

# BEEF CUTS



## Beef Chuck Arm Pot Roast

Beef chuck arm pot roast contains arm bone and sometimes cross-sections of rib bones. It includes several muscles of varying size, separated by connective tissue. Beef chuck arm pot roast is usually prepared by braising.



## Beef Chuck Arm Steak

Beef chuck arm steak contains arm bone and sometimes cross-sections of rib bones. It includes several muscles of varying size, separated by connective tissue. Beef chuck arm steak is cut thin, usually less than half an inch, and is usually prepared by braising.



## Beef Chuck Shoulder Pot Roast Boneless

Beef chuck shoulder pot roast boneless is part of the arm portion of chuck. It has very little fat, is boneless, and is usually prepared by braising.



## Beef Chuck Shoulder Steak Boneless

Beef chuck shoulder steak boneless is part of the arm portion of chuck. It has very little fat and is boneless. It is cut thinner than beef chuck pot roast boneless. It is usually prepared by braising.



## Beef Chuck Cross Rib Pot Roast

Beef chuck cross rib pot roast is cut from the arm half of beef chuck. It is a square cut, thicker at one end, and contains two or three rib bones and alternating layers of lean and fat. It may be tied. It is usually prepared by braising.



## Beef Chuck Short Ribs

Beef chuck short ribs come in rectangular-shaped alternating layers of lean meat and fat. They contain rib bones, the cross-sections of which are exposed, and are usually prepared by braising or by cooking in liquid.



## **Beef Chuck Flanken-Style Ribs**

Beef chuck flanken-style ribs contain rib bones and alternating streaks of lean meat and fat. The cut is lengthwise, rather than between the ribs as in the case of beef cut short ribs. Flanken-style ribs are usually prepared by braising or by cooking in liquid.



## **Beef for Stew**

Beef for stew may be cut from chuck, brisket, rib, or plate. It usually consists of meaty pieces, cut into one-inch or two-inch squares and containing various amounts of fat. Beef for stew is usually prepared by braising or by cooking in liquid.



## **Beef Chuck Blade Roast**

Beef chuck blade roast contains blade bone, backbone, rib bone, and a variety of muscles. It is cut about two inches thick and is usually prepared by braising or roasting.



## **Beef Chuck Blade Steak**

Beef chuck blade steak is the same as beef chuck blade roast, only it is cut thinner. It contains blade bone, backbone, rib bone, and a variety of muscles. It is usually prepared by braising, broiling, grilling, or panbroiling.



## **Beef Chuck 7-Bone Pot Roast**

Beef chuck 7-bone pot roast is cut from the center of the blade portion of chuck. It has a classic 7-shaped blade bone and contains backbone, rib bone, and muscles. It is usually prepared by braising.



## **Beef Chuck 7-Bone Steak**

Beef chuck 7-bone steak is the same as beef chuck 7-bone pot roast, only it is cut thinner, usually less than one-and-a-half inches. It is cut from the center of the blade portion of chuck. It has a classic 7-shaped blade bone, contains backbone, rib bone, and muscles, and is usually prepared by braising.



## **Beef Chuck Top Blade Pot Roast**

Beef chuck top blade pot roast contains a short 7-shaped blade bone, two or three muscles from the top portion of the blade roast, and a covering of fat on one side. It is usually prepared by braising.



## **Beef Chuck Under Blade Pot Roast**

Beef chuck under blade pot roast contains bones and muscles of the bottom portion of blade roast, including the chuck eye muscles and rib bone. It is usually prepared by braising or roasting.



## **Beef Chuck Under Blade Steak**

Beef chuck under blade steak is the same as beef chuck under blade pot roast but it is cut thinner, usually less than one-and-a-half inches thick. It contains bones and muscles of the bottom portion of blade roast, including the chuck eye muscles and rib bone. It is usually prepared by braising, broiling, grilling, panbroiling, or panfrying.

## **Beef Chuck Under Blade Pot Roast Boneless**



## **Boneless**

Beef chuck under blade pot roast boneless contains chuck eye, several muscles, and narrow streaks of fat. It is the same as beef chuck under blade pot roast, but with the bones removed. It is usually prepared by braising, broiling, panbroiling, or panfrying.



## **Beef Chuck Under Blade Steak Boneless**

Beef chuck under blade steak boneless has the same muscle structure as beef chuck under blade pot roast boneless, but it is cut thinner, usually less than one-and-a-half inches thick. It contains chuck eye, several muscles, and narrow streaks of fat. It is usually prepared by braising, broiling, grilling, panbroiling, or panfrying.



## Beef Chuck Mock Tender

Beef chuck mock tender is cut from above the blade bone. It is naturally boneless, consisting of a single tapering muscle with minimal fat. It is usually prepared by braising.



## Beef Chuck Top Blade Roast Boneless

Beef chuck top blade roast boneless is a triangular-shaped cut taken from above the blade bone. It is naturally boneless, with large amounts of connective tissue. It is usually prepared by braising.



## Beef Chuck Top Blade Steaks Boneless

Beef chuck top blade steaks boneless have the same muscle structure as beef chuck top blade roast boneless, but they are cut into thin slices. The steaks are oval-shaped with minimal fat, and are usually prepared by braising or panfrying.



## Beef Chuck Eye Roast Boneless

Beef chuck eye roast boneless contains the meaty inside muscles of blade chuck, some seam fat, and a thin fat cover, if any. It is usually prepared by braising or roasting.



## Beef Chuck Eye Steak Boneless

Beef chuck eye steak boneless has the same muscle structure as beef chuck eye roast boneless, but it is sliced. It contains the meaty inside muscles of blade chuck, some seam fat, and a thin fat cover, if any. It is usually prepared by braising, broiling, grilling, panbroiling, or panfrying.



## Beef Shank Cross Cuts

Beef shank cross cuts are cut from the hindshank or foreshank perpendicular to the bone. They are one to two-and-a-half inches thick, and are usually prepared by braising or by cooking in liquid.



## Beef Brisket Point Half Boneless

Beef brisket point half boneless is the brisket (breast) section between the foreshank and plate. It contains layers of fat and lean meat, but no bones. Often cured in salt brine to make corned beef brisket, it is usually prepared by braising or by cooking in liquid.



## Beef Brisket Flat Half Boneless

Beef brisket flat half boneless comes from the brisket (breast) section and is cut from the rear portion of lean meat and fat closest to the plate layers. The breast and rib bones are removed. Often cured in salt brine to make corned beef brisket, it is usually prepared by braising or by cooking in liquid.



## Beef Plate Skirt Steak Boneless

Beef plate skirt steak boneless is the inner diaphragm muscle. It is usually prepared by braising, broiling, grilling, panbroiling, or panfrying.



## Beef Plate Skirt Steak Rolls Boneless

Beef plate skirt steak rolls boneless the inner diaphragm muscle with elongated muscle. Usually sliced three-quarters to one-inch thick, rolled to form pinwheels, and either tied or skewered. The steak rolls are usually prepared by braising, broiling, grilling, panbroiling, or panfrying.



## Beef Flank Steak

Beef flank steak is a boneless flat-oval cut containing elongated muscle fibers and very little fat. The surface may be scored. It is usually prepared by braising, broiling, or grilling.



## Beef Flank Steak Rolls

Beef flank steak rolls are beef flank rolled and secured with ties or skewers, cut crosswise into three-quarter to one-inch slices. They're usually prepared by braising, broiling, grilling, panbroiling, or panfrying.



## Beef Rib Roast Large End

Beef rib roast large end is cut from the large end of rib primal, ribs six through nine, or any combination of two or three ribs. It contains large eye muscle with elongated muscling, and is streaked with strips of fat that surround the rib eye. It has a good fat covering, and is usually prepared by roasting.



## Beef Rib Roast Small End

Beef rib roast small end is cut from the small end of primal rib. It contains large rib eye muscle and two or more ribs. It is usually prepared by roasting.



## Beef Rib Steak Small End

Beef rib steak small end is the same as rib roast small end, but cut thinner (one-inch thick or less). It is cut from the small end of primal rib and contains large rib eye muscle and two or more ribs. It is usually prepared by broiling, grilling, panbroiling, or panfrying.



## Beef Rib Steak Small End Boneless

Beef rib steak small end boneless is the same as rib steak small end, but with the bones removed. It is cut from the small end of primal rib and contains large rib eye muscle. It is usually prepared by broiling, grilling, panbroiling, or panfrying.



## Beef Rib Eye Roast

Beef rib eye roast is the large center muscle of rib (rib eye), with all other muscles, bones, and seam fat removed. It is usually prepared by roasting.



## Beef Rib Eye Steak

Beef rib eye steak is cut across the grain from beef rib eye roast. It has little or no fat cover, and is usually prepared by broiling, grilling, panbroiling, or panfrying.



## Beef Loin Top Loin Steak

Beef loin top loin steak, also called beef loin strip steak, contains top loin muscle and backbone running the length of the cut with the tenderloin removed. It has an outside fat covering and is usually prepared by broiling, grilling, panbroiling, or panfrying.



## Beef Loin Top Loin Steak Boneless

Beef loin top loin steak boneless is the same as beef loin top loin steak but with the backbone removed. It contains top loin muscle and is usually prepared by broiling, grilling, panbroiling, or panfrying.



## Beef Loin T-Bone Steak

Beef loin T-bone steak gets its name from the T-shape of the finger bone and backbone. It contains top loin and tenderloin muscles. The tenderloin is smaller in beef loin T-bone steak than in beef loin porterhouse steak, with a diameter of no less than one-half inch when measured across the center. It is usually prepared by broiling, grilling, panbroiling, or panfrying.



## Beef Loin Porterhouse Steak

Beef loin porterhouse steak contains top loin, tenderloin muscles, backbone, and finger bone. It is similar to beef loin T-bone steak, but the tenderloin is larger, with a diameter larger than one-and-a-quarter inches when measured across the center. It is usually prepared by broiling, grilling, panbroiling, or panfrying.



## Beef Loin Wedge Bone Sirloin Steak

Beef loin wedge bone sirloin steak, also called beef loin sirloin steak, contains portions of backbone and hip bone. It varies in bone and muscle structure, depending on the location in the sirloin section of loin. The shape of the hip bone resembles a wedge. It is usually prepared by broiling, grilling, panbroiling, or panfrying.



### **Beef Loin Round Bone Sirloin Steak**

Beef loin round bone sirloin steak, also called beef loin sirloin steak, contains portions of backbone and muscle structure. The largest muscles include the top sirloin and tenderloin interspersed with fat. The shape of the hip bone resembles a round bone. The steak is usually prepared by broiling, grilling, panbroiling, or panfrying.



### **Beef Loin Flat Bone Sirloin Steak**

Beef loin flat bone sirloin steak, also called beef loin sirloin steak, contains the top sirloin and tenderloin muscles. The hip bone is long and flat. It is usually prepared by broiling, grilling, panbroiling, or panfrying.



### **Beef Loin Pin Bone Sirloin Steak**

Beef loin pin bone sirloin steak, also called beef loin sirloin steak, contains top sirloin and tenderloin muscles and includes the backbone and a portion of the hip bone, which may vary in size. It is usually prepared by broiling, grilling, panbroiling, or panfrying.



### **Beef Loin Shell Sirloin Steak**

Beef loin shell sirloin steak is similar to other beef loin sirloin steak, but with the tenderloin muscle removed. It is usually prepared by broiling, grilling, panbroiling, or panfrying.



### **Beef Loin Sirloin Steak Boneless**

Beef loin sirloin steak boneless is the same as beef loin sirloin steak but with the bones removed. The muscle structure varies. It is usually prepared by broiling, grilling, panbroiling, or panfrying.

## Beef Loin Top Sirloin Steak Boneless

Beef loin top sirloin steak boneless is beef loin sirloin steak but with the bones and tenderloin removed. It is usually prepared by broiling, grilling, panbroiling, or panfrying.



## Beef Loin Tenderloin Roast

Beef loin tenderloin roast is cut from the tenderloin muscle. It is elongated with a rounded large end, gradually tapering to a thin, flat end. It is boneless, with little, if any, fat covering, and very tender. It is usually prepared by roasting or broiling.



## Beef Loin Tenderloin Steak (Filet Mignon)

Beef loin tenderloin steak is also referred to as beef loin or filet mignon. It is cut across the grain from beef loin tenderloin roast and is probably the most tender steak in the carcass. It is usually prepared by roasting, broiling, or grilling.



## Beef Round Steak

Beef round steak is a lean, oval-shaped cut containing round bone and three major muscles: top, bottom, and eye of round. It has a thin fat covering on the outer edges and is usually prepared by braising or panfrying.



## Beef Round Rump Roast

Beef round rump roast contains aitchbone and three major round muscles: top round, eye of round, and bottom round. A layer of fat covers the outer surface. It is usually prepared by braising or roasting.



## Beef Round Rump Roast Boneless

Beef round rump roast boneless is the same as beef round rump roast, but with the bone removed. It contains three major round muscles: top round, eye of round, and bottom round. It is usually tied and prepared by braising or roasting.





## Beef Round Heel of Round

Beef round heel of round is a boneless, wedge-shaped cut containing top, bottom, and eye of round muscles. It is the least tender cut of round and has considerable amounts of connective tissue. It is usually prepared by braising or by cooking in liquid.



## Beef Round Top Round Roast

Beef round top round roast contains inside top muscle of round. Boneless, with a small amount of fat on the outer surface, it is usually prepared by roasting.



## Beef Round Top Round Steak

Beef round top round steak has the same muscle structure as beef round top round roast, but it is cut thinner. It contains inside top muscle of round, is boneless with a small amount of fat on the outer surface, and is usually prepared by broiling, grilling, panbroiling, or panfrying.



## Beef Round Bottom Rump Round Roast

Beef round bottom rump round roast has an irregular shape, thickly cut from the outside (or bottom) of round. It comes from the sirloin end of bottom round, has a slight fat covering, and is usually prepared by braising or roasting.



## Beef Round Bottom Round Roast

Beef round bottom round roast is a thick cut from the outside of round. It has an irregular shape with elongated muscling and a slight fat covering. It is usually prepared by braising or roasting.



## Beef Round Eye Round Roast

Beef round eye round roast is cut from eye round muscle removed from bottom round. It is naturally boneless, with an elongated shape and a slight fat covering. It is usually prepared by braising or roasting.



## Beef Round Eye Round Steaks

Beef round eye round steaks are steaks cut crosswise from eye muscle. They have a slight fat covering. Eye is the smallest muscle and is round, elongated, and naturally boneless. These steaks are usually prepared by braising, panbroiling, or panfrying.



## Beef Round Tip Roast

Beef round tip roast is a wedge-shaped cut from the thin side of round. It contains cap muscle of sirloin and is usually prepared by braising or roasting.



## Beef Round Tip Roast Cap Off

Beef round tip roast cap off is the same as beef round tip roast but with the bone, cap muscle, and thin layer of outer fat removed. It is compact, easy to carve, and is usually prepared by braising or roasting.



## Beef Round Tip Steak Cap Off

Beef round tip steak cap off is a boneless cut with only a slight amount of outer fat and with the cap muscle removed. It is usually prepared by broiling, grilling, panbroiling, or panfrying.



## Beef Round Cubes for Kabobs

Beef round cubes for kabobs are lean pieces of round cut into cubes. They are usually taken from the meatiest muscles, such as the tip. They are usually prepared by braising or broiling.



## Beef Cubed Steak

Beef cubed steak is square- or rectangular-shaped. The cubed effect is made by a machine that tenderizes the meat mechanically. The steak may be made from muscles of several primal cuts. It is usually prepared by braising or panfrying.



## **Ground Beef**

Ground beef is made generally from lean meat and trimmings from round, chuck, loin, flank, neck, or shank. It is ground mechanically and usually sold according to percentage of lean relative to fat. Ground beef is usually prepared by broiling, panbroiling, panfrying, roasting, or baking.