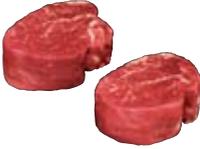


## A GUIDE TO BEEF CUTS

FALL 2009

	VARIETY	CHARACTERISTICS	SERVING SUGGESTIONS
	<b>Rib-Eye Steak</b>	Tender with a rich, hearty flavor. Excellent marbling.	Grill, broil or pan-sear.
	<b>Porterhouse Steak</b>	One of the more tender cuts of beef. Includes a New York Strip on one side of the bone and a tenderloin on the other.	Top cooked steaks with: <ul style="list-style-type: none"> <li>• Blue cheese</li> <li>• Garlic butter</li> <li>• Sautéed mushrooms</li> <li>• A drizzle of olive oil and fresh lemon juice</li> </ul>
	<b>Beef Tenderloin Steak</b>	Fine, melt-in-your mouth texture. Most tender cut of beef. Mild flavor.	Wrap beef tenderloin with bacon before cooking.
	<b>Top Round Steak</b>	Leaner cut of beef. Most tender of the round cuts.	Use a tenderizing marinade (one with an acid such as wine, vinegar, or citrus juice), then grill or broil. Since these are lean cuts, they are best cooked no more than medium-rare.
	<b>Eye Round Steak</b>	Leaner cut of beef with minimal marbling.	
	<b>Flank Steak</b>	Lean and muscular. Should be sliced thinly against the grain for maximum tenderness.	
	<b>Brisket</b>	Leaner cut of beef with minimal marbling. Rich flavor. Slow-cook methods yield tender results.	Use moist heat cooking methods such as braising and pot-roasting. Slice or shred cooked beef for BBQ sandwiches.
	<b>Boneless Chuck Roast</b>	Lean cut with rich flavor. Slow-cook methods yield tender results.	
	<b>Eye Round Roast</b>	Leaner cut of beef with minimal marbling. Slow-cook methods yield tender results.	Braise or use a tenderizing marinade and grill or roast to no more than medium-rare.