

Matching Cooking Methods to Beef Cuts Ensures Success

Beef Cut

Pan-Broil/Pan-Fry

Stir-Fry

Grill

Broil

Roast

Braise

Cook in Liquid

CHUCK

Chuck 7-Bone Steak			*	*		●	●
Chuck Mock Tender Steak			*	*		●	●
Chuck Arm Steak						●	●
Chuck Eye Steak, <i>boneless</i>	●		●	●		●	●
Shoulder Top Blade Steak, <i>boneless</i>	●		●	●		●	●
Shoulder Top Blade Steak (Flat Iron)	●	●	●	●			
Shoulder Steak, <i>boneless</i>	*		*	*		●	●
Shoulder Center Steak (Ranch)	●	●	●	●			
Shoulder Petite Tender Medallions	●						
Short Ribs						●	●
Chuck Pot Roast (Arm, Blade, Shoulder)						●	●
Shoulder Tender Petite Roast		●	●	●	●		

RIB

Rib Steak	●	●	●	●			
Ribeye Steak							
Rib Roast							
Ribeye Roast			●		●		

LOIN

Porterhouse/T-Bone Steak	●		●	●			
Top Loin (Strip) Steak	●	●	●	●			
Tenderloin Steak							
Top Loin Roast, Tenderloin Roast			●		●		

SIRLOIN

Sirloin Steak, Tri-Tip Steak	●	●	●	●			
Top Sirloin Steak, <i>boneless</i>							
Tri-Tip Roast			●		●		

ROUND

Top Round Steak	*	●	*	*			
Bottom Round Steak (Western Griller)	*		*	*			
Eye Round Steak	*	●	*			●	
Round Tip Steak, <i>thin cut</i>	●	●					
Sirloin Tip Center Steak	●	●	●	●			
Sirloin Tip Side Steak	*	●	*	*			
Eye Round, Bottom Round, Rump Roasts					●	●	
Top Round Roast					●		
Round Tip Roast							

SHANK & BRISKET

Brisket, Fresh or Corned						●	●
Shank Cross Cuts						●	●

PLATE & FLANK

Skirt Steak	*	●	*	*		●	
Flank Steak		●	*	*		●	

OTHER CUTS

Ground Beef	●		●	●	●		
Cubed Steak	●					●	
Beef for Stew							●
Beef for Kabobs			●	●			

* Requires marinating for tenderization.

