



Beef Grades, Cuts, and Preparation



What You'll Learn in This Lesson

- Beef inspection and grading
- Beef's flavor profile and eating experience
- Beef cuts and cut-specific cooking methods



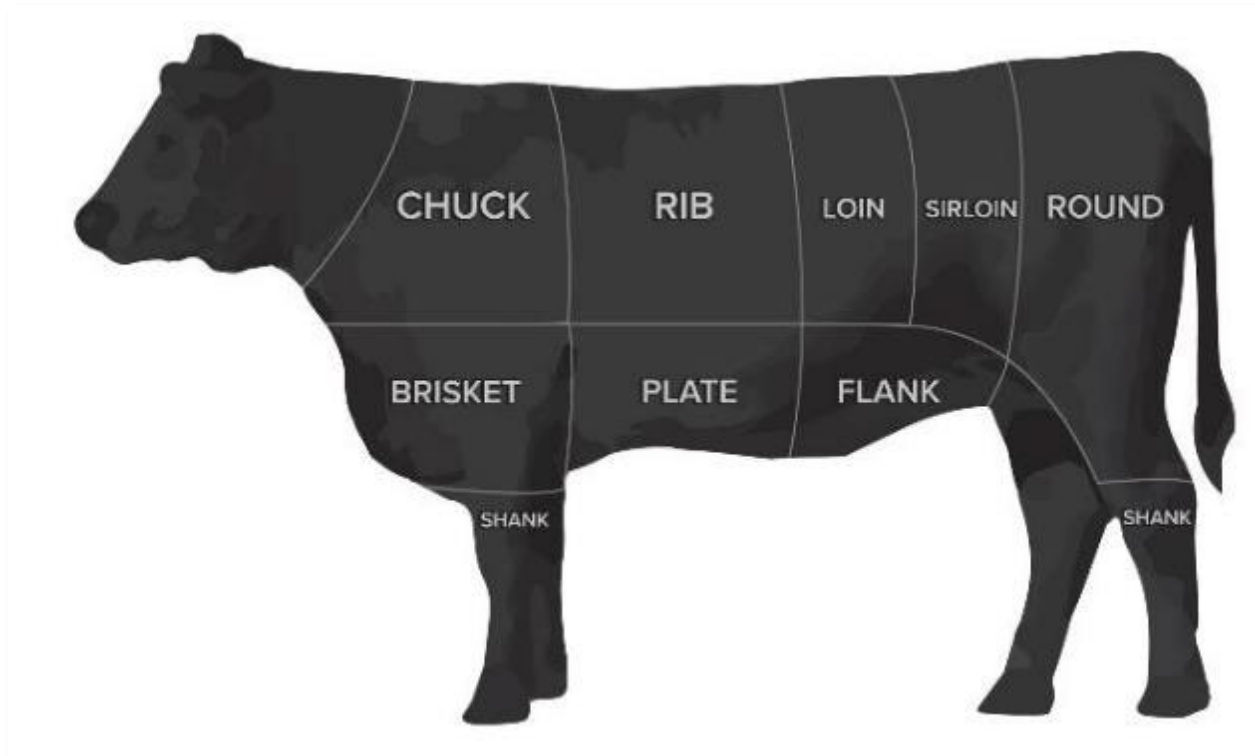
Beef Inspection

- Federally inspected beef processing facilities are required by law to have inspectors from the **U.S. Department of Agriculture's (USDA) Food Safety Inspection Service** present
- Funded by public funds
- Each live animal is inspected
- Each carcass is inspected for wholesomeness and stamped



Yield Grading

- Predicts the percentage of closely trimmed, boneless retail cuts that can be fabricated from the four major primals (*Chuck, Rib, Loin, and Round*)
- Lower number = less external fat; more lean, edible meat
- Intended for packers and further processors; not typically relayed to consumers





Quality Grading

- USDA's Agricultural Marketing Service conducts voluntary beef quality grading
 - *Funded by beef packers*
 - *Predicts the tenderness, juiciness, and flavor of beef*
- Marbling is small flecks of fat within muscle (*AKA, intramuscular fat*) and a predictor of eating quality of beef
- USDA quality grades reflect the amount of marbling, which is measured at the 12th rib of the carcass, and the age of the animal

PRIME
CHOICE
SELECT
STANDARD
COMMERCIAL
UTILITY
CUTTER
CANNER

Quality Grading Continued

- **Prime, Choice, and Select** are the most common grades sold in grocery stores and restaurants
- Choice is the most significant volume of graded beef
- More than 80% of beef graded is Prime and Choice



Marketing Programs

- USDA's Agricultural Marketing Service also offers:
 - *Tenderness certification*
 - *Branded beef program oversight, i.e., Certified Angus Beef or Certified Hereford Beef*
- Cattle farmers and ranchers receive a premium for cattle that meet a set of quality standards and in turn, consumers may pay more for these products
- Highlighting USDA quality grades, brands or other sourcing details on beef labels and menus conveys quality and value to consumers



Beef's Eating Experience

Impacted by:

Pre-harvest

- Age
- Gender
- Genetics
- Temperament
- Diet
- Health
- Animal handling

Post-harvest

- Chilling
- Electrical stimulation of carcass
- Mechanical tenderization
- Aging
- Cooking



Bistro-style filet mignon with champagne pan sauce

Beef's Eating Experience – Flavor & Juiciness

- Influenced by similar factors as tenderness
- Impacted by cooking time, technique, and seasoning



North African harissa-braised beef stew

Beef Aging

- **Wet Aging**

- Vacuum-sealed in plastic
- Retains moisture
- Most common in retail and foodservice

- **Dry Aging**

- Exposed to air
- Moisture dissipates, resulting in intense beef flavor
- More expensive and less common



Beef Cookery – The Science of Cooking

- **Beef = water + protein**
- Cooking can both toughen or tenderize meat, depending on:
 - *Time*
 - *Temperature*
 - *Method*
 - *Slicing*
- **Maillard Reaction** = caramelization



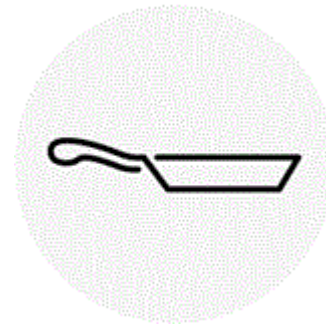
Beef Cookery – Dry Heat

- Methods

- *Broiling*
- *Grilling*
- *Oven roasting*
- *Skillet cooking*
- *Stir-frying*
- *Smoking*

- Higher temps

- Best for more tender cuts



Beef Cookery – Moist Heat

- Methods
 - *Braising*
 - *Stewing*
- Low heat and slow cooking
- Best for less tender cuts
- Brown beef first for color and flavor
- Sous vide



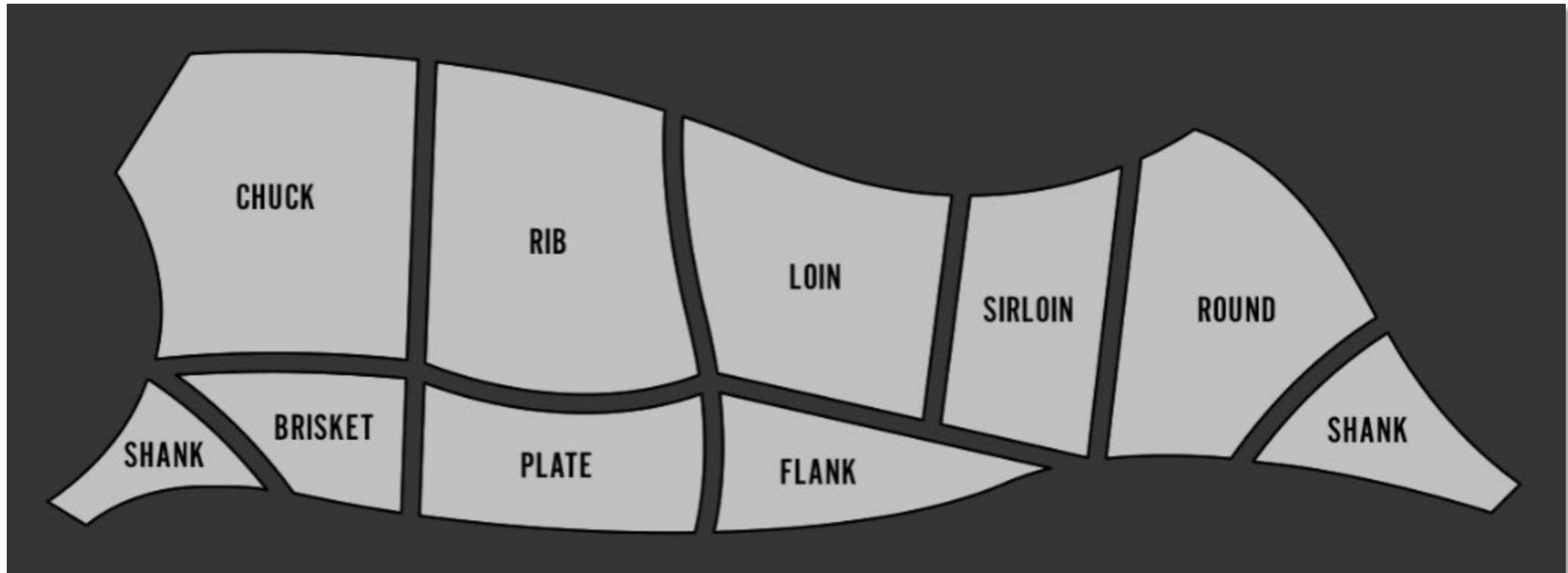


Beef Cuts



Beef Cuts - Primals

- **Primal cuts** – the first stage of beef carcass fabrication
- **Major primals:** **Chuck**, **Rib**, **Loin**, and **Round**



Beef Cuts - Subprimals

- Primals are broken down by processors into smaller portions called subprimals
- Often purchased by:
 - *Further processors*
 - *Grocery retailers*
 - *Foodservice operators*

PRIMALS



Rib Primal



Loin Primal



SUBPRIMALS



Rib, Lip On



Strip Loin



Beef Cuts – Final Portion Cuts

SUBPRIMALS



Rib, Lip On



Strip Loin



PORTION CUTS



Ribeye Steak



Strip Steak



Beef Cuts - Types



Steaks



Roasts



Ribs



Ingredient
Cuts

Beef Cuts - Steaks

- Flat cuts of beef:
 - $\frac{3}{4}$ - $1\frac{1}{2}$ inches thick
- Most often cooked using dry heat
- Pat dry before cooking
- Turn with tongs; not a fork
 - *Minimize turns*



Tenderloin Steak (Filet Mignon)



Ribeye Steak



T-bone Steak



Strip Steak



Porterhouse Steak



Flat Iron Steak

Beef Cuts – Steak Versatility

Middle Meats

tender and flavorful, but pricey



Tenderloin Steak (Filet Mignon)



Ribeye Steak



Strip Steak



T-bone Steak

End Meats

great value, benefit from marinating



Inside Skirt



Top Round Steak



Flank Steak



Eye Of Round Steak

Opportunity Cuts

great value



Petite Tender Medallions



Tri-tip Steak



Sirloin Bavette
(AKA, Flap)

Beef Cuts – Steak Doneness

- Insert an instant-read thermometer horizontally from the side
- Make sure not to touch bone or fat
- **USDA Medium Rare = 145°F**
- **USDA Medium = 160°F**
- **USDA Well Done = 170°F**
- After cooking, let steaks rest before serving



Beef Cuts - Roasts

- More than 2 inches thick
- Bone-in or boneless
- Often contains more than one muscle or muscle group
- Cook using dry or moist heat, depending on roast



Tenderloin Roast



Strip Loin Roast



Chuck Roast



Tri-tip Roast



Sirloin Tip Roast



Ribeye Roast

Beef Cuts – Rib and Loin Roasts

- Tender
- Dry heat
 - *Oven roasting*
 - *Indirect grill*
- Ideal for signature dishes



Tenderloin Roast



TRI-TIP Roast



Ribeye Roast



Strip Loin Roast



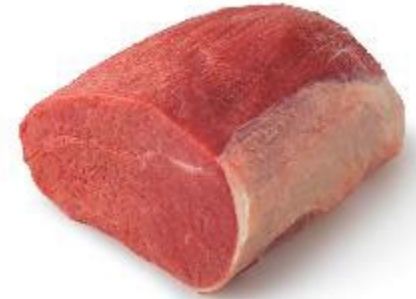
Top Sirloin
Petite Roast

Beef Cuts – Chuck and Round Roasts

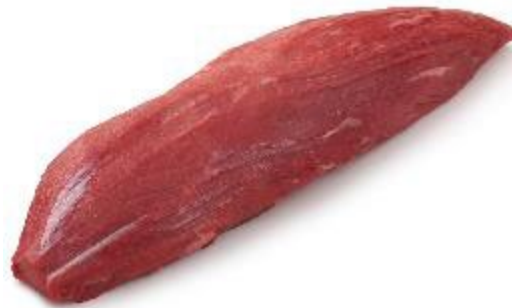
- Moist heat helps tenderize
 - *Braising*
 - *Slow-cooker*
- Often paired with flavorful sauces
- Offer value
- Larger portions can stretch across more than one meal



Chuck Roast



Eye Of Round Roast



Petite Tender Roast



Sirloin Tip Roast

Beef Cuts - Brisket

- Sold fresh or cured as Corned Beef
- Popular in BBQ and other classic or comfort dishes
- Slow cooking methods; moist or dry
 - *Braising*
 - *Smoking low-and-slow*
- Adapts well to dry rubs and marinades



Beef Cuts - Ribs

- Back Ribs
- Country-Style Ribs
- Short Ribs
 - *Traditional Cut*
 - *Flanken-Style*



Back Ribs



Country-Style Ribs



Short Ribs



Short Ribs, Flanken-style

Beef Cuts – Back Ribs

- Bone-in
- Relatively inexpensive
- Smoke
- Indirect grill
- Braise



Beef Cuts – Country-Style Ribs

- Boneless
- From the Chuck Roll subprimal
- Meaty, tender, juicy and flavorful
- Pre-cut and perfectly portioned
- Braise or braise and finish on grill



Beef Cuts – Short Ribs

- Bone-in or boneless
- Retail – Chuck Short Ribs
- Foodservice – Plate Short Ribs
- Slow, moist cooking when cut between ribs
- Marinated and grilled when cut Flanken-Style



Short Ribs
From The Chuck



Short Ribs
From The Plate



Short Ribs, Flanken-style



Beef Cuts – Ingredient Cuts



Kabobs



Ground Beef



Stew Meat



Beef Strips



Cubed Steak

Beef Cuts – Ground Cuts

- Top-selling beef item
- Versatile
- Made by grinding subprimals or trimmings
- Sold according to fat-to-lean ratio
- Must be 100% beef
- Cannot contain more than 30% fat
- Higher fat blends: burgers, meatballs, meatloaf
- Leaner blends: crumble recipes, like tacos, meat sauce and chili



Bistro Cheeseburger



Confetti Beef Tacos

Beef Cuts - Kabobs

- Uniform-sized cubes of beef
- Marinate from 15 min to 2 hours
- When skewering, leave space between cubes



Steak Kabobs with Mushroom
Wild Rice



Spicy Portuguese Beef
Kabobs

Beef Cuts – Stew Meat

- Uniform-sized cubes of beef
- Coat with flour, brown in a small amount of oil over medium heat, and then add liquid to the pan and cover
- Great for stews, chili, pot pie and Stroganoff
- Moderately priced
- Ideal for high-volume cooking and leftovers



Cowboy Beef Stew



Chunky Beef Chili

Beef Cuts – Beef Strips

- Uniform-sized strips of beef
- Sliced thinly across the grain to maximize tenderness
- Great for stir-fry dishes with vegetables or as fajitas



Asian Beef Stir-Fry



Stir-Fried Beef Gyros in Pita Pockets

Beef Cuts – Cubed Steak

- Cut thin and mechanically tenderized
- Great value
- Skillet cooking



Parmesan Crusted Cubed
Steak with Zucchini Ribbons



Country Fried Steak with
Tomato Basil S

Additional Resources – BeefItsWhatsForDinner.com

The screenshot shows the website's navigation menu with categories: RECIPES, COOKING, CUTS, NUTRITION, RAISING BEEF, and NEWSROOM. The breadcrumb trail reads: CUTS / CHUCK PRIMAL / SHOULDER CLOD / TOP BLADE / FLAT IRON STEAK. The main content area features a photograph of three flat iron steaks on the left. On the right, the title "FLAT IRON STEAK" is displayed in large, bold, orange letters. Below the title, a list of alternative names is provided: "Also Known As: Boneless Top Chuck Steak; Book Steak; Butler Steak; Flat Iron Steak; Flatiron; Flatiron Steak; Lifter Steak; Petite Steak; Shoulder Top Blade Steak; Shoulder Top Blade Steak, Boneless; Shoulder Top Blade Steak, Boneless, Flat Iron; Top Blade Steak; Top Blade Steak, Boneless". A descriptive paragraph follows: "Extremely tender, well-marbled and flavorful and great for grilling. Cut from the Top Blade." Below this, a diagram titled "WHERE THIS CUT COMES FROM:" shows a cross-section of a beef primal cut with various sections labeled: CHUCK (highlighted in orange), RIB, LOIN, SIRLOIN, ROUND, SHANK, BRISKET, PLATE, and FLANK. To the right of the diagram, the text reads: "CHUCK PRIMAL | PRIMAL CUT" followed by a description: "This large primal comes from the shoulder area and yields cuts known for their rich, beefy flavor. Features roasts ideal for slow-cooking as well as more tender, grill-ready cuts such as the Flat Iron Steak." Below the description is a link: "EXPLORE THIS PRIMAL >". On the far right, a black box titled "BUTCHER'S NOTE" contains the text: "Cutting method removes internal connective tissue from the whole Top Blade, allowing this cut to deliver as the second most tender cut." At the bottom right of the page, there is a "SHARE THIS CUT" button.

BEEF
IT'S WHAT'S FOR DINNER™

RECIPES COOKING CUTS NUTRITION RAISING BEEF NEWSROOM

CUTS / CHUCK PRIMAL / SHOULDER CLOD / TOP BLADE / **FLAT IRON STEAK**

FLAT IRON STEAK

Also Known As: Boneless Top Chuck Steak; Book Steak; Butler Steak; Flat Iron Steak; Flatiron; Flatiron Steak; Lifter Steak; Petite Steak; Shoulder Top Blade Steak; Shoulder Top Blade Steak, Boneless; Shoulder Top Blade Steak, Boneless, Flat Iron; Top Blade Steak; Top Blade Steak, Boneless

Extremely tender, well-marbled and flavorful and great for grilling. Cut from the Top Blade.

WHERE THIS CUT COMES FROM:

CHUCK PRIMAL | PRIMAL CUT

This large primal comes from the shoulder area and yields cuts known for their rich, beefy flavor. Features roasts ideal for slow-cooking as well as more tender, grill-ready cuts such as the Flat Iron Steak.

[EXPLORE THIS PRIMAL >](#)

BUTCHER'S NOTE

Cutting method removes internal connective tissue from the whole Top Blade, allowing this cut to deliver as the second most tender cut.

[SHARE THIS CUT](#)

Additional Resources – Cuts Charts

BEEF CUTS FOR FOODSERVICE

| CHUCK | RIB | LOIN | SIRLOIN | ROUND |
|---|---|---|---|---|
| <p>CHUCK BOWL 100% Beef Chuck Bowl, 100% Beef Chuck Bowl, 100% Beef Chuck Bowl</p> <p>CHUCK EYE (BURNING) STEAK 100% Beef Chuck Eye (Burning) Steak, 100% Beef Chuck Eye (Burning) Steak, 100% Beef Chuck Eye (Burning) Steak</p> <p>COUNTRY-STYLE RIBS 100% Beef Country-Style Ribs, 100% Beef Country-Style Ribs, 100% Beef Country-Style Ribs</p> <p>SHOULDER STEAK 100% Beef Shoulder Steak, 100% Beef Shoulder Steak, 100% Beef Shoulder Steak</p> <p>BRISKET 100% Beef Brisket, 100% Beef Brisket, 100% Beef Brisket</p> <p>FLANK STEAK 100% Beef Flank Steak, 100% Beef Flank Steak, 100% Beef Flank Steak</p> <p>SHORT RIBS 100% Beef Short Ribs, 100% Beef Short Ribs, 100% Beef Short Ribs</p> <p>BRISKET POINT 100% Beef Brisket Point, 100% Beef Brisket Point, 100% Beef Brisket Point</p> <p>SHANK 100% Beef Shank, 100% Beef Shank, 100% Beef Shank</p> | <p>RIB 100% Beef Rib, 100% Beef Rib, 100% Beef Rib</p> <p>PRIME RIB ROAST 100% Beef Prime Rib Roast, 100% Beef Prime Rib Roast, 100% Beef Prime Rib Roast</p> <p>SHOULDER STEAK 100% Beef Shoulder Steak, 100% Beef Shoulder Steak, 100% Beef Shoulder Steak</p> <p>SHORT RIBS 100% Beef Short Ribs, 100% Beef Short Ribs, 100% Beef Short Ribs</p> <p>BRISKET 100% Beef Brisket, 100% Beef Brisket, 100% Beef Brisket</p> <p>FLANK STEAK 100% Beef Flank Steak, 100% Beef Flank Steak, 100% Beef Flank Steak</p> <p>SHORT RIBS 100% Beef Short Ribs, 100% Beef Short Ribs, 100% Beef Short Ribs</p> <p>BRISKET POINT 100% Beef Brisket Point, 100% Beef Brisket Point, 100% Beef Brisket Point</p> <p>SHANK 100% Beef Shank, 100% Beef Shank, 100% Beef Shank</p> | <p>LOIN 100% Beef Loin, 100% Beef Loin, 100% Beef Loin</p> <p>PORTERHOUSE STEAK 100% Beef Porterhouse Steak, 100% Beef Porterhouse Steak, 100% Beef Porterhouse Steak</p> <p>FILET MIGNON 100% Beef Filet Mignon, 100% Beef Filet Mignon, 100% Beef Filet Mignon</p> <p>STRIP STEAK 100% Beef Strip Steak, 100% Beef Strip Steak, 100% Beef Strip Steak</p> <p>SHOULDER STEAK 100% Beef Shoulder Steak, 100% Beef Shoulder Steak, 100% Beef Shoulder Steak</p> <p>SHORT RIBS 100% Beef Short Ribs, 100% Beef Short Ribs, 100% Beef Short Ribs</p> <p>BRISKET 100% Beef Brisket, 100% Beef Brisket, 100% Beef Brisket</p> <p>FLANK STEAK 100% Beef Flank Steak, 100% Beef Flank Steak, 100% Beef Flank Steak</p> <p>SHORT RIBS 100% Beef Short Ribs, 100% Beef Short Ribs, 100% Beef Short Ribs</p> <p>BRISKET POINT 100% Beef Brisket Point, 100% Beef Brisket Point, 100% Beef Brisket Point</p> <p>SHANK 100% Beef Shank, 100% Beef Shank, 100% Beef Shank</p> | <p>SIRLOIN 100% Beef Sirloin, 100% Beef Sirloin, 100% Beef Sirloin</p> <p>TOP SIRLOIN STEAK 100% Beef Top Sirloin Steak, 100% Beef Top Sirloin Steak, 100% Beef Top Sirloin Steak</p> <p>STRIP STEAK 100% Beef Strip Steak, 100% Beef Strip Steak, 100% Beef Strip Steak</p> <p>SHOULDER STEAK 100% Beef Shoulder Steak, 100% Beef Shoulder Steak, 100% Beef Shoulder Steak</p> <p>SHORT RIBS 100% Beef Short Ribs, 100% Beef Short Ribs, 100% Beef Short Ribs</p> <p>BRISKET 100% Beef Brisket, 100% Beef Brisket, 100% Beef Brisket</p> <p>FLANK STEAK 100% Beef Flank Steak, 100% Beef Flank Steak, 100% Beef Flank Steak</p> <p>SHORT RIBS 100% Beef Short Ribs, 100% Beef Short Ribs, 100% Beef Short Ribs</p> <p>BRISKET POINT 100% Beef Brisket Point, 100% Beef Brisket Point, 100% Beef Brisket Point</p> <p>SHANK 100% Beef Shank, 100% Beef Shank, 100% Beef Shank</p> | <p>ROUND 100% Beef Round, 100% Beef Round, 100% Beef Round</p> <p>STRIP STEAK 100% Beef Strip Steak, 100% Beef Strip Steak, 100% Beef Strip Steak</p> <p>SHOULDER STEAK 100% Beef Shoulder Steak, 100% Beef Shoulder Steak, 100% Beef Shoulder Steak</p> <p>SHORT RIBS 100% Beef Short Ribs, 100% Beef Short Ribs, 100% Beef Short Ribs</p> <p>BRISKET 100% Beef Brisket, 100% Beef Brisket, 100% Beef Brisket</p> <p>FLANK STEAK 100% Beef Flank Steak, 100% Beef Flank Steak, 100% Beef Flank Steak</p> <p>SHORT RIBS 100% Beef Short Ribs, 100% Beef Short Ribs, 100% Beef Short Ribs</p> <p>BRISKET POINT 100% Beef Brisket Point, 100% Beef Brisket Point, 100% Beef Brisket Point</p> <p>SHANK 100% Beef Shank, 100% Beef Shank, 100% Beef Shank</p> |

For more information, visit www.beefitswhatsfordinner.com/foodservice

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BEEF CUTS AND RECOMMENDED COOKING METHODS

| CHUCK | RIB | LOIN | SIRLOIN | ROUND | INGREDIENT CUTS |
|--------------------|-----------------------------------|------------------------|---------------------------------|--------------------------|-------------------------|
| Arm Chuck Roast | Cross Rib Chuck Roast | Prime Rib Roast | Porterhouse Steak | Top Sirloin Steak | Top Round* |
| Arm Chuck Steak | Shoulder Steak | Ribeye Steak, Bone-In | T-Bone Steak | Top Sirloin Petite Roast | Stew Meat |
| Blade Chuck Roast | Shoulder Steak | Deck Ribs | Strip Steak, Bone-In | Top Sirloin Filet | Bottom Round |
| Blade Chuck Steak* | Ranch Steak | Ribeye Roast, Boneless | Strip Steak, Boneless | Coulotte Roast | Bottom Round |
| 7-Bone Chuck Roast | Flat Iron Steak | Ribeye Steak, Boneless | Strip Petite Roast | Coulotte Steak | Bottom Round Rump Roast |
| Chuck Center Roast | Top Blade Steak | Ribeye Cap Steak | Strip Filet | Tri-Tip Roast | Eye of Round Roast |
| Denver Steak | Shoulder Petite Tender | Ribeye Petite Roast | Tenderloin Roast | Tri-Tip Steak | Eye of Round Steak |
| Chuck Eye Roast | Shoulder Petite Tender Medallions | Ribeye Filet | Tenderloin Steak (Filet Mignon) | Petite Sirloin Steak | Brisket Flat |
| Chuck Eye Steak | Short Ribs, Bone-In | Ribeye | Tenderloin Steak (Filet Mignon) | Petite Sirloin Steak | Brisket Point |
| Country-Style Ribs | Short Ribs, Bone-In | Ribeye | Tenderloin Steak (Filet Mignon) | Petite Sirloin Steak | Brisket Point |
| | | | | | Flank Steak* |
| | | | | | Short Ribs, Bone-In* |

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Additional Resources – Cooking Lessons

EXPLORE OUR COOKING LESSONS

Curious about the best way to grill a steak or braise a pot roast? Want to know how to make a delicious stir-fry or how to perfectly brown Ground Beef? Our cooking lessons have everything that you need! With step-by-step directions, recipes to try, and an easy way to shop the ingredients needed (using the new "Get Ingredients" button), you'll have a new skill mastered by dinnertime.



GRILLING



INDIRECT GRILLING



SMOKING



BROILING



OVEN ROASTING



SKILLET-TO-OVEN



SKILLET COOKING



STIR-FRY



BRAISING



STEWING



SOUS VIDE



PRESSURE COOKING



Additional Resources – Cooking Lessons



GRILLING BASICS

Grilling is one of the most exciting ways to enjoy beef. Whether cooking on a gas or charcoal grill, in the backyard or at a tailgate, this cooking method provides maximum flavor and optimal tenderness.

CHEF-INSPIRED GRILLING RECIPES FOR THE PERFECT PARTY

Beef has a starring role in your summer barbecue- whether you're meeting with a small group of friends or hosting a large family gathering- we've got you covered! Beef's versatility allows you to plan ahead with marination or prepare a star worthy meal at a moment's notice! Impress your guests and learn delicious new ways to grill beef, proper doneness and meal planning tips.

Additional Resources – BeefItsWhatsForDinner.com

BEEF
IT'S WHAT'S FOR DINNER™

TOGETHER WE BRING MORE

LEARN MORE >

RECIPES

COOKING

CUTS

NUTRITION

RAISING BEEF

NEWSROOM

Discover the Beef Sustainability Story from Around the Country

HELLO DO YOU HAVE A BEEF QUESTION?



Thank You

