# CUT OF BEEF

## Guide to Cooking

| | Roast | Grill | Pan Fry | Sear | Braise/Stew |
|---|---|---|---|---|---|
| **RIB** | | | | | |
| Rib roast | ✓ | | | | |
| Ribeye steak | ✓ | ✓ | | ✓ | |
| **LOIN** | | | | | |
| Tenderloin roast | ✓ | ✓ | | ✓ | |
| Tenderloin steak | ✓ | ✓ | | ✓ | |
| Strip Steak | | ✓ | | ✓ | |
| Sirloin steak | ✓ | ✓ | ✓ | ✓ | |
| Sirloin roast | ✓ | | | ✓ | |
| Sirloin stir-fry | ✓ | ✓ | ✓ | ✓ | |
| Porterhouse | ✓ | ✓ | | | |
| T-Bone | ✓ | ✓ | | ✓ | |
| **ROUND** | | | | | |
| Top round roast | ✓ | | | | ✓ |
| Top round steak | ✓ | ✓ | | | ✓ |
| Eye round roast | ✓ | | | | ✓ |
| Eye round steak | | | | | ✓ |
| Round cube steak | | ✓ | | ✓ | ✓ |
| **FLANK & PLATE** | | | | | |
| Flank steak | ✓ | ✓ | | ✓ | ✓ |
| Skirt steak | ✓ | ✓ | | ✓ | |
| Beef shortribs | ✓ | | | | |
| **CHUCK** | | | | | |
| Brisket | | | | | ✓ |
| Stew meat | | | | | ✓ |
| Chuck roast/steak | ✓ | | | | ✓ |
| Shoulder roast/steak | ✓ | | ✓ | | ✓ |
| Center cut shank | | | | | ✓ |
| Flatiron steak | ✓ | ✓ | | ✓ | |