

# Matching Cooking Methods to Beef Cuts Ensures Success

Pan-Broil/Pan-Fry

Stir-Fry

Grill

Broil

roast

Braise

Stew



PREPARING BEEF

## CHUCK

Boneless Country-Style Beef Chuck ribs						●	
Chuck 7-Bone steak			*	*		●	●
Chuck Mock Tender steak						●	●
Chuck Arm steak						●	●
Chuck Eye steak, boneless	●		●	●		●	●
Shoulder Top Blade steak, boneless	*		*	*		●	●
Shoulder Top Blade steak (Flat Iron)	●	●	●	●			
Shoulder steak, boneless	●		●	●		●	●
Shoulder Center steak (Ranch)	●	●	●	●			
Shoulder Petite Tender Medallions	●						
Short Ribs						●	●
Chuck pot roast (Arm, Blade, Shoulder)						●	●
Shoulder Tender Petite roast		●	●	●	●		
Under Blade Center steak, boneless (Denver Cut)	●	●		●			

## 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

Tri-Tip steak, Top Sirloin steak, boneless	●	●	●	●			
Tri-Tip roast			●		●		

## ROUND

Top Round steak	*	●	*	*			
Bottom Round steak (Western Griller)	*		*	*			
Eye Round steak	*	●	*			●	
Round Tip steak, thin cut	●	●					
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.