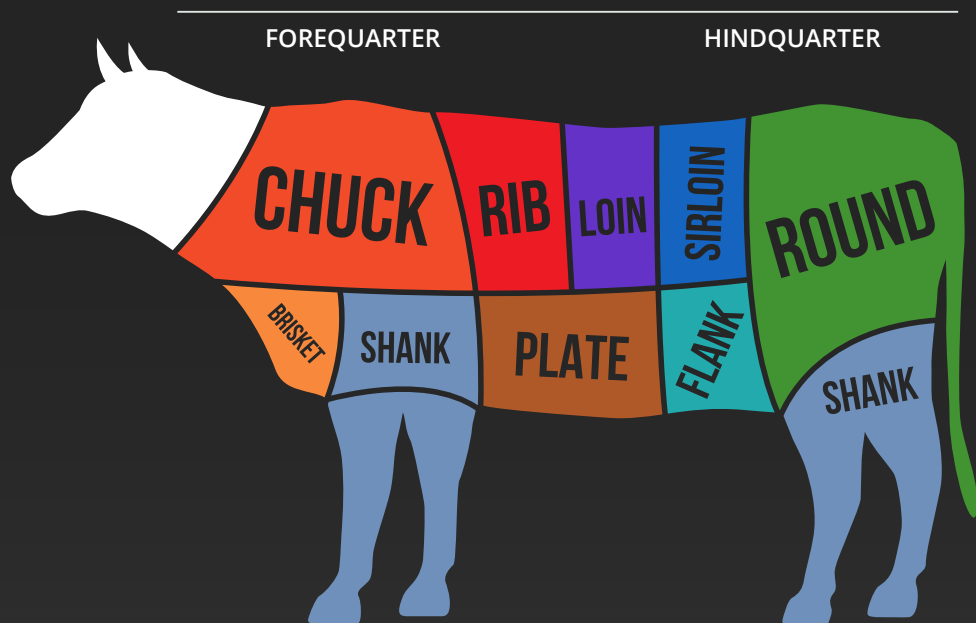


Your Guide to Cuts of Beef

Understanding the 9 primal cuts and the retail cuts they produce — from chuck to shank.



StateFoodSafety
A CERTUS COMPANY



FOREQUARTER

- Chuck** Upper Front
- Rib** Upper Back
- Brisket** Lower Front
- Plate** Lower Belly

HINDQUARTER

- Loin** Upper Mid
- Sirloin** Upper Rear
- Flank** Lower Rear
- Round** Full Rear

OTHER

- Shank** Lower Legs

01. Chuck

Front Shoulder

Retail Cuts

Chuck Roast, Chuck Steak, Flat Iron Steak, Chuck Short Ribs, Stew Meat, Ground Beef

Best for: Braise - Slow Cook - Smoke

02. Rib

Upper Back

Retail Cuts

Ribeye Steak, Prime Rib, Standing Rib Roast, Back Ribs, Tomahawk Steak

Best for: Grill - Roast - Pan Sear

03. Loin

Upper Mid-Back

Retail Cuts

T-Bone Steak, Porterhouse Steak, New York Strip, Tenderloin, Filet Mignon

Best for: Grill - Pan Sear - Broil

04. Sirloin

Upper Rear

Retail Cuts

Top Sirloin Steak, Bottom Sirloin, Tri-Tip, Sirloin Bavette, Flap Steak

Best for: Grill - Roast - Pan Sear

05. Round

Rear Leg & Rump

Retail Cuts

Top Round, Bottom Round, Eye of Round, Round Roast, Sirloin Tip

Best for: Braise - Roast Low & Slow - Slice Thin

06. Brisket

Lower Front Chest

Retail Cuts

Flat (First Cut), Point (Second Cut), Deckle, Burnt Ends

Best for: Smoke - Braise - Slow Roast

07. Plate

Lower Front Belly

Retail Cuts

Skirt Steak, Hanger Steak, Short Ribs

Best for: High-Heat Grill - Sear - Marinate First

08. Flank

Upper Mid-Back

Retail Cuts

Flank Steak

Best for: Grill - Broil - Stir-Fry - Slice Against Grain

09. Shank

Front & Rear Lower Legs

Retail Cuts

Beef Shank, Crosscut Shank, Osso Buco (Crosscut)

Best for: Braise - Slow Simmer - Stock

USDA Safe Internal Temperatures:

Whole muscle beef — 145°F | Ground beef — 160°F | Based on U.S. cattle processing conventions.