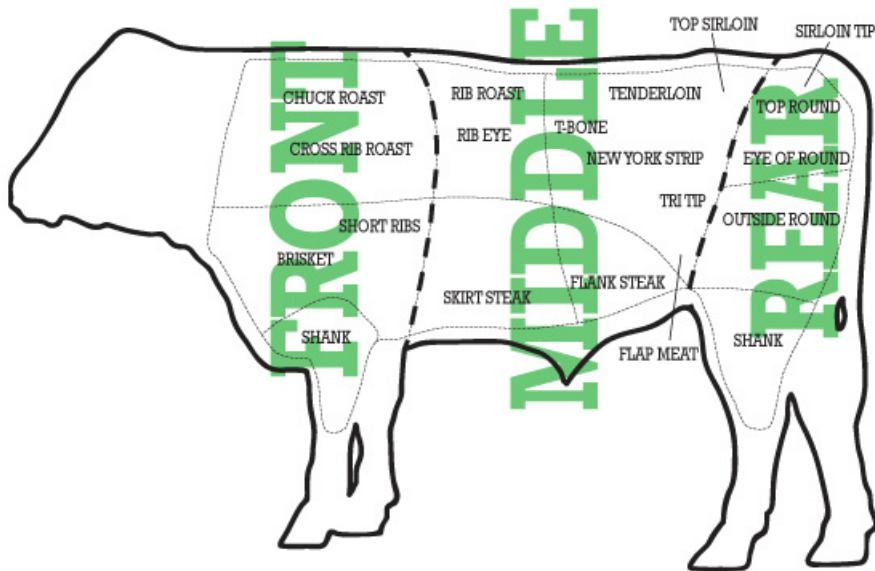




Beef Cuts & How to Cook Them



Common Cooking

Cut	Also Known As	Methods	Popular Dishes
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CHUCK	Blade, Shoulder	Pot Roast	Pot Roast
Chuck has a high fat content and is a flavorful cut best cooked slowly in liquid.			
RIB	-	Grill, Broil	Rib Eye, Prime Rib
The rib is a very tender cut whose marbling is well-suited for cooking in a hot dry heat.			
PLATE	Short Rib	Pot Roast	BBQ Ribs, Pot-Au-Feu
The plate is a notoriously tough cut of beef but also comes from the region that produces the ever-popular thin ribs. A classic thin rib preparation consists of a quick browning in a hot skillet followed by a long slow roast in red wine, root vegetables and herbs. A long, wet cook is required to break down the connective tissue that would otherwise render this cut too tough and chewy to eat.			
BRISKET	Chest, Breast	Pot Roast	Corned Beef, Pastrami, Texas Brisket
Brisket is a very tough cut of meat that requires long, slow cooking in order to tenderize.			
TOP SIRLOIN	-	Skillet, Grill, Broil, Roast	
The top sirloin is the tenderest of the sirloin cuts and should only be cooked in dry heat.			

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Beef Cuts & How to Cook Them

Common Cooking

Cut	Also Known As	Methods	Popular Dishes
TENDERLOIN	-	Grill, Roast	Filet Mignon, Chateaubriand
BOTTOM SIRLOIN	Rump	Skillet, Grill, Broil, Roast	Tri-Tip, Newport Steaks
NY STRIP	Club or Shell Steak	Grill, Broil	Steak
PORTEHOUSE	-	Grill, Broil	Steak
FLANK	Plate, Bavette	Grill, Braise	Fajitas, London Broil
TOP ROUND	-	Skillet, Grill, Broil	London Broil, Minute Steak, Jerky
BOTTOM ROUND	-	Roast	Stew, Philly Cheesesteaks, Rump Roast
SHANK	Leg, Shin	Pot Roast	Osso Buco (veal), Cross-Cut
OTHER	Ground Beef	Skillet, Grill, Broil	Hamburger, Chili

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