EA} 	Petite Tender Roast ^{EA} 	Ribeye Petite Roast ^{EA} 	Tenderloin Roast ^{EA} 	Tri-Tip Steak ^{EA} 		
					BRISKET	PLATE & FLANK
Chuck Eye Steak 	Petite Tender Medallions ^{EA} 	Ribeye Filet ^{EA} 	Tenderloin Filet ^{EA} 	Petite Sirloin Steak 	Brisket Flat ^{EA} 	Skirt Steak*
Country-Style Ribs 	Short Ribs, Bone-In 			Sirloin Bavette* 	Brisket Point 	Flank Steak* ^{EA}
						Short Ribs, Bone-In*

KEY TO RECOMMENDED COOKING METHODS

- GRILL OR BROIL
- SLOW COOKING
- SKILLET-FRY
- ROAST
- SKILLET
- SKILLET-TO-OVEN

* MARINATE BEFORE COOKING FOR BEST RESULTS.

^{EA} These cuts meet the government guidelines for lean, based on cooked weight, unless otherwise noted.

BEEF
IT'S WHAT'S FOR DINNER.
Funded by the Beef Checkoff.