

## TUCSON CSA: BEEF CUTS EXPLAINED (from epicurious.com)

### STEAKS – TENDERLOIN AND TOP LOIN (PART OF SHORT LOIN)

Of the major wholesale cuts of beef, this is the most tender. It lies in the middle of the back between the sirloin and the rib, and the muscles in this section do little that could toughen them. The two main muscles in the short loin are the tenderloin and the top loin. The elongated **tenderloin** muscle (when separated from the bone and the rest of the short loin) can be sold as *tenderloin roasts* (often labeled [CHATEAUBRIANDS](#)), or cut into [TOURNEDOS](#); or [FILET MIGNON](#) steaks. The **top loin** muscle with the bone attached is called a [CLUB STEAK](#). When removed from the bone, the same muscle is marketed as *New York* (or *Kansas City*) [STRIP STEAK](#); or [DELMONICO STEAK](#). When the bone is left in and portions of both the tenderloin and top loin muscles are included, the short loin is the source of [PORTERHOUSE STEAKS](#) and [T-BONE STEAKS](#)

### STEAKS - NEW YORK STEAK (PART OF SHORT LOIN)

Also known as *New York strip steak* and *shell steak*, this cut of meat comes from the most tender section of beef, the [SHORT LOIN](#). It's the boneless top loin muscle and is equivalent to a [PORTERHOUSE](#) steak minus tenderloin and bone. Depending on the region, it's also marketed as *Delmonico steak*, *Kansas City (strip) steak*, *shell steak*, *sirloin club steak* and *strip steak*. This tender cut may be broiled, grilled or sautéed.

### STEAKS - RIB STEAK (PART OF SHORT LOIN)

This tender, flavorful steak is a cut from the rib section (between the [SHORT LOIN](#) and the [CHUCK](#)). If the bones are removed the result is the extremely tender *rib-eye steak*. Both should be quickly cooked by grilling, broiling or frying.

### STEAKS - T-BONE STEAK (PART OF SHORT LOIN)

Cut from the center of the [SHORT LOIN](#), this steak has a T-shaped bone that separates the small tenderloin section from the larger top loin. The porterhouse steak differs from the T-bone in that it contains a larger portion of the tenderloin.

### STEAKS - PORTERHOUSE STEAK (PART OF SHORT LOIN)

A steak cut from the large end of the [SHORT LOIN](#) containing meat from both the tenderloin (the most tender cut of meat) and the top loin muscle. This is one of the best and most expensive steaks.

### STEAKS - SIRLOIN

This cut of beef lies between the very tender [SHORT LOIN](#) and the much tougher [ROUND](#). As would be expected, the meat cuts from the portion near the short loin are more tender than those closer to the round. Sirloin is usually cut into steaks or roasts. Bone removed, the cuts are referred to by the names of the three main muscles. **Top sirloin** is a continuation of the tender top loin muscle of the short loin. The **tenderloin** is part of the tenderest muscle (which also continues from the short loin) and the **bottom sirloin**, which is part of the same (less tender) **sirloin tip** muscle found in the [ROUND](#). The best-known bone-in sirloin steaks (in order of tenderness) are **pinbone**, **flat bone**, **round bone** and **wedge bone**.

## TUCSON CSA: BEEF CUTS EXPLAINED (from epicurious.com)

### ROASTS – CHUCK ROAST

An inexpensive beef cut taken from between the neck and shoulder blade. The most popular cuts of chuck are roasts and steaks. Chuck roasts usually include a portion of the blade bone, which is why they're sometimes referred to as *blade pot roasts*. For maximum tenderness, chuck cuts must be cooked slowly, as in stewing or braising.

### ROASTS – ROUND ROASTS (LARGER) AND STEAKS (THINNER)

This section of the hind leg of beef extends from the rump to the ankle. Since the leg has been toughened by exercise, the round is less tender than some cuts. There are six major sections into which the round can be divided: the rump; the four main muscles (top round, sirloin tip, bottom round and eye of round); and the heel. The **rump** is a triangular cut taken from the upper part of the round. This flavorful section is generally cut into *rump steaks* or two or three roasts that, when boned and rolled, are referred to as *rump roasts*. Those with the bone in are called *standing rump roasts*. Pieces from the rump section are best cooked by moist-heat methods. The **top round**, which lies on the inside of the leg, is the most tender of the four muscles in the round. Thick top-round cuts are often called *butterball steak* or *London broil*, whereas thin cuts are referred to simply as *top round steak*. The boneless **sirloin tip** is also called *top sirloin*, *triangle* and *loin tip*. The better grades can be oven-roasted; otherwise moist-heat methods should be used. The **bottom round** can vary greatly in tenderness from one end of the cut to the other. It's usually cut into steaks (which are often [CUBED](#)) or the *bottom round roast*. The well-flavored **eye of the round** is the least tender muscle, although many mistakenly think otherwise because it looks like the [TENDERLOIN](#). Both steaks and roasts from this cut require slow, moist-heat cooking. A cut that includes all four of these muscles is usually called *round steak* and those cut from the top (and which are of the best grades) can be cooked with dry heat. Near the bottom of the round is the toughest cut, the **heel of the round**. It's generally used for ground meat but can sometimes be found as a roast.

# TUCSON CSA: BEEF CUTS EXPLAINED (from [epicurious.com](http://epicurious.com))

## OTHER CUTS

### SHORT RIBS AND BBQ RIBS

Rectangles of beef about 2 inches by 3 inches, usually taken from the [CHUCK](#) cut. Short ribs consist of layers of fat and meat and contain pieces of the rib bone. They're very tough and require long, slow, moist-heat cooking. Short ribs contain more meat than bone.

BBQ ribs contain more bone than meat. Their meat becomes tender and succulent with slow cooking over low, indirect heat. Marinate the ribs overnight and allow for three hours of cooking time on the grill.

### BRISKET

A cut of beef taken from the breast section under the first five ribs. Brisket is usually sold without the bone and is divided into two sections. The **flat cut** has minimal fat and is usually more expensive than the more flavorful **point cut**, which has more fat. Brisket requires long, slow cooking and is best when braised. Corned beef is made from brisket.

### FLANK STEAK

Long, thin and fibrous, this boneless cut of beef comes from the animal's lower hindquarters. It's usually tenderized by marinating, then broiled or grilled whole.

### LONDON BROIL

A term also used for various thick cuts of meat including sirloin tip (*see* [SIRLOIN](#)) and top round (*see* [ROUND](#)).

### SKIRT STEAK

Cut from the beef flank, the skirt steak is the diaphragm muscle (which lies between the abdomen and chest cavity). It's a long, flat piece of meat that's flavorful but rather tough. Properly cooked, skirt steak can be quite tender and delicious. It can either be quickly grilled, or stuffed, rolled and braised. Recently, skirt steak has become quite fashionable because of the delicious Southwestern dish, [FAJITAS](#).

### SOUP BONES, OR SHANKS

The front leg of beef, veal, lamb or pork. Though very flavorful, it's full of connective tissue and is some of the toughest meat on the animal. It therefore requires a long, slow cooking method such as braising. Beef shank is used for ground beef; a popular veal shank preparation is [OSSO BUCO](#).

## **TUCSON CSA: BEEF CUTS EXPLAINED (from epicurious.com)**

### **OXTAIL**

Is the tail of the beef which contains many bones but is quite flavorful. It can be tough, depending upon the age of the animal, and requires long, slow braising. It is often used for stews or soups such as oxtail soup. Oxtail originally came from ox but nowadays the term generally refers to beef or veal tail.

### **HEART**

Since heart consists almost entirely of muscle, it tends to be quite tough. In general, the younger the animal, the more tender the heart. Refrigerate, loosely wrapped, for no more than a day or two. Before using, remove any excess fat and wash thoroughly. Heart can be braised, stewed or chopped and added to cooked dishes such as stews. Small hearts, such as those from young lambs and pigs, are often stuffed and sautéed or roasted and served one per person. Chicken hearts from a young bird can also be sautéed.

### **LIVER**

The largest and one of the most important organs, liver has immense nutritional value. Refrigerate loosely wrapped for no more than a day. Liver can be prepared in a variety of ways though quick sautéing is the most popular. It toughens quickly with overcooking. Liver is rich in iron, protein and vitamin A.

### **HEART**

Since heart consists almost entirely of muscle, it tends to be quite tough. In general, the younger the animal, the more tender the heart. Refrigerate, loosely wrapped, for no more than a day or two. Before using, remove any excess fat and wash thoroughly. Heart can be braised, stewed or chopped and added to cooked dishes such as stews.