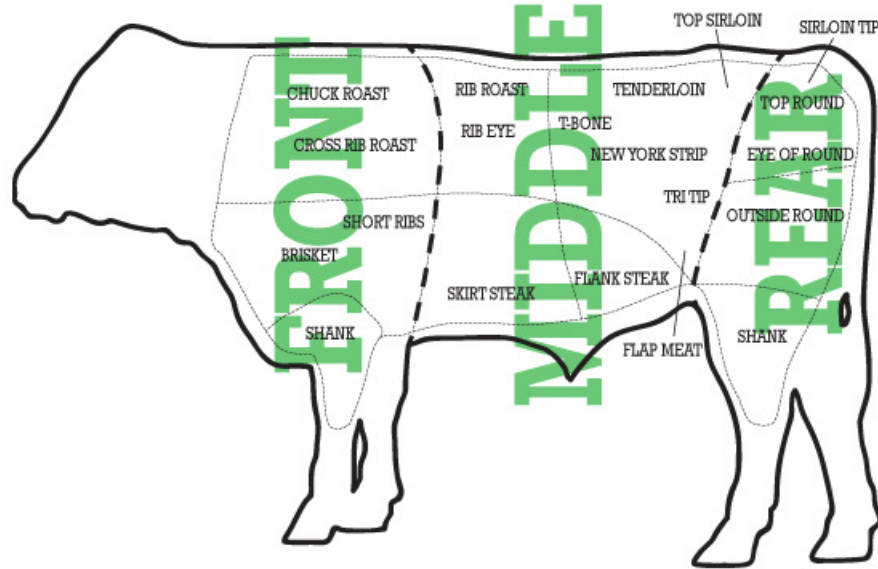




Beef Cuts & How to Cook Them



Common Cooking

Cut	Also Known As	Methods	Popular Dishes
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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Cut	Also Known As	Methods	Popular Dishes
TENDERLOIN	-	Grill, Roast	Filet Mignon, Chateaubriand
As its name suggests, tenderloin is a very tender cut. It is surrounded by a white sheath called a silver skin which must be removed prior to cooking. The whole loin is often stuffed and roasted or has been cut into individual steaks that can be grilled.			
BOTTOM SIRLOIN	Rump	Skillet, Grill, Broil, Roast	Tri-Tip, Newport Steaks
A less tender cut than the top sirloin but great with dry rubs and hot grills.			
NY STRIP	Club or Shell Steak	Grill, Broil	Steak
This well marbled cut from the short loin section is the perfect cut for grilling. No need to marinate this cut; just give it salt, pepper and a hot flame.			
PORTERHOUSE	-	Grill, Broil	Steak
A prized cut from the short loin section that includes a bone, a tenderloin steak and a New York strip steak.			
FLANK	Plate, Bavette	Grill, Braise	Fajitas, London Broil
Flank is a thin fibrous cut that is most often marinated and always cut across the grain before served.			
TOP ROUND	-	Skillet, Grill, Broil	London Broil, Minute Steak, Jerky
A lean cut of beef that is often marinated before being quickly seared and finished in an oven. One of two cuts used for London Broil.			
BOTTOM ROUND	-	Roast	Stew, Philly Cheesesteaks, Rump Roast
A very large cut of meat often split into distinct portions called the eye, flat and heel. Bottom round requires tenderization or long cooking times to reach its peak flavor offering.			
SHANK	Leg, Shin	Pot Roast	Osso Buco (veal), Cross-Cut
The shank is the toughest cut of beef and requires a long, slow cook making it the most popular cut for beef stew.			
OTHER	Ground Beef	Skillet, Grill, Broil	Hamburger, Chili
Edges and excess bits from formal cuts are often combined in a grinder to create ground beef.			

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