

CUTS OF BEEF

A CHEAT SHEET FOR MEAT TREATS

THE BEEF SECTION

of the grocery store or butcher can be confusing even for the most devoted omnivores. How is a tri-tip different from a New York steak? What about sirloin tip? To give you a better understanding of where your beef comes from, we have taken the most popular retail cuts and charted them according to... well, where they belong on the cow. We also tell you how much they cost and the best cooking methods for each. **Dig in!**

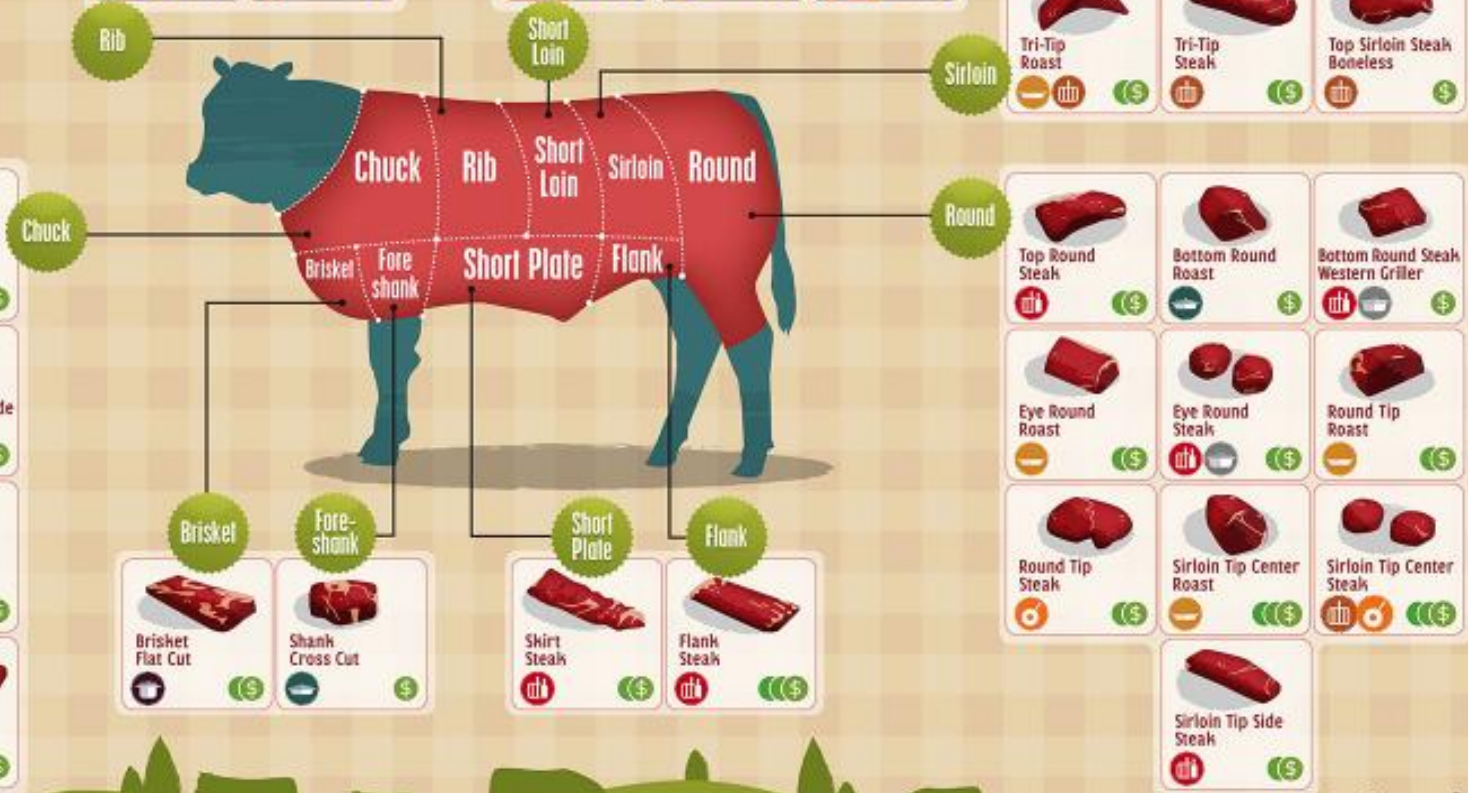
Cooking Methods



Cost

Inexpensive up to \$4
Moderate up to \$6.50
Expensive over \$6.50

Rib Roast Inexpensive, Moderate, Expensive	Rib Steak Moderate, Expensive	Ribeye Roast Boneless Inexpensive, Moderate, Expensive	Porterhouse Steak Moderate, Expensive	T-Bone Steak Moderate, Expensive	Top Loin Steak Bone-in Moderate, Expensive
Ribeye Steak Boneless Moderate, Expensive	Back Ribs Expensive	Top Loin Steak Boneless Moderate, Expensive	Tenderloin Roast Inexpensive, Moderate, Expensive	Tenderloin Steak Moderate, Expensive	



Chuck 7-Bone Pot Roast Inexpensive, Moderate	Chuck Boneless Pot Roast Inexpensive, Moderate	Chuck Steak Boneless Moderate, Expensive
Chuck Eye Steak Boneless Moderate, Expensive	Shoulder Top Blade Steak Moderate, Expensive	Shoulder Top Blade Steak Flat Iron Moderate, Expensive
Shoulder Pot Roast Boneless Inexpensive, Moderate	Shoulder Steak Boneless Moderate, Expensive	Shoulder Center Ranch Steak Moderate, Expensive
Shoulder Petite Tender Moderate, Expensive	Shoulder Petite Tender Medallions Moderate, Expensive	Boneless Short Ribs Expensive

Tri-Tip Roast Moderate, Expensive	Tri-Tip Steak Moderate, Expensive	Top Sirloin Steak Boneless Moderate, Expensive
Top Round Steak Moderate, Expensive	Bottom Round Roast Moderate, Expensive	Bottom Round Steak Western Griller Moderate, Expensive
Eye Round Roast Inexpensive, Moderate	Eye Round Steak Moderate, Expensive	Round Tip Roast Inexpensive, Moderate
Round Tip Steak Moderate, Expensive	Sirloin Tip Center Roast Moderate, Expensive	Sirloin Tip Center Steak Moderate, Expensive
Sirloin Tip Side Steak Moderate, Expensive		

Source: FreshLook Marketing Retail Scanner Data/VM Meat Solutions, Total US, 2012