

Use this chart in conjunction with Meat Cuts - Identify Retail & Wholesale Meat Cuts situation/task statement and/or Meat Cut Identification photos

Beef

• RETAIL CUTS •
WHERE THEY COME FROM
HOW TO COOK THEM

ROUND

Round Steak
Braise, Panfry

Top Round Roast
Roast

Top Round Steak
Broil, Panbroil, Panfry

Boneless Rump Roast
Roast, Braise

Bottom Round Roast
Braise, Roast

Tip Roast, Cap Off
Roast, Braise

Eye Round Roast
Braise, Roast

Tip Steak
Broil, Panbroil, Panfry

SIRLOIN

Sirloin Steak, Flat Bone
Broil, Panbroil, Panfry

Sirloin Steak, Round Bone
Broil, Panbroil, Panfry

Top Sirloin Steak
Broil, Panbroil, Panfry

FORE SHANK & BRISKET

Shank Cross Cut
Braise, Cook in Liquid

Brisket, Whole
Braise, Cook in Liquid

Corned Brisket, Point Half
Braise, Cook in Liquid

Brisket, Flat Half
Braise

CHUCK

Chuck Eye Roast
Braise, Roast

Arm Pot Roast
Braise

Blade Roast
Braise

7-Bone Pot Roast
Braise

Flanken-Style Ribs
Braise, Cook in Liquid

Boneless Top Blade Steak
Braise, Panfry

Boneless Shoulder Pot Roast
Braise

Mock Tender
Braise

Cross Rib Pot Roast
Braise

Under Blade Pot Roast
Braise, Roast

Short Ribs
Braise, Cook in Liquid

SHORT LOIN

Boneless Top Loin Steak
Broil, Panbroil, Panfry

T-Bone Steak
Panbroil, Panfry

Tenderloin Roast
Roast, Broil

Porterhouse Steak
Broil, Panbroil, Panfry

Tenderloin Steak
Broil, Panbroil, Panfry

RIB

Rib Roast, Large End
Roast

Rib Roast, Small End
Roast

Rib Steak, Small End
Broil, Panbroil, Panfry

Rib Eye Steak
Broil, Panbroil, Panfry

Rib Eye Roast
Roast

Back Ribs
Braise, Cook in Liquid, Roast

FLANK & SHORT PLATE

Flank Steak
Broil, Braise, Panfry

Flank Steak Rolls
Braise, Broil, Panbroil, Panfry

Skirt Steak
Braise, Broil, Panbroil, Panfry

OTHER CUTS

Ground Beef
Broil, Panfry, Panbroil, Roast (Bake)

Cubed Steak
Panfry, Braise

Beef for Stew
Braise, Cook in Liquid

Cubes for Kabobs
Broil, Braise

THIS CHART APPROVED BY
NATIONAL LIVE STOCK & MEAT BOARD