

Beef Chuck Cuts

Beef : Chuck : Arm Roast

- Cookery Method
 - Moist

Contains round arm bone and may contain cross sections of rib bones. Includes several muscles separated by connective tissue.



Beef : Chuck : Arm Roast (bnls)

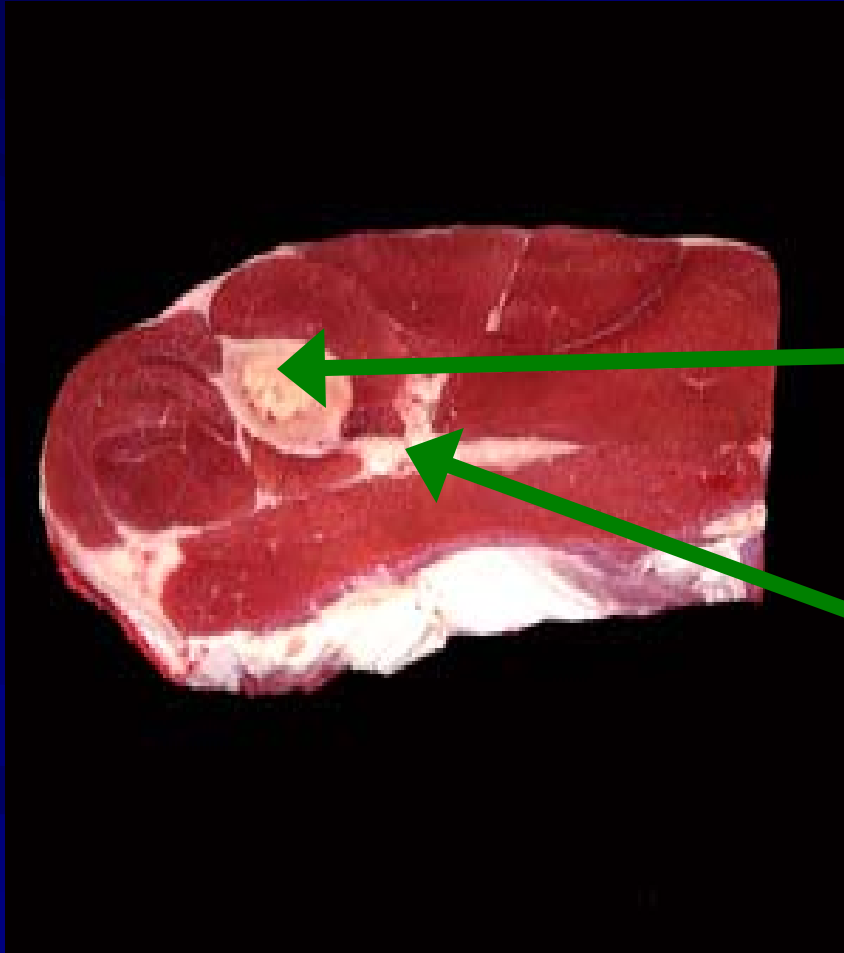


- Cookery Method
 - Moist

Same as arm roast
except arm bone and
ribs are removed.

Beef : Chuck : Arm Steak

- Cookery Method
 - Moist



Same muscle structure and bones as arm roast except cut thinner, usually about ½ inch thick.

Beef : Chuck : Arm Steak (bnls)



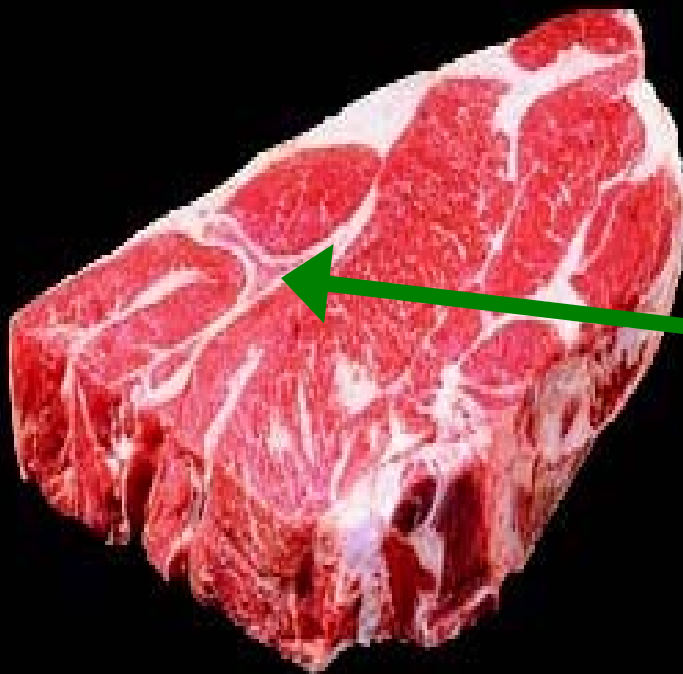
- Cookery Method
 - Moist

Same as arm steak,
except arm bone and
ribs are removed.

Beef : Chuck : 7-Bone Roast

- Cookery Method
 - Moist

Cut from the center of the chuck and is identifiable by the 7-shaped blade bone. Also contains backbone, rib bones and a variety of muscles.



Beef : Chuck : 7-Bone Steak

- Cookery Method
 - Dry/Moist

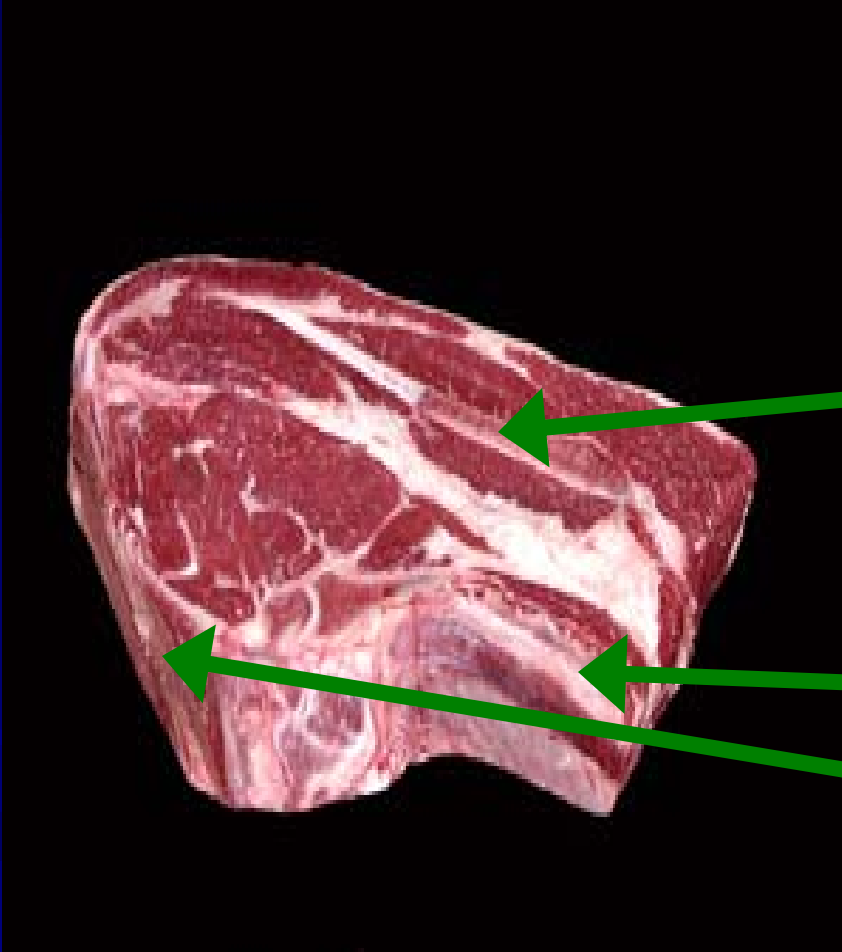
Same a 7-bone roast,
except cut usually
about 1 inch thick



Beef : Chuck : Blade Roast

- Cookery Method
 - Moist

Contains the blade bone, backbone, ribs, and a variety of muscles. Usually cut about 2 inches thick.



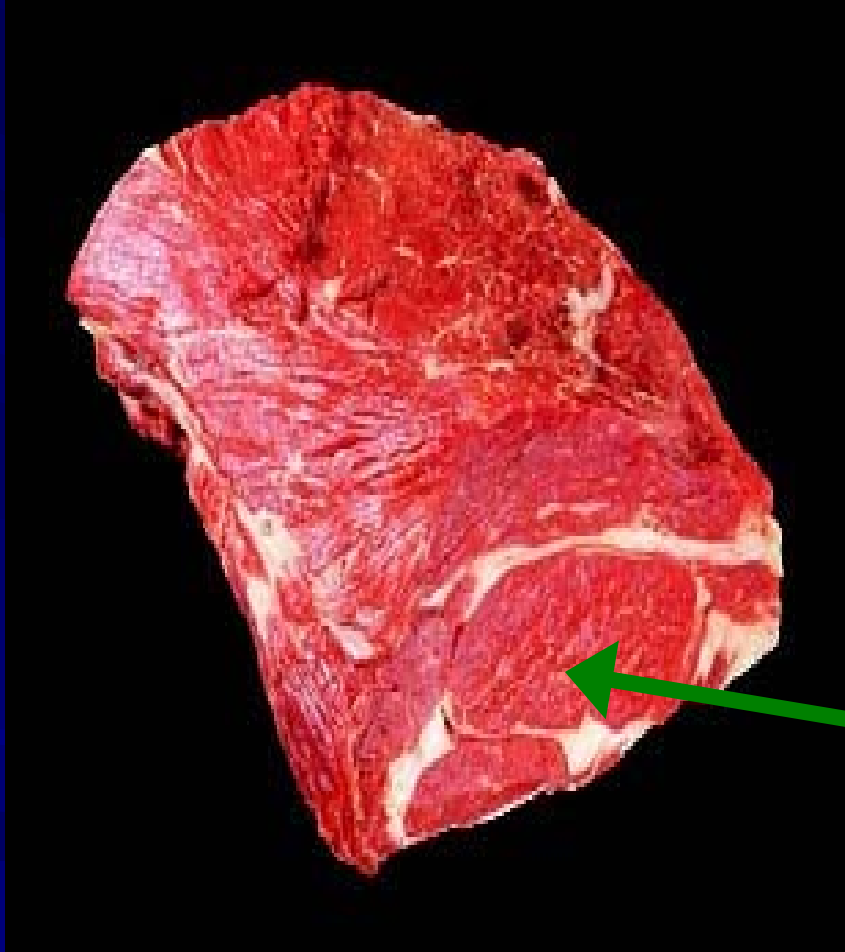
Beef : Chuck : Blade Steak



- Cookery Method
 - Dry/Moist

Same muscle structure and bones as blade roast except cut thinner.

Beef : Chuck : Chuck Eye Roast



- Cookery Method
 - Dry/Moist

Boneless cut that contains the muscles located in the inner portion of the blade region of the chuck. The large oval muscle is a continuation of the ribeye muscle from the rib.

Beef : Chuck : Mock Tender Roast



- Cookery Method
 - Moist

Boneless cut removed from above the ridge of the blade bone. Consists of one single tapering muscle that possesses minimal fat covering.

Beef : Chuck : Mock Tender Steak



- Cookery Method
 - Moist

Steak cut from the mock tender roast, usually 1 inch or less thick. Generally appears coarse textured with minimal marbling.

Beef : Chuck : Top Blade Steak (bnls)



- Cookery Method
 - Dry/Moist

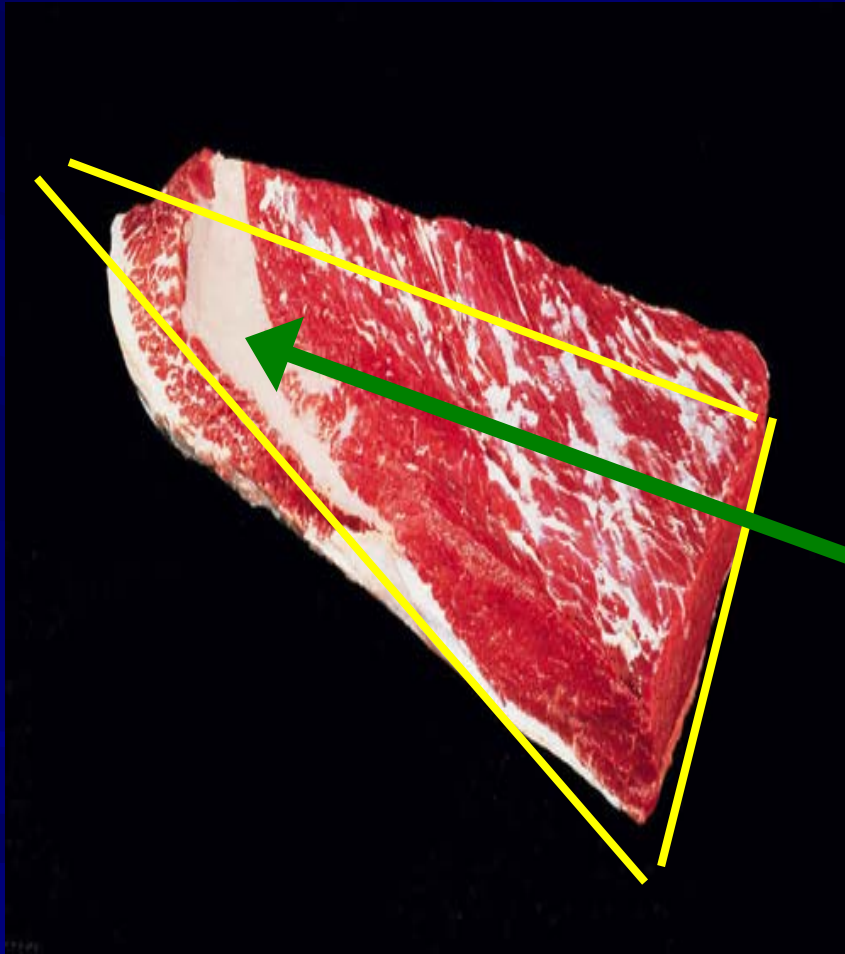
Boneless oval shaped steaks originating from under the blade bone. Contains a thick piece of connective tissue down the center portion of the steak.

Beef Brisket Cuts

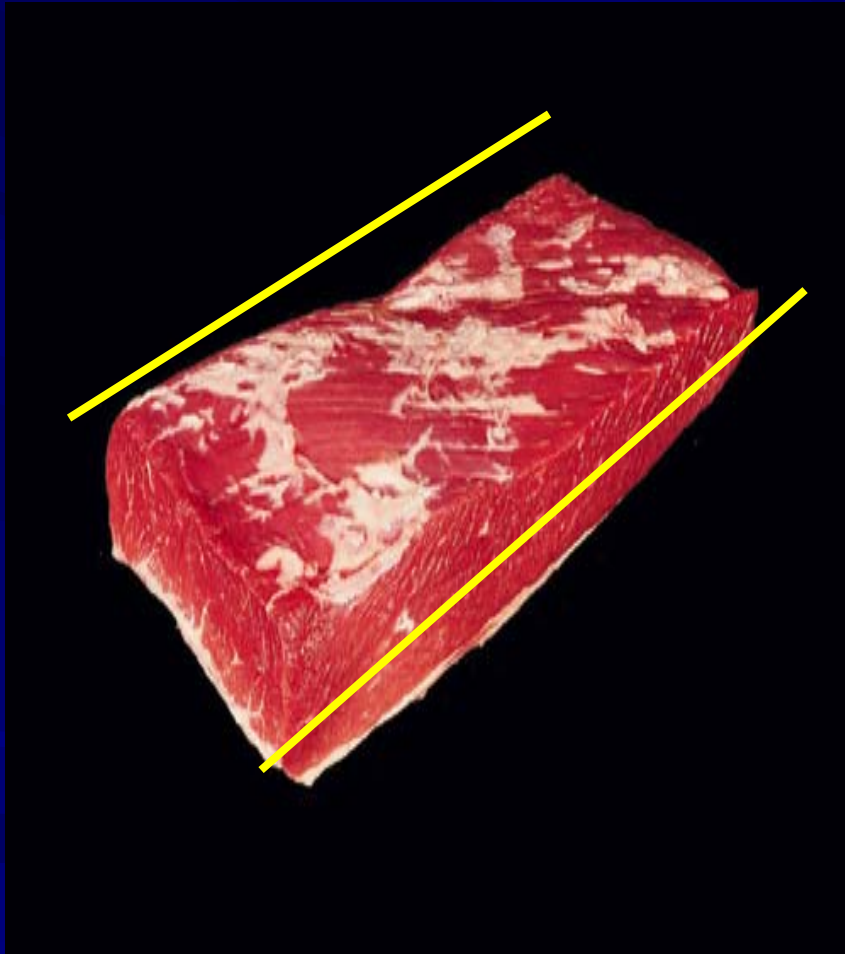
Beef : Brisket : Brisket (whole bnls)

- Cookery Method
 - Moist

Boneless cut from the breast section, between the foreshank and plate. Contains a large fat pad and is usually triangular in shape.



Beef : Brisket : Flat Half (bnls)



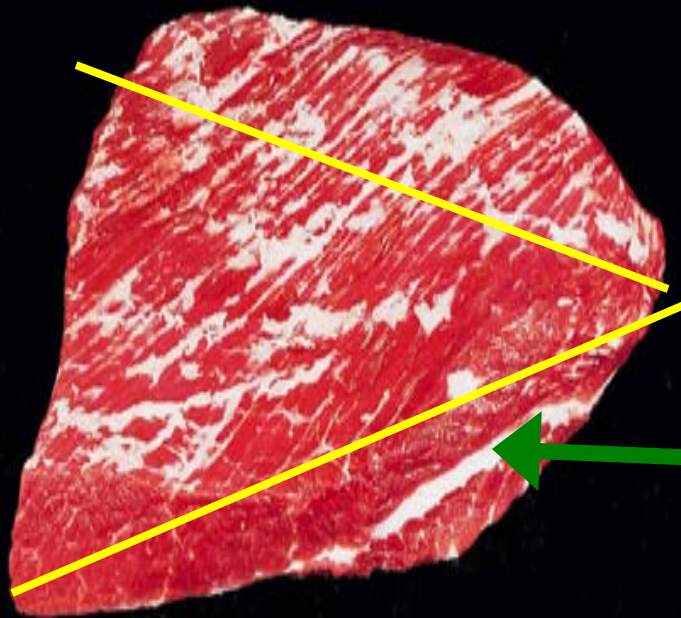
- Cookery Method
 - Moist

The rear portion of the whole brisket. Side a generally almost parallel.

Beef : Brisket : Point Half (bnls)

- Cookery Method
 - Moist

The forward portion of the whole brisket, tapering to a point. Contains a fat layer .



Beef : Brisket : Brisket, Corned



- Cookery Method
 - Moist

Any form of brisket that has been cured with a salt brine (pickle). Generally, spices and seasonings can be seen on the outer surface.

Beef Shank Cuts

Beef : Shank : Cross-Cut



- Cookery Method
 - Moist

Cut from the hindshank or the foreshank, perpendicular to the bone. Usually 1 to 2½ inches thick.

Beef : Shank : Cross-Cut (bnls)



- Cookery Method
 - Moist

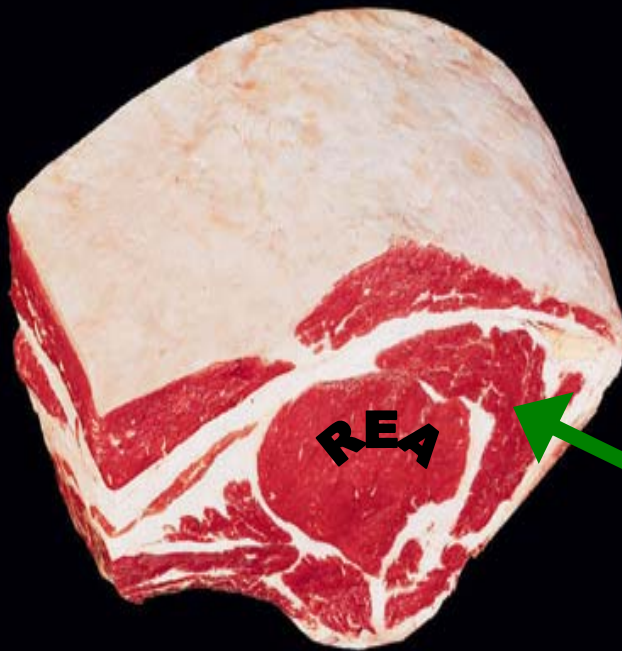
Same muscle structure as the cross cut shank, but with the bone removed.

Beef Rib Cuts

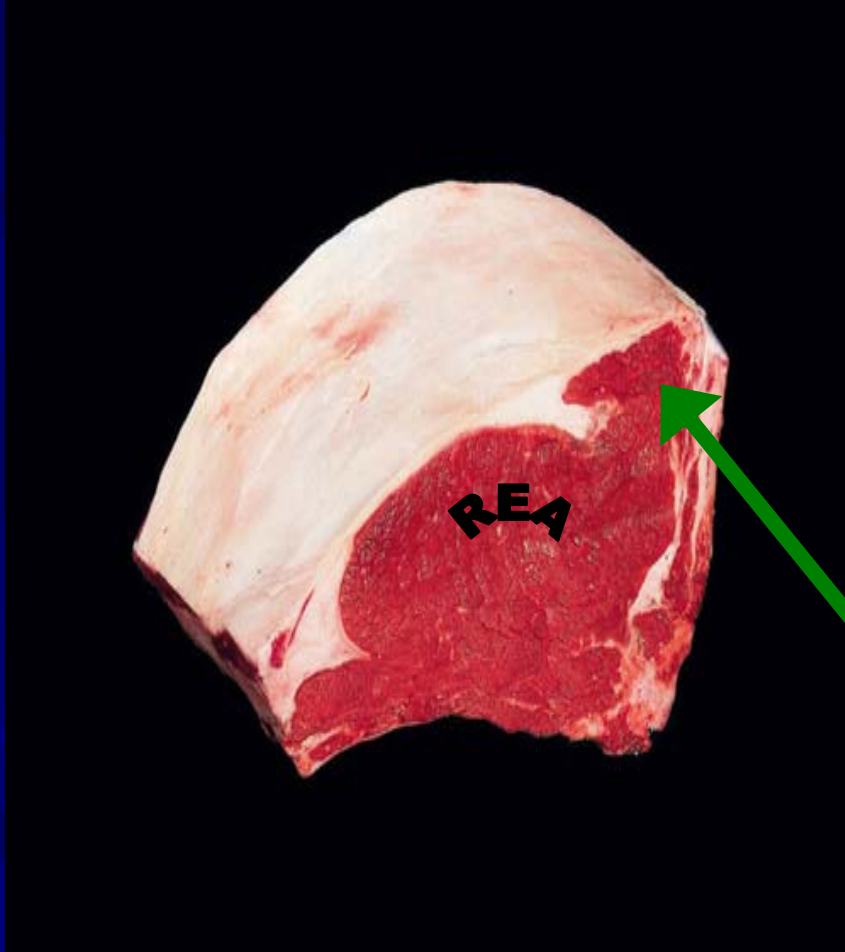
Beef : Rib: Large End Roast

- Cookery Method
 - Dry

Cut from the large end of the rib, usually containing 2-3 ribs. Contains ribeye muscle and smaller surrounding muscles with the spinalis extending more than half the distance of the ribeye muscle.



Beef : Rib: Small End Roast



■ Cookery Method

– Dry

Cut from the smaller end of the rib, usually containing 2-3 ribs. Contains large ribeye muscle and small surrounding muscles. Spinalis is small and does not extend over half the distance of the ribeye muscle.

Beef : Rib: Small End Steak



- Cookery Method
 - Dry

Same muscle structure as Rib Roast Small End, usually cut into 1 inch thick steaks.

Beef : Rib: Small End Steak (bnls)



- Cookery Method
 - Dry

Same as Rib Steak
Small End, but with
the bones removed.

Beef : Rib: Eye Roast



- Cookery Method
 - Dry

Boneless roast from the rib. Primary muscle is the large center muscle (ribeye) of the rib.

Beef : Rib : Eye Steak



- Cookery Method
 - Dry

Cut from the boneless ribeye roast, across the grain, with little to no fat cover.

Beef Plate Cuts

Beef : Plate : Skirt Steak



- Cookery Method
 - Dry/Moist

The “skirt” is the diaphragm muscle, an elongated muscle which typically exhibits a very coarse texture.

Beef : Plate : Short Ribs



- Cookery Method
 - Moist

Rectangular-shaped,
with alternating layers
of lean and fat.
Contains rib bones.

Beef Loin Cuts

Beef : Loin : Top Loin Steak



- Cookery Method
 - Dry

Contains the loin muscle and part of the “T” bone. The tenderloin muscle has been removed.

Beef : Loin : Top Loin Steak (bnls)



- Cookery Method
 - Dry

Same as top loin steak,
but with the bone
removed.

Beef : Loin : T- Bone Steak



- Cookery Method
 - Dry

Contains the “T” shaped bone, the top loin and the tenderloin muscles. Tenderloin muscle measures between $\frac{1}{2}$ and $1\frac{1}{4}$ inches, measured across the center of the tenderloin.

Beef : Loin : Porterhouse Steak

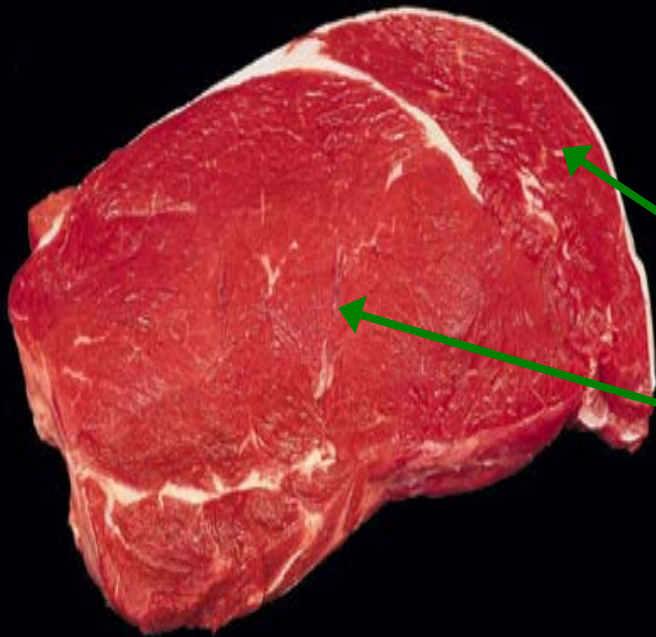


- Cookery Method
 - Dry

Similar to the T-bone Steak, but with the tenderloin muscle at least $1\frac{1}{4}$ inches at the center.

Beef : Loin : Top Sirloin Steak (bnls)

- Cookery Method
 - Dry



Boneless cut from the sirloin containing two large muscles : the biceps femoris and gluteus medius

Beef : Loin : Tenderloin Roast



- Cookery Method
 - Dry

Cut from the tenderloin muscle, and may taper from one end. Usually contains very little fat outer fat covering, with more fat being present in the form of marbling.

Beef : Loin : Tenderloin Steak



- Cookery Method
 - Dry

Cut from the tenderloin roast. Vary in thickness from 1 to 2 inches. Usually contains large amount of marbling, which appears to be very veiny.

Beef Flank Cuts

Beef : Flank : Flank Steak



- Cookery Method
 - Dry/Moist

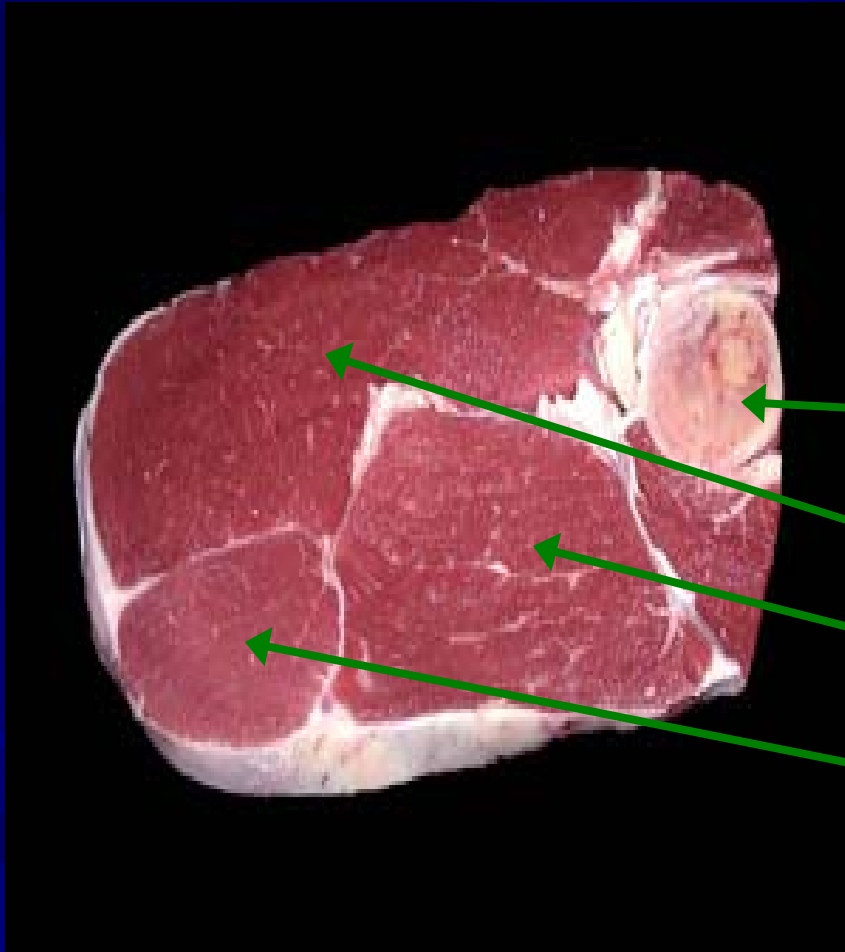
Boneless, flat, oval shaped cut containing elongated muscle fibers and very little fat.

Beef Round Cuts

Beef : Round : Round Steak

- Cookery Method
 - Moist

Lean cut containing a round bone and three major muscle groups: top, bottom, and eye.



Beef : Round : Round Steak (bnls)



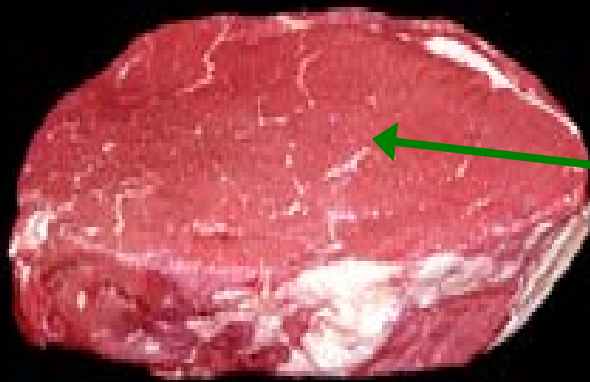
- Cookery Method
 - Moist

Same as round steak,
except round bone has
been removed.

Beef : Round : Top Round Roast

- Cookery Method
 - Dry

Boneless roast
comprised of mainly
one muscle (top) of
the round.



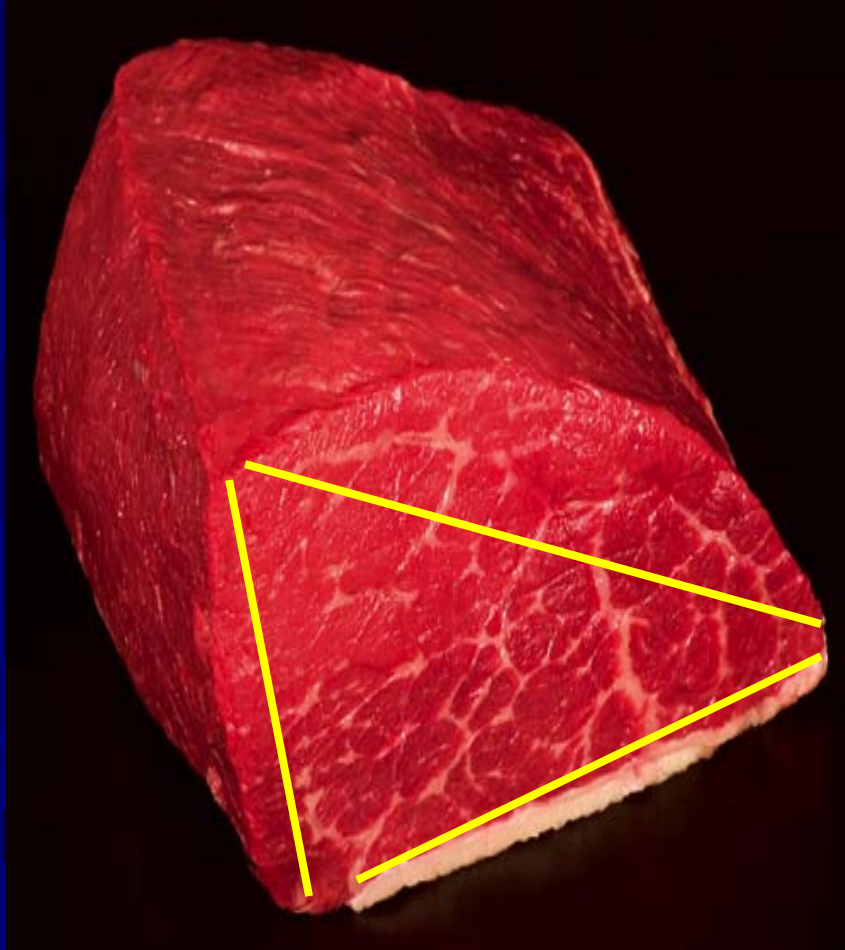
Beef : Round : Top Round Steak



- Cookery Method
 - Dry

Same as top round roast, except usually cut 1 inch or less in thickness.

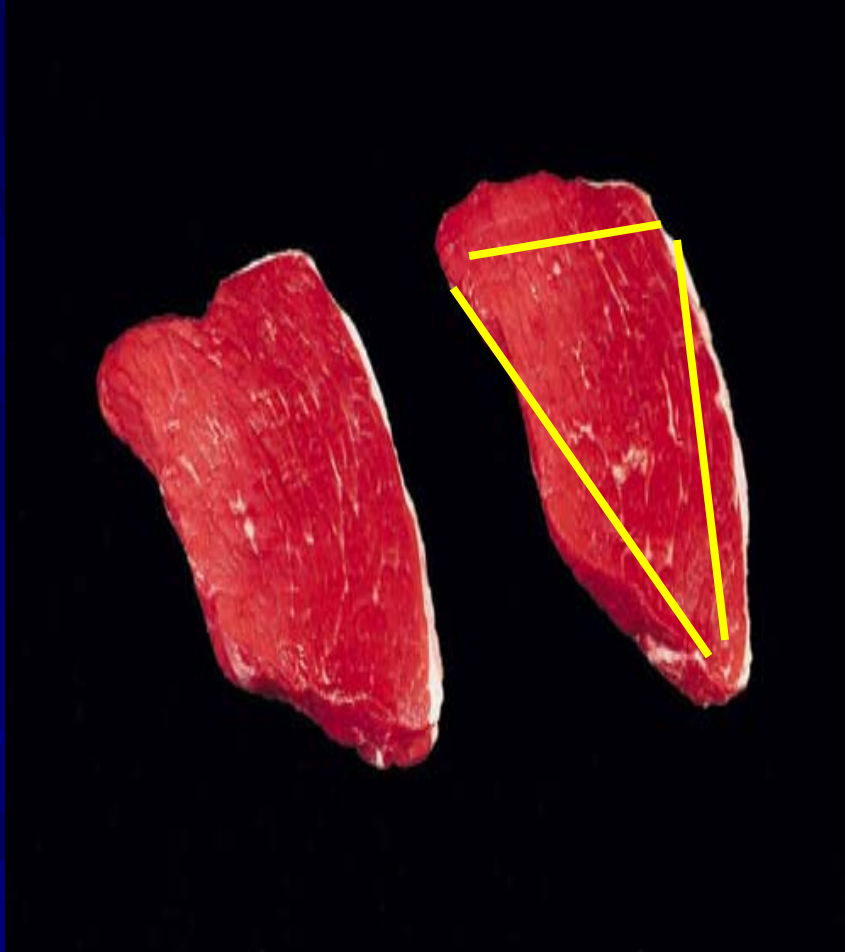
Beef : Round : Bottom Round Roast



- Cookery Method
 - Dry/Moist

Thick irregular shaped cut from the bottom (outside) section of the round. Usually in a exhibited in a triangular shape.

Beef : Round : Bottom Round Steak



- Cookery Method
 - Dry/Moist

Same a bottom round roast, usually in the same similar triangular shape. Often cut into thin steaks, $\frac{1}{2}$ in thickness.

Beef : Round : Bottom Round Rump Roast



- Cookery Method
 - Dry/Moist

Irregular shaped cut from the sirloin end of the bottom round. Usually has little fat cover and little marbling.

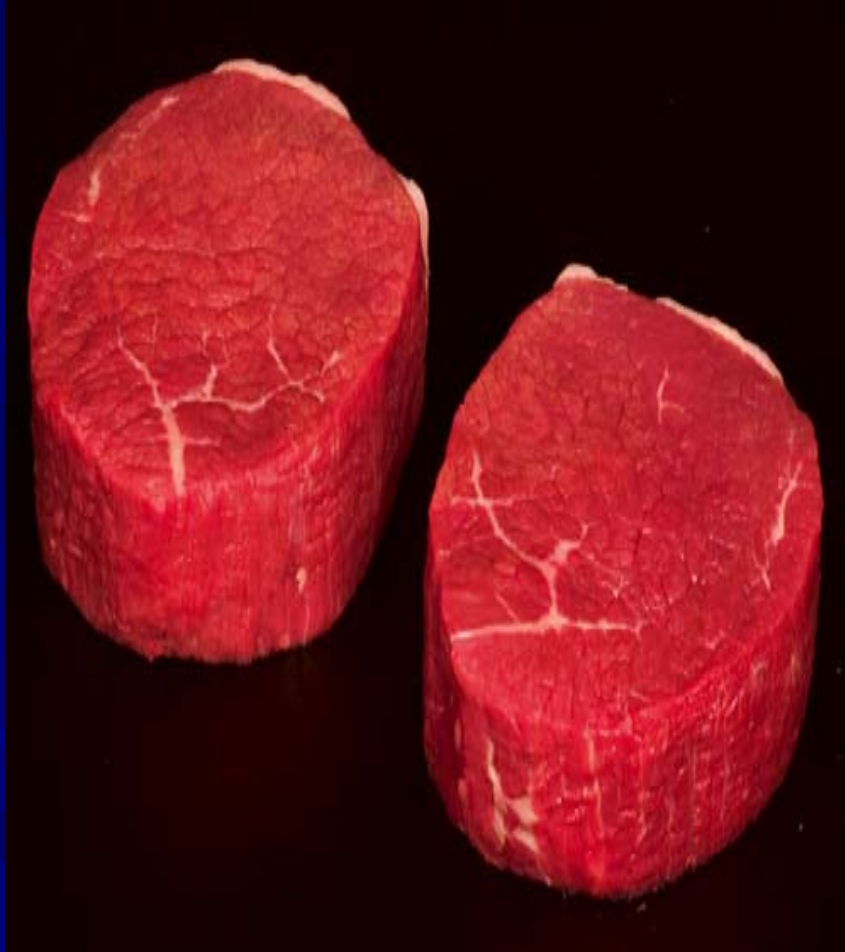
Beef : Round : Eye Round Roast



- Cookery Method
 - Dry/Moist

Cut from the eye of the round muscle, which is separated from the bottom round. Has little fat covering, and minimal marbling.

Beef : Round : Eye Round Steak

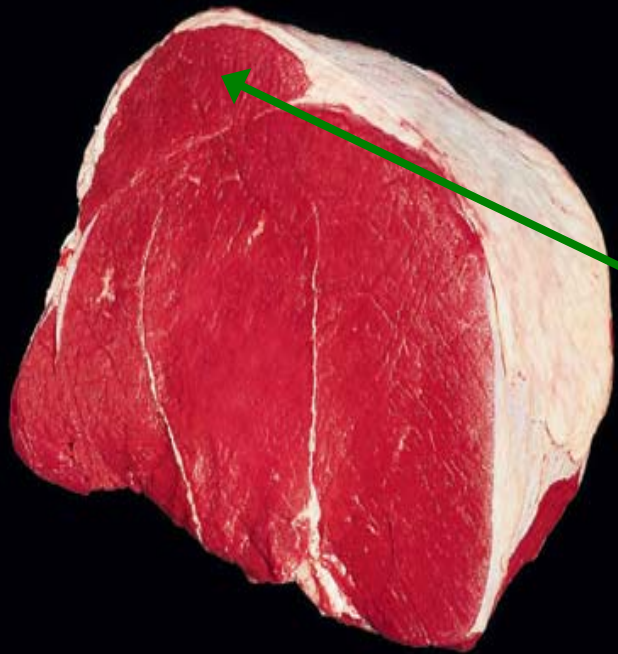


- Cookery Method
 - Dry/Moist

Steaks cut from the eye of the round roast, usually less than 1 inch. Has very little fat covering, and even less marbling.

Beef : Round : Tip Roast

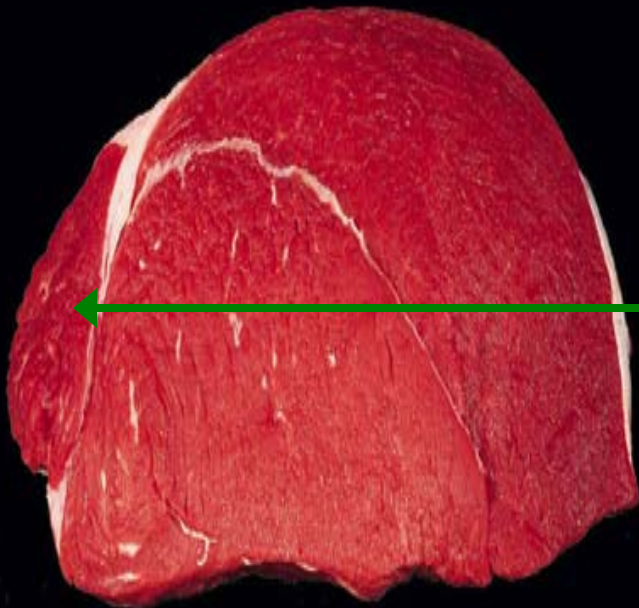
- Cookery Method
 - Dry/Moist



Wedge-shaped cut from the thin side of the round. Contains the cap muscle of the sirloin.

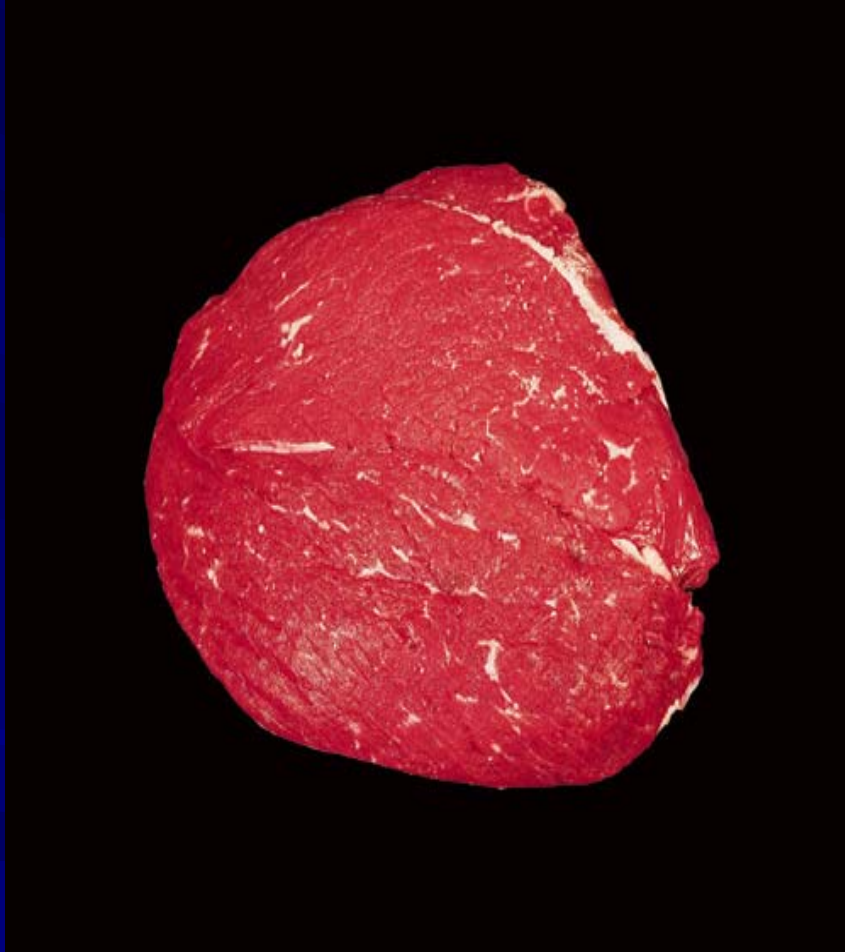
Beef : Round : Tip Steak

- Cookery Method
 - Dry



Same muscle structure as the Round Tip Roast, however it is cut into thin steaks usually about 1 inch thick.

Beef : Round : Tip Roast, Cap Off



- Cookery Method
 - Dry/Moist

Same muscle structure of the Round Tip Roast, however the cap muscle of the sirloin has been removed along with most all external fat.

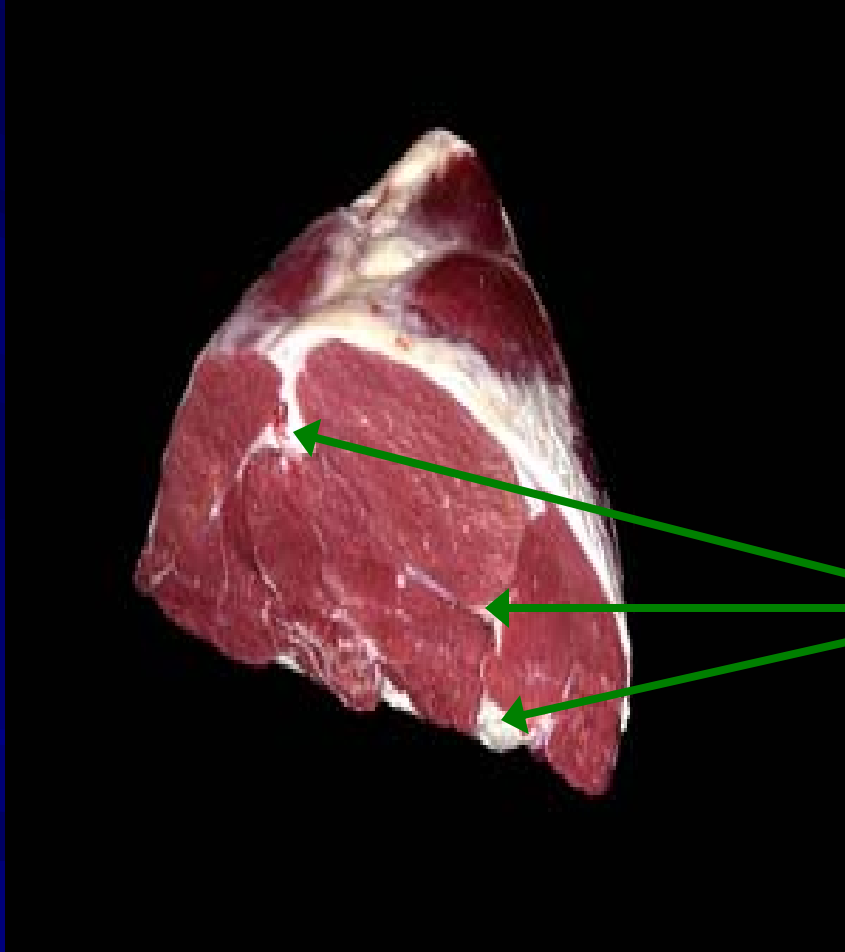
Beef : Round : Tip Steak, Cap Off



- Cookery Method
 - Dry

Similar to Tip Roast, Cap Off except cut thinner, usually about 1 inch in thickness.

Beef : Round : Heel of Round Roast

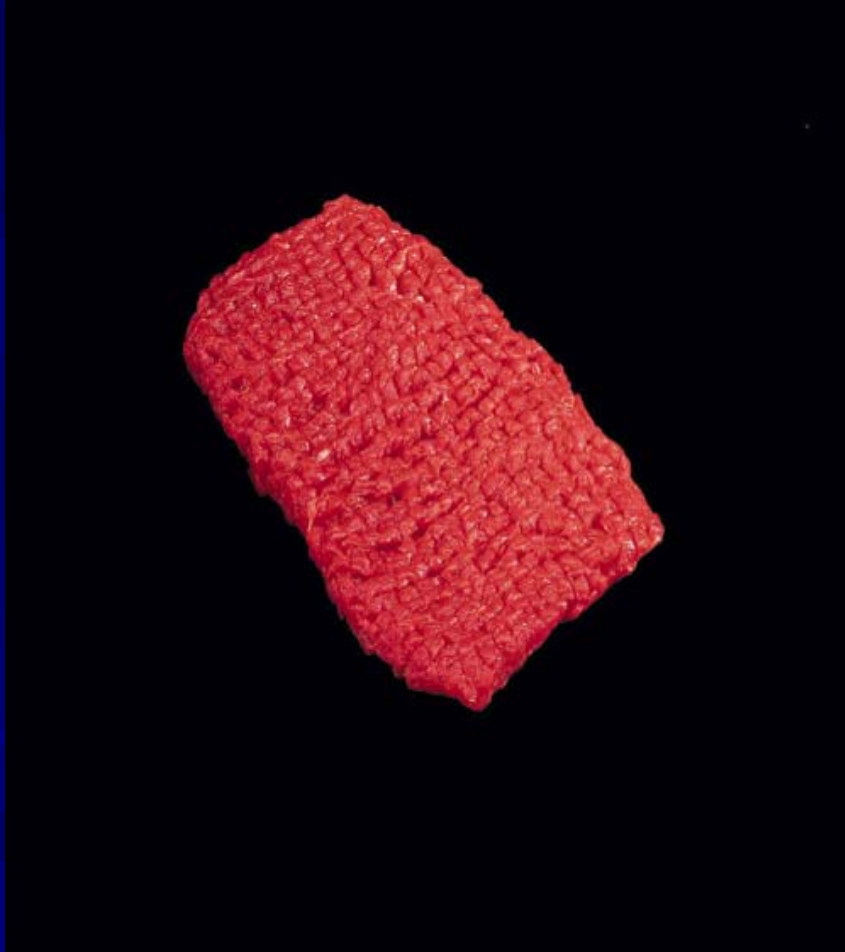


- Cookery Method
 - Moist

Boneless, wedge-shaped cut from the lower round section. Contains considerable amounts of connective tissue.

Beef Various Cuts

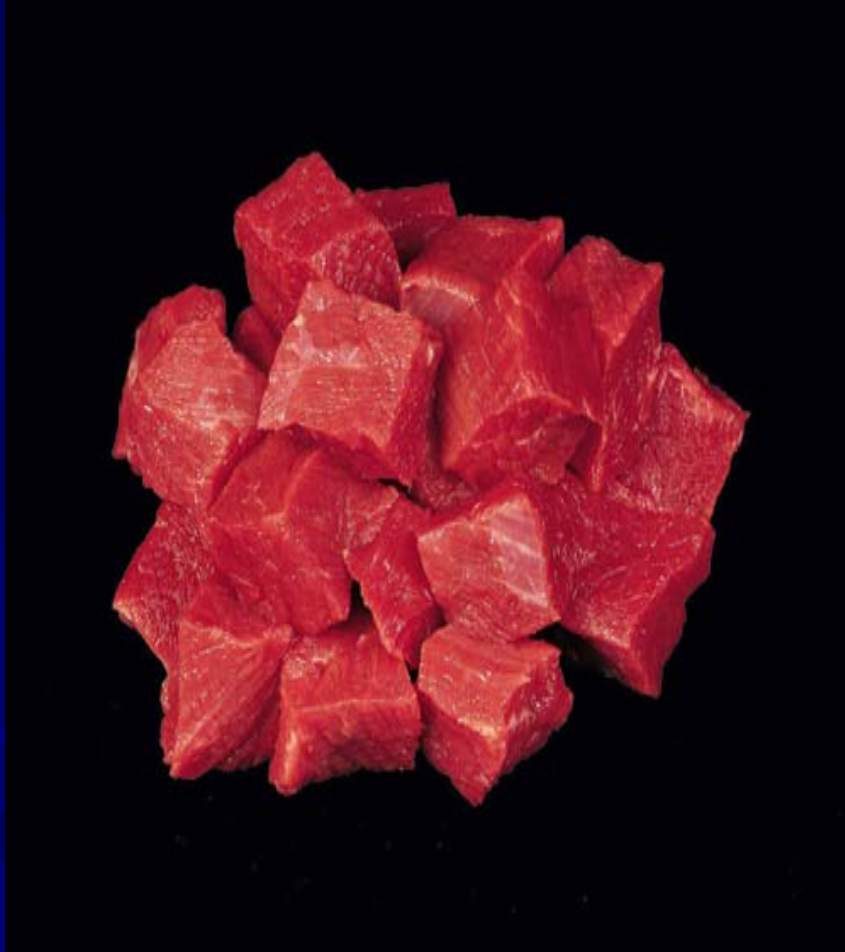
Beef : Various : Cube Steak



- Cookery Method
 - Dry/Moist

Square or rectangular shaped whole lean cut. Cubed effects are made by machine that mechanically tenderizes.

Beef : Various : Beef for Stew



- Cookery Method
 - Moist

Lean pieces of beef cut into uniform cubes, usually 1 to 1½ inches in size. Contains little fat.

Beef : Various : Ground Beef



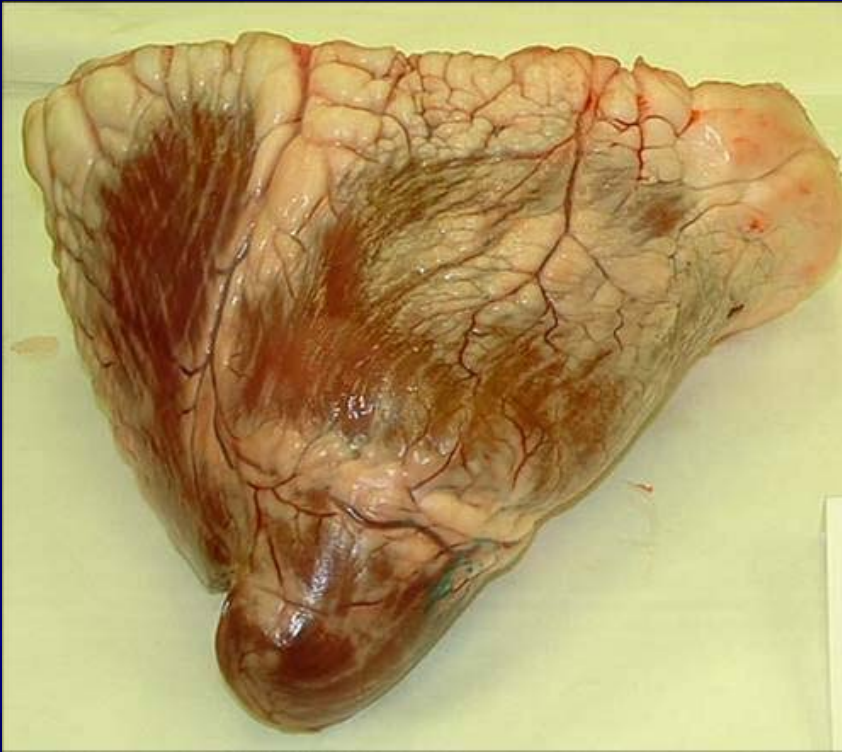
- Cookery Method
 - Dry

Ground beef is made by mechanically grinding lean meat and/or trimmings from several lean cuts. Usually merchandised based upon its composition.

Beef Variety Cuts

Beef Variety Meat Heart

- Cookery Method
 - Dry/Moist



Generally heart shaped and contains more fat than hearts from other species. Generally exhibited spit or cut.

Beef Variety Meat Kidney



- Cookery Method
 - Dry/Moist

Beef kidneys are generally dark brown to dark red in color, and contain many more lobes than kidneys from other species.

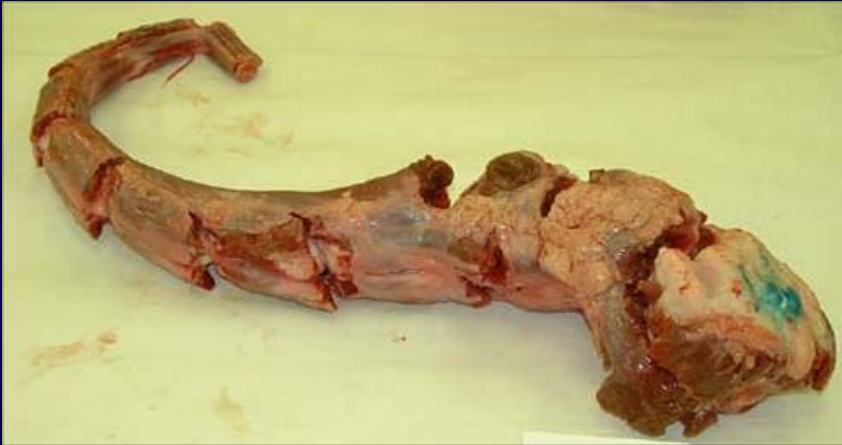
Beef Variety Meat Liver



- Cookery Method
 - Dry/Moist

Beef livers are typically dark purple in color and are comprised of two lobes with one lobe being much larger than the other.

Beef Variety Meat Oxtail



- Cookery Method
 - Moist

The tail portion of the beef, usually removed between the 2nd and 3rd coccygeal vertebrae. The last few vertebrae are removed from the tip.



Beef Variety Meat Sweetbread



- Cookery Method
 - Dry/Moist

Thymus gland. Creamy white consistency covered with a thin membrane.

Beef Variety Meat Tongue



- Cookery Method
 - Dry/Moist

Rough skin covered muscles of the tongue, including the base. Beef tongues are generally rough to the touch and two-toned in color, with a majority of the skin color being bluish-black.

Beef Variety Meat Tripe



- Cookery Method
 - Moist

Usually taken from the first, second, or third stomach of ruminant animals. Honeycomb tripe is shown here. Usually it is bleached prior to retail.