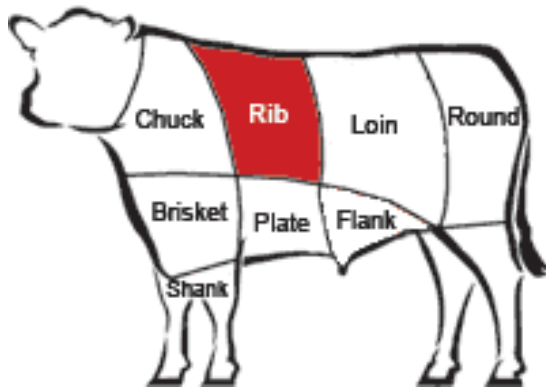


Beef Cuts

Information taken from
<http://www.certifiedangusbeef.com/cuts/>

Back Ribs



- **Common Names:**

- Beef Ribs
- Ribs

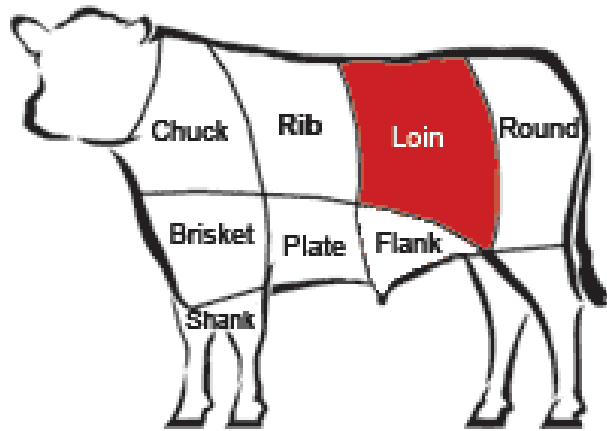
- **Description:**

Come from the sixth to twelfth ribs and are sold in 3, 4 or 7-rib slabs. Braise before grilling.

- **Cooking Methods:**

- [Braising](#)
- [Grilling](#)

Ball Tip Roast



- **Common Names:**

- Ball Tip Roast
- Ball Tip Steaks

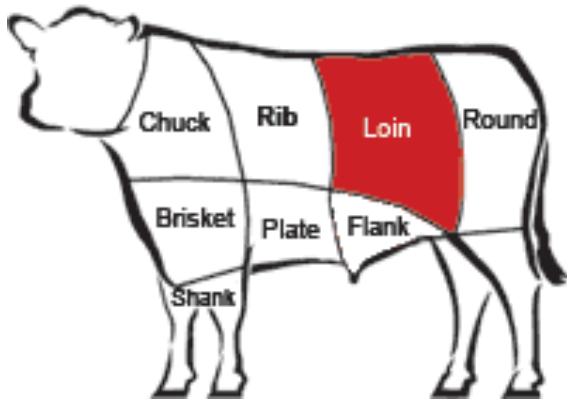
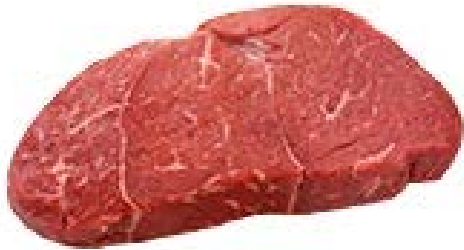
- **Description:**

A very economical roast with an average size of three pounds. Comes from the bottom sirloin. Versatile cut with great flavor.

- **Cooking Methods:**

- [Braising](#)
- [Roasting](#)

Ball Tip Steak



- **Common Names:**

- Ball Tip Steak

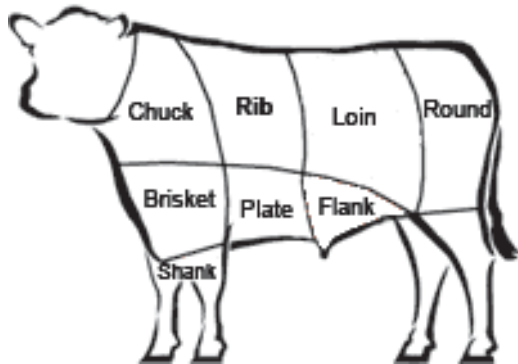
- **Description:**

A very economical steak that is great for grilling. This is a regional cut that is very popular in Michigan. Marinate before grilling.

- **Cooking Methods:**

- [Braising](#)
- [Marinate before Grilling](#)

Beef for Stew



- **Common Names:**

- Stew Beef

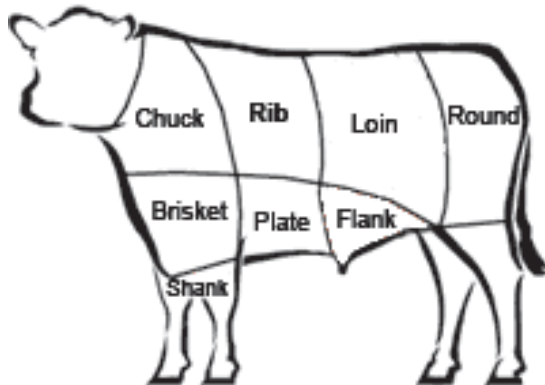
- **Description:**

Typically cut from the round. May come from any cut except the shank or top round.

- **Cooking Methods:**

- [Braising](#)

Beef Kabob



- **Common Names:**

- Beef for Kabobs

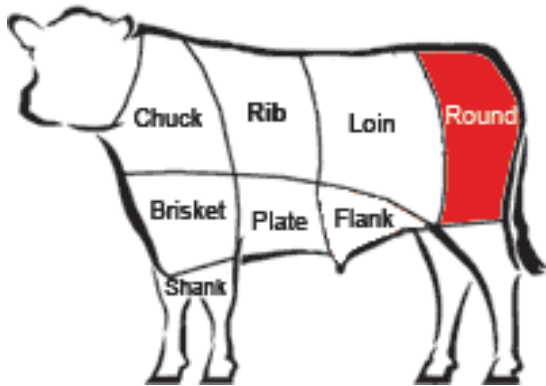
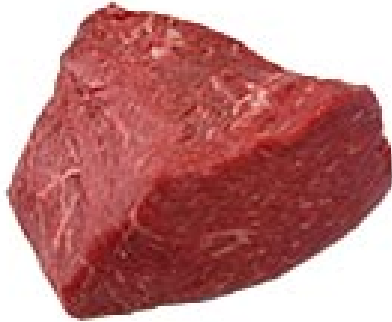
- **Description:**

Commonly cut from the sirloin, but can come from any tender cut.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)
- [Marinate before Grilling](#)

Bottom Round London Broil



- **Common Names:**
 - Bottom Round Roast
 - London Broil

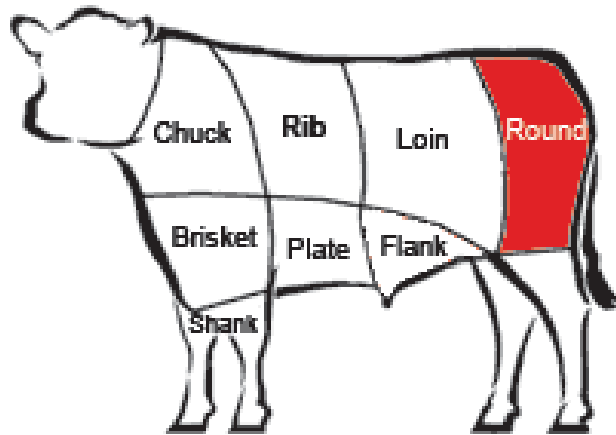
- **Description:**

Similar to the top round, but often more tender. An economical cut; thickness varies.

- **Cooking Methods:**

- [Marinate before Grilling](#)

Bottom Round Roast



- **Common Names:**

- Bottom Round Roast

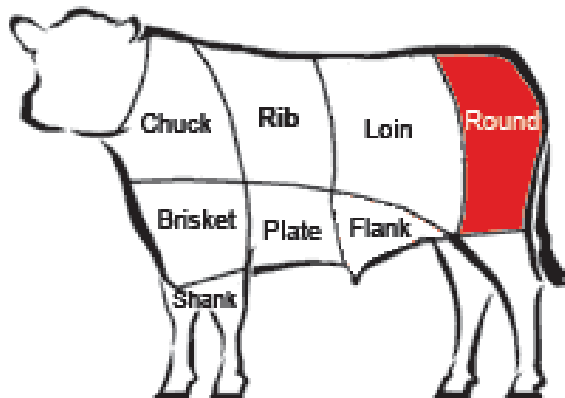
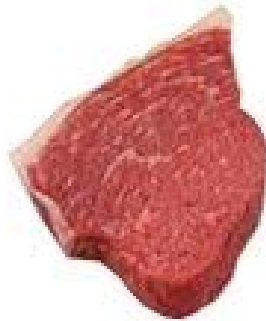
- **Description:**

An economical and flavorful cut that is perfect for autumn and winter comfort food dishes. A great dollar stretcher. Perfect for slow cooker method.

- **Cooking Methods:**

- [Braising](#)

Bottom Round Steak



- **Common Names:**

- Bottom Round Steak
- Swiss Steak

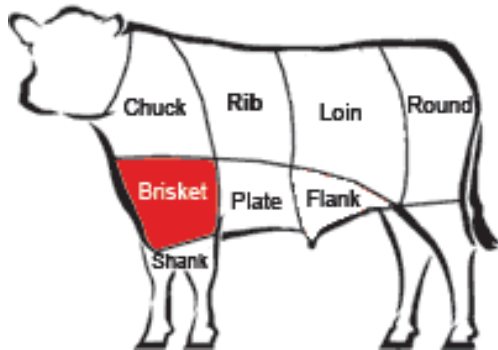
- **Description:**

Similar to the top round, but more economical because this cut is less tender. A great cut for slow cookers and braising.

- **Cooking Methods:**

- [Braising](#)
- [Marinate before Grilling](#)

Brisket



- **Common Names:**

- Beef Brisket

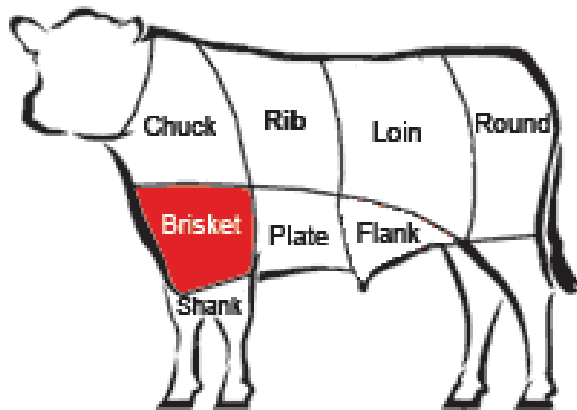
- **Description:**

Rich, beefy flavor; typically sold boneless; available both fresh and corned. A less-tender cut, it becomes tender and delicious with long, slow cooking.

- **Cooking Methods:**

- [Braising](#)

Brisket Flat



- **Common Names:**

- Brisket Flat

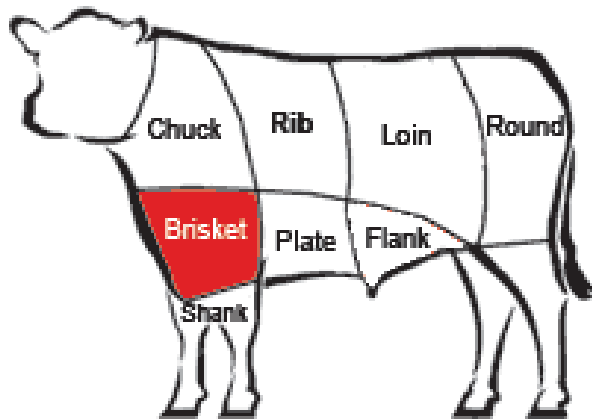
- **Description:**

Brisket trimmed of fat. Great for smoking and also offered as a fresh cut or for corned beef. An excellent candidate for smoking.

- **Cooking Methods:**

- [Braising](#)

Brisket Point



- **Common Names:**

- Brisket Point

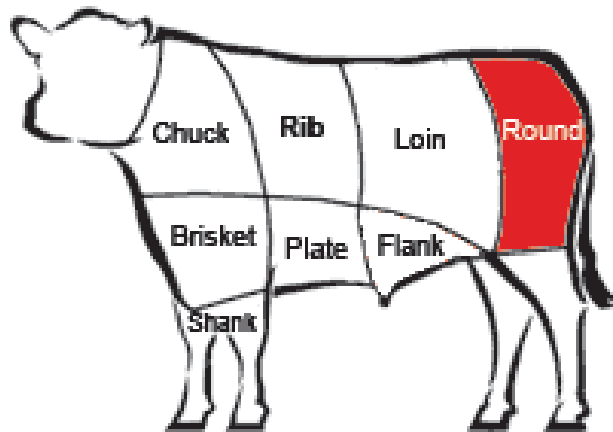
- **Description:**

A more economical brisket cut. The fat layer has not been removed. An excellent cut for smoking or braising.

- **Cooking Methods:**

- [Braising](#)

Butterfly Top Round Steak



- **Common Names:**

- Top Round Steak

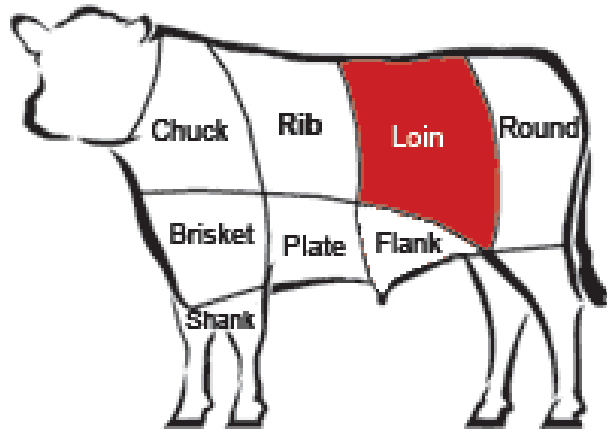
- **Description:**

A less tender cut that should be marinated for best results. Can be used in soups or stews.

- **Cooking Methods:**

- [Marinate before Grilling](#)

Center Cut Sirloin Steak



- **Common Names:**

- 2/3 Cut Sirloin
- Center-Cut Sirloin

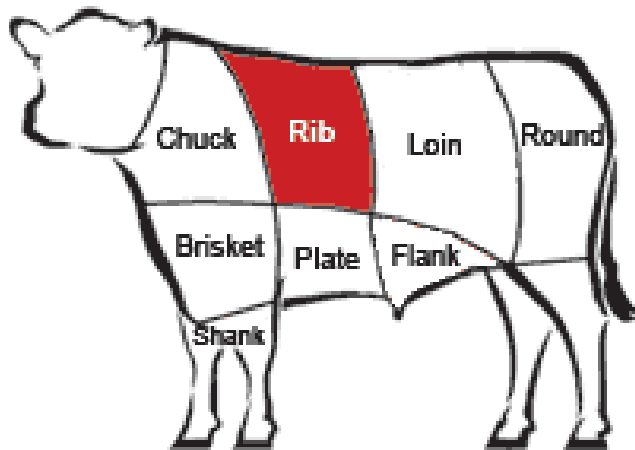
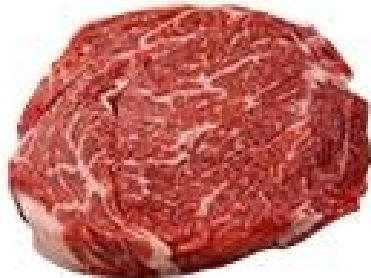
- **Description:**

A lean, well-flavored and moderately tender steak cut from the center of the sirloin. Versatile, juicy and delicious. Slightly more expensive cut.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)
- [Sautéing](#)

Chef-Cut Ribeye



- **Common Names:**

- Chef-Cut Ribeye

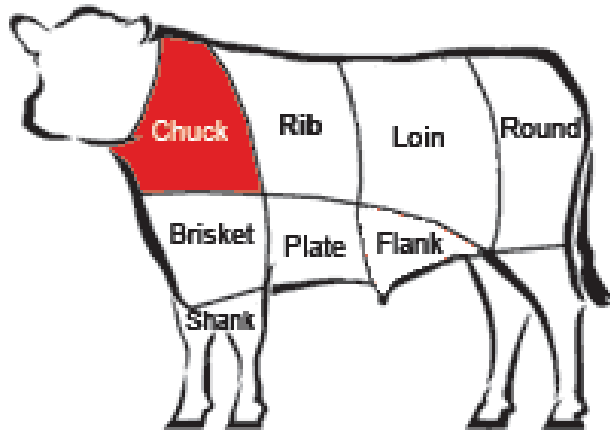
- **Description:**

Typically prepared with the bone in. Fat is removed and the cut is tied; also prepared boneless.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)
- [Sautéing](#)

Chuck Arm Roast



- **Common Names:**

- Arm Roast
- Chuck Arm
- Pot Roast

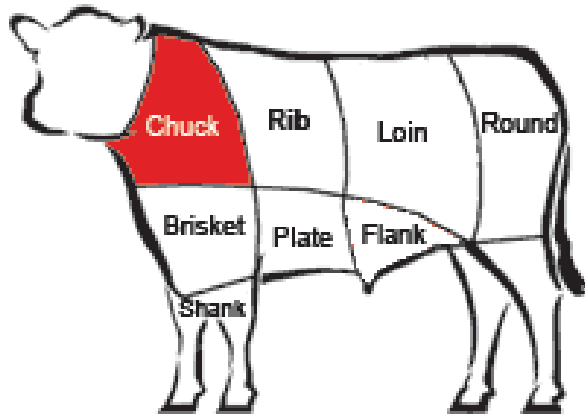
- **Description:**

Robust, beefy flavor that does well when cooked in moist heat. Great for cutting into stew meat.

- **Cooking Methods:**

- [Braising](#)

Chuck Eye Roast



- **Common Names:**
 - Boneless Chuck Filet
 - Boneless Chuck Roll
 - Inside Chuck Roll
 - Pot Roast

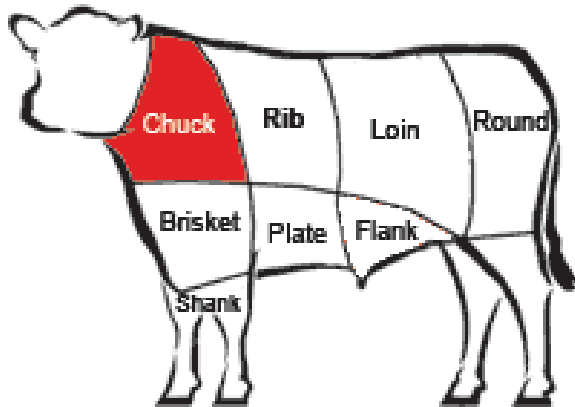
- **Description:**

Slow, moist cooking is best for this roast because it can be slightly tough. Can also marinate and use for kabobs.

- **Cooking Methods:**

- [Braising](#)
- [Roasting](#)

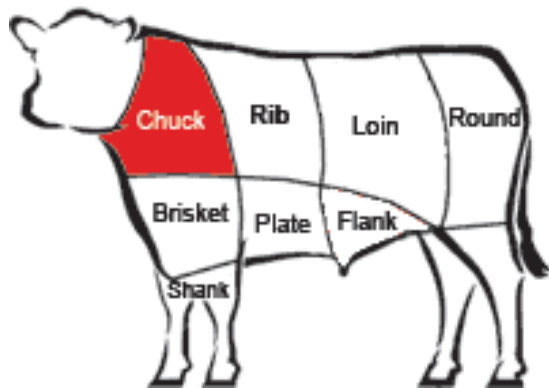
Chuck Eye Steak



- **Common Names:**
 - Boneless Chuck Filet Steak
 - Boneless Chuck Slices
- **Description:**

Cut from the chuck eye roast; a good, low-cost alternative to the ribeye, though slightly less flavorful and tender. Marinate before grilling.
- **Cooking Methods:**
 - [Braising](#)
 - [Marinate before Grilling](#)
 - [Sautéing](#)

Chuck Roast



- **Common Names:**

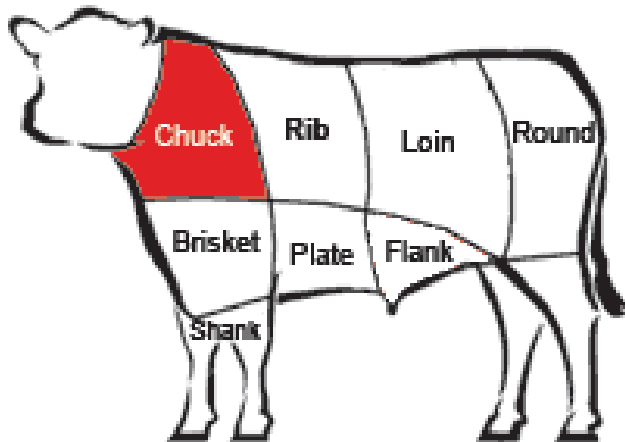
- **Description:**

Large, flat-shaped pieces typically cut 2 to 2 1/2 - inch thick. Requires moist heat cooking to soften and tenderize. Robust beefy flavor.

- **Cooking Methods:**

- [Braising](#)

Chuck Short Ribs



- **Common Names:**

- Chuck Ribs

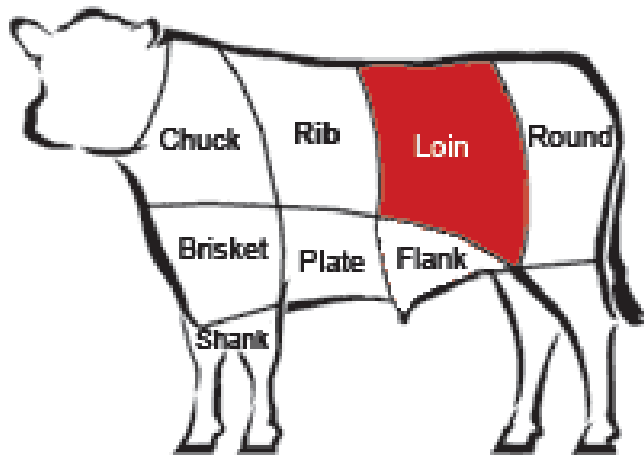
- **Description:**

Flavorful, tender and juicy; can be cut long or short, or boneless.

- **Cooking Methods:**

- [Braising](#)

Coulotte Steak



- **Common Names:**
 - Sirloin Strip
 - Sirloin Top Butt Cap

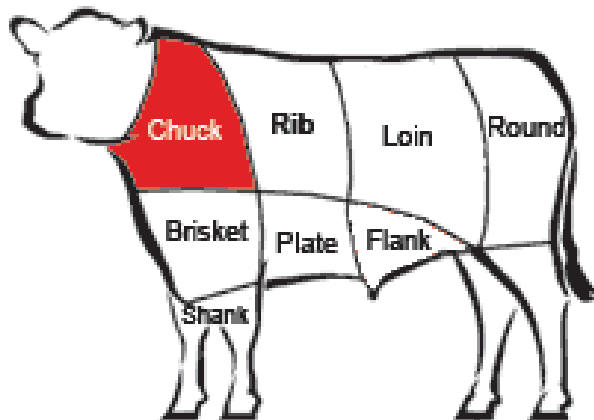
- **Description:**

A very versatile cut that can be prepared grilled as a cut steak, or roasted whole and carved. Has a rich, beefy flavor. Can be cubed for kabobs.

- **Cooking Methods:**

- [Grilling](#)
- [Sautéing](#)

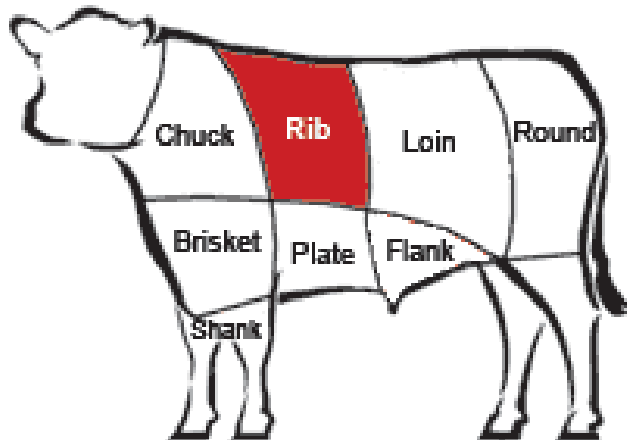
Cowboy-Style Chuck Rib



- **Common Names:**
 - Beef Ribs
 - Bistro Braising Strips
 - Boneless Chuck Ribs
- **Description:**

Tender, juicy, flavorful; very meaty.
- **Cooking Methods:**
 - [Braising](#)

Cowboy Steak



- **Common Names:**

- Rib Steak Bone-In
- Ribeye Bone-In

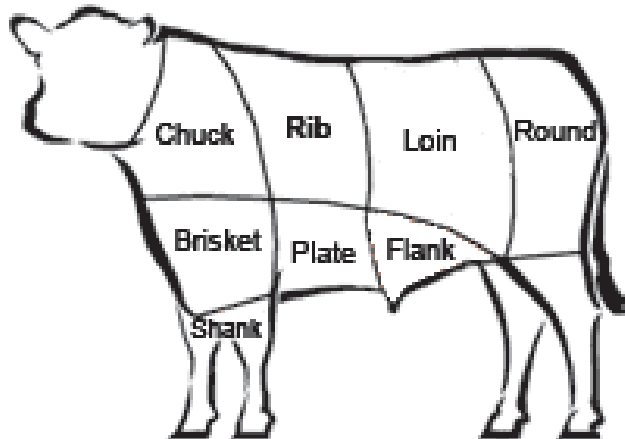
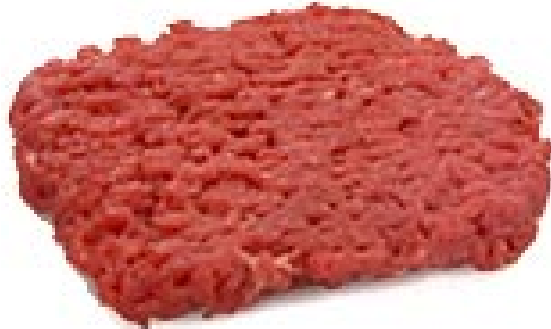
- **Description:**

A rib steak that is fine-grained and juicy. Rich, beefy flavor and generous marbling throughout. One of the most tender beef cuts.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)

Cubed Steak



- **Common Names:**

- Cube Steak

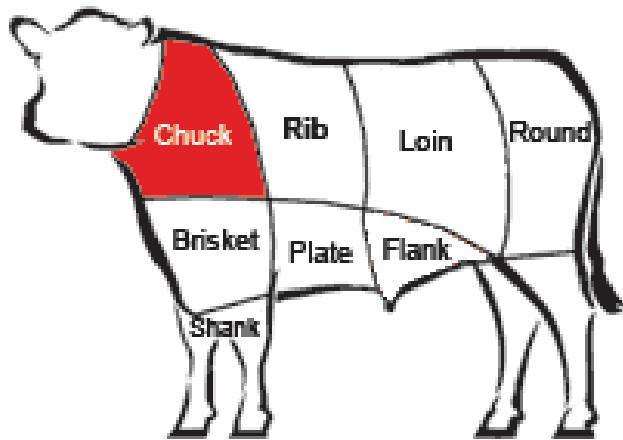
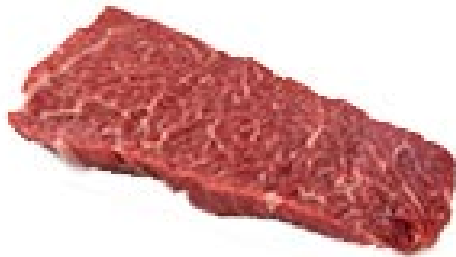
- **Description:**

A whole-muscle cut that is mechanically tenderized.

- **Cooking Methods:**

- [Broiling](#)
- [Sautéing](#)

Denver Cut



- **Common Names:**

- Underblade Steak

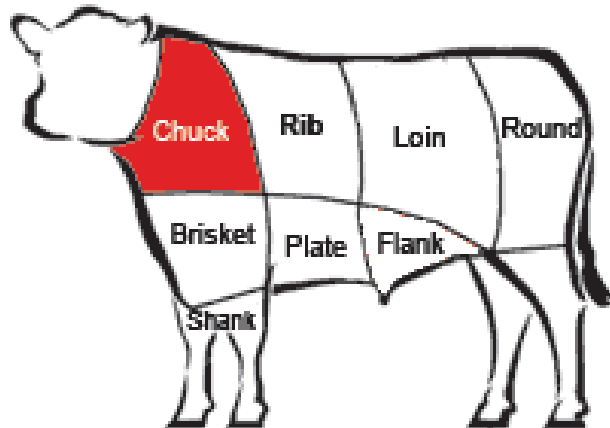
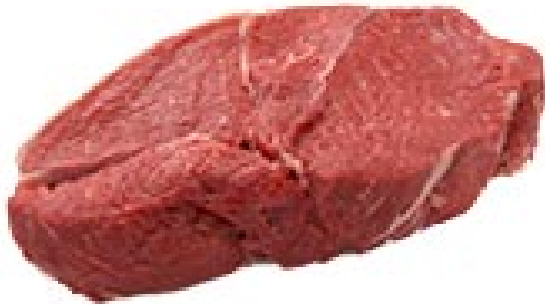
- **Description:**

Juicy, tender and well-marbled; has a rich, beefy taste. Flavorful and tender.

- **Cooking Methods:**

- [Broiling](#)
- [Marinate before Grilling](#)
- [Sautéing](#)

English Roast



- **Common Names:**

- Cross Cut Arm Roast
- Cross Rib Roast

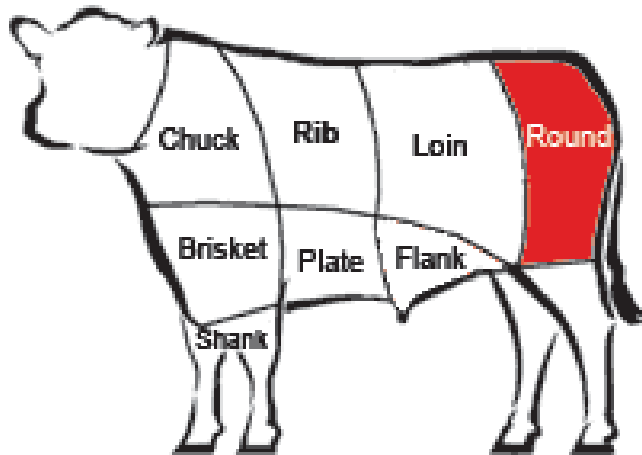
- **Description:**

A flavorful, slightly tough roast that's very economical. Typically prepared oven-roasted, but great for moist cooking methods.

- **Cooking Methods:**

- [Braising](#)

Eye of Round Roast



- **Common Names:**

- Eye of Round Roast

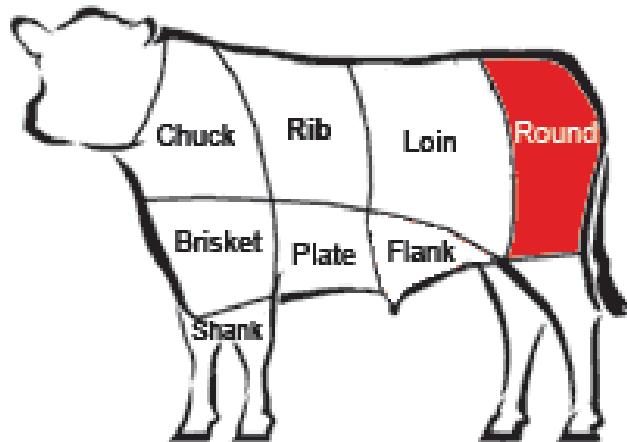
- **Description:**

An economical cut that can be slightly tough and dry. A great dollar-stretcher that can be prepared in the slow cooker or braised for optimum flavor.

- **Cooking Methods:**

- [Braising](#)
- [Roasting](#)

Eye of Round Steak



- **Common Names:**

- Round Steak

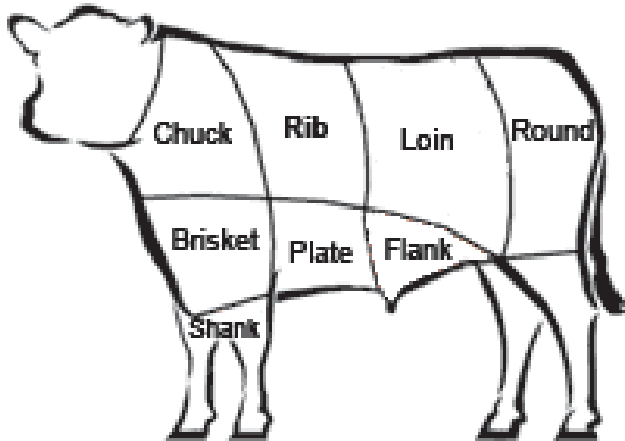
- **Description:**

An economical cut that can be slightly tough and dry. Can be prepared in the slow cooker or braised for optimum flavor. Grilling is not recommended.

- **Cooking Methods:**

- [Braising](#)
- [Marinate before Grilling](#)

Fajita Beef



- **Common Names:**

- Fajita Beef
- Fajita Strips

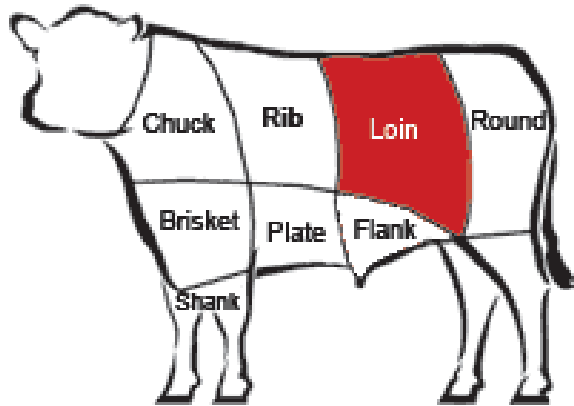
- **Description:**

Can be cut from skirt steak, flank steak, top round and top sirloin steak. Usually marinated before cooking.

- **Cooking Methods:**

- [Grilling](#)
- [Sautéing](#)

Filet Mignon



- **Common Names:**

- Tenderloin Steak

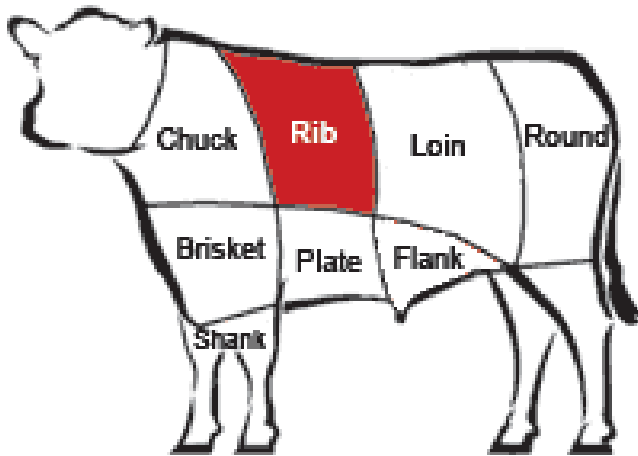
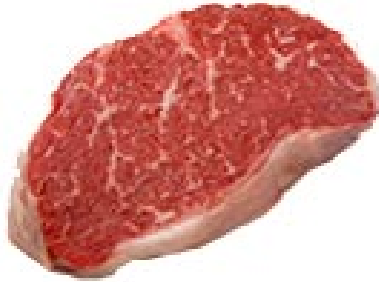
- **Description:**

The most tender beef cut. Lean yet succulent, elegant and convenient. Buttery texture, subtle flavor and compact shape.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)
- [Sautéing](#)

Filet of Rib



- **Common Names:**

- Filet of Rib

- **Description:**

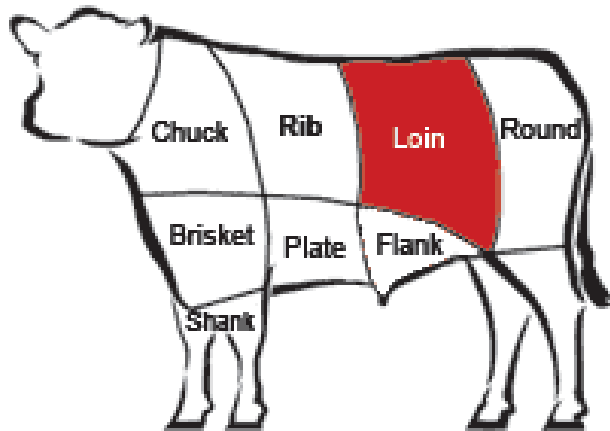
Boneless rib steak with rich, beefy flavor.

Generally a thicker cut.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)
- [Sautéing](#)

Filet of Sirloin



- **Common Names:**

- Filet of Sirloin
- Sirloin

- **Description:**

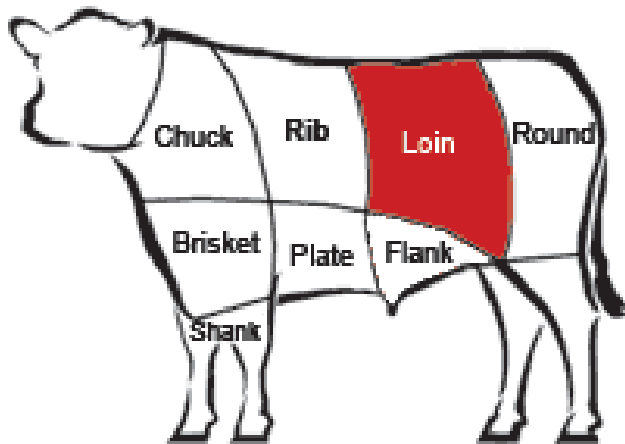
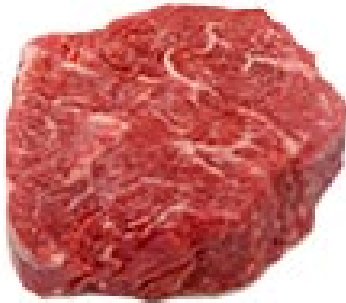
A thick-cut, center-cut top sirloin steak. Well-flavored and moderately tender.

Economical, versatile, tender and juicy.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)
- [Sautéing](#)

Filet of Strip



- **Common Names:**

- Kansas City Steak
- Manhattan Steak
- New York Strip
- Shell Steak

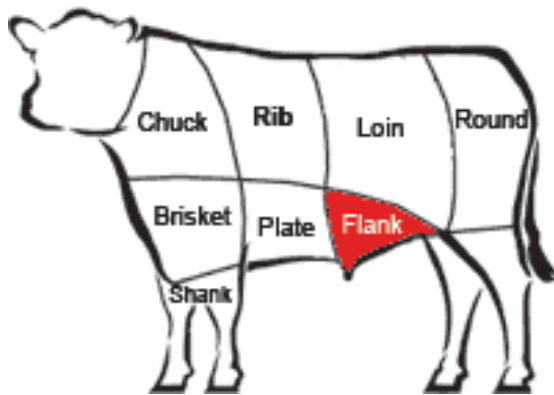
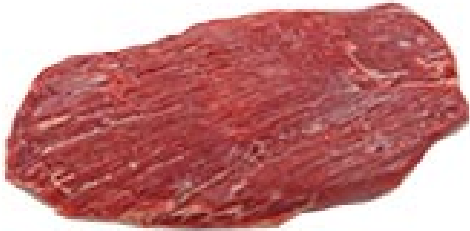
- **Description:**

A thicker cut of strip steak. Lean, tender and flavorful. Prepare similar to filet mignon.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)
- [Sautéing](#)

Flank Steak



- **Common Names:**

- Flank Steak

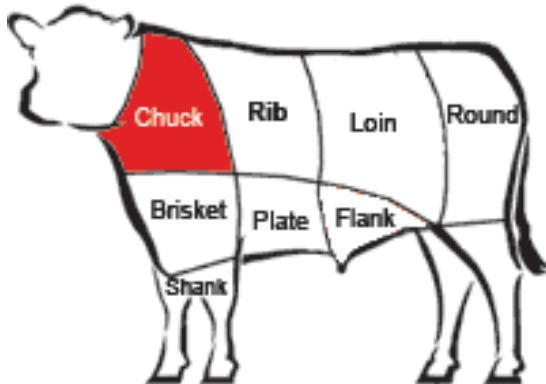
- **Description:**

Lean and very flavorful; primarily used for fajitas and should be sliced thin against the grain. Best marinated before roasting or grilling.

- **Cooking Methods:**

- [Braising](#)
- [Grilling](#)

Flat Iron



- **Common Names:**

- Book Steak
- Butler Steak
- Lifter Steak
- Petite Steak
- Top Blade Steak

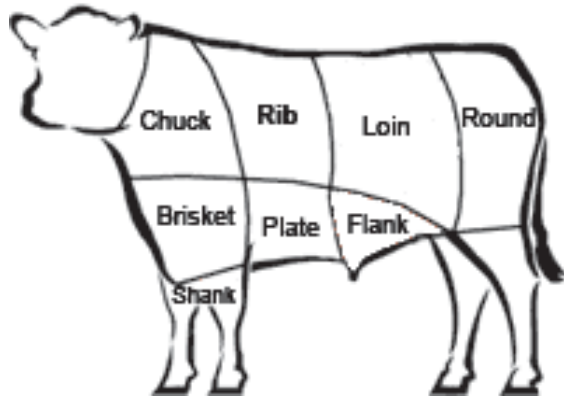
- **Description:**

Well-marbled, tender and juicy; second in tenderness only to tenderloin and about half the cost. Boneless steak has excellent beef flavor.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)
- [Sautéing](#)

Ground Beef



- **Common Names:**

- Ground Beef

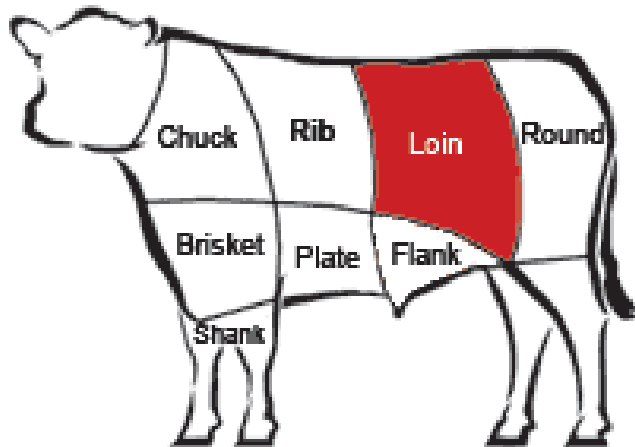
- **Description:**

A combination of cuts from the chuck, round and sirloin. Can be used in a variety of recipes and cooking methods.

- **Cooking Methods:**

- [Baking](#)
- [Broiling](#)
- [Grilling](#)
- [Sautéing](#)

Hanger Steak



- **Common Names:**

- Butcher's Steak
- Hanging Tender

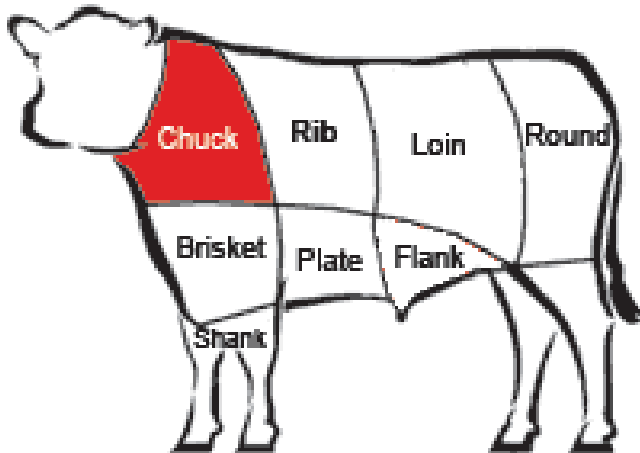
- **Description:**

Not commonly found in the meat department; it is tender when properly prepared and has a beefy flavor.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)
- [Sautéing](#)

Mock Tender Roast



- **Common Names:**
 - Petite Tender Roast
 - Shoulder Roast

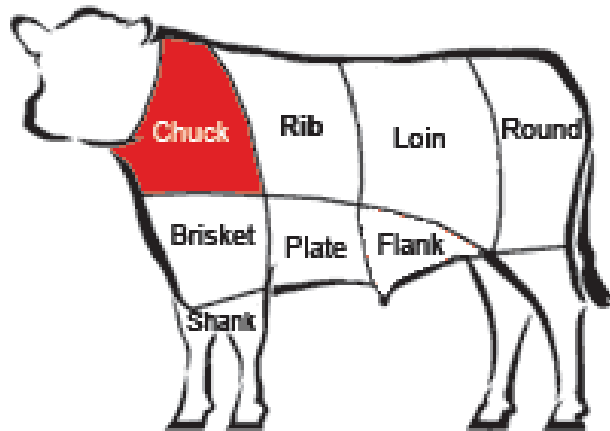
- **Description:**

Economical and flavorful cut with rich, beefy flavor. Comes completely trimmed, easy to carve. Best prepared in dry heat methods.

- **Cooking Methods:**

- [Braising](#)
- [Broiling](#)
- [Roasting](#)

Mock Tender Steak



- **Common Names:**

- Chuck Clod Tender
- Chuck Filet
- Chuck Tender
- Mock Tender
- Shoulder Petite

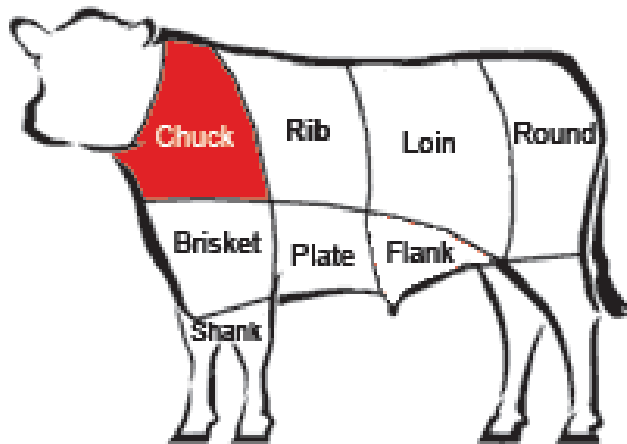
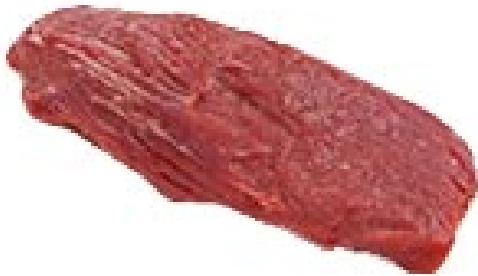
- **Description:**

Resembles a beef tenderloin in shape, but smaller in size. Economical and flavorful cut, slightly tough. Best to marinate before grilling.

- **Cooking Methods:**

- [Braising](#)
- [Marinate before Grilling](#)

Petite Chuck Tender Roast



- **Common Names:**

- Beef Shoulder Tender
Petite Roast

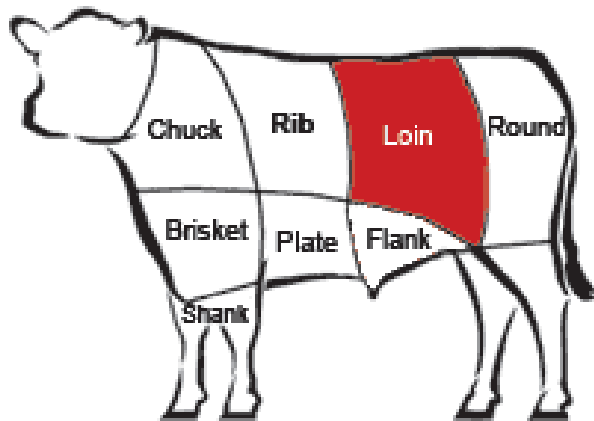
- **Description:**

A flavorful and classy cut that can be roasted whole or cut into medallions; great taste and texture, economical.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)
- [Roasting](#)

Porterhouse



- **Common Names:**

- Porterhouse

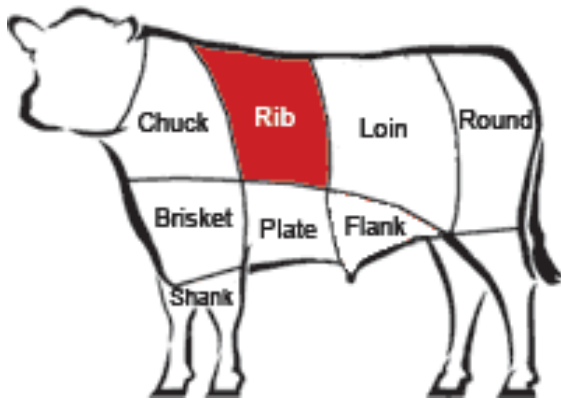
- **Description:**

Combines two lean, tender steaks. Consist of both top loin (strip) and tenderloin steaks, connected by a tell-tale T-shaped bone. If diameter of tenderloin is larger than a golf ball, it's generally considered a Porterhouse.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)
- [Saut eing](#)

Prime Rib



- **Common Names:**

- Ribeye Roast

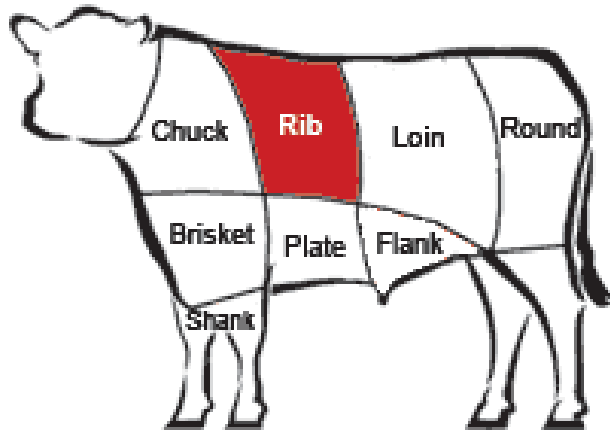
- **Description:**

Rich flavor, juicy tenderness and majestic appearance. The grand champion of beef roasts. One of the most tender beef cuts. Fine-grained with generous marbling throughout.

- **Cooking Methods:**

- [Roasting](#)

Rib Steak



- **Common Names:**

- Rib Steak
- Ribeye

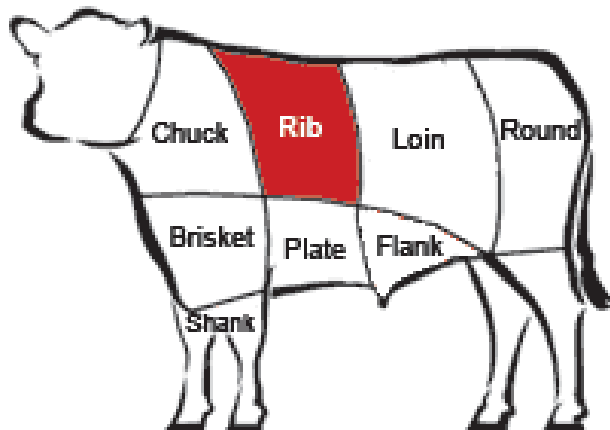
- **Description:**

A rib steak that is fine-grained and juicy. Rich, beefy flavor and generous marbling throughout. One of the most tender beef cuts.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)
- [Sautéing](#)

Ribeye Roast



- **Common Names:**

- Prime Rib

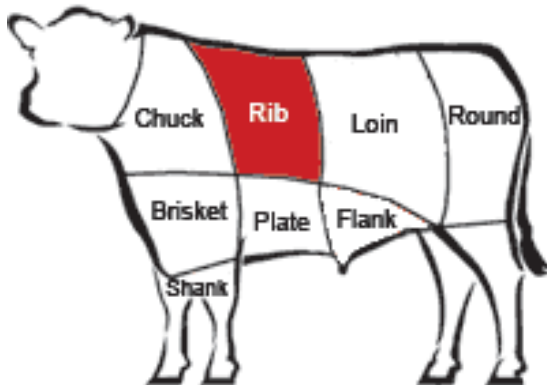
- **Description:**

A rib roast minus the bone. Rich, beefy flavor. Juicy and fine-grained with generous marbling throughout. Fine-grained and tender.

- **Cooking Methods:**

- [Roasting](#)

Ribeye Steak



- **Common Names:**

- Delmonico Steak

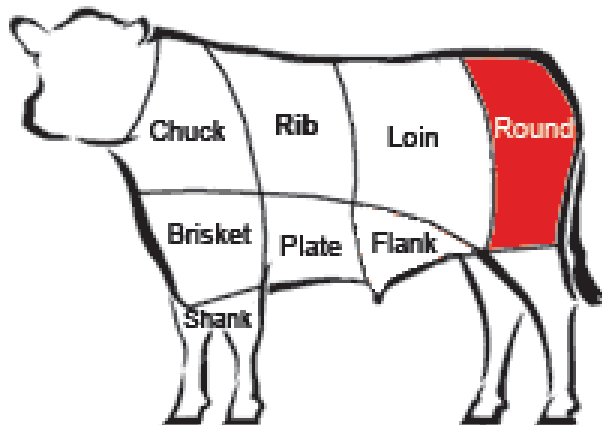
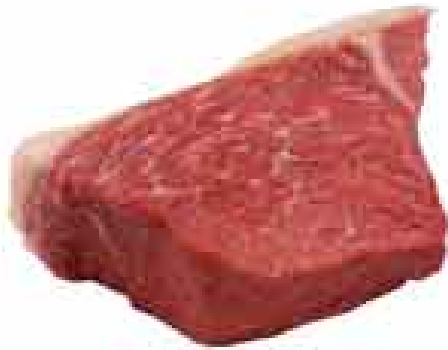
- **Description:**

A rib steak minus the bone. Fine-grained steak. Rich, beefy flavorful. Juicy with generous marbling throughout. One of the most tender beef cuts.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)
- [Sautéing](#)

Rump Roast



- **Common Names:**

- Bottom Round Roast

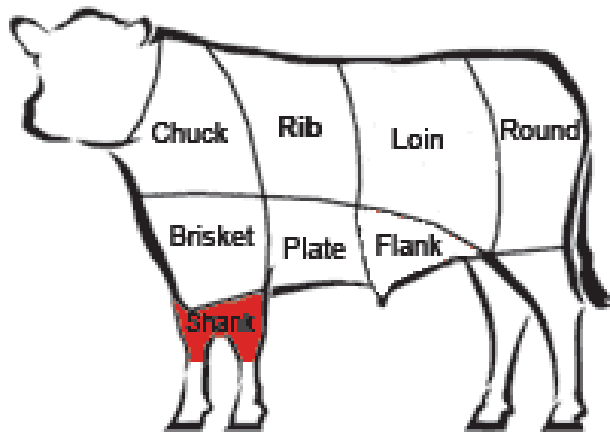
- **Description:**

These large, round or loaf-shaped cuts require braising to tenderize. Firm texture can be coarse, dry and stringy if overcooked. Very economical.

- **Cooking Methods:**

- [Braising](#)

Shank Cross-Cut



- **Common Names:**

- Beef faux osso bucco

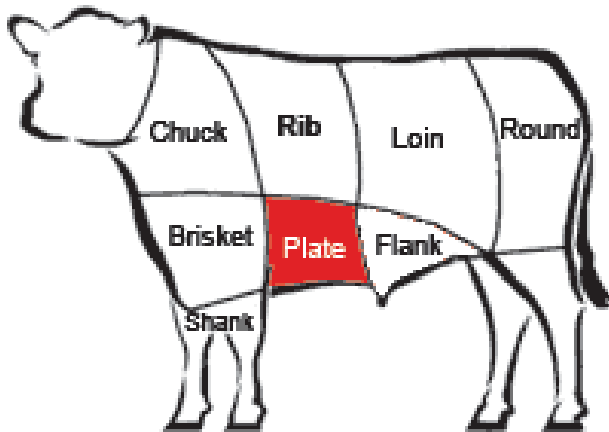
- **Description:**

Juicy cut with a rich, beef flavor. Great for making stews or is excellent for making soup stock.

- **Cooking Methods:**

- [Braising](#)

Short Ribs



- **Common Names:**

- Ribs
- Short Ribs

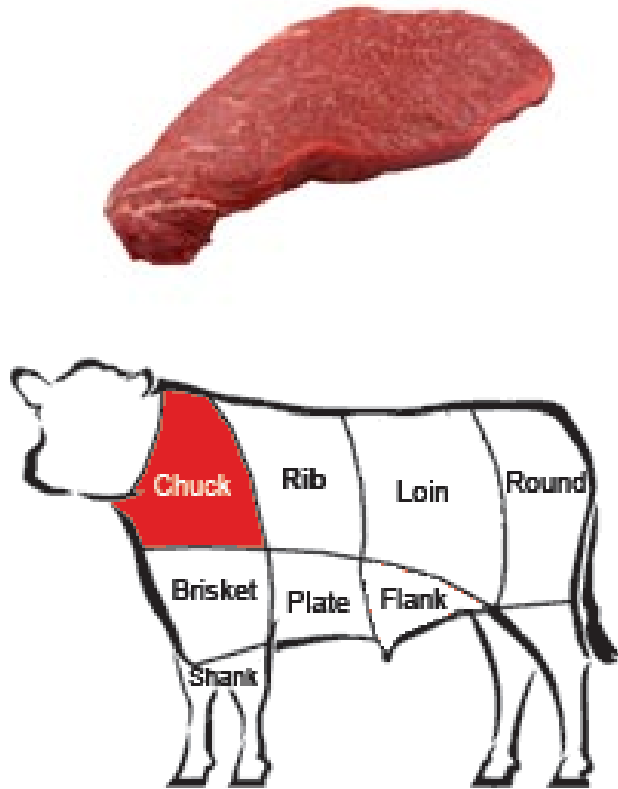
- **Description:**

Tender, juicy and meaty; can be cut long, short or boneless. A less tender cut. Take full advantage of its great taste by first braising. Then grill.

- **Cooking Methods:**

- [Braising](#)
- [Grilling](#)

Shoulder Center Steak



- **Common Names:**

- Ranch Steak
- Shoulder Center
- Shoulder Center Steak

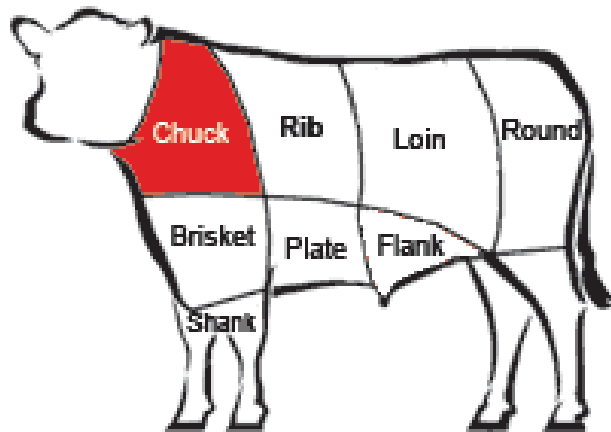
- **Description:**

A center cut steak from the boneless chuck shoulder; usually cut no thicker than 1 inch, weighs 10 oz. or less, and is trimmed of fat. Very flavorful and lean. Best marinated.

- **Cooking Methods:**

- [Marinate before Grilling](#)
- [Sautéing](#)

Shoulder Clod Roast



- **Common Names:**
 - Clod Heart Roast
 - Shoulder Center Roast

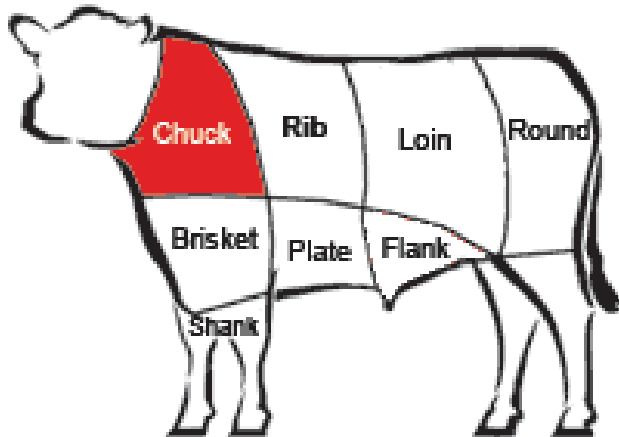
- **Description:**

A flavorful and less tender cut from the heart of the shoulder clod, the shoulder clod roast is an economical cut.

- **Cooking Methods:**

- [Braising](#)
- [Roasting](#)

Shoulder Tender Medallions



- **Common Names:**
 - Shoulder Medallions
 - Shoulder Tender

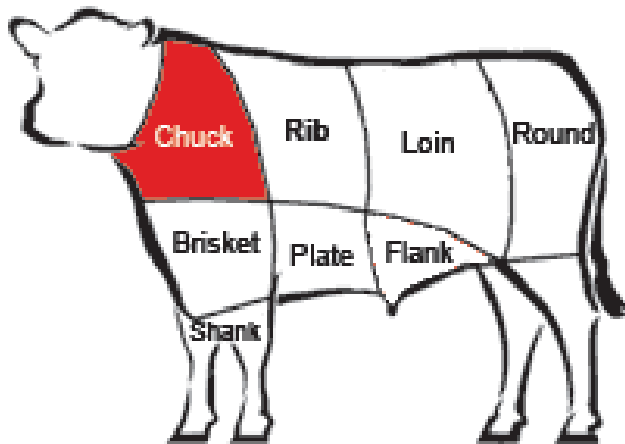
- **Description:**

A classy cut that looks like a filet when cut into medallions; has a similar taste and texture, economical.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)
- [Sautéing](#)

Sierra Cut



- **Common Names:**

- Sierra Cut

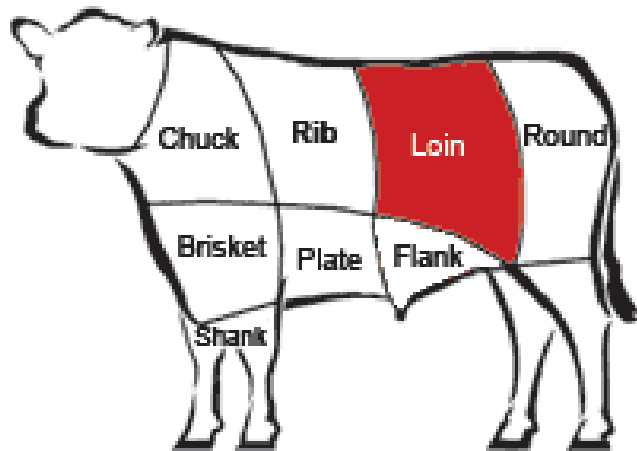
- **Description:**

Great beefy flavor; very juicy and versatile; can be sliced into thin strips.

- **Cooking Methods:**

- [Braising](#)
- [Marinate before Grilling](#)

Sirloin Flap



- **Common Names:**

- Flap Meat
- Flap Steak

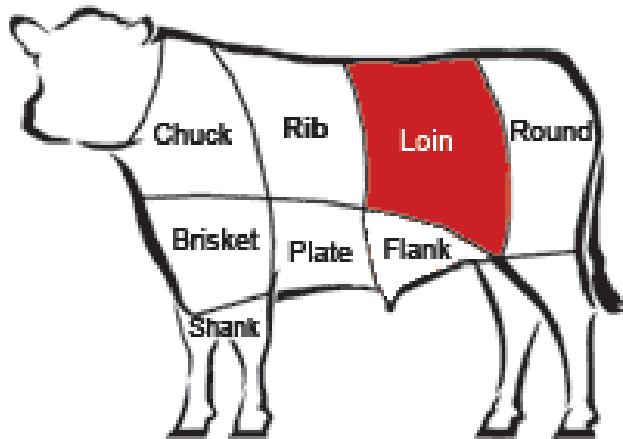
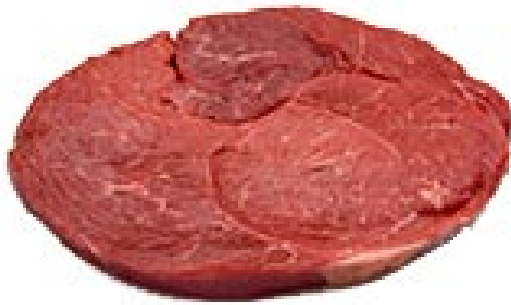
- **Description:**

Similar to skirt or flank steak; very flavorful and finely textured, though slightly chewy; economical. Marinate before roasting or grilling.

- **Cooking Methods:**

- [Grilling](#)

Sirloin Steak



- **Common Names:**

- Top Sirloin

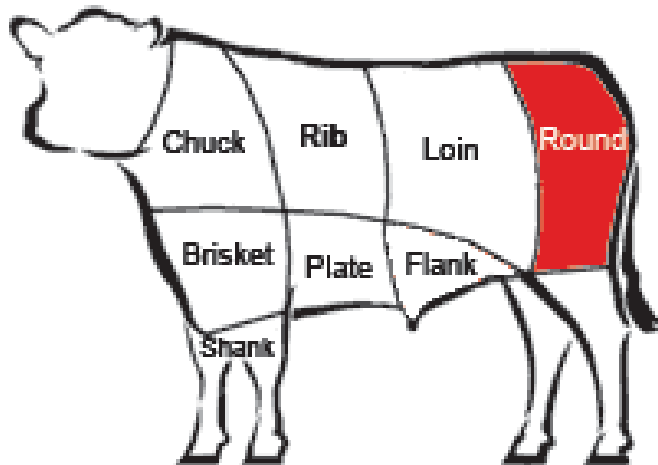
- **Description:**

Family-sized steak that offers lean, well-flavored and moderately tender beef at an affordable every day price. Convenient and a great value with no bones and little fat. Versatile, juicy and delicious.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)
- [Sautéing](#)

Sirloin Tip Center Roast



- **Common Names:**

- Sirloin Tip Center Roast

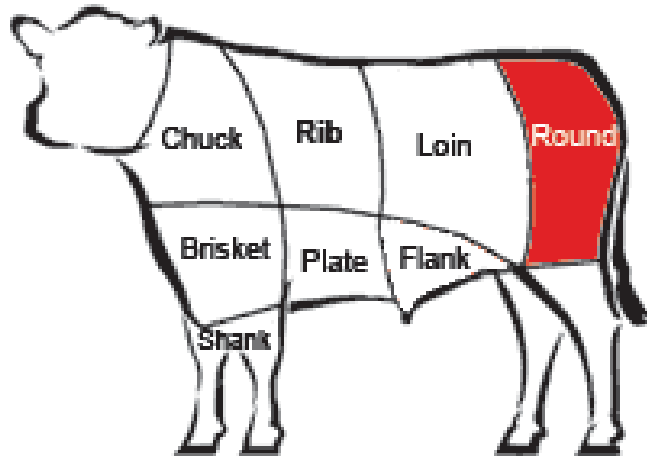
- **Description:**

The most tender in the round, this is a value cut. A smaller boneless roast with shorter cooking times. Very lean and nutritious.

- **Cooking Methods:**

- [Braising](#)
- [Roasting](#)

Sirloin Tip Center Steak



- **Common Names:**
 - Round Sirloin Steak
 - Sirloin Tip Center Steak

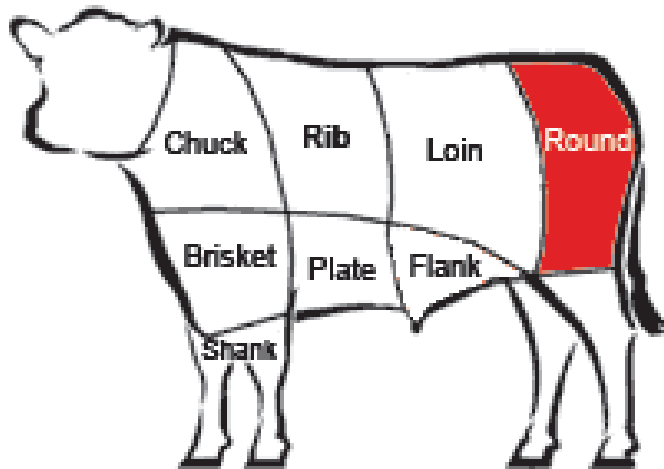
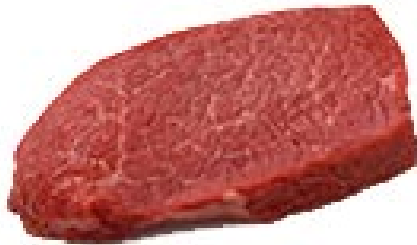
- **Description:**

The most tender in the round, this is a value cut. A smaller boneless steak cut from the sirloin tip. Very lean.

- **Cooking Methods:**

- [Braising](#)
- [Marinate before Grilling](#)
- [Sautéing](#)

Sirloin Tip Side Steak



- **Common Names:**
 - Charcoal Steaks
 - Knuckle Sirloin Tip

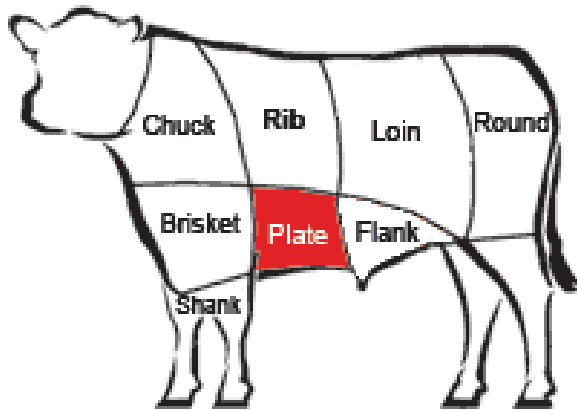
- **Description:**

Steaks cut from the side of the sirloin tip. Excess fat has been trimmed. A very lean steak.

- **Cooking Methods:**

- [Braising](#)
- [Marinate before Grilling](#)
- [Sautéing](#)

Skirt Steak



- **Common Names:**

- Plate
- Short Plate

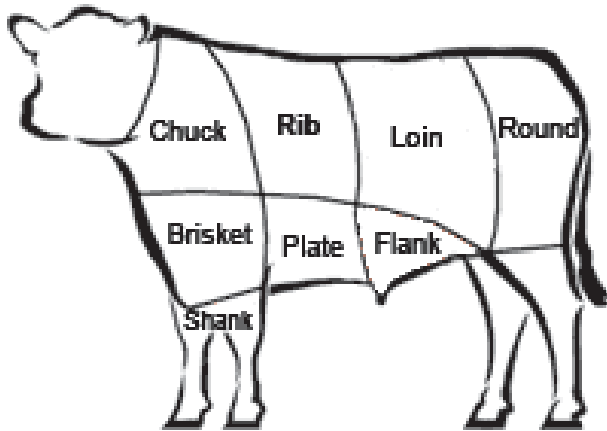
- **Description:**

A deep, rich, beefy flavor. When slicing, cut across the grain. Can be grilled, but best to marinate first.

- **Cooking Methods:**

- [Grilling](#)

Stir Fry Beef



- **Common Names:**

- Stir-Fry

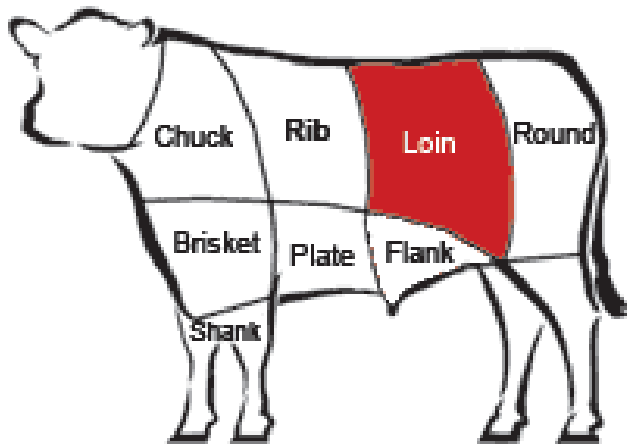
- **Description:**

Almost any tender beef cut may be trimmed, cut into uniform strips and used as beef for stir-fry. Even some less-tender cuts are suitable when cut into thin strips.

- **Cooking Methods:**

- [Sautéing](#)

Strip Roast



- **Common Names:**

- Strip Roast

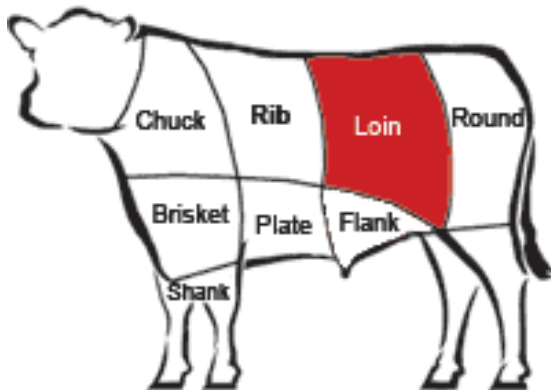
- **Description:**

Lean, tender and flavorful roast that is fine-grained with a sturdy texture. Can be sliced into strip steaks.

- **Cooking Methods:**

- [Roasting](#)

Strip Steak



- **Common Names:**

- Kansas City Steak
- Manhattan Steak
- New York Strip
- Shell Steak

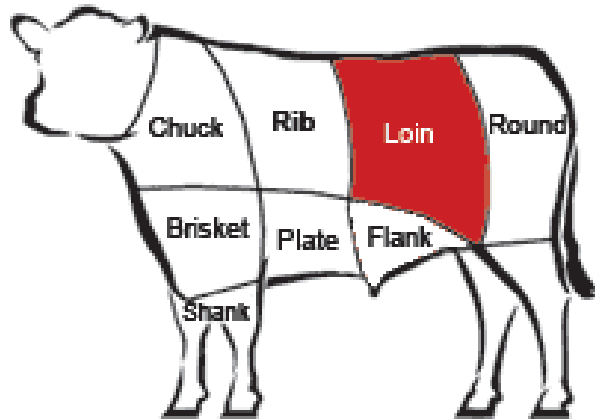
- **Description:**

Lean, tender and full-flavored. Available boneless and bone-in. Quick-cooking. Fine-grained with sturdy texture.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)
- [Sautéing](#)

T-Bone Steak



- **Common Names:**

- T-Bone

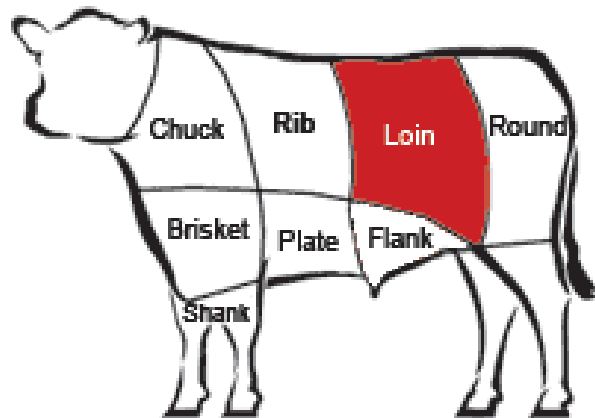
- **Description:**

Combines two lean, tender steaks. Consists of both top loin (strip) and tenderloin steaks, connected by a tell-tale T-shaped bone. If diameter of tenderloin is smaller than golf ball, it's usually considered a T-bone.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)
- [Sautéing](#)

Tenderloin Roast



- **Common Names:**

- Roast Tenderloin
- Tenderloin Roast

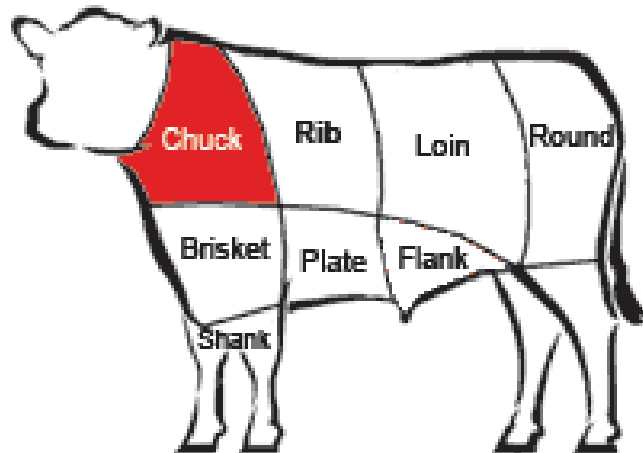
- **Description:**

Lean, elegant and dazzling. The highest-quality beef roast. Fine texture and mild, yet succulent flavor. Sold whole or as a smaller, center-cut roast.

- **Cooking Methods:**

- [Grilling](#)
- [Roasting](#)

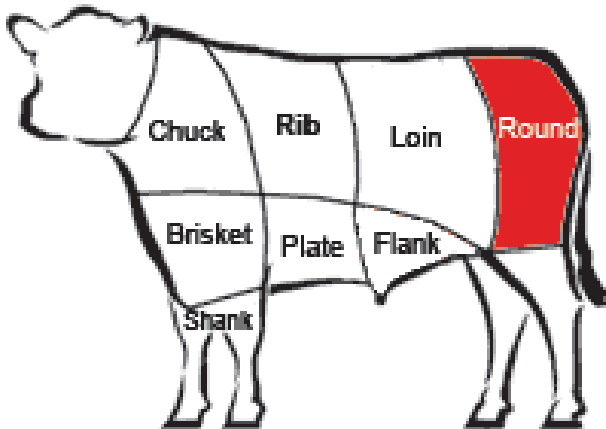
Top Blade Steak



- **Common Names:**
 - Beef Shoulder Top Blade Steak
 - Flat Iron
 - Top Boneless Chuck Steak
- **Description:**

This steak is well-marbled, juicy and has excellent beef flavor. The difference between this and the flat iron, is that the connective tissue has not been removed.
- **Cooking Methods:**
 - [Broiling](#)
 - [Grilling](#)
 - [Sautéing](#)

Top Round London Broil



- **Common Names:**

- London Broil
- Top Round Roast

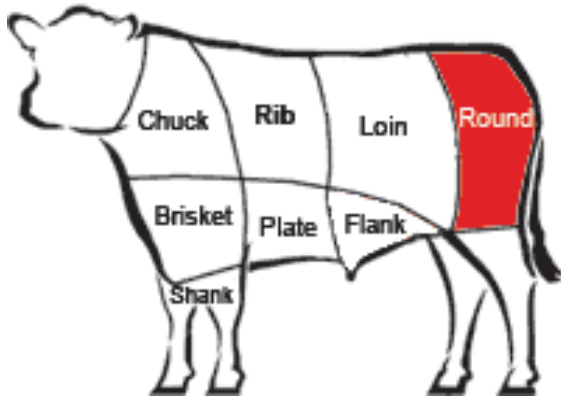
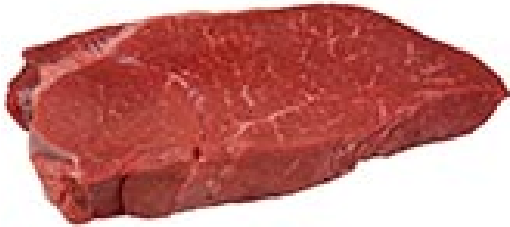
- **Description:**

An economical and full-flavored cut that is packed with vitamins and minerals. For best eating, slice very thinly.

- **Cooking Methods:**

- [Marinate before Grilling](#)

Top Round Roast



- **Common Names:**

- Top Round Roast

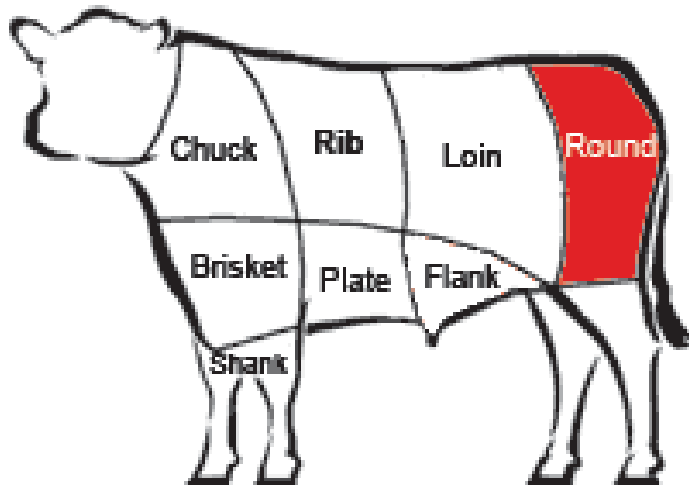
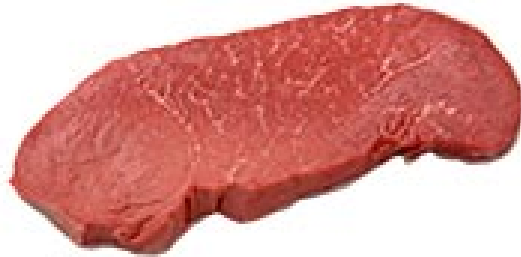
- **Description:**

Economical, moderately tender roast. Size varies by retailer. The whole top round weighs approximately 15-17 pounds.

- **Cooking Methods:**

- [Braising](#)

Top Round Steak



- **Common Names:**

- Top Round Steak

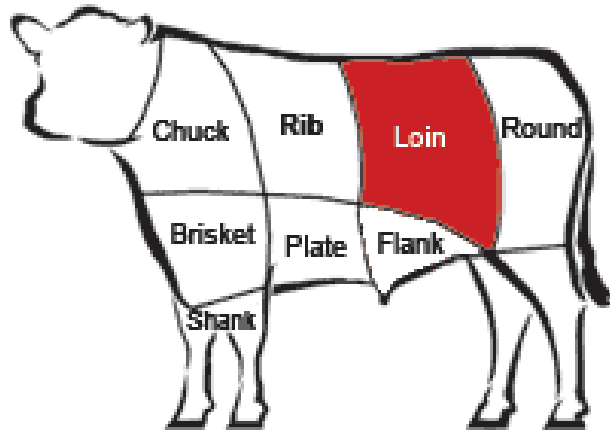
- **Description:**

Economical, moderately tender steaks cut from the top round. Usually available in 1/2-inch to 3/4-inch thickness. Marinate before grilling.

- **Cooking Methods:**

- [Braising](#)
- [Marinate before Grilling](#)

Top Sirloin Roast



- **Common Names:**

- Top Sirloin Roast

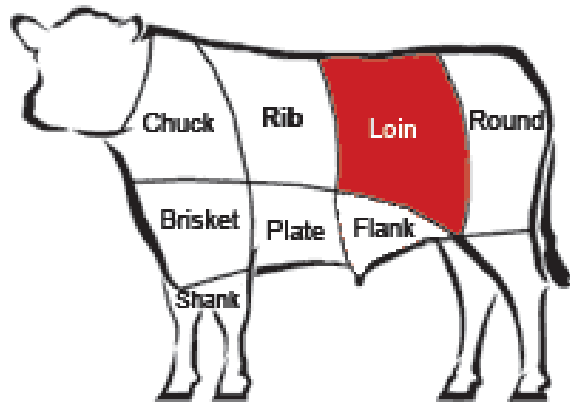
- **Description:**

This versatile, juicy and delicious roast is lean and full of flavor. Moderately tender and boneless, it's available at an affordable every day price.

- **Cooking Methods:**

- [Roasting](#)

Tri-Tip Roast



- **Common Names:**

- Tri-Tip Roast

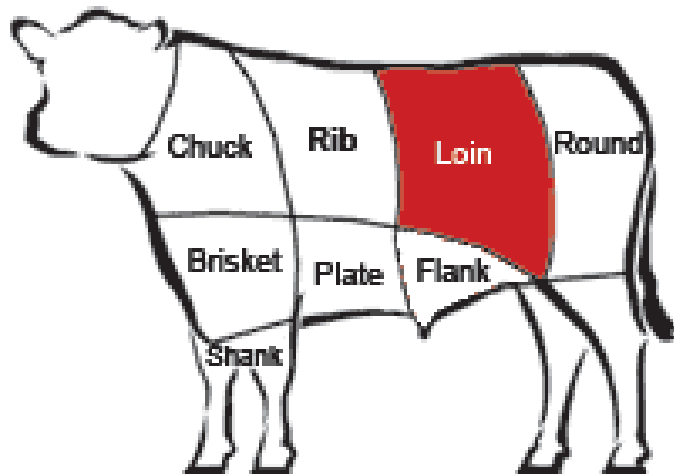
- **Description:**

Easily recognized by its triangular shape. Lean, tender and boneless. Offers rich beef flavor at a great value. Can be cooked whole, steaks or saute.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)
- [Roasting](#)

Tri-Tip Steak



- **Common Names:**

- Tri-Tip Steak

- **Description:**

Steaks cut from a tri-tip roast (typically a 3-pound roast). Lean, tender and boneless. Rich beef flavor and great value.

- **Cooking Methods:**

- [Broiling](#)
- [Grilling](#)
- [Sautéing](#)