

### Loin

Boneless Sirloin Steak

**NY Strip Steak (Boneless)**

*\*Porterhouse Steak*

**Shell Sirloin Steak (Bone-In)**

T-Bone Steak

Tenderloin Steak (Filet Mignon)

Whole Peeled Tenderloin

Recommend:

This part has the most tender and expensive cuts.

Use dry cooking methods for these, including broiling, grilling and roasting.

### 2. Rib

**Rib Eye Steak (Boneless)**

Rib Eye Steak (Bone In)

Rib Eye Roast (Boneless)

Rib Eye Roast (Bone In)

Beef Back Ribs

Recommend:

Meat from the rib section offers steaks and roasts that are tender and flavorful.

Better when prepared with dry cooking methods, and not marinated.

### 3. Chuck

Chuck Steak (Boneless)

Chuck Steak (Bone-In)

**Chuck Roast (Boneless)**

Chuck Roast (Bone-In)

Chuck Eye Steak

Boneless Chuck Top Blade Steak

Boneless Shoulder Steak

Boneless Shoulder Roast

**Boneless Shoulder London Broil**

Beef Cubed Steak

Recommend: Some of the most economical, yet flavorful cuts.

Can be tough, chuck cuts are best prepared with moist cooking methods.

### 4. Shank

Beef Shank Center Cut

Beef Shank End Cut

Beef Stew Meat

Recommend:

Best prepared with moist cooking methods, like braising or in stews and stock.

### 5. Plate

Boneless Stew Beef

Beef Short Ribs (Boneless or Bone In)

Recommend: The plate cuts can be medium in their toughness and are best braised and even boiled.

### 6. Flank

**Flank Steak**

Recommend: The most popular cut from the flank, very delicious grilled, as long as the meat is marinated first.

### 7. Round

Bottom Round Steak

**Bottom Round Roast**

Eye Round Steak

**Eye Round Roast**

Eye Round Sandwich Steak

Top Round Steak

**Top Round Roast**

Top Round Bracciale

Top Round Sandwich Steak

**Top Round London Broil**

Sirloin Tip Steak

**Sirloin Tip Roast**

Sirloin Tip Steak Silverside

Silver Tip Silverside Roast

Sirloin Tip Sandwich Steak

Beef Cubed Steak

Recommend: The round has a variety of cuts that are a little tougher and leaner. Some, like the top round and the London broil, are more tender and can be prepared with dry methods as well as moist.



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Page 1 of 2.

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### 8. Rump

Rump Roast

Beef Oxtails

Recommend: This section of meat that can be tough to tender, so we recommend moist cooking methods.

### Cooking Methods

Each method brings out a different taste and texture in the cuts of beef. Here is a guideline about which method is best for which cut.

For tender cuts, use dry techniques such as:

- Broiling
- Grilling
- Sautéing
- Roasting

The less tender portions are tougher, so a major rule of thumb is to use long, slow, moist heat cooking methods:

- Braising
- Boiling
- Stewing

Braising (cooking in a small amount of liquid over a long period of time)

### Note

Popular Cuts are bolded.

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