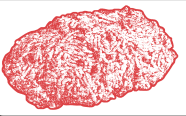
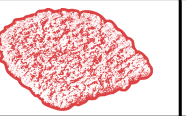
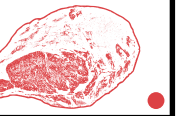


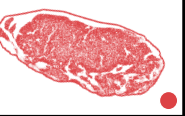
ANGUS BEEF CHART

● Steaks and roasts suitable for broiling, panbroiling and roasting
Also represents the most desirable cuts and accounts for about 90% of the retail value of a carcass

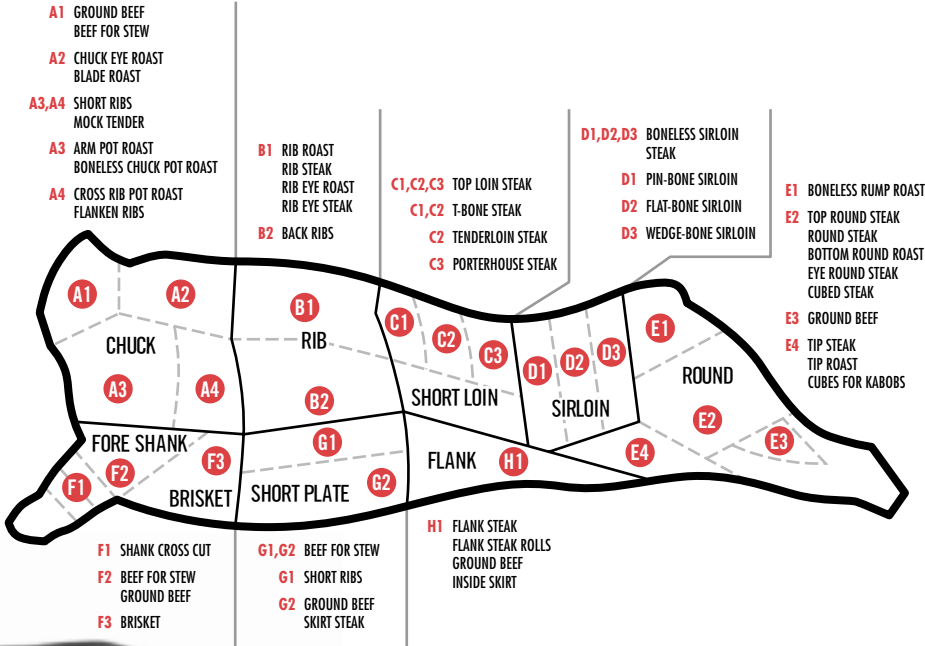
■ Thrifty cuts requiring longer cooking methods

OTHER CUTS			
GROUND BEEF <i>Broil, Panfry, Panbroil, Roast (Bake)</i>	CUBED STEAK <i>Panfry, Braise</i>	BEEF FOR STEW <i>Braise, Cook in Liquid</i>	CUBES FOR KABOBS <i>Broil, Braise</i>
			

RIB	
RIB ROAST, LARGE END <i>Roast</i>	RIB ROAST, SMALL END <i>Roast</i>
	
RIB STEAK, SMALL END <i>Broil, Panbroil, Panfry</i>	RIB EYE ROAST <i>Roast</i>
	
RIB EYE STEAK <i>Broil, Panbroil, Panfry</i>	BACK RIBS <i>Braise, Cook in Liquid, Roast</i>
	

SHORT LOIN	
BONELESS TOP LOIN STEAK <i>Broil, Panbroil, Panfry</i>	
	
T-BONE STEAK <i>Broil, Panbroil, Panfry</i>	PORTERHOUSE STEAK <i>Broil, Panbroil, Panfry</i>
	
TENDERLOIN ROAST (FILET MIGNON) <i>Roast, Broil</i>	TENDERLOIN STEAK (FILET MIGNON) <i>Broil, Panbroil, Panfry</i>
	

SIRLOIN	
SIRLOIN STEAK, FLAT BONE <i>Broil, Panbroil, Panfry</i>	
	
SIRLOIN STEAK, ROUND BONE <i>Broil, Panbroil, Panfry</i>	
	
TOP SIRLOIN STEAK <i>Broil, Panbroil, Panfry</i>	
	



CHUCK		
CHUCK EYE ROAST <i>Braise, Roast</i>		
		
BONELESS TOP BLADE STEAK <i>Braise, Panfry</i>	ARM POT ROAST <i>Braise</i>	
		
BONELESS CHUCK POT ROAST <i>Braise</i>	CROSS RIB POT ROAST <i>Braise</i>	MOCK TENDER <i>Braise</i>
		
BLADE ROAST <i>Braise</i>	UNDER BLADE POT ROAST <i>Braise, Roast</i>	7-BONE POT ROAST <i>Braise</i>
		
SHORT RIBS <i>Braise, Cook in Liquid</i>	FLANKEN-STYLE RIBS <i>Braise, Cook in Liquid</i>	
		

BRISKET & FORE SHANK	
SHANK CROSS CUT <i>Braise, Cook in Liquid</i>	BRISKET, WHOLE <i>Braise, Cook in Liquid</i>
	
CORNED BRISKET, POINT HALF <i>Braise, Cook in Liquid</i>	BRISKET, FLAT HALF <i>Braise</i>
	

SHORT PLATE & FLANK		
FLANK STEAK <i>Broil, Braise, Panfry</i>	FLANK STEAK ROLLS <i>Braise, Broil, Panbroil, Panfry</i>	SKIRT STEAK (FAJITA MEAT) <i>Braise, Broil, Panbroil, Panfry</i>
		

ROUND	
ROUND STEAK <i>Braise, Panfry</i>	TOP ROUND ROAST <i>Roast</i>
	
TOP ROUND STEAK <i>Broil, Panbroil, Panfry</i>	BONELESS RUMP ROAST <i>Roast, Braise</i>
	
BOTTOM ROUND ROAST <i>Braise, Roast</i>	TIP ROAST, CAP OFF <i>Roast, Braise</i>
	
EYE ROUND ROAST <i>Braise, Roast</i>	TIP STEAK <i>Broil, Panbroil, Panfry</i>
	

VARIETY MEATS	
TONGUE <i>Simmer</i>	LIVER <i>Braise, Panbroil</i>
	
KIDNEY <i>Simmer, Braise</i>	HEART <i>Simmer, Braise, Bake</i>
	



American Angus Association

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A 1200 pound steer yields 500 pounds of retail cuts from a 750 pound carcass.

22% are steaks
22% are roasts
26% is ground beef and stew meat
30% is made-up of fat, bone & shrinkage

Meat cut art courtesy of National Cattlemen Beef Association