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 Ribs

- **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
  - Sautéing
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:**

• **Cooking Methods:**
  • Roasting
Ribeye Steak

• **Common Names:**
  • Delmonico Steak

• **Description:**

• **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:**

- **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 sauté.

• **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