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 Bracciole
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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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 tin a small amount of liquid over a long period of time)

Note

Popular Cuts are bolded.

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