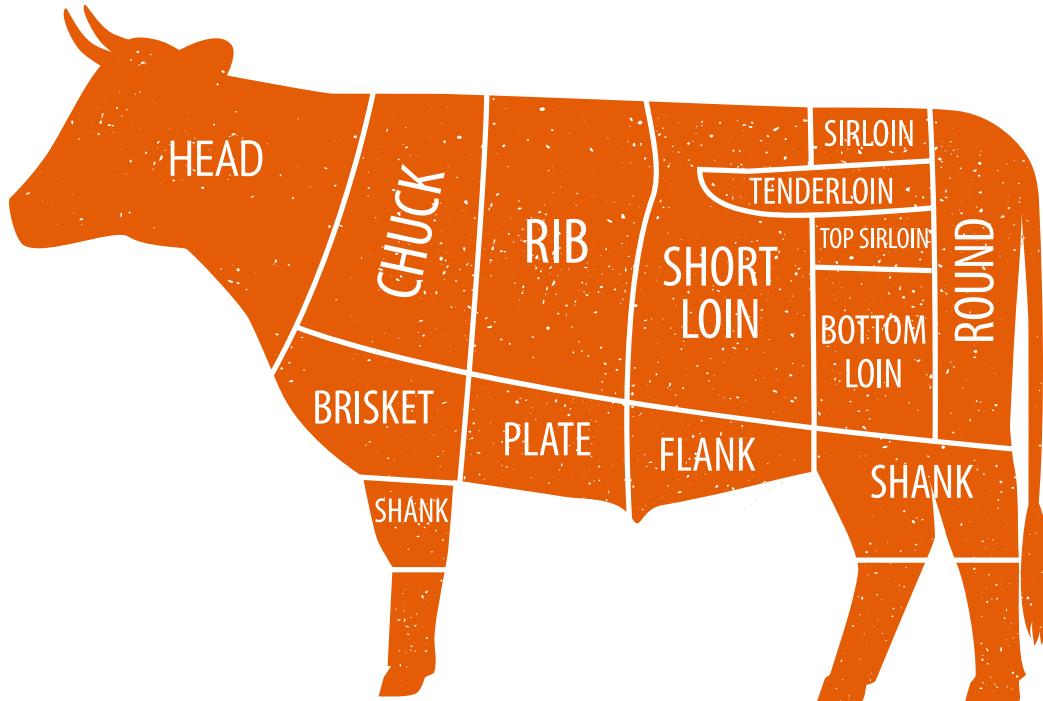


Understanding Cuts of Beef



Rib

Center of ribs, most tender

- Ribeye steak
- Roasts
- Satay dishes
- Ribs

3 Cuts

1A: Steak, ribeye (boneless) or rib steak (bone-in)

- OR -

1B: Rib Roast (bone-in or boneless) (Prime, Choice or Select depending on grade)

2: Back ribs (only with boneless ribeye)

3: Short ribs

Shank

Thighs, most tough

- Soups
- Ground beef
- Beef bourguignon

2 Cuts

1: Ground Beef (fore shank)

2: Stew Meat (hind shank)

Short Loin

Most desirable cuts, very tender

Common Uses

- Porterhouse steak
- T-Bone steak

1 Cut

1A: T-Bone / Porterhouse Steak (you will not get tenderloin cuts if you choose this)

- OR -

1B: New York Strip Steak

Brisket

Breast, tough but flavorful

Common Uses

- Pot roasts
- Barbecue / smoking
- Steak sandwiches

2 Cuts

1: Brisket

2: Ground Beef

Chuck

Lower neck & upper shoulder, tougher but flavorful

- Stews
- Pot roast
- Ground beef / burger

4 Cuts

1: Chuck Roast

2: English Roast

3: Shoulder/Blade Roast

4: Ground Beef

Round

Hind quarter, lean & moderately tough

- Roasts
- Ground beef

5 Cuts

1: Rump Roast

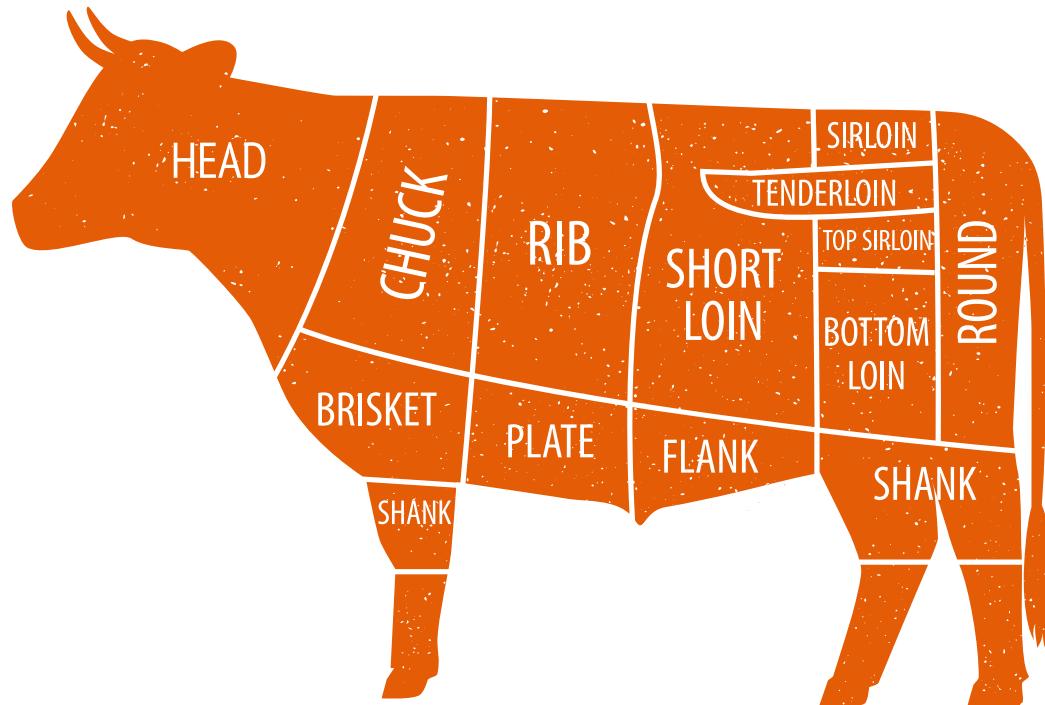
2: London Broil

3: Eye of Round Roast

4: Round Steak

5: Ground Beef

Understanding Cuts of Beef



Sirloin

Rear of loin area, less tough

- Steaks
- Tri-tip roast
- Ground sirloin

2 Cuts

- 1: Sirloin Steak (can be ground into ground sirloin or sirloin burgers)
- 2: Tri-tip Roast

Plate

Belly, highly fatty

- Short ribs
- Braised dishes
- Ground beef

4 Cuts

- 1: Short Ribs
- 2: Skirt Steak
- 3: Plate Boil
- 4: Ground Beef

Tenderloin

Most tender

- Tenderloin steak
- Filet Mignon
- Tenderloin Roast

1 Cut

*You will not get tenderloin cuts if you choose T-Bone steaks from Short Loin

- 1A: Tenderloin Steak (whole or cut into Filet Mignon)
- OR -

- 1B: Tenderloin Roast

Flank

Belly, moderately tough

- Braised dishes
- Ground beef

2 Cuts

- 1: Flank Steak
- 2: Ground Beef

Bottom Loin

Bottom of loin area, moderately tough

- Roasts
- Ground beef

3 Cuts

- 1: Bottom Round Roast
- 2: Cube Steak
- 3: Ground Beef

Other Cuts

- Heart
- Tail
- Tongue
- Liver
- Soup Bones