

Matching Cooking Methods to Beef Cuts Ensures Success

BEEF CUT



CHUCK

Chuck 7-Bone Steak			*	*			
Chuck Mock Tender Steak							
Chuck Arm Steak							
Chuck Eye Steak, boneless	•		•	•		•	•
Shoulder Top Blade Steak, boneless	•		•	•		•	•
Shoulder Top Blade Steak (Flat Iron)	•	•	•	•			
Shoulder Steak, boneless	*		*	*		•	•
Shoulder Center Steak (Ranch)	•	•	•	•			
Shoulder Petite Tender Medallions	•						
Short Ribs						•	•
Chuck Pot Roast (Arm, Blade, Shoulder)						•	•
Shoulder Tender Petite Roast		•	•	•	•		

RIB

Rib Steak	•	•	•	•			
Ribeye Steak							
Rib Roast			•		•		
Ribeye Roast							

LOIN

Porterhouse/T-Bone Steak	•		•	•			
Top Loin (Strip) Steak Tenderloin Steak	•	•	•	•	•		
Top Loin Roast			•				
Tenderloin Roast		•	•	•			

SIRLOIN

Sirloin Steak, Tri-Tip Steak	•	•	•	•			
Top Sirloin Steak, boneless							
Tri-Tip Roast			•		•		

ROUND

Top Round Steak	*	•	*	*			
Bottom Round Steak (Western Griller)	*		*	*			
Eye Round Steak	*		*			•	
Round Tip Steak, thin cut	•	•					
Sirloin Tip Center Steak	•	•	•	•			
Sirloin Tip Side Steak	*	•	*	*			
Eye Round, Bottom Round, Rump Roasts						•	•
Top Round Roast						•	
Round Tip Roast							

SHANK & BRISKET

Brisket, Fresh or Corned						•	•
Shank Cross Cuts						•	•

PLATE & FLANK

Skirt Steak	*		*	*		•	
Flank Steak		•	*	*		•	

OTHER CUTS

Ground Beef	•		•	•	•		
Cubed Steak	•					•	
Beef for Stew							•
Beef for Kabobs			•	•			

* Requires marinating



CLASSIC BEEF CHEESEBURGER

Total preparation and cooking time: 25 to 30 minutes

- 1-1/2 pounds ground beef
- 2 teaspoons steak seasoning blend
- 4 hamburger buns, split
- 4 slices (1 ounce each) cheese (such as Cheddar, American, Swiss, etc.)
- 4 lettuce leaves
- 8 tomato slices

1. Combine ground beef and steak seasoning in large bowl, mixing lightly but thoroughly. Lightly shape into four 3/4-inch thick patties.
2. Place patties on grid over medium, ash-covered coals. Grill, uncovered, 13 to 15 minutes to medium (160°F) doneness, until not pink in center and juices show no pink color, turning occasionally. About 2 minutes before burgers are done, place buns, cut sides down, on grid. Grill until lightly toasted. During last minute of grilling, top each burger with cheese.
3. Line bottom of each bun with lettuce leaf; top with tomato slices and burger. Close sandwiches.

Makes 4 servings.

Nutrition information per serving using 80% lean ground beef: 585 calories; 34 g fat (15 g saturated fat; 13 g monounsaturated fat); 146 mg cholesterol; 819 mg sodium; 23 g carbohydrate; 1.2 g fiber; 44 g protein; 8.5 mg niacin; 0.5 mg vitamin B6; 3.8 mcg vitamin B12; 4.9 mg iron; 39.8 mcg selenium; 9.2 mg zinc.

3 Easy Steps to GRILLING BEEF

- 1 Prepare grill (charcoal or gas) according to manufacturer's directions for medium heat.
- 2 Season beef (directly from the refrigerator) with herbs or spices, as desired. Place on cooking grid.
- 3 Grill according to chart, turning occasionally. After cooking, season beef with salt, if desired.