

 Beef Cuts Diagram and Cooking Chart: The Ultimate Meat Guide

Understanding where beef cuts come from on the animal and how best to cook them makes a huge difference in your kitchen. This chart breaks down popular cuts, their natural tenderness, ideal cooking methods, and typical uses.

● Filet Mignon (Tenderloin)

Primal Cut (Location)	Loin
Tenderness Level	Very Tender
Best Cooking Methods	Grilling, Pan-searing, Roasting, Broiling
Typical Uses	Steaks, Chateaubriand
Fat Content	Lean
Price Range (Relative)	Very High

Popular Choice

● Ribeye Steak

Primal Cut (Location)	Rib
Tenderness Level	Tender
Best Cooking Methods	Grilling, Pan-searing, Roasting, Broiling
Typical Uses	Steaks, Roasts (Prime Rib)
Fat Content	Highly Marbled
Price Range (Relative)	High

● New York Strip (Striploin)

Primal Cut (Location)	Loin
Tenderness Level	Tender
Best Cooking Methods	Grilling, Pan-searing, Broiling
Typical Uses	Steaks
Fat Content	Moderate
Price Range (Relative)	High

● Top Sirloin Steak

Primal Cut (Location)	Loin
Tenderness Level	Moderately Tender
Best Cooking Methods	Grilling, Pan-searing, Broiling, Roasting
Typical Uses	Steaks, Kebabs, Roasts
Fat Content	Lean to Moderate
Price Range (Relative)	Moderate

● Flank Steak

Primal Cut (Location)	Flank
Tenderness Level	Less Tender (slice against grain)
Best Cooking Methods	Grilling, Broiling, Pan-searing (marinated)
Typical Uses	Fajitas, Stir-fries, London Broil
Fat Content	Very Lean
Price Range (Relative)	Economical to Moderate

● Chuck Roast

Primal Cut (Location)	Chuck
Tenderness Level	Less Tender
Best Cooking Methods	Slow Cooking, Braising, Stewing, Pot Roasting
Typical Uses	Pot Roasts, Stews, Shredded Beef
Fat Content	Moderate to Well-Marbled
Price Range (Relative)	Economical

● Brisket

Primal Cut (Location)	Brisket
Tenderness Level	Less Tender (tender with slow cooking)
Best Cooking Methods	Smoking, Braising, Slow Cooking
Typical Uses	BBQ Brisket, Corned Beef
Fat Content	Moderate to Well-Marbled (often with fat cap)
Price Range (Relative)	Economical to Moderate

● Short Ribs

Primal Cut (Location)	Plate / Chuck
Tenderness Level	Less Tender (very tender when braised)
Best Cooking Methods	Braising, Slow Cooking, Smoking
Typical Uses	Braised Short Ribs, BBQ Ribs
Fat Content	Well-Marbled
Price Range (Relative)	Moderate

● Top Round Steak

Primal Cut (Location)	Round
Tenderness Level	Less Tender
Best Cooking Methods	Marinating then Grilling/Broiling (cooked fast, sliced thin), Braising
Typical Uses	London Broil, Deli Meat, Stews
Fat Content	Very Lean
Price Range (Relative)	Economical

Source: USDA, various culinary resources