

# Retail **BEEF CUTS** **Best Beef**

## AND RECOMMENDED COOKING METHODS

ADVENTURES

| CHUCK              | CHUCK                    | RIB                                    | LOIN                  | SIRLOIN                  | ROUND                   | OTHER       | FLANK/PLATE        | BRISKET/SHANK   |
|--------------------|--------------------------|--|-----------------------|--------------------------|-------------------------|-------------|--------------------|-----------------|
| BLADE CHUCK ROAST  | CROSS RIB CHUCK ROAST    | RIBEYE ROAST, BONE-IN                  | PORTERHOUSE STEAK     | TOP SIRLOIN STEAK        | TOP ROUND STEAK         | KABOBS      | SKIRT STEAK        | BRISKET FLAT    |
| BLADE CHUCK STEAK  | SHOULDER ROAST           | RIBEYE STEAK, BONE-IN                  | T-BONE STEAK          | SIRLOIN STEAK            | BOTTOM ROUND ROAST      | STRIPS      | FLANK STEAK        | BRISKET POINT   |
| BONE CHUCK ROAST   | SHOULDER STEAK           | BACK RIBS                              | STRIP STEAK, BONE-IN  | TOP SIRLOIN PETITE ROAST | BOTTOM ROUND STEAK      | CUBED STEAK | SHORT RIB, BONE-IN | SHANK CROSS CUT |
| CHUCK CENTER ROAST | RANCH STEAK              | RIBEYE ROAST, BONELESS                 | STRIP STEAK, BONELESS | TOP SIRLOIN FILET        | BOTTOM ROUND RUMP ROAST | STEW MEAT   |                    |                 |
| CHUCK CENTER STEAK | FLAT IRON STEAK          | RIBEYE STEAK, BONELESS                 | STRIP PETITE ROAST    | COULETTE ROAST           | EYE OF ROUND ROAST      | GROUND BEEF |                    |                 |
| DENVER STEAK       | TOP BLADE STEAK          | RIBEYE CAP STEAK                       | STRIP FILET           | TRI-TIP ROAST            | EYE OF ROUND STEAK      |             |                    |                 |
| CHUCK EYE ROAST    | PETITE TENDER ROAST      | RIBEYE PETITE ROAST                    | TENDERLOIN ROAST      | TRI-TIP STEAK            |                         |             |                    |                 |
| CHUCK EYE STEAK    | PETITE TENDER MEDALLIONS | RIBEYE FILET                           | TENDERLOIN FILET      | PETITE SIRLOIN STEAK     |                         |             |                    |                 |
| COUNTRY-STYLE RIBS | SHORT RIBS, BONE-IN      | <b>RECOMMENDED COOKING METHODS KEY</b> |                       | SIRLOIN BAVETTE          |                         |             |                    |                 |

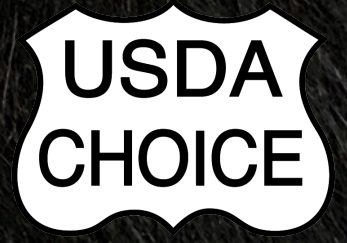
### Marbling

Marbling plays a big role in quality grades (as referenced above) because the more marbling you have, the more flavor. Marbling is the name for the white flecks of fat in the beef. Higher amounts of marbling also protect beef from overcooking and make the meat juicier. In turn, you are less likely to dry the meat out over high heat.

### Grades



Prime is the best quality grade given by the USDA. Prime is produced from young, well-fed beef cattle. It has abundant marbling and is generally sold in high-end steakhouses or butcher shops. Prime roasts and steaks are excellent for dry-heat cooking (grilling or roasting). Less than three percent of all beef qualifies as USDA Prime.



Just below Prime is Choice, high quality, but has less marbling than Prime. Choice roasts and steaks from the loin and rib will be very tender, juicy, and flavorful and are, like Prime, suited to dry-heat cooking. Many of the less tender cuts, such as those from the rump, round, and blade chuck, can also be cooked with dry heat if not overcooked.



Lower on the quality grade scale, Select is normally leaner than the higher grades. It is fairly tender, but, because it has less marbling, may lack the juiciness and flavor of the higher grades. Only the tender cuts (loin, rib, sirloin) are best for dry heat cooking. Other cuts should be marinated before cooking or braised to obtain maximum tenderness.

## Quality Angus Beef from America's Heartland

