

 Beef Cuts Chart: A Simple Guide to Every Cut of Meat

Choosing the right beef cut can make or break a meal. This chart simplifies the process, laying out popular cuts side-by-side. You'll see where each cut comes from on the cow, its best cooking methods, how tender it usually is, its flavor intensity, and a general idea of its price.

● Chuck Roast

Primal Cut	Chuck
Best Cooking Method(s)	Braising, Stewing, Pot Roasting
Tenderness	Less Tender (becomes tender with slow cooking)
Flavor Intensity	Rich, Beefy
Typical Price	\$

Popular Choice

● Ribeye Steak

Primal Cut	Rib
Best Cooking Method(s)	Grilling, Pan-Searing, Broiling
Tenderness	Very Tender
Flavor Intensity	Rich, Marbled, Juicy
Typical Price	\$\$\$

● Sirloin Steak (Top Sirloin)

Primal Cut	Loin (Sirloin)
Best Cooking Method(s)	Grilling, Pan-Searing, Broiling, Stir-fry
Tenderness	Moderately Tender
Flavor Intensity	Medium-Beefy
Typical Price	\$\$

● Tenderloin (Filet Mignon)

Primal Cut	Loin (Short Loin)
Best Cooking Method(s)	Grilling, Pan-Searing, Roasting (whole)
Tenderness	Extremely Tender
Flavor Intensity	Mild, Buttery
Typical Price	\$\$\$\$

● Brisket

Primal Cut	Brisket
Best Cooking Method(s)	Smoking, Braising, Slow Roasting
Tenderness	Less Tender (becomes very tender with slow cooking)
Flavor Intensity	Very Rich, Beefy
Typical Price	\$

● Flank Steak

Primal Cut	Flank
Best Cooking Method(s)	Grilling (marinated), Broiling, Stir-fry (sliced against grain)
Tenderness	Less Tender (best thin sliced against grain)

Typical Price

\$\$

● Round Steak (Top Round)

Primal Cut

Round

Best Cooking Method(s)

Braising, Stewing, Marinating & Grilling (thin slices)

Tenderness

Less Tender (lean)

Flavor Intensity

Mild-Beefy

Typical Price

\$

● Short Ribs

Primal Cut

Chuck, Rib, Plate

Best Cooking Method(s)

Braising, Slow Cooking, Smoking

Tenderness

Less Tender (becomes very tender with slow cooking)

Flavor Intensity

Very Rich, Beefy

Typical Price

\$\$

● T-Bone/Porterhouse

Primal Cut

Loin (Short Loin)

Best Cooking Method(s)

Grilling, Pan-Searing, Broiling

Tenderness

Very Tender (contains both tenderloin and strip steak)

Flavor Intensity

Rich, Beefy

Typical Price

\$\$\$

● Ground Beef

Primal Cut

Various (often Chuck, Round, Sirloin trimmings)

Best Cooking Method(s)

Pan-frying, Broiling, Baking, Grilling

Tenderness

N/A (chopped)

Flavor Intensity

Varies by lean-to-fat ratio

Typical Price

\$

Source: USDA, Culinary Institute of America