



BEEF CUTS

AND RECOMMENDED COOKING METHODS



CHUCK		RIB	LOIN		ROUND	INGREDIENT CUTS	
							
Arm Chuck Roast ● ● ● ● ●	Cross Rib Chuck Roast ● ● ● ● ●	Prime Rib Roast ● ● ● ● ●	Porterhouse Steak ● ● ● ● ●	Top Sirloin Steak ● ● ● ● ● ● ● ● ●	Top Round Roast* ● ● ● ● ●	Kabobs* ● ● ● ● ●	
							
Arm Chuck Steak ● ● ● ● ●	Shoulder Roast ● ● ● ● ●	Ribeye Steak, Bone-In ● ● ● ● ●	T-Bone Steak ● ● ● ● ●	Top Sirloin Petite Roast ● ● ● ● ● ● ● ● ●	Top Round Steak* ● ● ● ● ●	Stew Meat ● ● ● ● ●	
							
Blade Chuck Roast ● ● ● ● ●	Shoulder Steak* ● ● ● ● ●	Back Ribs ● ● ● ● ●	Strip Steak, Bone-In ● ● ● ● ●	Top Sirloin Filet ● ● ● ● ●	Bottom Round Roast ● ● ● ● ●	Strips ● ● ● ● ●	
							
Blade Chuck Steak* ● ● ● ● ●	Ranch Steak ● ● ● ● ●	Ribeye Roast, Boneless ● ● ● ● ●	Strip Steak, Boneless ● ● ● ● ●	Coulotte Roast ● ● ● ● ● ● ● ● ●	Bottom Round Steak* ● ● ● ● ●	Cubed Steak ● ● ● ● ●	
							
7-Bone Chuck Roast ● ● ● ● ●	Flat Iron Steak ● ● ● ● ●	Ribeye Steak, Boneless ● ● ● ● ●	Strip Petite Roast ● ● ● ● ●	Coulotte Steak ● ● ● ● ● ● ● ● ●	Bottom Round Rump Roast ● ● ● ● ●	Ground Beef & Ground Beef Patties ● ● ● ● ● ● ● ● ●	
							
Chuck Center Roast ● ● ● ● ●	Top Blade Steak ● ● ● ● ●	Ribeye Cap Steak ● ● ● ● ●	Strip Filet ● ● ● ● ●	Tri-Tip Roast ● ● ● ● ● ● ● ● ●	Eye of Round Roast ● ● ● ● ●	Shank Cross-Cut ● ● ● ● ●	
							
Denver Steak ● ● ● ● ●	Shoulder Petite Tender ● ● ● ● ●	Ribeye Petite Roast ● ● ● ● ●	Tenderloin Roast ● ● ● ● ●	Tri-Tip Steak ● ● ● ● ●	Eye of Round Steak* ● ● ● ● ●	Tenderloin Tips ● ● ● ● ●	
					BRISKET		PLATE & FLANK
Chuck Eye Roast ● ● ● ● ●	Shoulder Petite Tender Medallions ● ● ● ● ●	Ribeye Filet ● ● ● ● ●	Tenderloin Steak (Filet Mignon) ● ● ● ● ●	Petite Sirloin Steak ● ● ● ● ●			
					Brisket Flat ● ● ● ● ●		Skirt Steak* ● ● ● ● ●
		KEY TO RECOMMENDED COOKING METHODS ● Grilling ● Stir-Fry ● Oven Roasting ● Broiling ● Braising ● Pressure Cooking ● Skillet Cooking ● Indirect Grilling ● Skillet-to-Oven ● Smoking <i>*For best results, marinate before cooking</i>					
Chuck Eye Steak ● ● ● ● ●	Short Ribs, Bone-In ● ● ● ● ●			Sirloin Bavette Steak ● ● ● ● ●	Brisket Point ● ● ● ● ●	Flank Steak* ● ● ● ● ●	
	★ = LEAN These cuts meet the government guidelines for lean, based on cooked servings, visible fat trimmed.						
Country-Style Ribs ● ● ● ● ●						Short Ribs, Bone-In* ● ● ● ● ●	

A cut of cooked fresh meat is considered "lean" when it contains less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 mg of cholesterol per 100 grams (3½ oz) and per RACC (Reference Amount Customarily Consumed), which is 85 grams (3 oz).



CORTES DE CARNE

Y MÉTODOS DE COCCIÓN RECOMENDADOS

**BEEF
LOVING**
TE★ANS®
TEXAS BEEF COUNCIL

ESPALELLA

COSTILLAR

LOMO

PIERNA

CORTE DE INGREDIENTES

 Brazuelo en trozo ● ● ●	 Costillas cargadas en trozo ● ●	 Chuletón en trozo, Con Hueso ●	 Bistec porterhouse ● ● ●	 Bistec de aguayón ● ● ● ● ★	 Asado redondo en trozo* ● ● ★	 Brochetas* ● ●
 Brazuelo en bistec ● ●	 Paleta en trozo ● ● ★	 Bistec de ribeye, Con Hueso ● ● ●	 T-Bone ● ● ●	 Aguayón chico en trozo ● ● ● ★	 Filete redondo superior* ● ● ● ● ★	 Carne para guisado ●
 Carne para guisado ●	 Bistec del hombro* ● ● ● ★	 Costillas posteriores ● ●	 Bistec de lomo, Con Hueso ● ● ● ★	 Filete de aguayón ● ● ● ★	 Asado redondo inferior ● ● ★	 Tiras ● ●
 Chuletón* ● ●	 Bistec de carne ranchera ● ● ★	 Ribeye en trozo, Sin Hueso ● ●	 Bistec de lomo, Sin Hueso ● ● ● ★	 Tapa de aguayón en trozo ● ● ● ● ★	 Filete redondo inferior* ● ● ★	 Bistec ablandado mecánicamente ● ●
 Paleta del 7 en trozo ●	 Bistec de diezmillo ● ● ● ●	 Bistec de ribeye, Sin Hueso ● ● ●	 Lomo chico en trozo ● ● ★	 Bistec de tapa de aguayón ● ● ● ● ★	 Pulpa blanca de cadera en trozo ● ● ★	 Carne Molida y Empanadas de Carne Molidas ● ● ●
 Centro de diezmillo en trozo ● ●	 Bistec de paleta en trozo ● ● ●	 Bistec de tapa de ribeye ● ● ●	 Filete de lomo ● ● ● ● ★	 Empuje en trozo ● ● ● ● ★	 Cuete en trozo ● ● ★	 Chambarete con hueso, porcionado ● ★
 Bistec de paleta inferior ● ● ●	 Filete de cuchilla superior ● ● ● ● ★	 Ribeye chico en trozo ● ● ★	 Filete mignon en trozo ● ● ● ● ★	 Bistec de empuje ● ● ● ★	 Bistec de cuete* ● ● ● ● ★	 Puntas de filete ● ★
 Corazón de diezmillo en trozo ● ● ★	 Medallones de hombro tierno ● ● ● ● ★	 Filete de ribeye ● ● ● ★	 Bistec de filete ● ● ● ★	 Bistec de aguayón chico ● ● ●	PECHO	
 Bistec de corazón de diezmillo ● ● ●	 Costillas cortas, con hueso ● ●	CLAVE PARA LOS MÉTODOS DE COCCIÓN RECOMENDADOS ● PARILL O ASAR ● CACEROLA ● DEL SARTEN AL HORNO ● COCCION LENTA ● SARTÉN ● SALTEADO ● ASADVO INDIRECTO *Marinar antes de cocinar para obtener mejores resultados			 Corte plano de pecho ● ●	 Bistec de arrachera* ● ● ●
 Bistec de aguayón Bavette ● ● ●	 Punta de pecho ● ●				 Bistec de flanco* ● ● ★	
 Costillas estilo campesino ● ● ● ●	★ = DE CARESTÍA Estos recortes cumplen con las pautas del gobierno para carne magra, basado en raciones cocinadas, grasa visible recortada.				 Costillas cortas* ● ●	

Todos los cortes de carne magra tienen menos de 10 gramos de grasa total, 4.5 gramos o menos de grasa saturada y menos de 95 miligramos de colesterol por porción de 3½ onzas. A base de raciones cocinadas, grasa visible recortada.