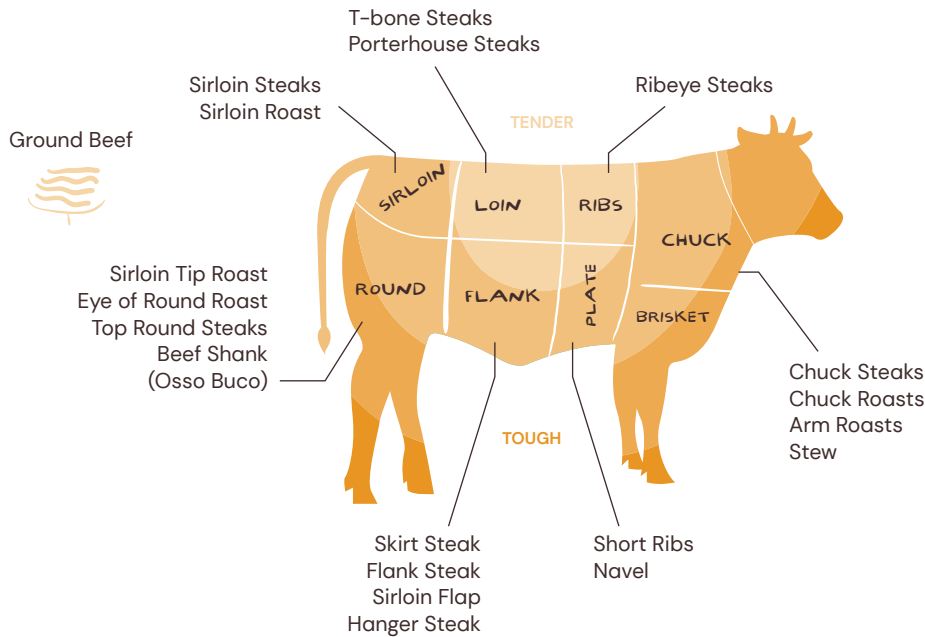


Beef Preparation Chart



Key

Formats

- Boneless **O**
- Bone-in **/**

Prep

- Barbecue **BAR**
- Braise **BRA**
- Broil **BR0**
- Grill **GR**
- Pan Fry **PF**
- Pan Roast **PR**
- Roast **R0**

Primal	Formats	Common cut name	Also Known As	Prep (see key)
CHUCK	/ O	Chuck-eye Steaks	<i>Delmonico</i>	BR0, GR, PF, PR
	O	Ranch Steak	<i>Shoulder Clod Steak</i>	BR0, GR, PF, PR
	O	Flat Iron	<i>Top Blade</i>	BR0, GR, PF, PR
	O	Shoulder Tender	<i>Petit Tender, Teres Major</i>	GR, PR
	O	Chuck Eye Roll		BAR, R0
	O	Shoulder Clod	<i>Shoulder Center, Clod Heart, Ranch Steak</i>	BAR, R0
	/ O	Chuck Roast	<i>7-Bone Roast</i>	BAR, BRA, R0
	/ O	Arm Chuck Roast	<i>Round Bone Roast</i>	BAR, BRA, R0
	O	Denver Roast	<i>Under Blade Roast, Chuck Short Ribs</i>	BAR, BRA, GR, R0
	O	Denver Steak	<i>Under Blade Steak</i>	BR0, GR, PF, PR
	O	Brisket	<i>Point, Flat</i>	BAR, BRA
	/ O	Neck		BRA
RIB	/ O	Ribeye	<i>Delmonico</i>	BR0, GR, PF, PR
	/ O	Rib Roast	<i>Standing Rib Roast</i>	BAR, R0
	/	Back Ribs		BAR, BRA, GR, R0

Primal	Formats	Common cut name	Also Known As	Prep
LOIN	/ O	T-Bone/Porterhouse Steak		BR0, GR, PF, PR
	/ O	Strip Steak	New York Steak, Kansas City Steak	BR0, GR, PF, PR, R0
	O	Tenderloin	Filet Mignon	BR0, GR, PF, PR, R0
	/ O	Strip Roast	Loin Roast	BAR, R0
	O	Top Sirloin Steak	Baseball Steak	BR0, GR, PF, PR
	O	Sirloin Cap	Culotte	BR0, GR, PF, PR
	/	Bone-in Sirloin Steak	Pin-bone Steak	BAR, BR0, GR, PR, R0
	O	Tri-Tip	Pin-bone Steak	BAR, GR, PR, R0
PLATE	/	Short Ribs	Flanken Ribs, English-style Ribs	BAR, BRA, GR
	O	Navel		BAR, BRA
FLANK	O	Flank Steak	London Broil	BR0, GR, PR
	O	Skrit Steak	Outside Skirt, Inside Skirt, Fajita Meat	BR0, GR, PF, PR
	O	Sirloin Flap	Flap Meat, Bavette	BR0, GR, PF, PR
	O	Hanger Steak	Butchers Steak	BR0, GR, PF, PR
ROUND	O	Sirloin Tip Steak	Kuckle Steak, Rump Steak	BR0, GR, PF, R0
	O	Sirloin Tip Roast	Knuckle Roast, Rump Roast	BAR, R0
	O	Top Round Steak	Bistro Steak	BR0, GR, PF, PR
	O	Top Round Roast	London Broil	R0
	O	Eye of Round Steak	Minute Steak	BR0, GR, PF, PR
	O	Eye of Round Roast		R0
	O	Bottom Round Roast	Outside Round Roast	BAR, BRA, R0
OFFAL & BONES	O	Heart		BRA, BR0, GR, PF
	O	Tongue		BRA
	O	Liver		GR, PF, PR
	O	Kidneys		BR0, GR, PF, PR
	O	Oxtail		BRA
	O	Cheeks		BRA
	O	Shanks		BRA
	/	Marrow Bones		GR, R0



For descriptions of these cooking methods, search for "A Concise Glossary of Cooking Methods" on our website, www.goodmeatproject.org.

About this Guide

Just about all meat tastes delicious if you cook it right. And you'll know how to cook it right if you have a basic understanding of how an animal moved during its lifetime and how an animal's individual muscles typically move and for what reason. But we know that it's impossible to acquire that kind of knowledge and intuition overnight. For that reason, we've created this preparation chart to help guide you.

Note that we have not included the methods of sous vide or pressure cooking in this chart, because these are methods that can be applied to nearly every cut. We encourage you to try these methods, if you have the equipment to do so.