

BEEF SECTION

Quit



Home

Cuts of Beef

[Brisket, Whole, Boneless](#)
[Brisket Flat Half, Boneless](#)
[Brisket Corned](#)
[Chuck Arm Pot-Roast](#)
[Chuck Arm Pot-Roast, Boneless](#)
[Chuck Blade Roast](#)
[Chuck Eye Roast, Boneless](#)
[Chuck Eye Steak, Boneless](#)
[Chuck Mock Tender Roast](#)
[Chuck Mock Tender Steak](#)
[Chuck Petite Tender](#)
[Chuck Shoulder Pot Roast, Boneless](#)
[Chuck 7-bone Pot-Roast](#)
[Chuck Top Blade Steak](#)
[Ribeye Roast, Boneless](#)
[Ribeye Steak, Boneless](#)
[Ribeye Steak, Lip-On](#)

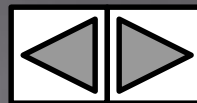
[Rib Roast](#)
[Loin Porterhouse Steak](#)
[Loin T-Bone Steak](#)
[Loin Tenderloin Roast](#)
[Loin Tenderloin Steak](#)
[Loin Top Loin Steak](#)
[Loin Top Loin Steak, Boneless](#)
[Loin Top Sirloin Cap Steak, Boneless](#)
[Loin Top Sirloin Steak, Boneless Cap Off](#)
[Loin Top Sirloin Steak, Boneless](#)
[Loin Tri Tip Roast](#)
[Round Bottom Round Roast](#)
[Round Bottom Round Steak](#)
[Round Bottom Round Rump Roast](#)
[Round Eye Round Roast](#)
[Round Eye Round Steak](#)
[Round Steak](#)

[Round Steak, Boneless](#)
[Round Tip Roast - Cap Off](#)
[Round Tip Steak - Cap Off](#)
[Round Top Round Roast](#)
[Round Top Round Steak](#)
[Flank Steak](#)
[Plate Short Ribs](#)
[Plate Skirt Steak, Boneless](#)
[Beef for Stew](#)
[Cubed Steak](#)
[Ground Beef](#)
[Heart](#)
[Kidney](#)
[Liver](#)
[Oxtail](#)
[Tongue](#)
[Tripe](#)

Directions:

Carcass

(Click to view carcass)



Identification

(Click to view identification)

Brisket, Whole, Boneless

Cut from the section between the foreshank and the plate. Contains layers of fat and lean, with the sternum and rib bones removed.



Carcass



Identification

Brisket Flat Half, Boneless

Cut from the rear portion of the brisket, closest to the plate layers. Sternum and rib bones are removed.



Carcass



Identification

Brisket Corned

Cut from any section of the brisket between the foreshank and the plate. Sternum and rib bones are removed; cured in a salt brine (pickled). Typically darker in color.



Carcass



Identification

Chuck Arm Pot-Roast

Contains the circular arm bone and sometimes cross sections of rib bones. Can be identified by three sections comprising one muscle.



Carcass



Identification

Chuck Arm Pot-Roast, Boneless

The arm bone is removed, leaving an opening. Can be identified by three sections comprising one muscle.



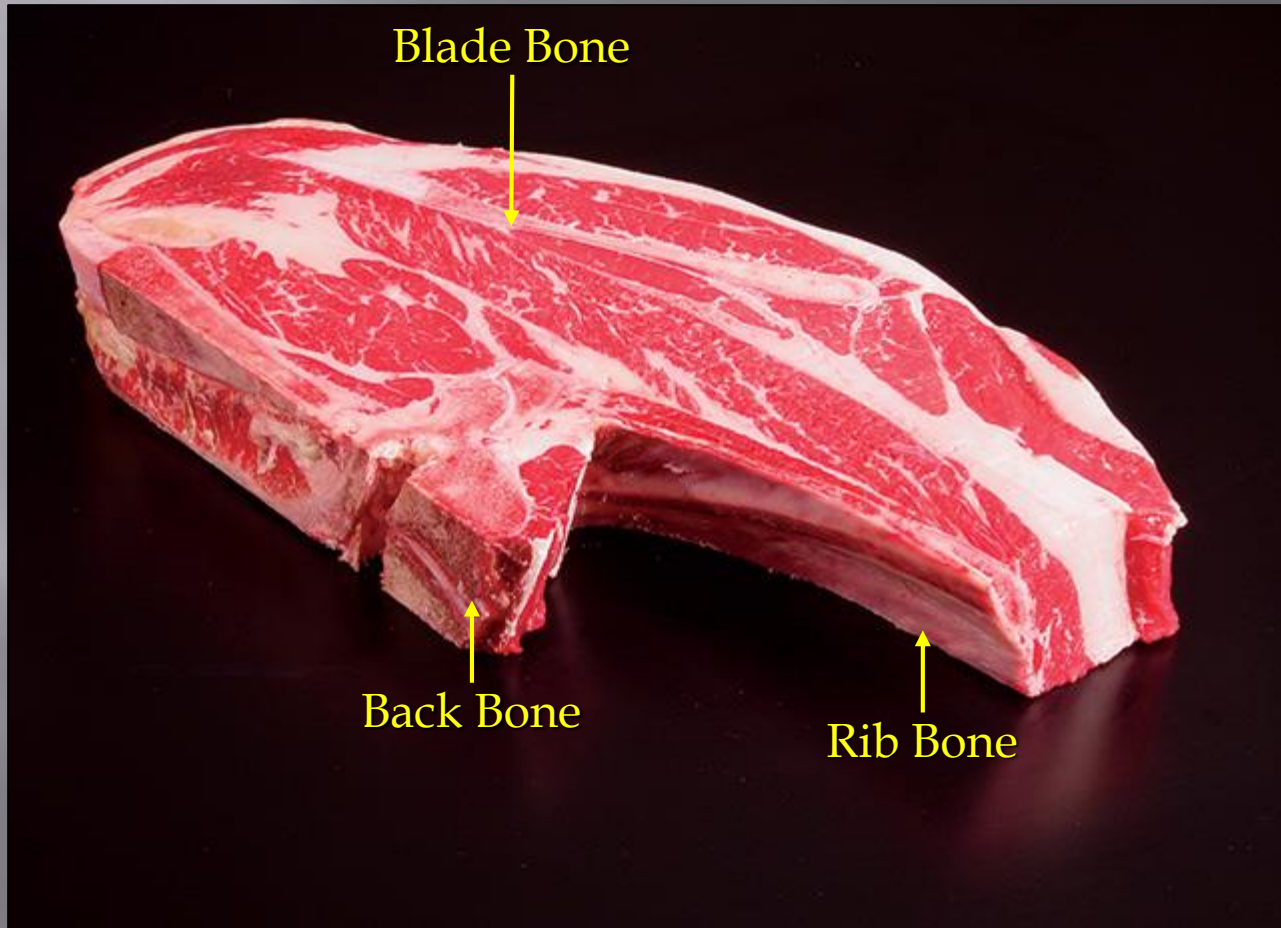
Carcass



Identification

Chuck Blade Roast

Cut from the blade side of the chuck. Contains the characteristic shoulders blade bone, a segment of backbone, and a rib bone. It is a least 1½ to 2 inches thick. The lean is composed of a variety of muscles, including the inside chuck and clod muscles.



Carcass



Identification

Chuck Eye Roast, Boneless

Contains meaty inside muscles of blade and chuck, some seam fat, and little or no fat cover.



Carcass



Identification

Chuck Eye Steak, Boneless

Crosscut of the meaty inside muscles of the blade and chuck, some seam fat, and little or no fat cover.



Carcass



Identification

Chuck Mock Tender Roast

Consists of a single, tapering round muscle on the outside of the blade portion of the chuck. Naturally boneless and smaller than the tenderloin.



Carcass



Identification

Chuck Mock Tender Steak

Cut from the mock tender above the blade bone. Naturally boneless and consists of a single muscle with no fat covering. Can be identified by the natural split and seam in the center.



Carcass



Identification

Chuck Petite Tender

Cut from the blade of the chuck, has elongated muscles, and no fat covering. Very tender cut that is delicate to remove.



Carcass



Identification

Chuck Shoulder Pot Roast, Boneless

Cut from the arm portion of the chuck. Boneless with little fat cover.



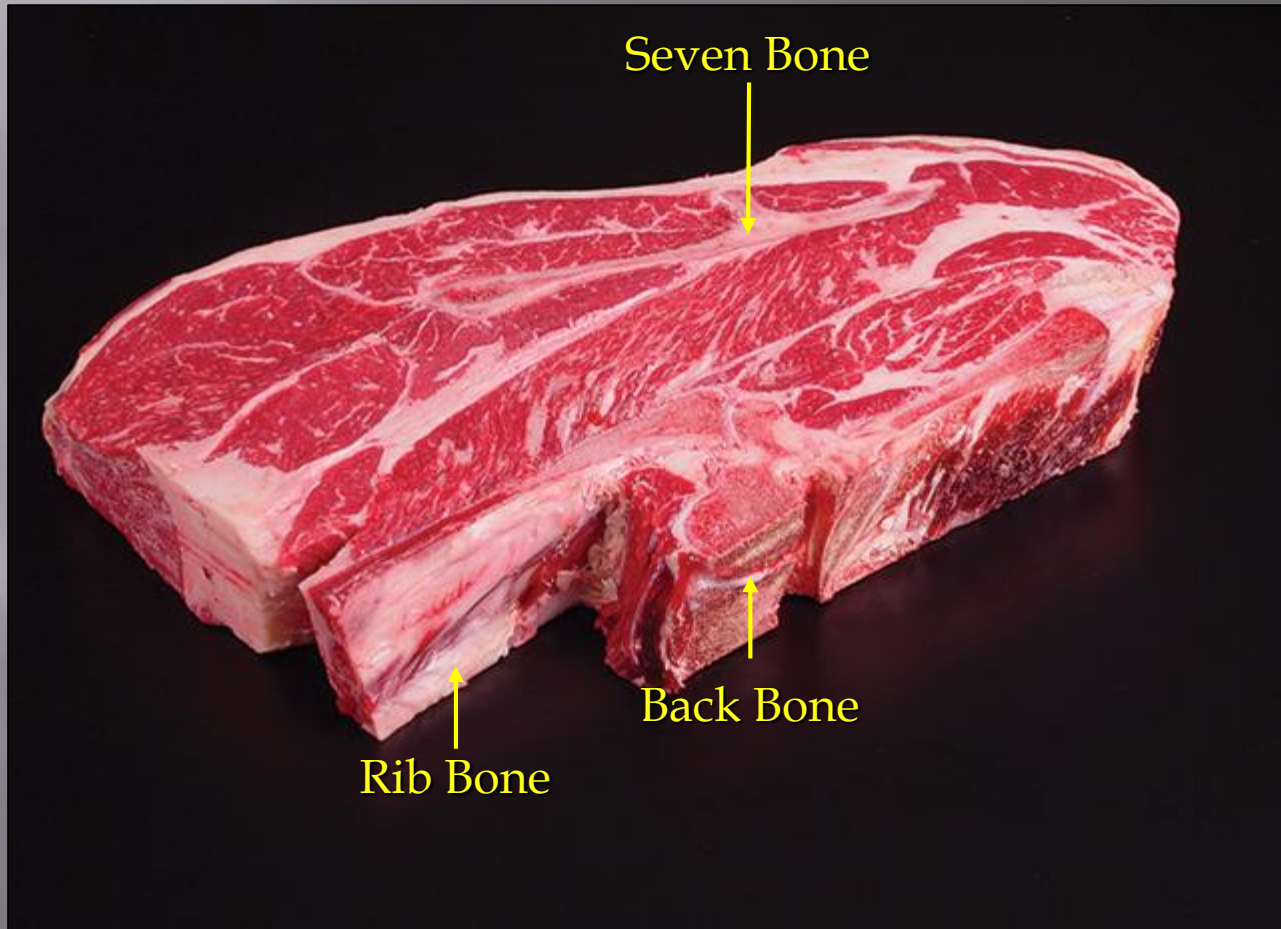
Carcass



Identification

Chuck 7-bone Pot-Roast

Cut from the center of the blade portion of the chuck. Identified by a 7-or reverse-7-shaped blade bone. Contains the backbone, rib bone, and a variety of muscles.



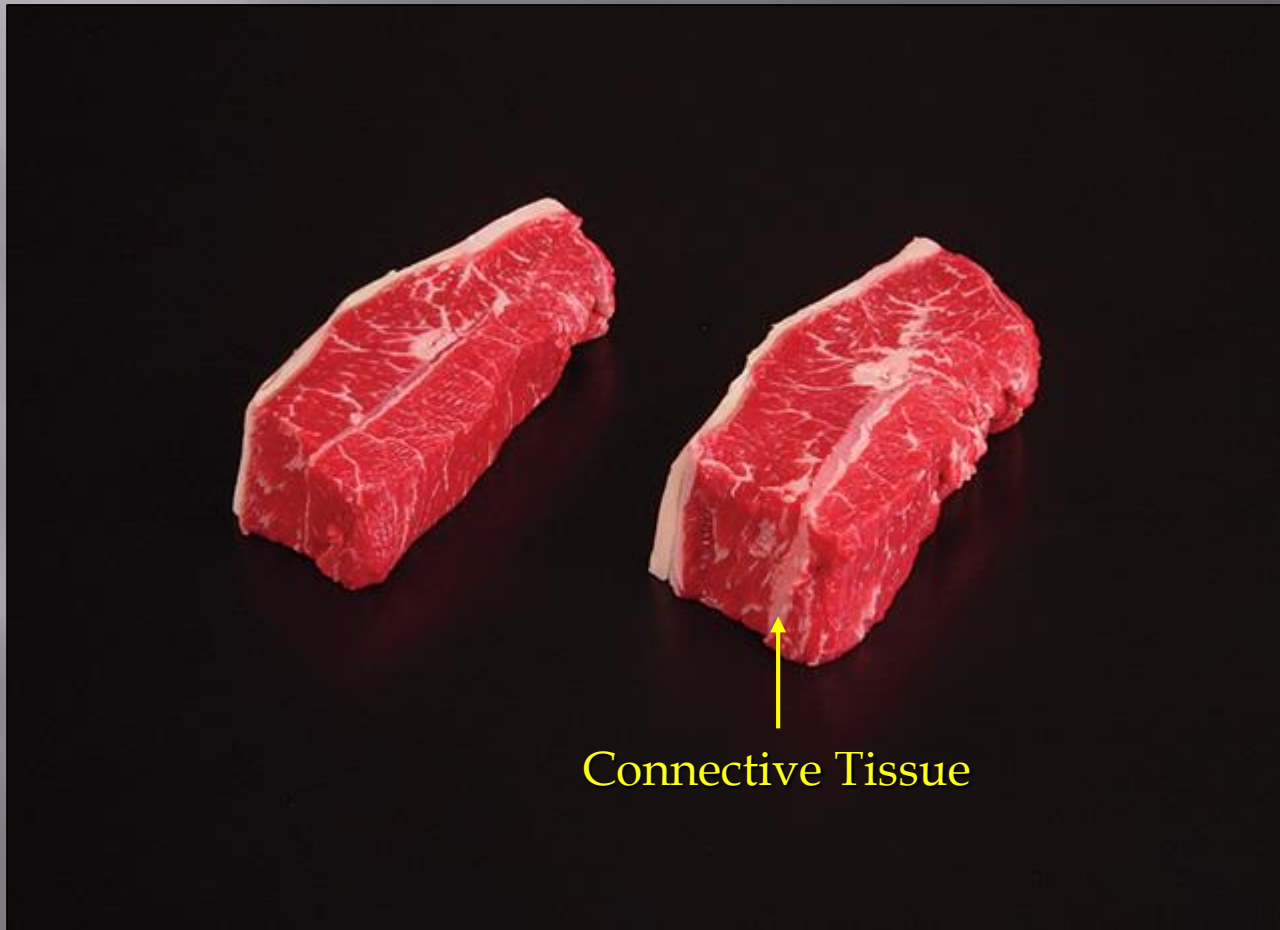
Carcass



Identification

Chuck Top Blade Steak

Cut taken from the blade bone and is naturally boneless. Oval-shaped, with minimal fat; contains a large amount of connective tissue.



Carcass



Identification

Ribeye Roast, Boneless

Contains the large center rib eye muscle and one thin, capping muscle of the rib. All other major muscles, bones, and most of the seam fat are removed.



Carcass



Identification

Ribeye Steak, Boneless

Contains the large center ribeye muscle with a thin, capping muscle. Can be identified by the fat seam dividing the muscles and lack of bones.



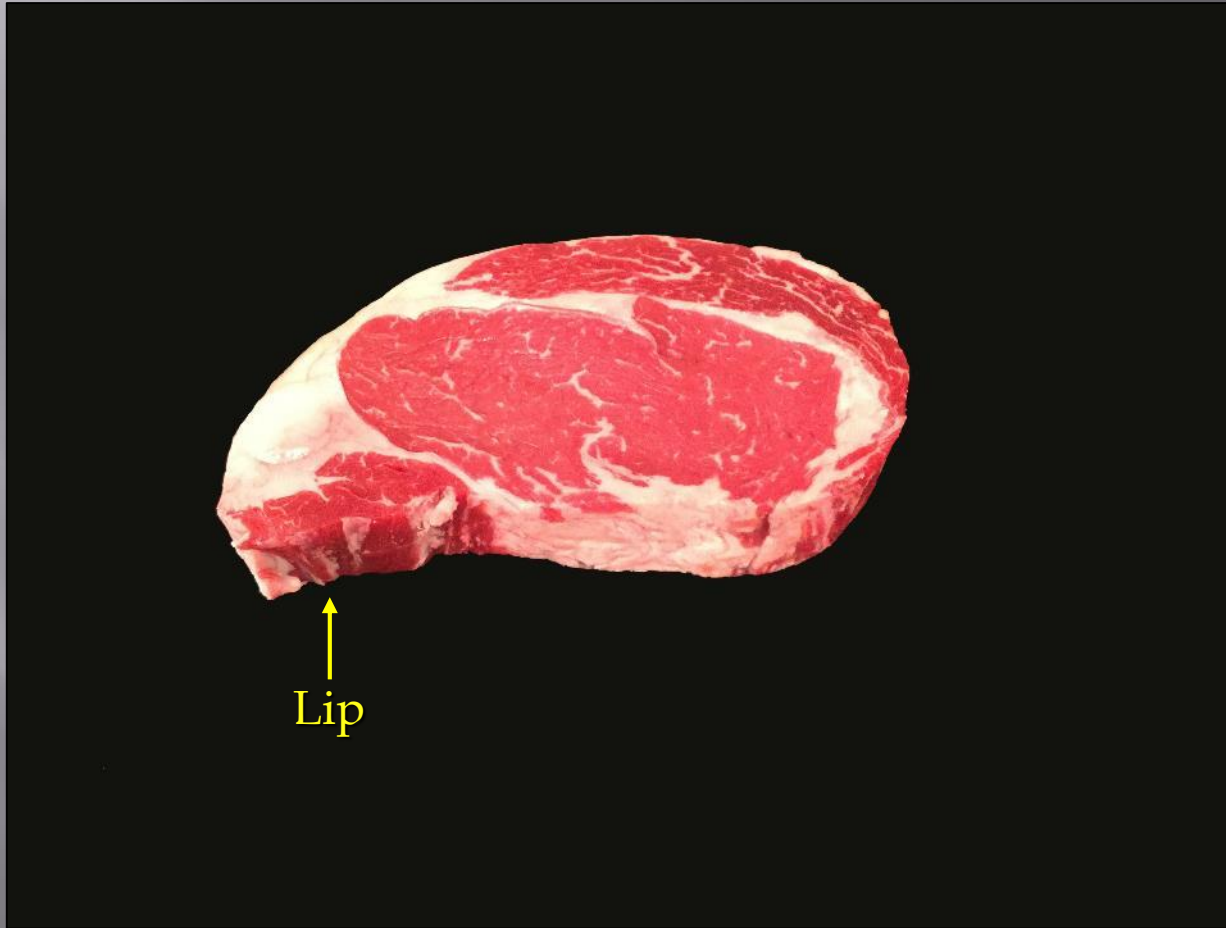
Carcass



Identification

Ribeye Steak, Lip-On

Contains the large center ribeye muscle, a thin capping muscle, and the lip. All other major muscles, bones, and most of the seam fat are removed.



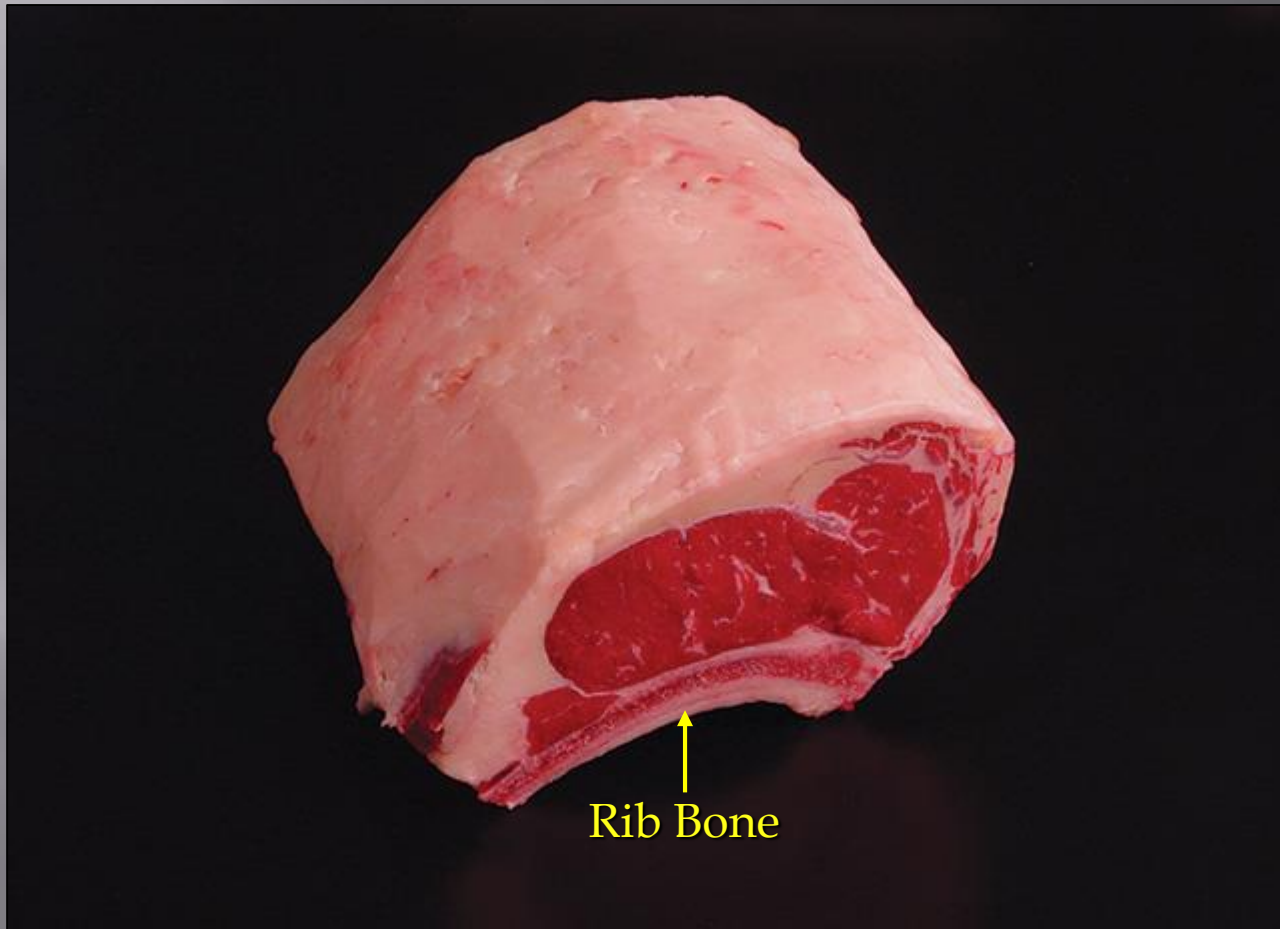
Carcass



Identification

Rib Roast

Cut from the rib and contains the large ribeye muscle as well as possibly other muscles, depending where it is cut. It contains a portion of the rib bones.



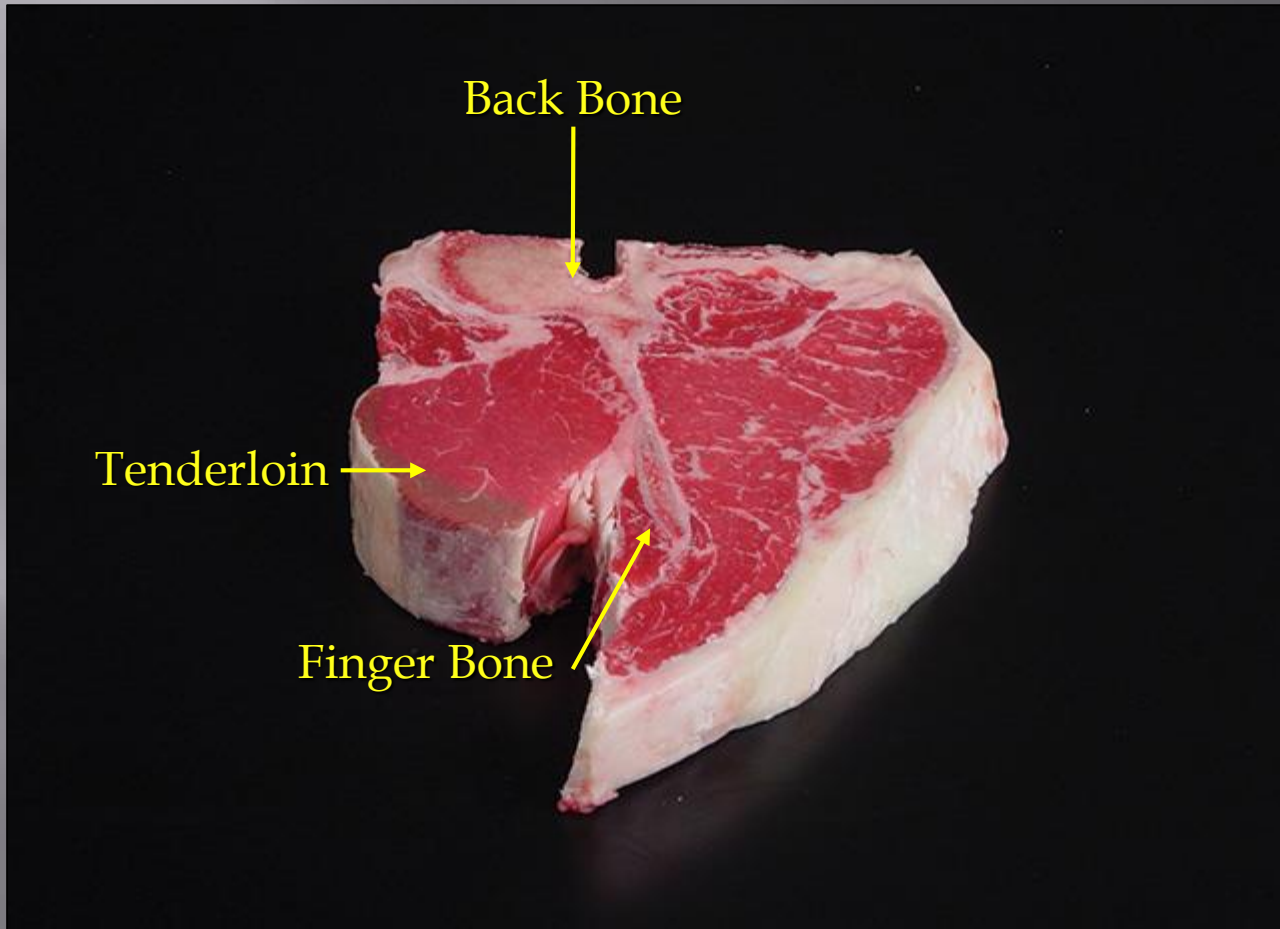
Carcass



Identification

Loin Porterhouse Steak

Cut from the rear portion of the mid-loin. Contains the top loin muscles, tenderloin, backbone, and a finger bone. The tenderloin must be at least 1¼ inches across at the narrowest point.



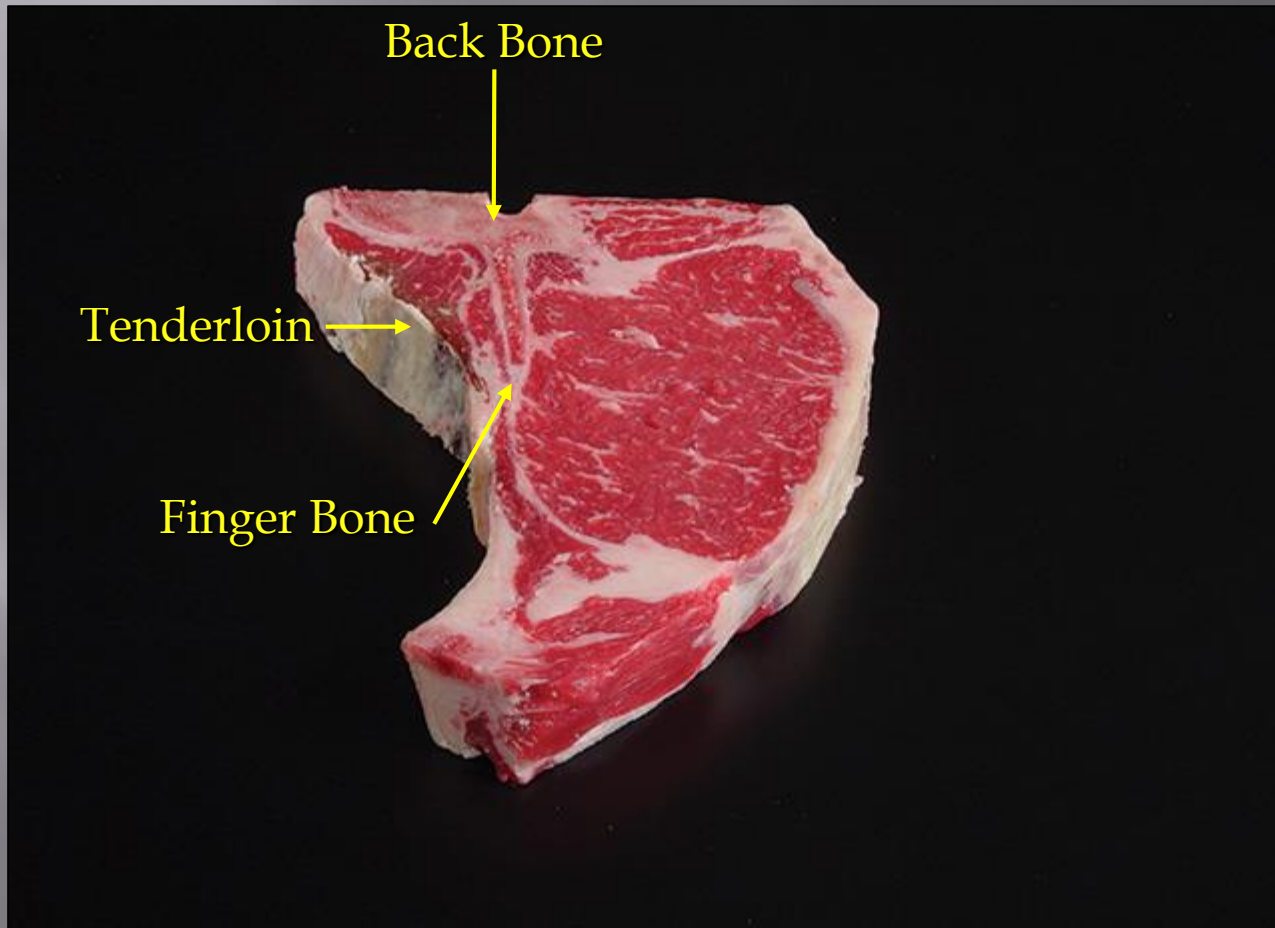
Carcass



Identification

Loin T-Bone Steak

Derives its name from the shape of the finger bone and backbone. Contains top loin and tenderloin muscles, which are $\frac{1}{2}$ to $1\frac{1}{4}$ inch across at the widest point. May have a thin layer of external fat.



Carcass



Identification

Loin Tenderloin Roast

A long, round muscle with a large end gradually tapering to a thin, flat end. The cut is naturally boneless, with little fat covering, and is very tender.



Carcass



Identification

Loin Tenderloin Steak

Cut from the tenderloin muscle after it has been removed from the loin. A small, oval shaped cut with no subcutaneous fat present, as it comes exclusively from inside the body cavity. All fat present is internal body fat.



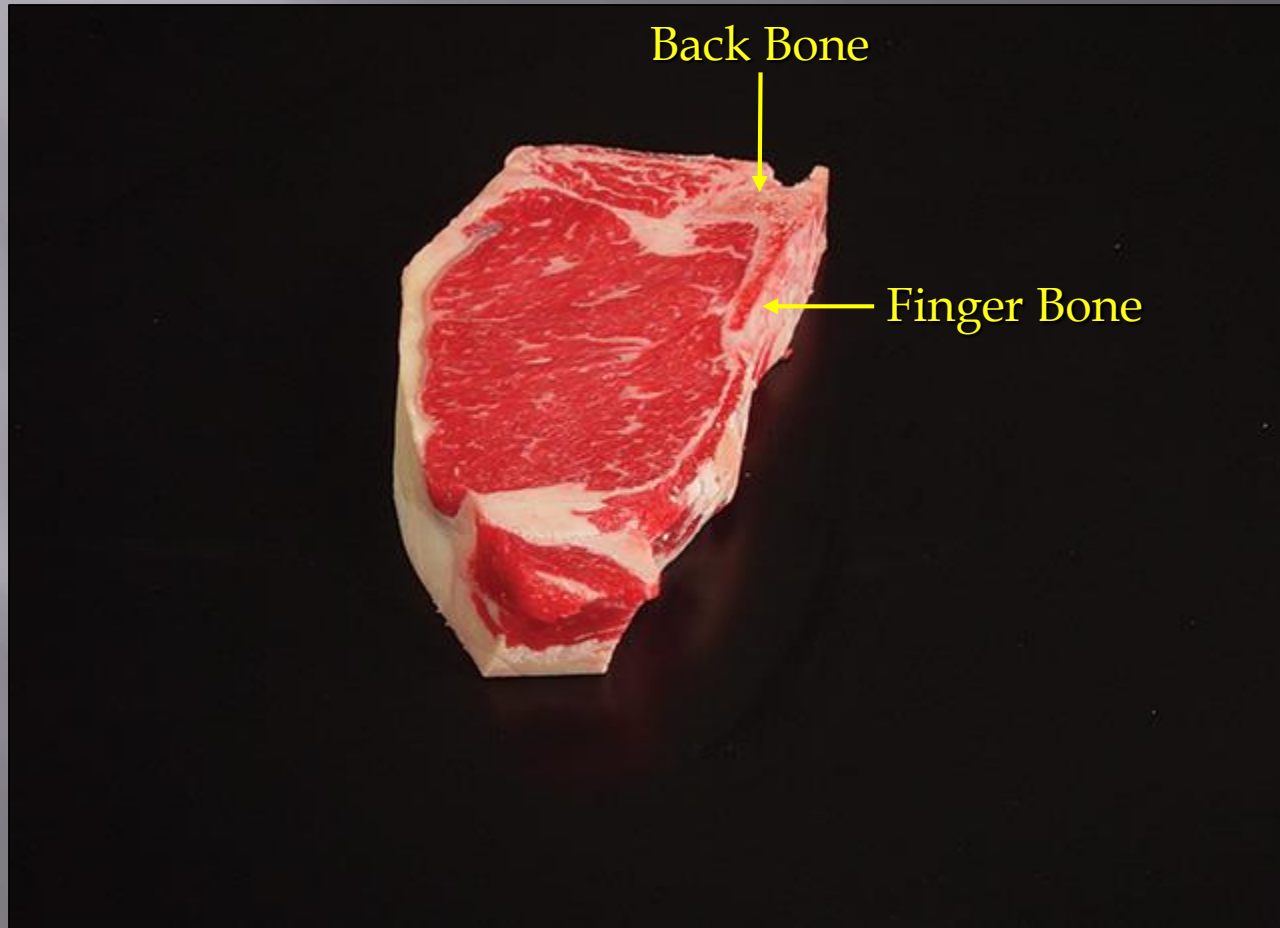
Carcass



Identification

Loin Top Loin Steak

Contains the top loin muscle with the backbone and finger bone or portion of the 13th rib running the length of the cut. The tenderloin is removed and may have fat along one edge.



Carcass



Identification

Loin Top Loin Steak, Boneless

Contains the top loin muscle with the backbone and finger bone removed. The tenderloin is removed and may have fat along one edge.



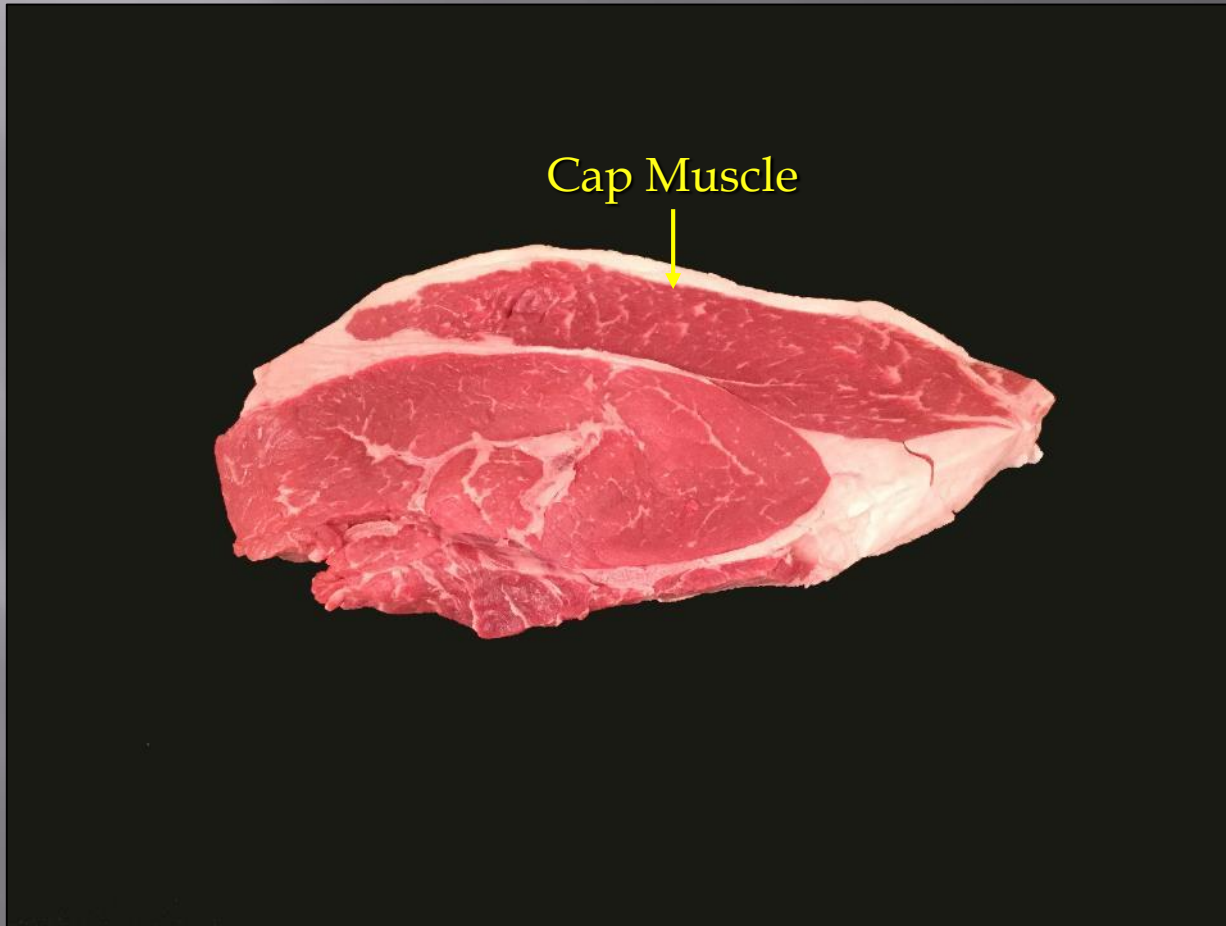
Carcass



Identification

Loin Top Sirloin Cap Steak, Boneless

Comprised of any of the sirloin steaks with the bones removed. The muscle structure varies with the kind of sirloin.



Carcass



Identification

Loin Top Sirloin Steak, Boneless Cap Off

Made by removing all bone, extra fat, cap muscle, and tenderloin muscle: cut from the sirloin. May have subcutaneous fat on one side.



Carcass



Identification

Loin Top Sirloin Steak, Boneless

Made by removing all bone, extra fat, and the tenderloin muscle from the sirloin steak. Ranges from a slightly oval shape to a lopsided triangular shape. May have subcutaneous fat on one side.



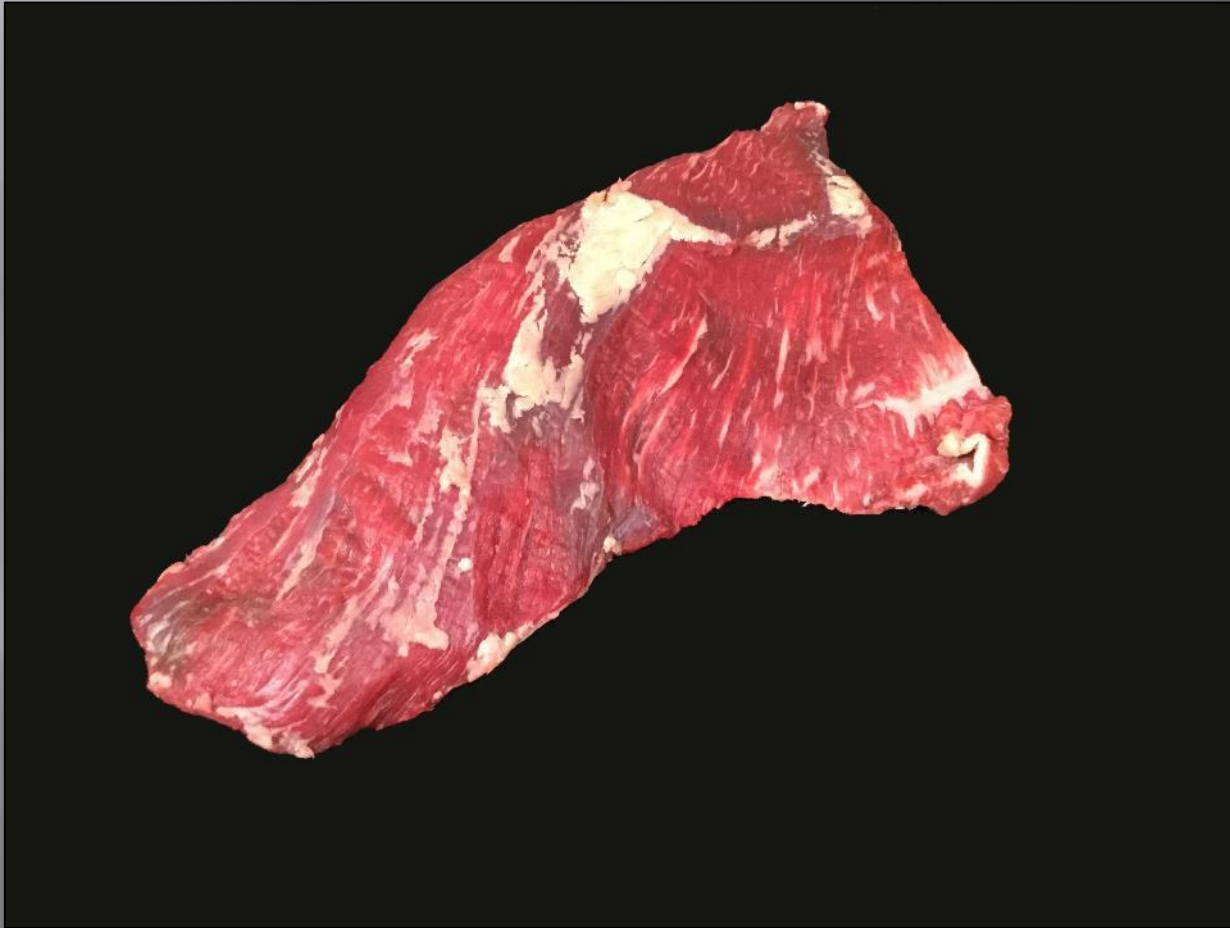
Carcass



Identification

Loin Tri Tip Roast

Cut from below the sirloin from a single muscle. Is triangle is shape with little fat cover.



Carcass



Identification

Round Bottom Round Roast

Cut from the outside of the round. Consists of two muscles, with or without the eye of the round.



Carcass



Identification

Round Bottom Round Steak

Cut from the outside half of a round roast. Can display two major muscles, with or without the eye of the round.



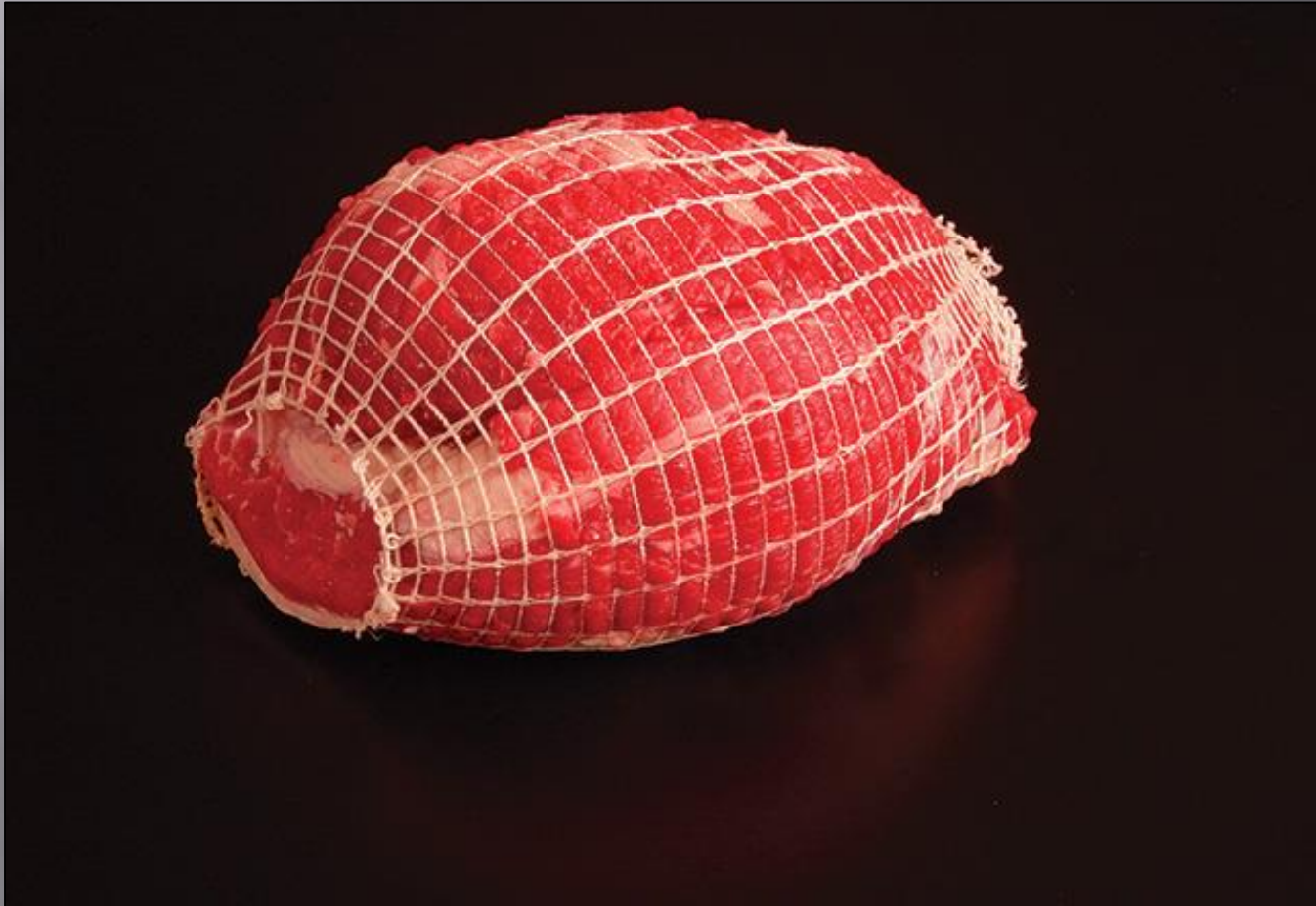
Carcass



Identification

Round Bottom Round Rump Roast

Cut from the upper end of the round and somewhat wedge-shaped with internal fat on one surface and mostly lean on the other surfaces. Is usually tied or netted.



Carcass



Identification

Round Eye Round Roast

Cut from the eye round muscle which has been removed from the bottom round. Naturally boneless, elongated, cylindrical in shape, with a slight amount of fat covering.



Carcass



Identification

Round Eye Round Steak

Circular or oval, elongated, and naturally boneless cut. Texture is slightly coarse, with large bundles of muscle fibers.



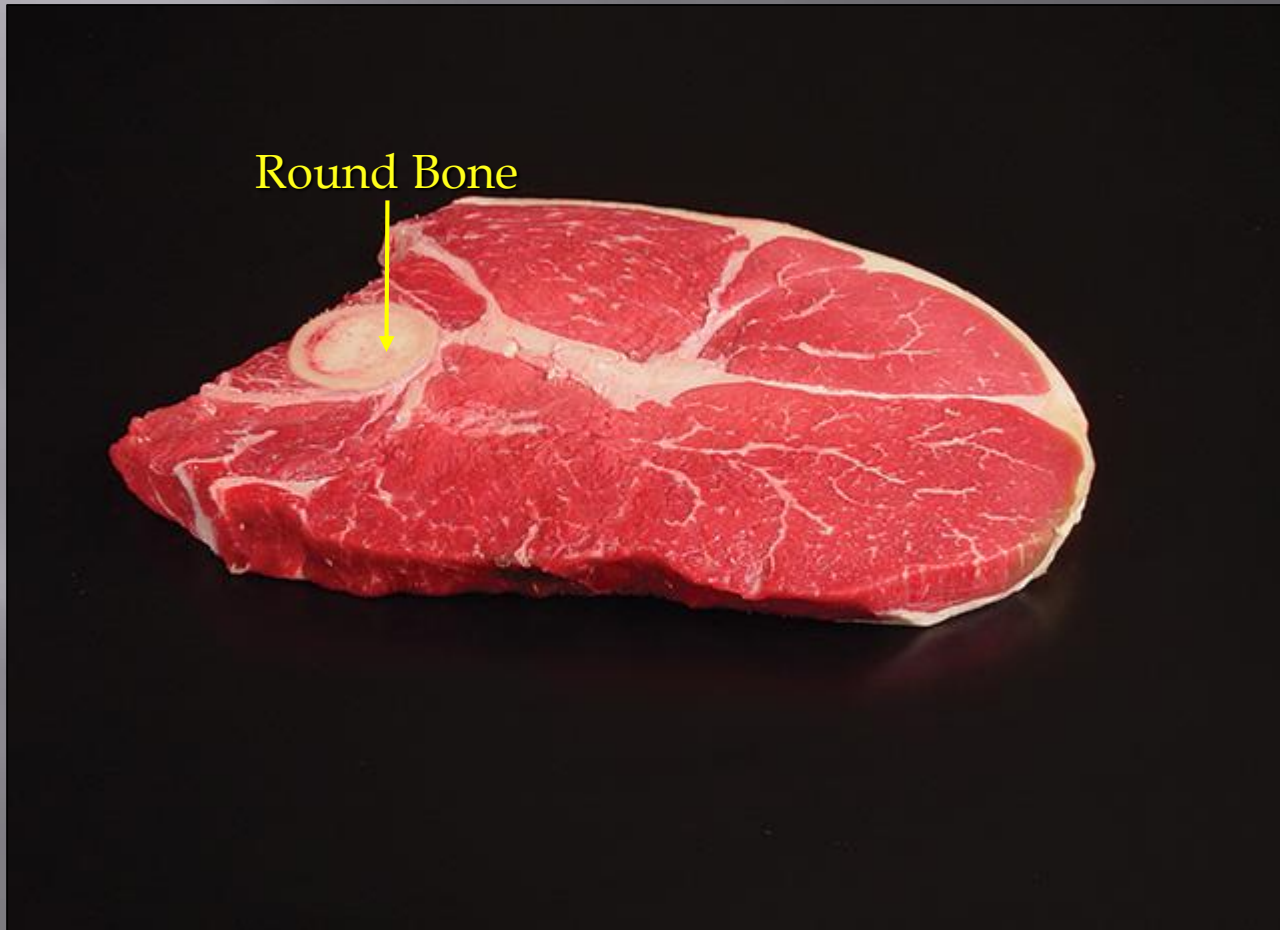
Carcass



Identification

Round Steak

A large steak cut from the end of the round. Usually $\frac{1}{2}$ to $\frac{3}{4}$ inch thick, with a round bone displayed. Contains three major muscles: top, bottom, and eye of the round.



Carcass



Identification

Round Steak, Boneless

Same cut as the round steak, with the round bone removed. Contains three major muscles: top, bottom, and eye of the round.



Carcass



Identification

Round Tip Roast-Cap Off

Wedge-shaped, cylindrical cut from the front of the round. The sirloin cap muscle and outer fat are removed.



Carcass



Identification

Round Tip Steak-Cap Off

A boneless, lean steak with only a slight amount of outer fat. The cap muscle is removed from the cut.



Carcass



Identification

Round Top Round Roast

Contains the large inside top muscle of the round. A boneless cut with a small amount of fat on the outer surface.



Carcass



Identification

Round Top Round Steak

Cut from the top half of a round steak. Large oval-shaped, elongated, boneless cut that appears to consist almost entirely of one muscle. Contains minimal fat within the cut.



Carcass



Identification

Flank Steak

A thin, fan-shaped muscle cut from the flank. The muscle fibers run the length of the steak in a parallel direction. Has very little fat, and the surface may be scored.



Carcass



Identification

Plate Short Ribs

Crosscut sections of the rib bones with layers of fat and lean. Can be identified by their rectangular shape and bone exposed.



Carcass



Identification

Plate Skirt Steak, Boneless

The diaphragm muscle, with the surface connective tissue removed. The cut can be rolled and tied or skewered. Can be identified by the thin layer of lean with long, dark muscle fibers.



Carcass



Identification

Beef for Stew

Comprised of lean, meaty chunks cut from the round, loin, chuck, flank or brisket. The pieces are usually 1 to 2 inches square, with small amounts of fat.



Carcass



Identification

Cubed Steak

An irregular-shaped cut. Cubed effect on the surface is made by a mechanical tenderizing machine. Made from less-tender areas of different primal cuts.



Carcass



Identification

Ground Beef

Ground from a variety of lean cuts and trimmings. Can be identified by the deeper cherry red color than ground pork.



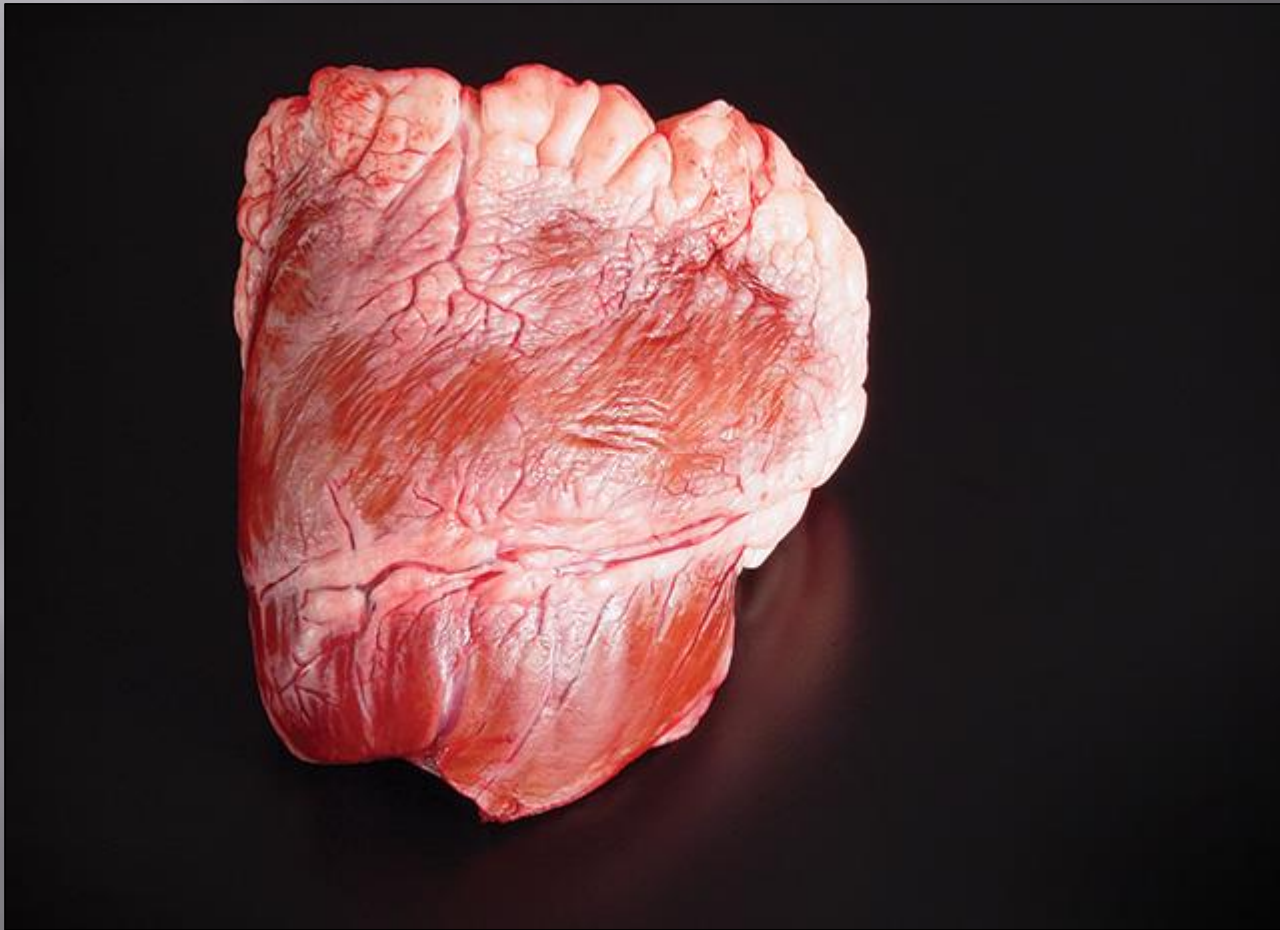
Carcass



Identification

Heart

Pyramidal in shape and may contain a deposit of fat around the larger, open end. The outer surface is somewhat irregular and fibrous in appearance.



Identification

Kidney

An oval-shaped organ and shiny in appearance. Beef kidney can be identified by the multiple lobes and large size. Weighs about 1½ to 2 pounds.



Identification

Liver

Beef liver has two distinct lobes and a smooth surface, and is very large. Typically weighs 10 to 14 pounds.



Identification

Oxtail

Cut from the beef tail. Sections are generally 1½ to 3 inches in the length and cut perpendicular to length of the tail, and vary in diameter. May also be displayed whole. Contains bone and muscle.



Identification

Tongue

Is very long and wide, compared to pork and lamb. Has a rough surface and typically weighs about 2 pounds.



Identification

Tripe

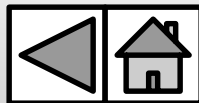
Tripe is cut from the rumen and reticulum of cattle. Typically has a honeycomb appearance; is cleaned and bleached.



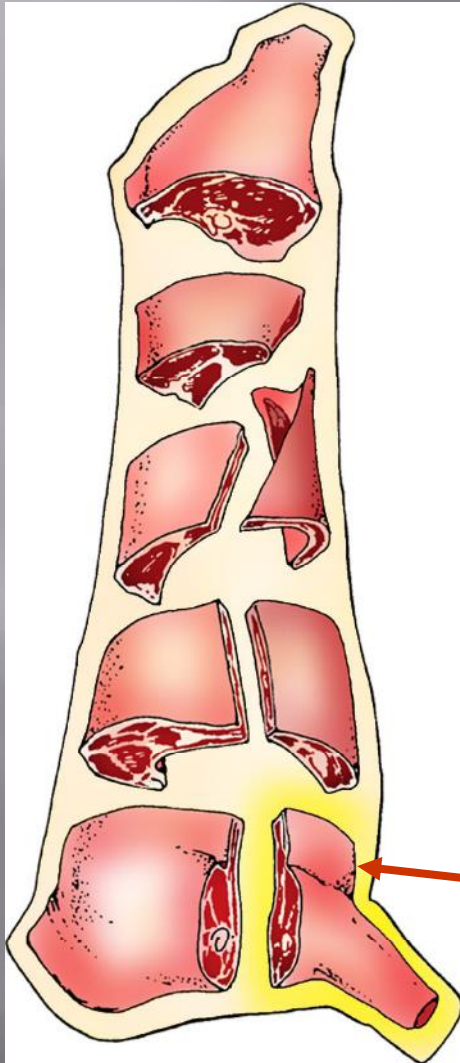
Identification

The End

Quit



Brisket, Whole, Boneless



Whole cut from the area behind the shank with all bones removed.



Proper Name

Beef Brisket, Whole, Boneless

Other Names

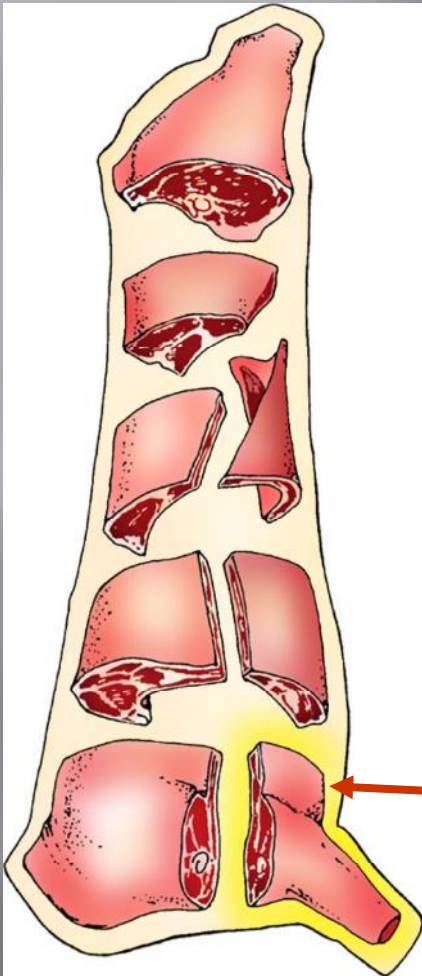
- Boneless Brisket
- Brisket Boneless
- Fresh Beef Brisket
- Whole Brisket

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Brisket	Brisket, Whole, Bnls	Moist
4-H	Beef	Brisket	Brisket, Whole, Bnls	Moist



Brisket Flat Half, Boneless



Cross cut of the last 3rd of the rear portion of the brisket.



Proper Name

Beef Brisket Flat Half (Boneless)

Other Names

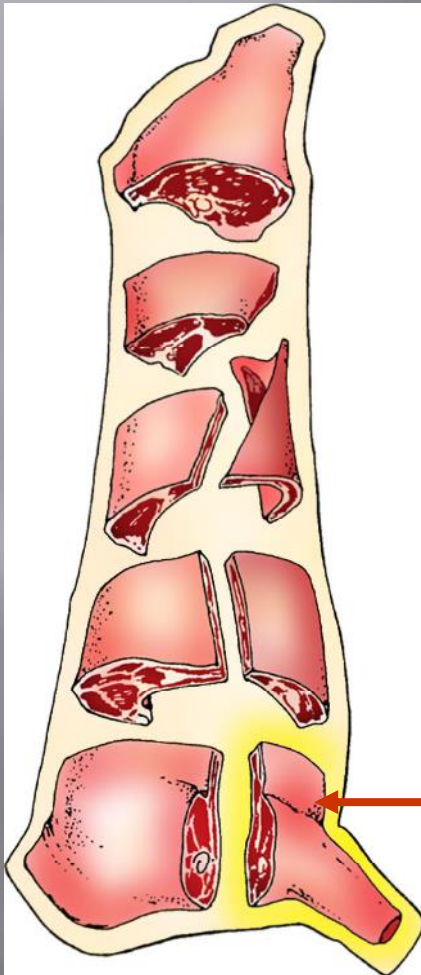
- Brisket First Cut
- Brisket Flat Cut
- Brisket Thin Cut

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Brisket	Flat Half, Bnls	Moist
4-H	Beef	Brisket	Flat Half, Bnls	Moist



Brisket Corned



Cut from any area behind the shank with all bones removed.



Proper Name

Beef Brisket Corned Boneless

Other Names

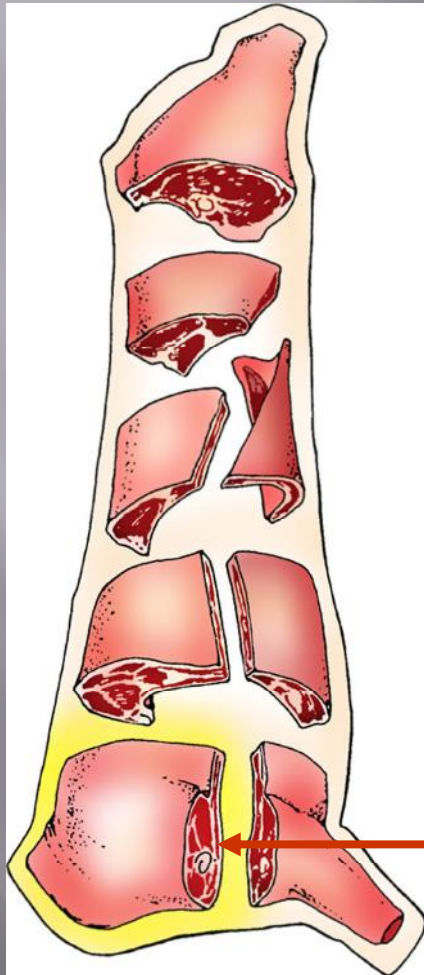
- Corned Brisket
- Corned Whole Brisket
- Corned Flat Half Brisket
- Corned Point Half Brisket

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Brisket	Corned	Moist
4-H	Beef	Brisket	Corned	Moist



Chuck Arm Pot-Roast



Cut from arm side of the chuck,
in front of the ribs.



Proper Name

Beef Chuck Arm Pot-Roast

Other Names

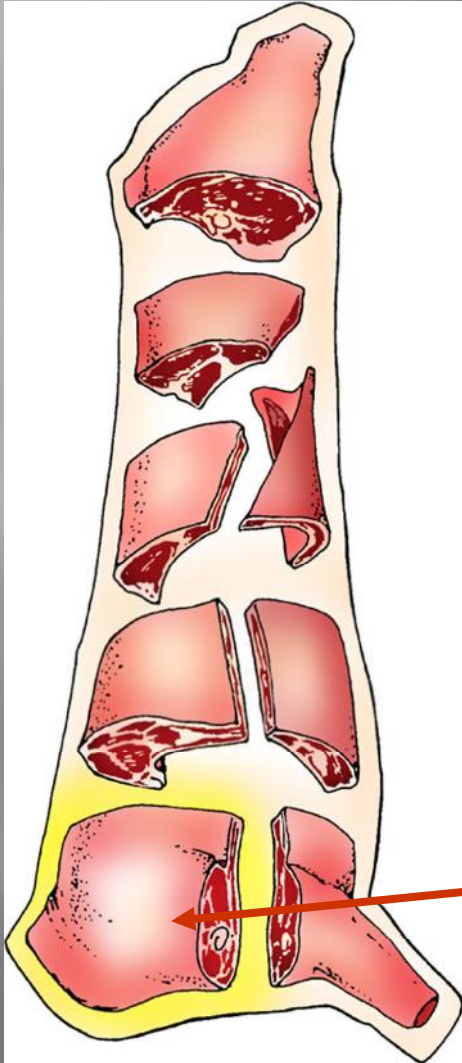
- Arm Chuck Roast
- Chuck Round Bone Cut
- Round Bone Pot-Roast
- Round Bone Roast

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Chuck	Arm Pot-Roast	Moist
4-H	Beef	Chuck	Arm Pot-Roast	Moist



Chuck Arm Pot-Roast, Boneless



Cut from the arm side of the chuck, in front of the ribs, with the round bone removed.



Proper Name

Beef Chuck Arm Pot-Roast, Boneless

Other Name

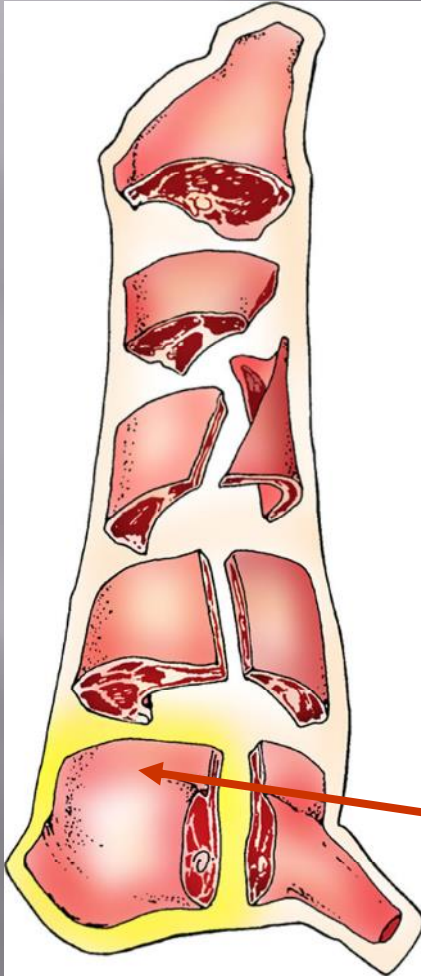
- Chuck Arm-Pot Roast Boneless
- Boneless Pot Roast
- Chuck Roast

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Chuck	Arm Pot-Roast, Bnls	Moist
4-H	Beef	Chuck	Arm Pot-Roast, Bnls	Moist



Chuck Blade Roast



Cut from the blade portion of the chuck between the 4th and 5th ribs.



Proper Name

Beef Chuck Blade Roast

Other Names

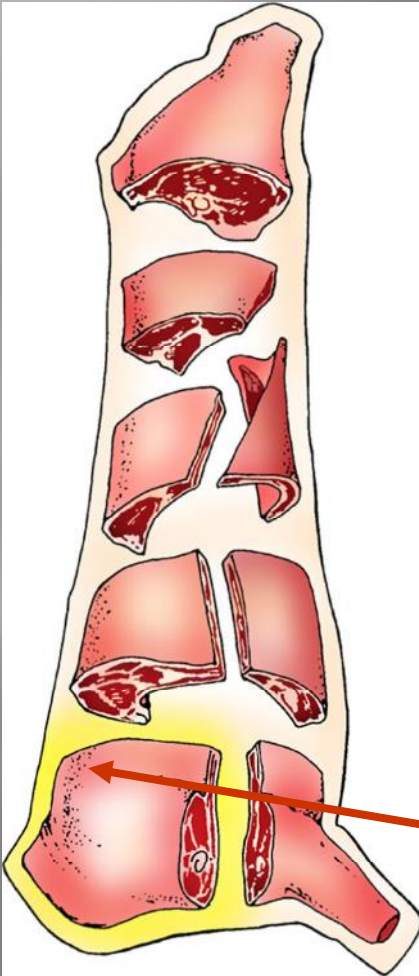
- Blade Chuck Roast
- Chuck Roast Blade Cut
- Chuck Roast 1st Cut

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Chuck	Blade Roast	Moist
4-H	Beef	Chuck	Blade Roast	Moist



Chuck Eye Roast, Boneless



Cut from the blade portion of the chuck
in the tender areas of the rib.



Proper Name

Beef Chuck Eye Roast, Boneless

Other Names

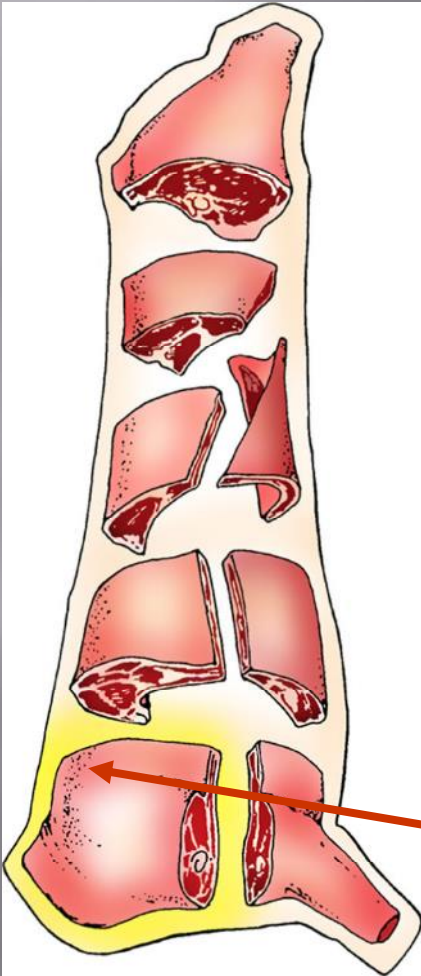
- Boneless Chuck Roll
- Boneless Chuck Fillet
- Chuck Eye Roast
- Inside Chuck Roll

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Chuck	Eye Roast, Bnls	Dry/Moist
4-H	Beef	Chuck	Eye Roast, Bnls	Dry/Moist



Chuck Eye Steak, Boneless



Steak cut from the blade portion of the chuck in the tender areas of the rib.



Proper Name

Beef Chuck Eye Roast, Boneless

Other Names

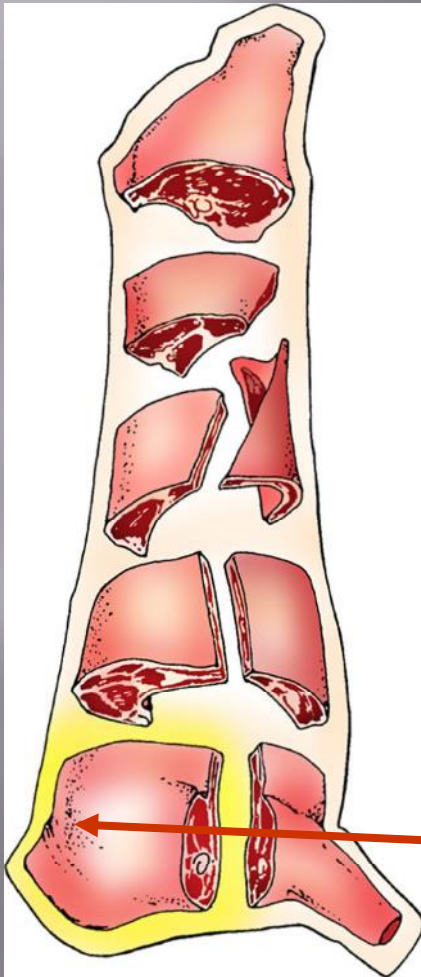
- Boneless Chuck Steak
- Boneless Chuck Fillet
- Chuck Steak
- Inside Chuck Steak

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Chuck	Eye Steak, Bnls	Dry
4-H	Beef	Chuck	Eye Steak, Bnls	Dry



Chuck Mock Tender Roast



Cut from the top area of the blade portion of the chuck, just behind the neck region.



Proper Name

Beef Chuck Mock Tender Roast

Other Names

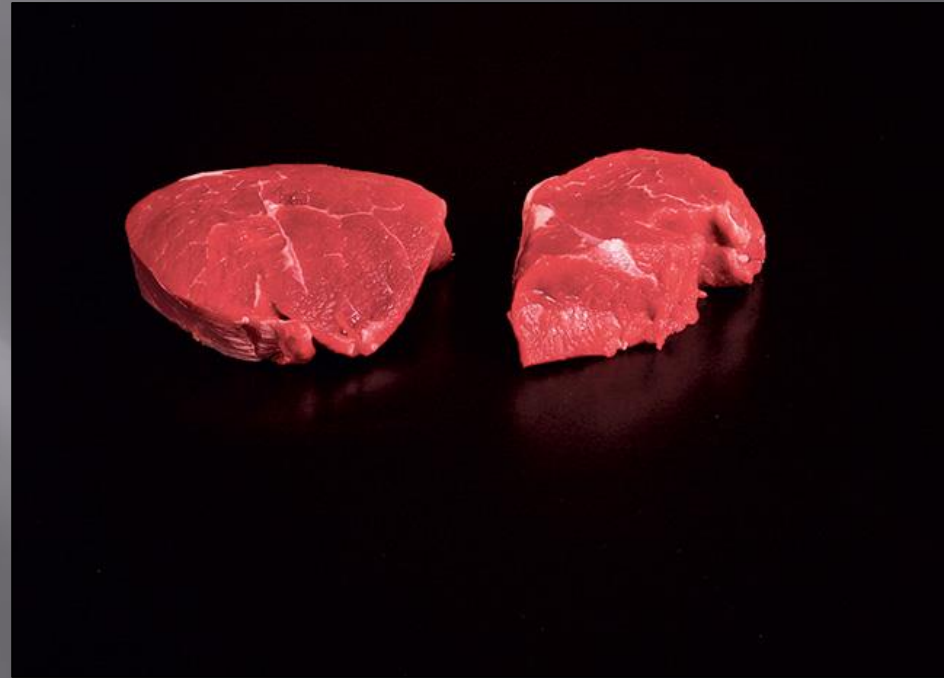
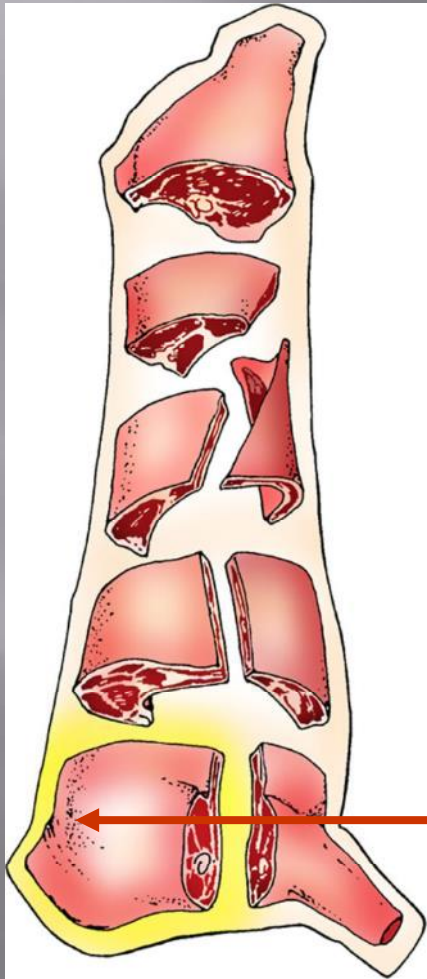
- Chuck Eye
- Chuck Fillet
- Chuck Tender
- Fish Muscle
- Medallion Pot-Roast
- Scotch Tender

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Chuck	Mock Tender Roast	Moist
4-H	Beef	Chuck	Mock Tender Roast	Moist



Chuck Mock Tender Steak



Cross cut of the Mock Tender in the thickest region of the muscle.



Proper Name

Beef Chuck Mock Tender Steak

Other Names

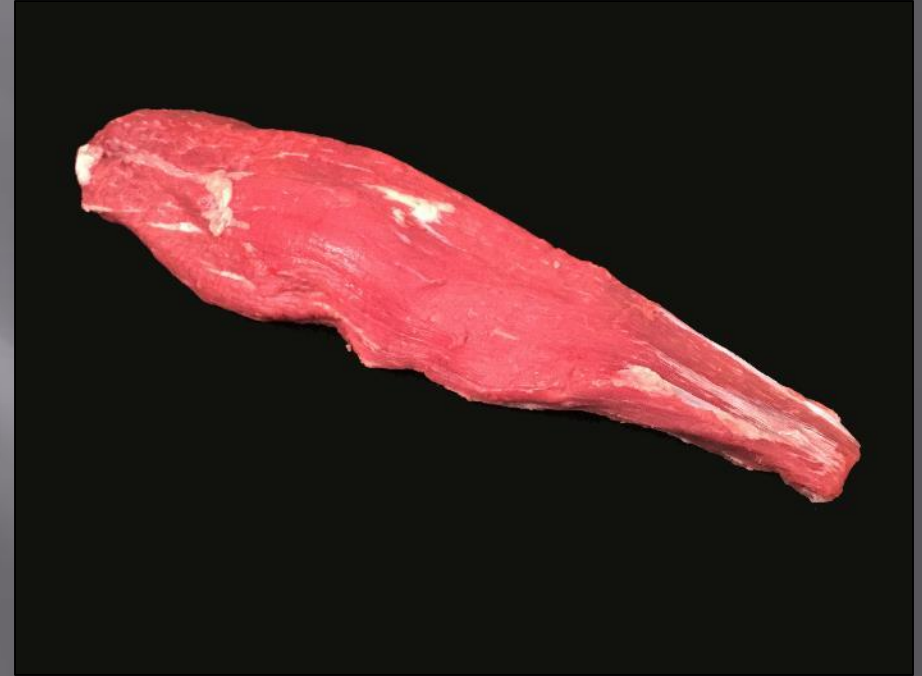
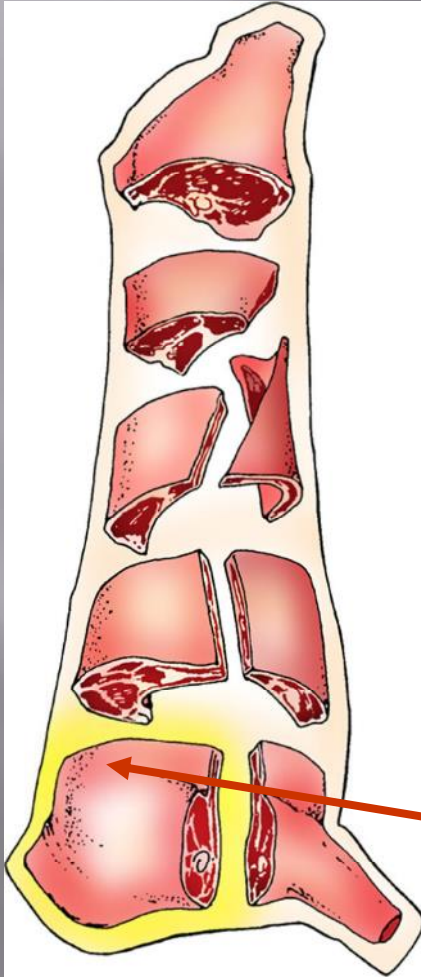
- Chuck Eye Steak
- Chuck Fillet Steak
- Chuck Tender Steak
- Fish Muscle Steak
- Scotch Tender Steak

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Chuck	Mock Tender Steak	Moist
4-H	Beef	Chuck	Mock Tender Steak	Moist



Chuck Petite Tender



Cut from the blade portion of the chuck.



Proper Name

Beef Chuck Petite Tender

Other Names

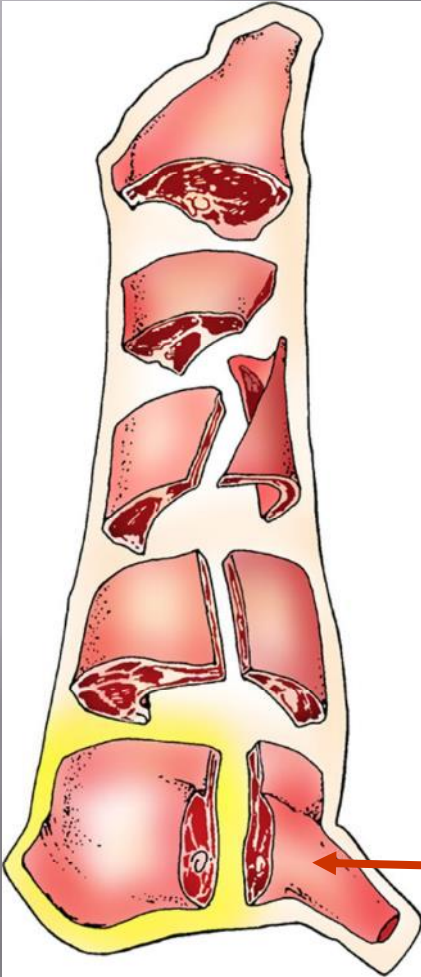
- Shoulder Tender
- Shoulder Petite Tender
- Bistro Filet
- Teres Major Steak

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Chuck	Petite Tender	Dry
4-H	Beef	Chuck	Petite Tender	Dry



Chuck Shoulder Pot Roast, Boneless



Cut from the arm portion of the chuck.



Proper Name

Beef Chuck Shoulder Pot Roast, Boneless

Other Names

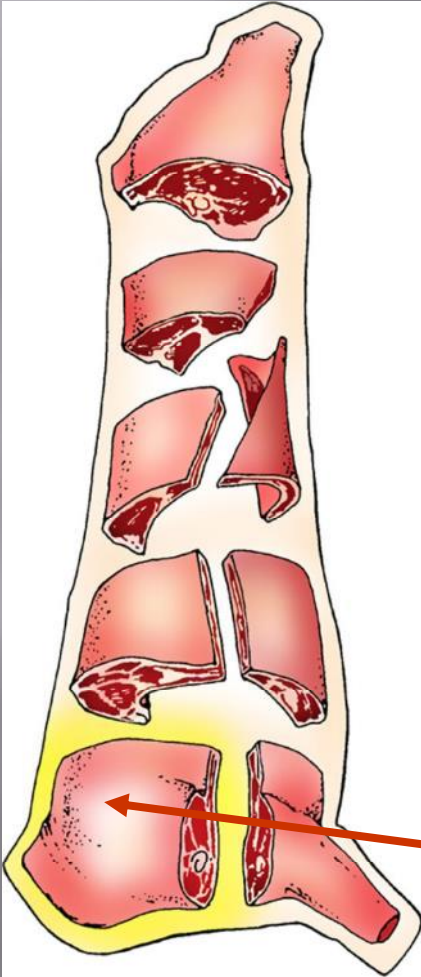
- Boneless Shoulder Pot-Roast
- Boneless Chuck Roast
- Sunday Roast

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Chuck	Shoulder Pot Roast, Bnls	Dry/Moist
4-H	Beef	Chuck	Shoulder Pot Roast, Bnls	Dry/Moist



Chuck 7-bone Pot-Roast



Cut from the blade portion of the chuck
between the 1st and 3rd rib.



Proper Name

Beef Chuck 7-bone Pot-Roast

Other Names

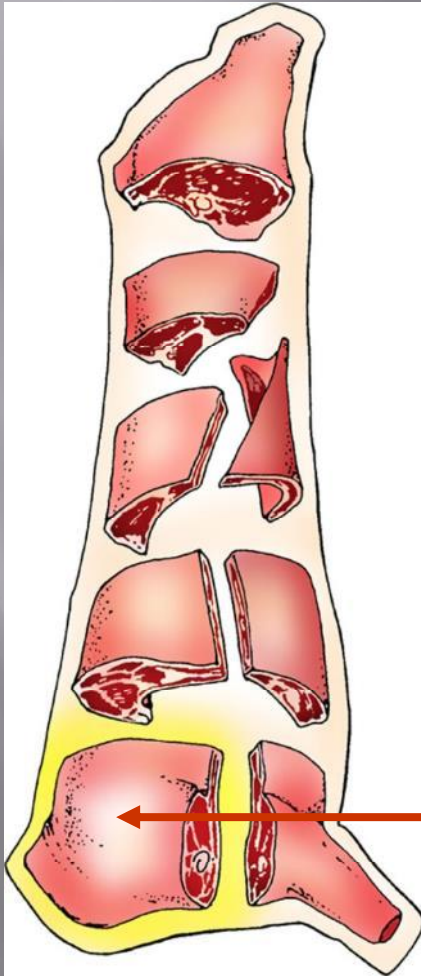
- Center Cut Pot-Roast
- Chuck Roast Center Cut
- 7-Bone Roast

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Chuck	7-bone Pot-Roast	Moist
4-H	Beef	Chuck	7-Bone Pot-Roast	Moist



Chuck Top Blade Steak



Cut from the blade region of the chuck.



Proper Name

Beef Chuck Top Blade Steak

Other Names

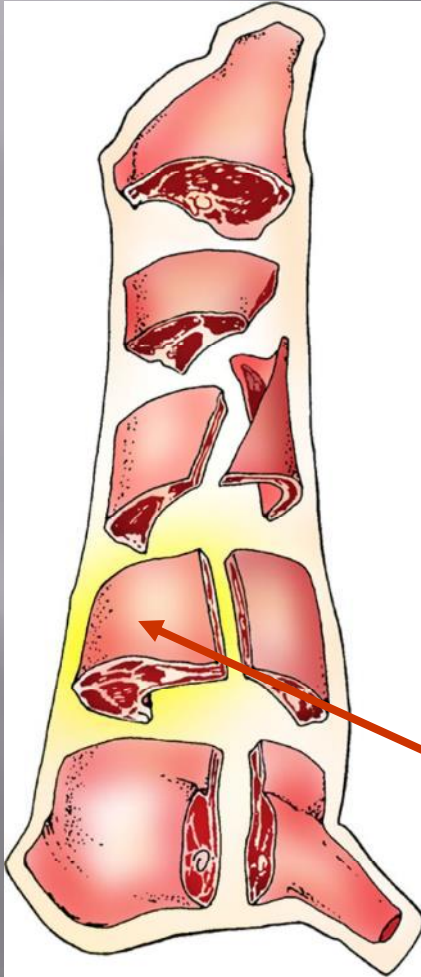
- Flat Iron Steak
- Boneless Top Chuck Steak
- Petite Steak
- Blade Steak
- Book, Butler, or Lifter Steak

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Chuck	Top Blade Steak (Flat Iron)	Dry
4-H	Beef	Chuck	Top Blade Steak (Flat Iron)	Dry



Ribeye Roast, Boneless



Cut from the beef rib between the 6th and 12th rib. All bones are removed.



Proper Name

Beef Ribeye Roast, Boneless

Other Names

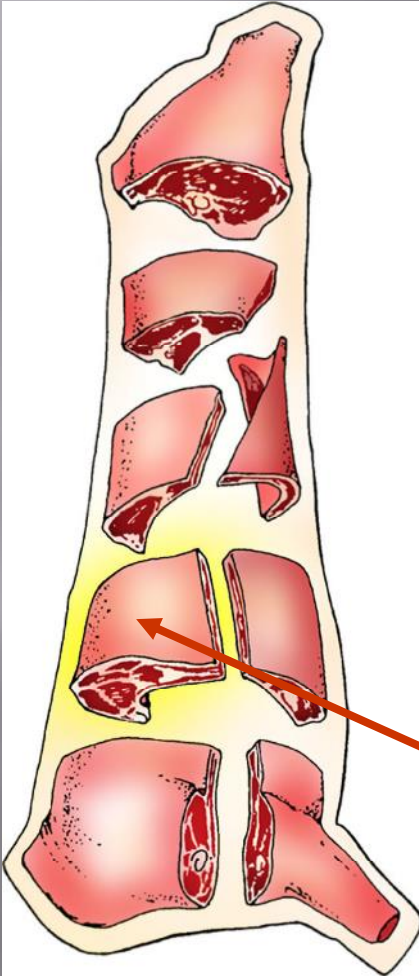
- Delmonico Pot-Roast
- Delmonico Roast
- Ribeye Pot-Roast
- Regular Roll Roast

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Rib	Ribeye Roast, Bnls	Dry
4-H	Beef	Rib	Ribeye Roast, Bnls	Dry



Ribeye Steak, Boneless



Cut from any portion of the beef rib with the bone removed.



Proper Name

Beef Ribeye Steak, Boneless

Other Names

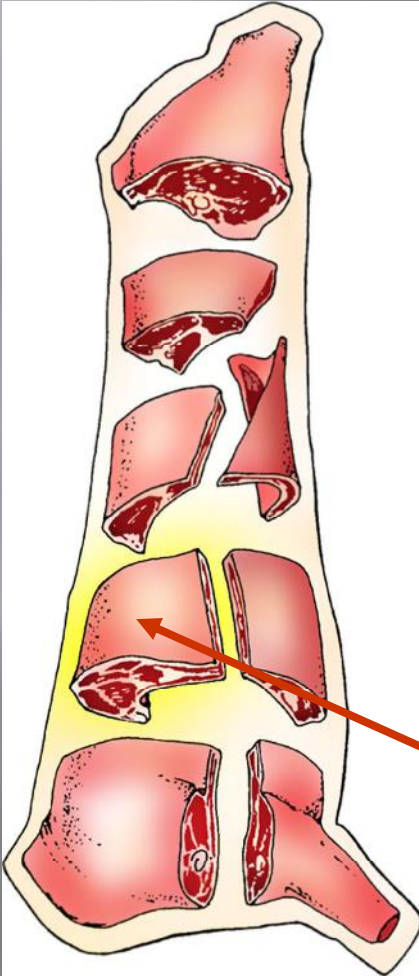
- Delmonico Steak
- Boneless Ribeye Steak
- Fillet Steak
- Spencer Steak
- Beauty Steak

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Rib	Ribeye Steak, Bnls	Dry
4-H	Beef	Rib	Ribeye Steak, Bnls	Dry



Ribeye Steak, Lip-On



Cut from the beef rib with the bone removed.



Proper Name

Beef Ribeye Steak, Lip-On

Other Names

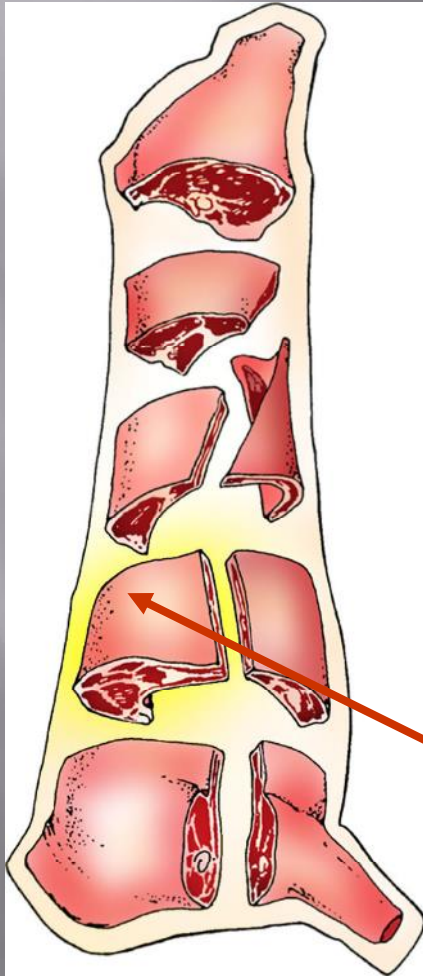
- Rib Lip Steak
- Prime Rib Steak
- Delmonico Lip Steak
- Ribeye Steak Lip-On Short Cut

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Rib	Ribeye Steak, Lip-On	Dry
4-H	Beef	Rib	Ribeye Steak, Lip-On	Dry



Rib Roast



Cut from the rib portion, typically between the 9th and 12th rib.



Proper Name

Beef Rib Roast

Other Names

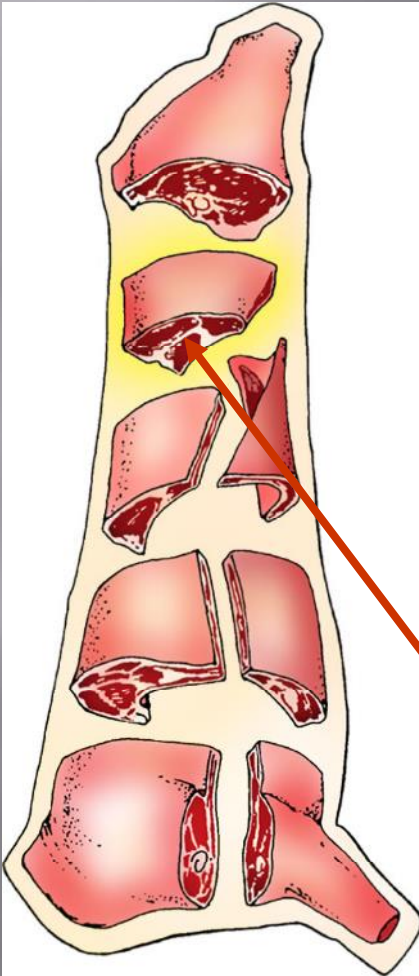
- Rib Roast Oven Ready
- Standing Rib Roast
- Sirloin Rib Roast
- Rib Roast 9-10, 11-12, or 10-12

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Rib	Rib Roast	Dry
4-H	Beef	Rib	Rib Roast	Dry



Loin Porterhouse Steak



Cut from the front region of the short loin.



Proper Name

Beef Loin Porterhouse Steak

Other Names

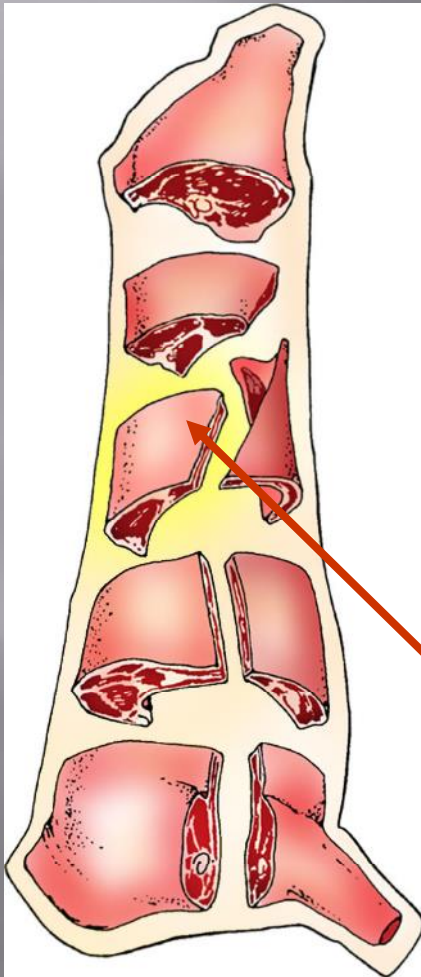
- Porterhouse Steak
- Porterhouse
- Large Loin Steak

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Loin	Porterhouse Steak	Dry
4-H	Beef	Loin	Porterhouse Steak	Dry



Loin T-Bone Steak



Cut from the middle region of the short loin.



Proper Name

Beef Loin T-Bone Steak

Other Names

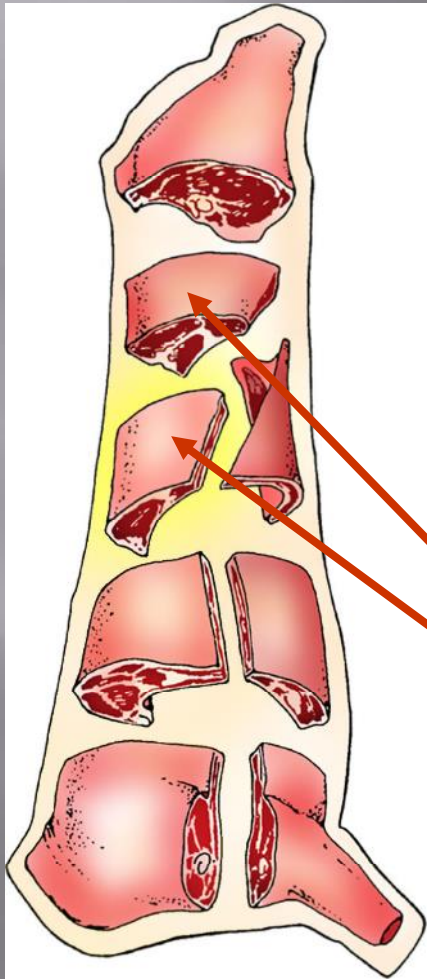
- T-Bone Steak
- T-Bone
- Loin T-Bone

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Loin	T-Bone Steak	Dry
4-H	Beef	Loin	T-Bone Steak	Dry



Loin Tenderloin Roast



Cut from the inside region of the short loin and loin.



Proper Name

Beef Loin Tenderloin Roast

Other Names

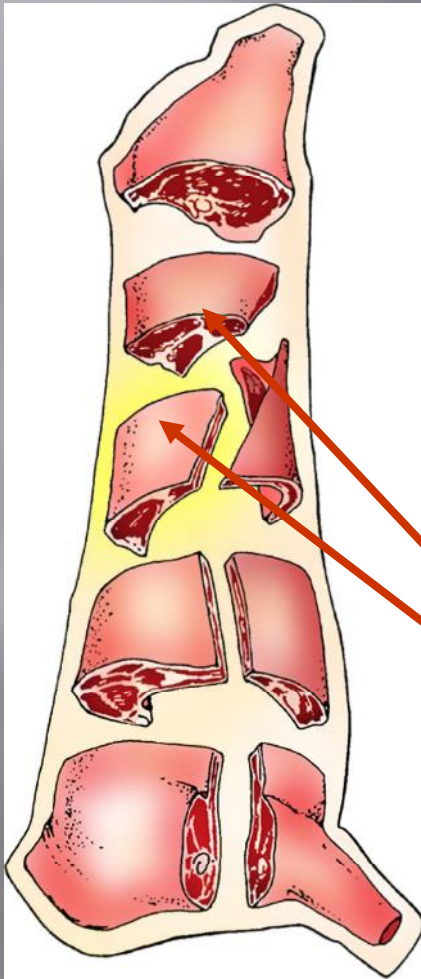
- Tenderloin Tip Roast
- Fillet Mignon Roast
- Tenderloin Chateaubriand

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Loin	Tenderloin Roast	Dry
4-H	Beef	Loin	Tenderloin Roast	Dry



Loin Tenderloin Steak



Cross cut of the Tenderloin muscle.



Proper Name

Beef Loin Tenderloin Steak

Other Names

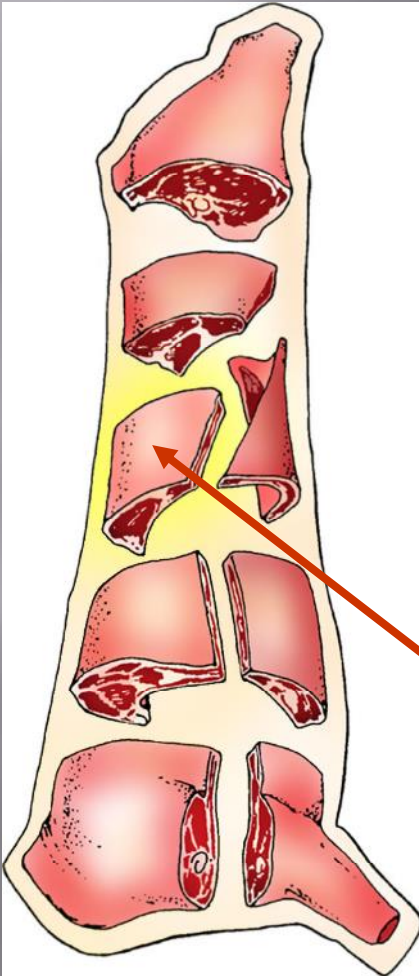
- Filet Mignon
- Fillet Steak
- Tenderloin Fillet De Boeuf
- Tender Steak

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Loin	Tenderloin Steak	Dry
4-H	Beef	Loin	Tenderloin Steak	Dry



Loin Top Loin Steak



Cross cut from any region of the short loin.



Proper Name

Beef Loin Top Loin Steak

Other Names

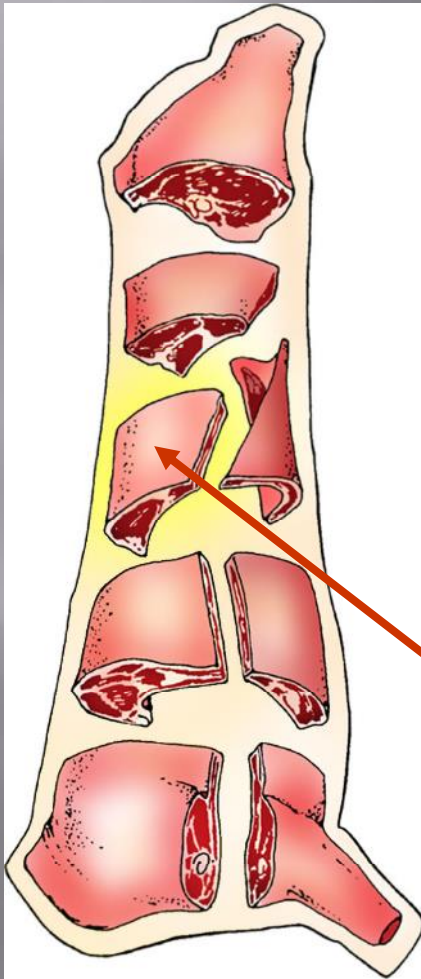
- Strip Steak
- Club Steak
- Country Club Steak
- Sirloin Strip Steak

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Loin	Top Loin Steak	Dry
4-H	Beef	Loin	Top Loin Steak	Dry



Loin Top Loin Steak, Boneless



Cross cut from any region of the short loin.



Proper Name

Beef Loin Top Loin Steak, Boneless

Other Names

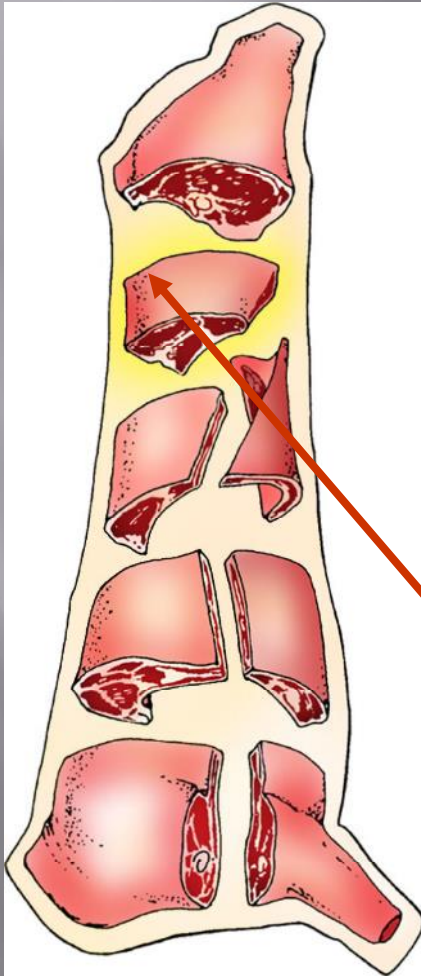
- Strip Steak
- Club Steak
- Country Club Steak
- Sirloin Strip Steak

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Loin	Top Loin Steak, Bnls	Dry
4-H	Beef	Loin	Top Loin Steak, Bnls	Dry



Loin Top Sirloin Cap Steak, Boneless



Cut from the back half of the Sirloin.



Proper Name

Beef Loin Top Sirloin Cap Steak, Boneless

Other Names

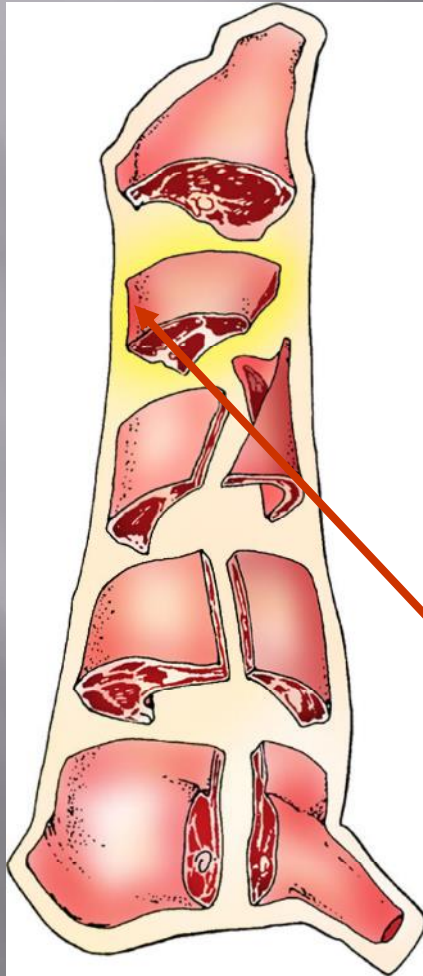
- Top Sirloin Cap Steak
- Sirloin Cap Steak
- Top Cap Steak

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Loin	Top Sirloin Cap Steak, Bnls	Dry
4-H	Beef	Loin	Top Sirloin Cap Steak, Bnls	Dry



Loin Top Sirloin Steak, Boneless Cap Off



Cut from the front half of the Sirloin.



Proper Name

Beef Loin Top Sirloin Steak, Boneless Cap Off

Other Names

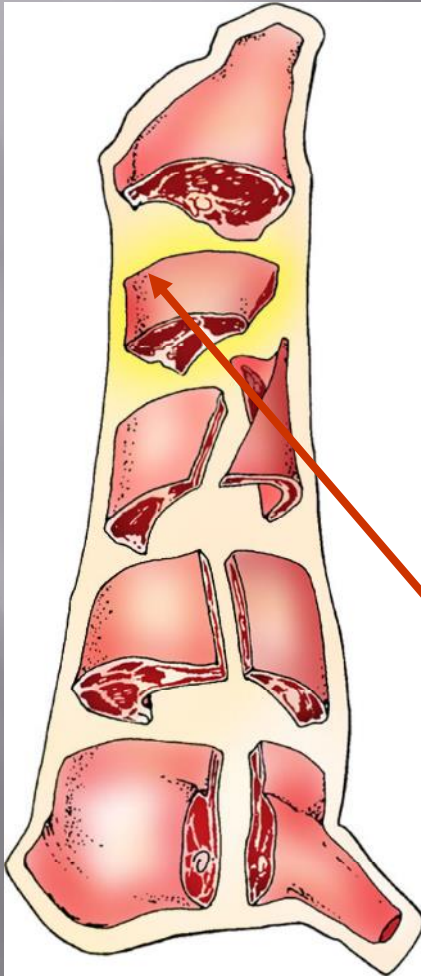
- Top Sirloin Steak
- Sirloin Steak
- Trimmed Sirloin Steak

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Loin	Top Sirloin Steak, Bnls Cap Off	Dry
4-H	Beef	Loin	Top Sirloin Steak, Bnls Cap Off	Dry



Loin Top Sirloin Steak, Boneless



Whole cross cut of the back half of the sirloin in the pin bone region.



Proper Name

Beef Loin Top Sirloin Steak, Boneless

Other Names

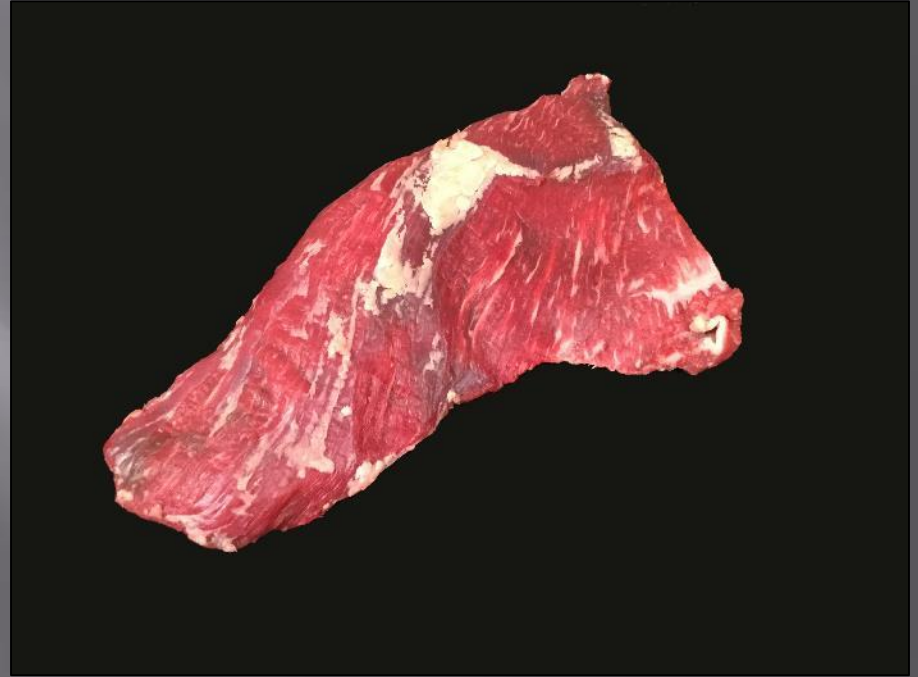
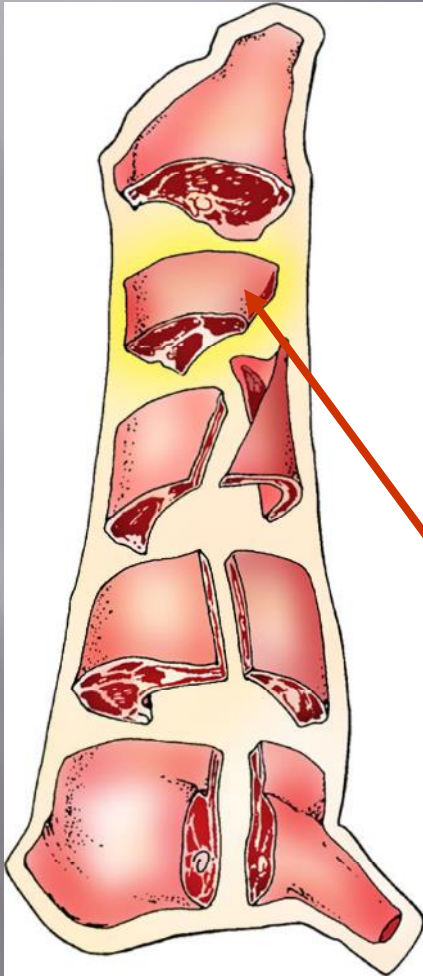
- Top Sirloin Steak
- Sirloin Strip Steak
- Top Sirloin Butt Steak

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Loin	Top Sirloin Steak, Bnls	Dry
4-H	Beef	Loin	Top Sirloin Steak, Bnls	Dry



Loin Tri Tip Roast



Cut from below the sirloin.



Proper Name

Beef Loin Tri Tip Roast

Other Names

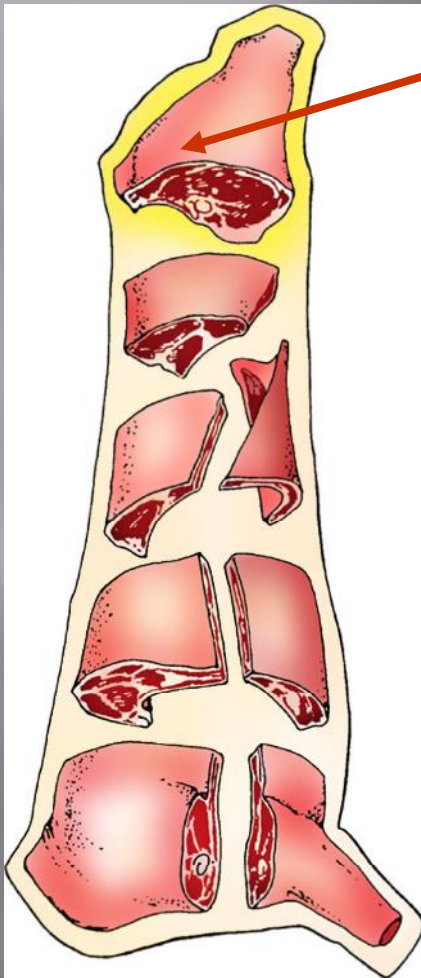
- Triangle Roast
- Bottom Sirloin Tip
- California Cut
- Santa Maria

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Loin	Tri Tip Roast	Dry
4-H	Beef	Loin	Tri Tip Roast	Dry



Round Bottom Round Roast



Cut from the outside portion of the round, in the bottom region.



Proper Name

Beef Round Bottom Round Roast

Other Names

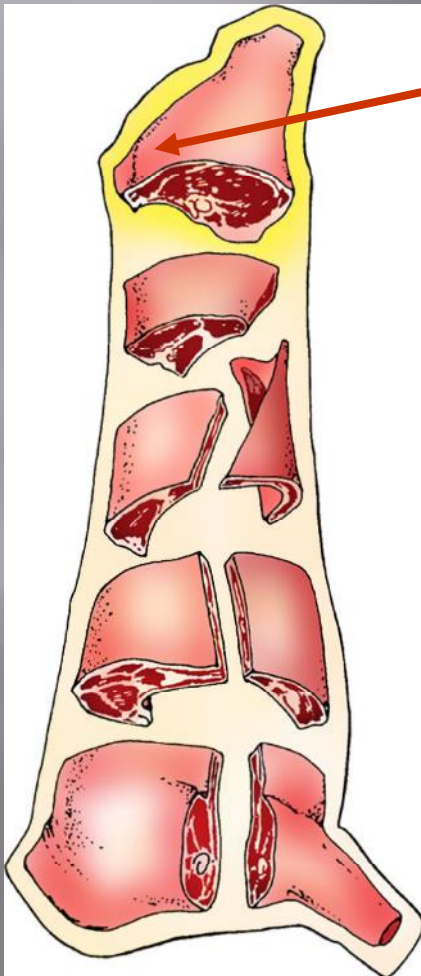
- Bottom Round Pot-Roast
- Bottom Round Oven Roast
- Bottom Round Steak Pot-Roast

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Round	Bottom Round Roast	Dry/Moist
4-H	Beef	Round	Bottom Round Roast	Dry/Moist



Round Bottom Round Steak



Cut from the outside portion of the round,
in the bottom region



Proper Name

Beef Round Bottom Round Steak

Other Name

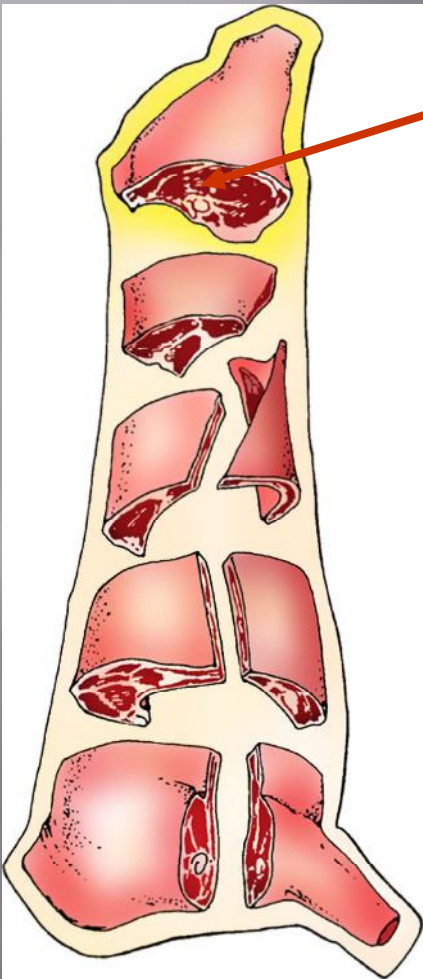
- Bottom Round Steak
- Round Steak

Proper Identification

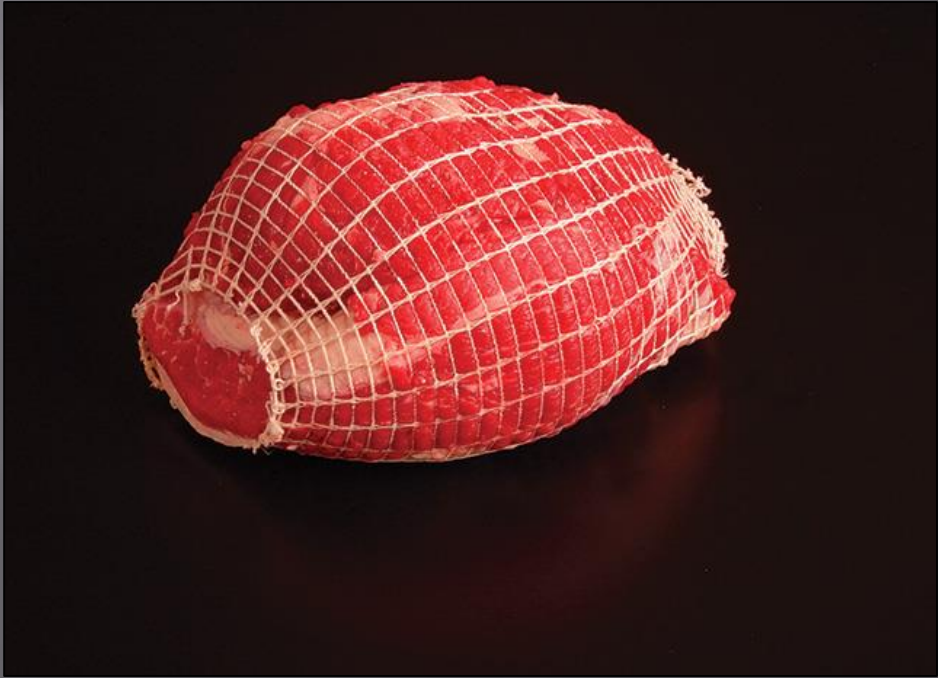
	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Round	Bottom Round Steak	Moist
4-H	Beef	Round	Bottom Round Steak	Moist



Round Bottom Round Rump Roast



Cut from the top half of the round.



Proper Name

Beef Round Rump Roast

Other Names

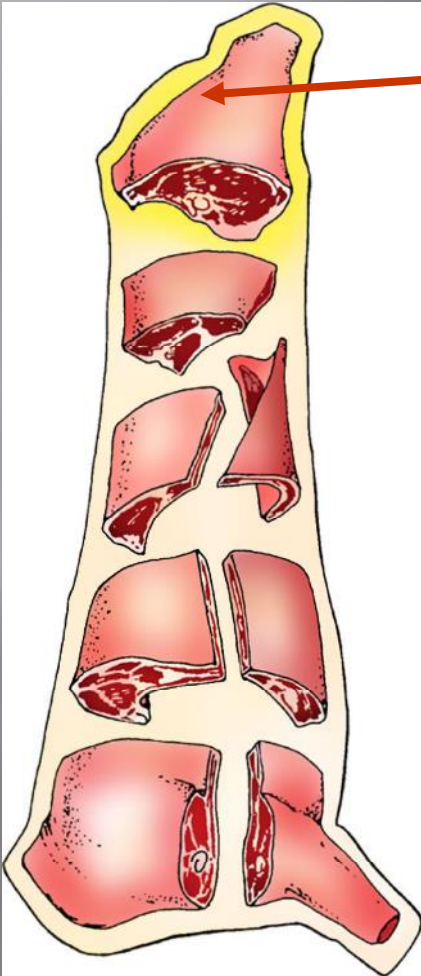
- Round Boneless Rump
- Round Rump Roast, Rolled
- Rump Roast

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Round	Bottom Round Rump Roast	Dry/Moist
4-H	Beef	Round	Bottom Round Rump Roast	Dry/Moist



Round Eye Round Roast



Single muscle cut from outside portion of the round.



Proper Name

Beef Round Eye Round Roast

Other Names

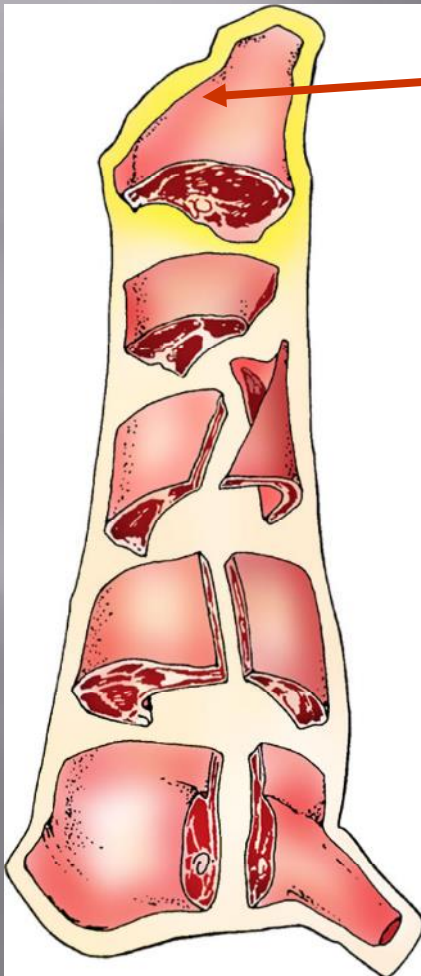
- Eye Round Roast
- Round Eye Pot-Roast
- Round Pot-Roast
- Round Eye Roast

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Round	Eye Round Roast	Dry/Moist
4-H	Beef	Round	Eye Round Roast	Dry/Moist



Round Eye Round Steak



Cross cut of the Round Eye Round.



Proper Name

Beef Round Eye Round Steak

Other Names

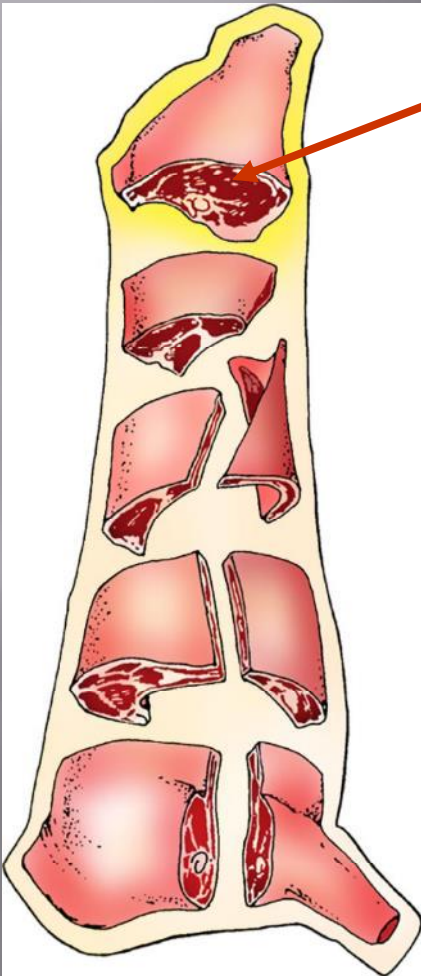
- Eye Round Steak
- Round Eye Steak

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Round	Eye Round Steak	Dry/Moist
4-H	Beef	Round	Eye Round Steak	Dry/Moist



Round Steak



Cross cut of the round and includes the top, eye, and bottom round.



Proper Name

Beef Round Steak

Other Names

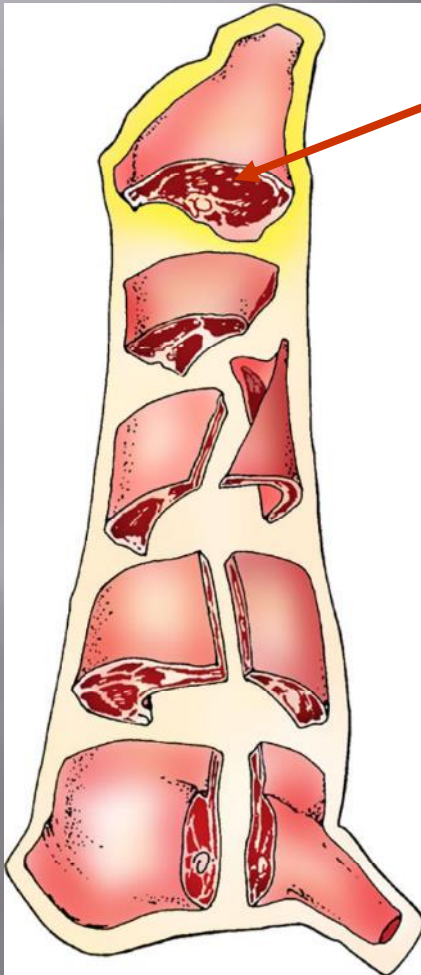
- Round Steak, Center Cut
- Round Steak, Full Cut

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Round	Round Steak	Moist
4-H	Beef	Round	Round Steak	Moist



Round Steak, Boneless



Cross cut of the round and includes the top, eye, and bottom round with the bone removed.



Proper Name

Beef Round Steak, Boneless

Other Names

- Round Steak, Center Cut Boneless
- Round, Full Cut Boneless
- Boneless Round Steak

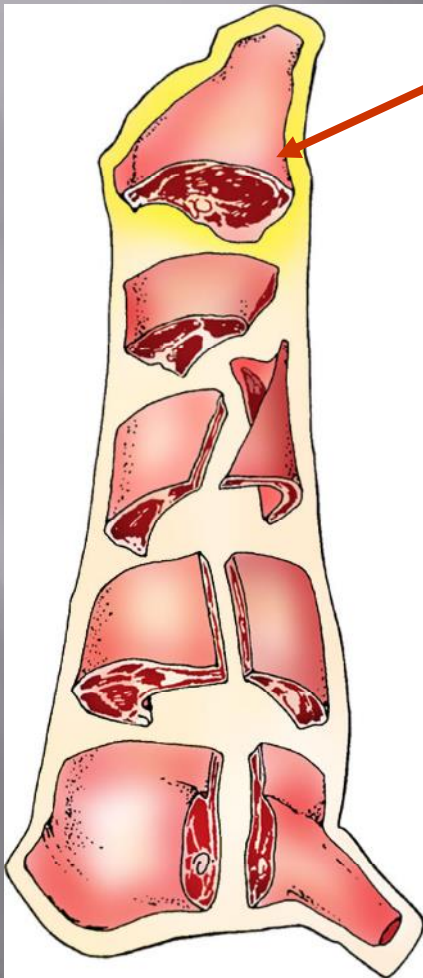
Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Round	Round Steak, Bnls	Moist
4-H	Beef	Round	Round Steak, Bnls	Moist



Round Tip Roast - Cap Off

Cut from inner side of the round and is comprised of the tip with the cap muscle removed.



Proper Name

Beef Round Tip Roast - Cap Off

Other Names

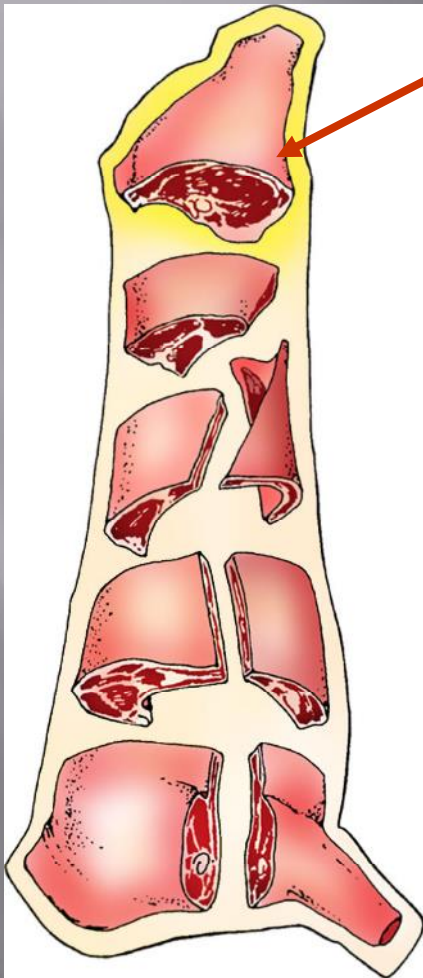
- Ball Tip Roast
- Full Trimmed Tip Roast

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Round	Tip Roast-Cap Off	Dry/Moist
4-H	Beef	Round	Tip Roast-Cap Off	Dry/Moist



Round Tip Steak - Cap Off



Cross cut of the tip with the cap muscle removed.



Proper Name

Beef Round Tip Steak - Cap Off

Other Names

- Ball Tip Steak
- Trimmed Tip Steak

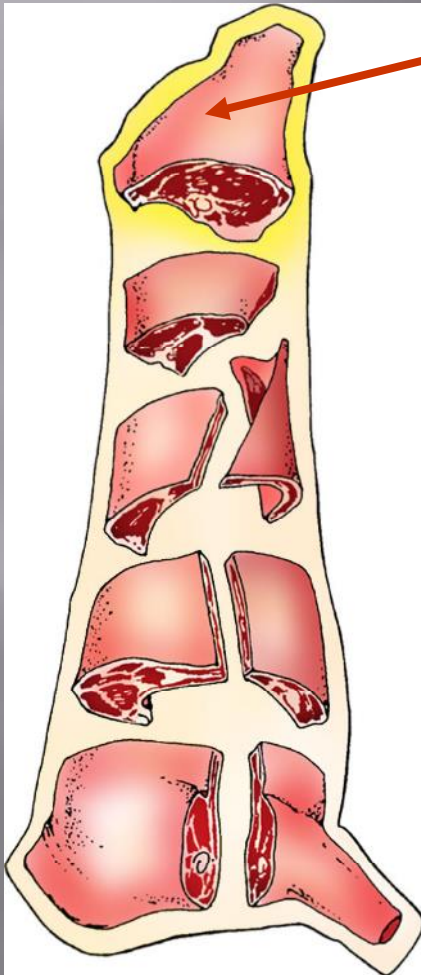
Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Round	Tip Steak-Cap Off	Dry
4-H	Beef	Round	Tip Steak-Cap Off	Dry



Round Top Round Roast

Cut from inner portion of the round,
above the bone.



Proper Name

Beef Round Top Round Roast

Other Names

- Top Round Roast
- Top Round Roast Center

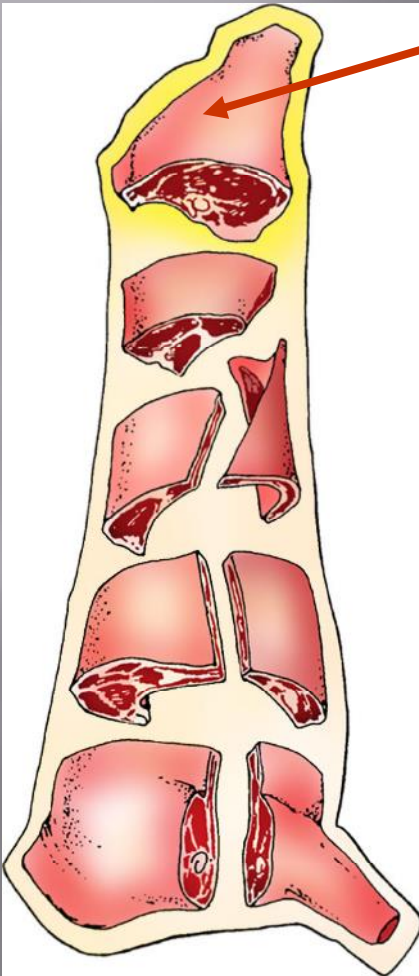
Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Round	Top Round Roast	Dry
4-H	Beef	Round	Top Round Roast	Dry



Round Top Round Steak

Cut from inner portion of the round,
above the bone.



Proper Name

Beef Round Top Round Steak

Other Names

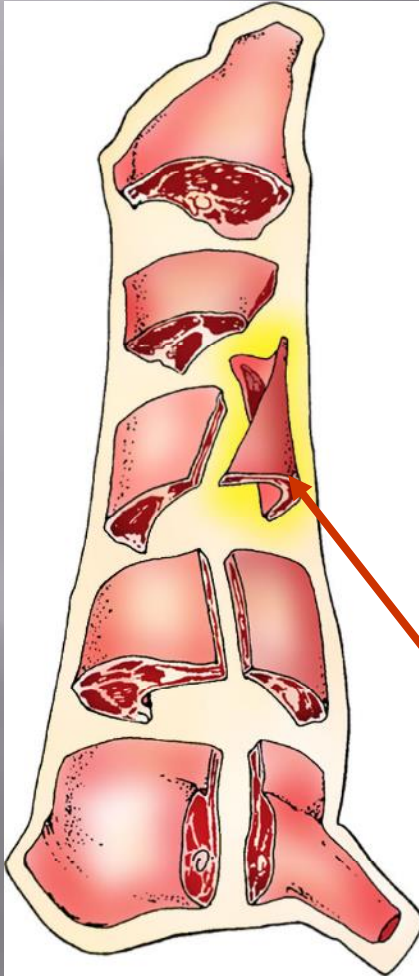
- Top Round Steak
- Top Round Steak Center Steak

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Round	Top Round Steak	Dry
4-H	Beef	Round	Top Round Steak	Dry



Flank Steak



Meaty portion of the flank with parallel flowing muscle fibers.



Proper Name

Beef Flank Steak

Other Names

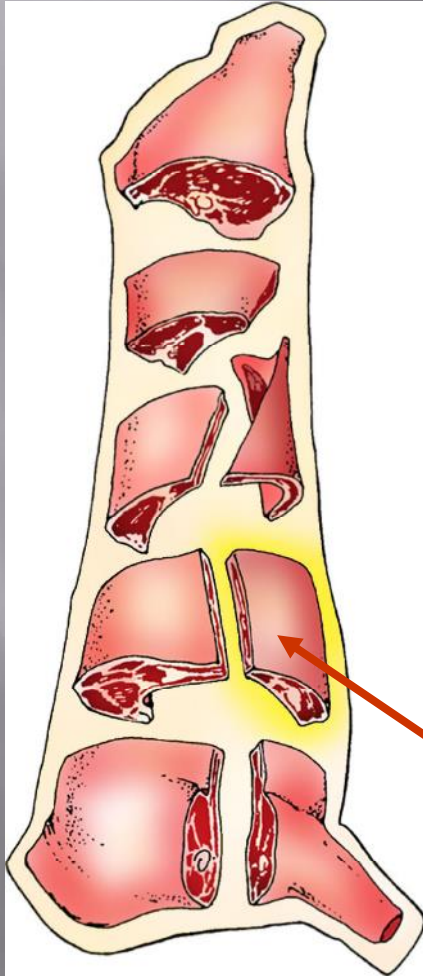
- Flank Steak Filet
- Plank Steak
- London Broil
- Jiffy Steak

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Flank	Flank Steak	Dry/Moist
4-H	Beef	Flank	Flank Steak	Dry/Moist



Plate Short Ribs



Cut from the top, front portion of the beef plate between the 6th and 8th rib.



Proper Name

Beef Plate Short Ribs

Other Names

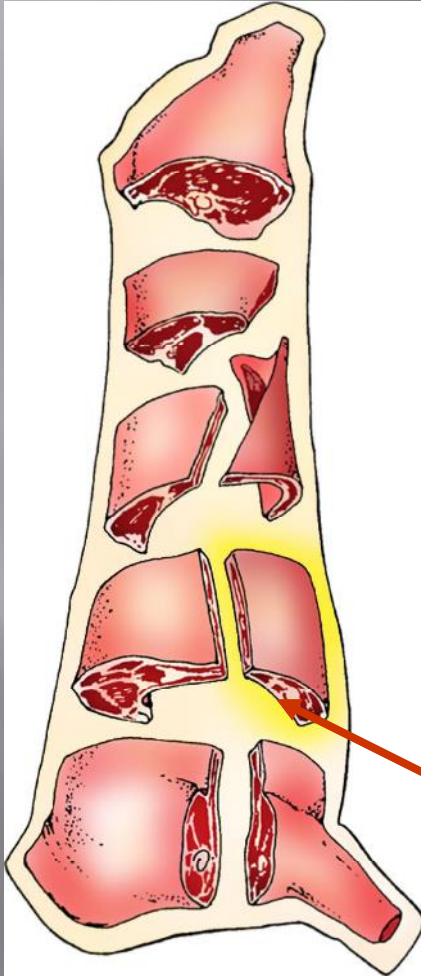
- Short Ribs
- Plate Ribs

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Plate	Short Ribs	Moist
4-H	Beef	Plate	Short Ribs	Moist



Plate Skirt Steak, Boneless



Cut from the inside area of the beef plate.



Proper Name

Beef Plate Skirt Steak, Boneless

Other Names

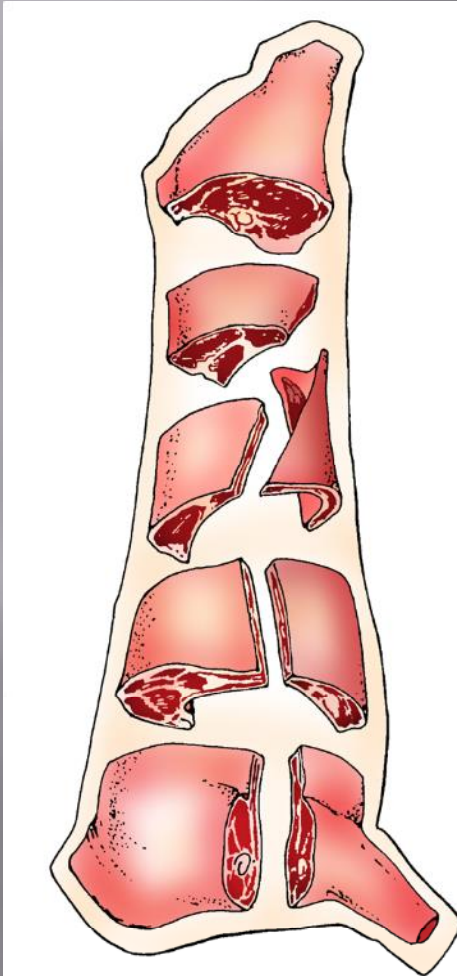
- Skirt Steak
- Diaphragm
- Fajita Steak

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Plate	Skirt Steak, Bnls	Dry/Moist
4-H	Beef	Plate	Skirt Steak, Bnls	Dry/Moist



Beef for Stew



Made from lean tender muscle from multiple areas of the carcass.



Proper Name

Beef for Stew

Other Name

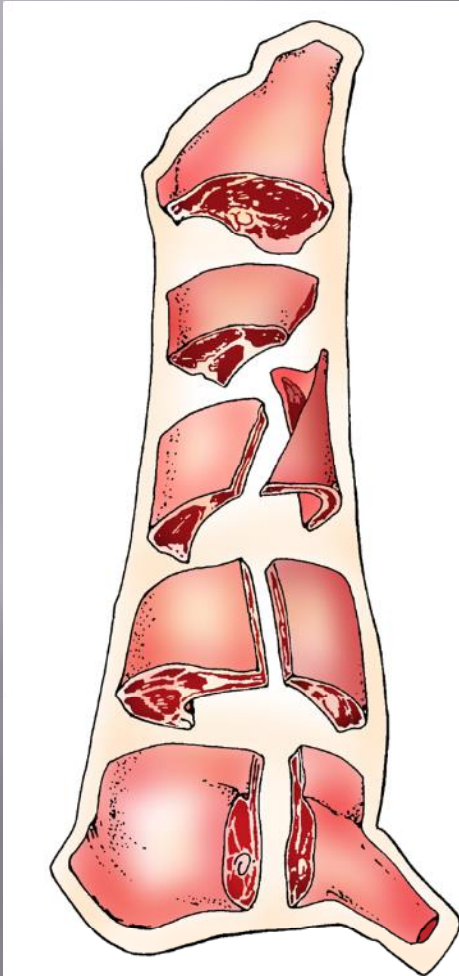
- Stew Beef
- Beef Cubed for Stew
- Boneless Stew Beef
- Boneless Beef for Stew

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Various	Beef for Stew	Moist
4-H	Beef	Various	Beef for Stew	Moist



Cubed Steak



Made from lean tender muscle from multiple areas of the carcass.



Proper Name

Beef Cubed Steak

Other Names

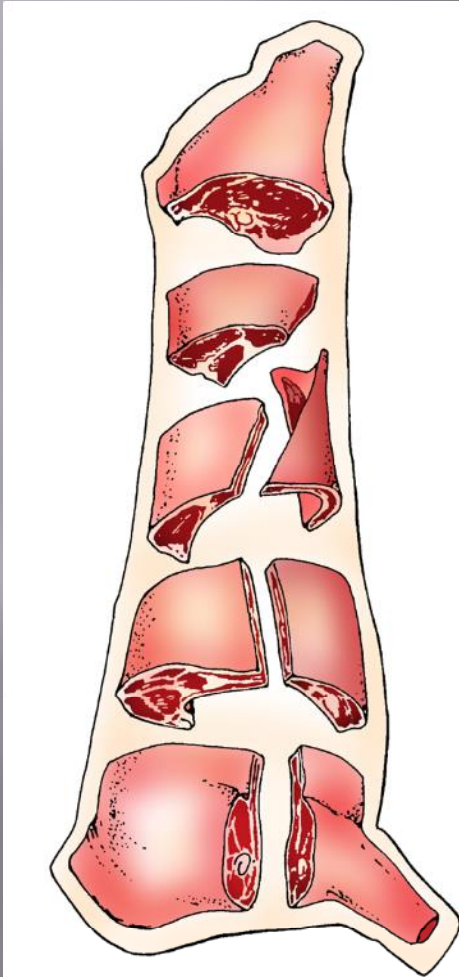
- Cubed Beef Steak
- Cubed Steak

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Various	Cubed Steak	Dry/Moist
4-H	Beef	Various	Cubed Steak	Dry/Moist



Ground Beef



Made from grinding lean and fat from various trimmings of the carcass.



Proper Name

Ground Beef

Other Names

- Ground Round
- Ground Chuck
- Hamburger
- Chopped Meat

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Various	Ground Beef	Dry
4-H	Beef	Various	Ground Beef	Dry



Proper Name

Beef Heart

Other Names

- Boiled Heart
- Sliced Heart

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Variety	Heart	Dry/Moist
4-H	Beef	Variety Meats	Heart	Dry/Moist



Proper Name

Beef Kidney

Other Names

- Sliced Kidney

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Variety	Kidney	Dry/Moist
4-H	Beef	Variety Meats	Kidney	Dry/Moist



Proper Name

Beef Liver

Other Names

- Liver Sliced
- Fried Liver

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Variety	Liver	Dry/Moist
4-H	Beef	Variety Meats	Liver	Dry/Moist



Proper Name

Beef Oxtail

Other Names

- Sliced Oxtail

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Variety	Oxtail	Moist
4-H	Beef	Variety Meats	Oxtail	Moist



Proper Name

Beef Tongue

Other Names

- Sliced Tongue

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Variety	Tongue	Dry/Moist
4-H	Beef	Variety Meats	Tongue	Dry/Moist



Proper Name

Beef Tripe

Other Names

- Tripe

Proper Identification

	Species	Primal Cut	Retail Cut	Cookery Method
FFA	Beef	Variety	Tripe	Moist
4-H	Beef	Variety Meats	Tripe	Moist



The End

Quit

