

BEEF CUT CHART

OTHER CUTS

Stew Beef	Cube Steak
Beef Kabobs	Ground Beef

RIB

Prime Rib-LE	Prime Rib-SE	Rib Steak
Ribeye Roast	Ribeye Steak	Back Ribs

LOIN

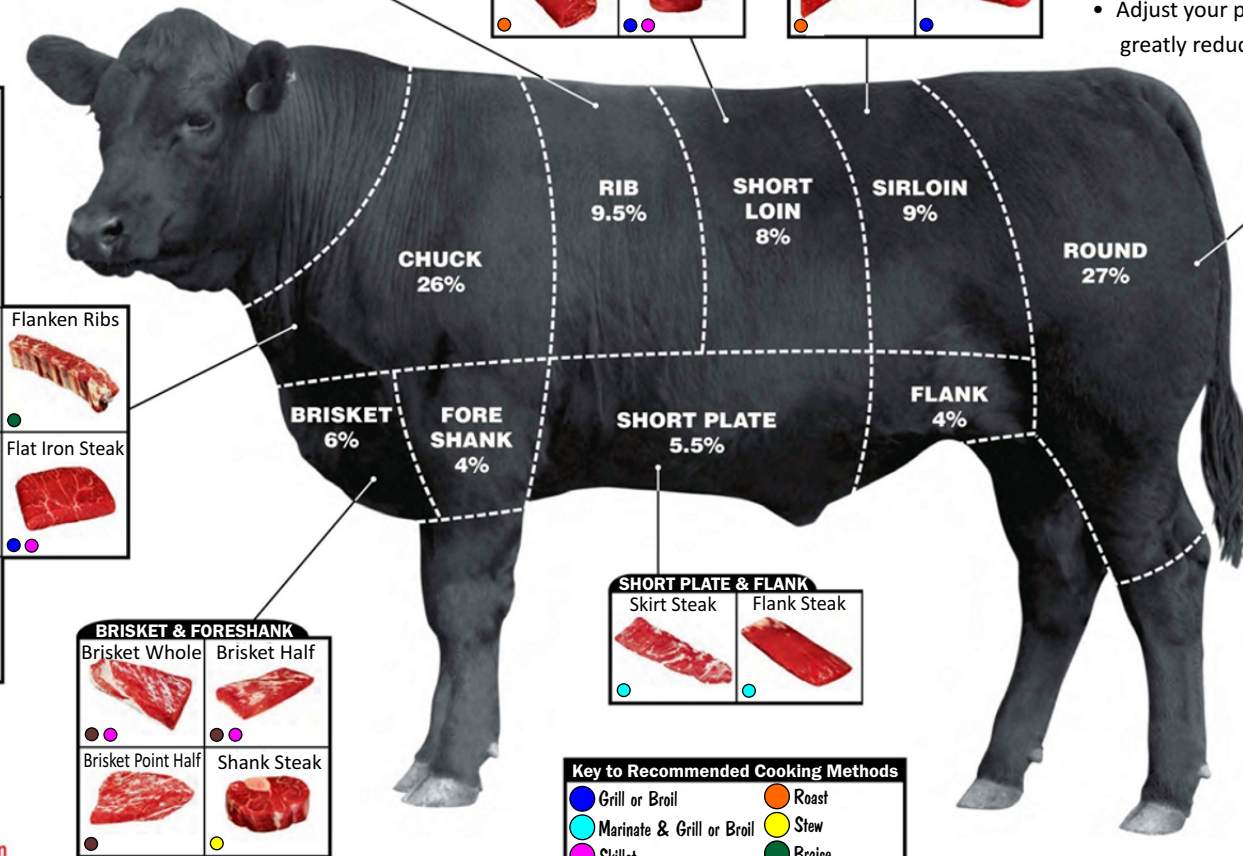
Top Loin Steak	
T-Bone Steak	Porterhouse
Tenderloin	Filet Mignon

SIRLOIN

Sirloin Steak Flat Bone	
Sirloin Steak Round Bone	Top Sirloin
Tri-tip Roast	Tri-tip Steak

CHUCK

7-Bone Roast	
Arm Roast	Blade Roast
Under Blade Roast	Chuck Roast
Chuck Eye Roast	Short Ribs
Tender Roast	Top Blade Steak
Petite Tendor	Tendor Medallions



FLANKEN RIBS

FLAT IRON STEAK

BRISKET & FORESHANK

Brisket Whole	Brisket Half
Brisket Point Half	Shank Steak

SHORT PLATE & FLANK

Skirt Steak	Flank Steak
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ROUND

Round Steak	Bottom Round Roast	Bottom Round Steak
Eye Round Roast	Eye Round Steak	Top Round Steak
Rump Roast	Tip Roast	Tip Steak

Key to Recommended Cooking Methods

Grill or Broil	Roast
Marinate & Grill or Broil	Stew
Skillet	Braise
Stir Fry	Pot Roast

Tips for Cooking 100% Grass-fed Beef

Since grass-fed beef is much lower in fat than grain-fed beef, we recommend the following:

- Purchase a Jaccard Meat Tenderizer from our store.
- Marinate using extra virgin olive oil (a great natural meat tenderizer) & a Jaquard.
- Usually cook slower & at lower temperatures; except for steaks that have been marinated.
- Adjust your portion size since shrinkage during cooking is greatly reduced.

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