

# ANGUS BEEF CHART

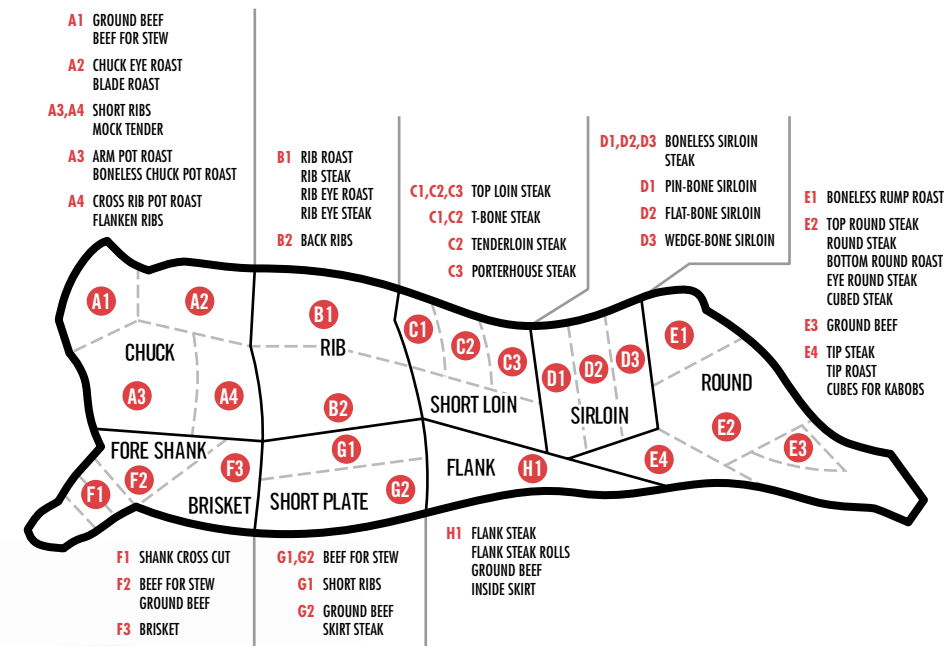
● Steaks and roasts suitable for broiling, panbroiling and roasting

Also represents the most desirable cuts and accounts for about 90% of the retail value of a carcass

■ Thrifty cuts requiring longer cooking methods

OTHER CUTS			
<b>GROUND BEEF</b> <i>Broil, Panfry, Panbroil, Roast (Bake)</i>	<b>CUBED STEAK</b> <i>Panfry, Braise</i>	<b>BEEF FOR STEW</b> <i>Braise, Cook in Liquid</i>	<b>CUBES FOR KABOBS</b> <i>Broil, Braise</i>

RIB		SHORT LOIN		SIRLOIN	
<b>RIB ROAST, LARGE END</b> <i>Roast</i>	<b>RIB ROAST, SMALL END</b> <i>Roast</i>	<b>BONELESS TOP LOIN STEAK</b> <i>Broil, Panbroil, Panfry</i>		<b>SIRLOIN STEAK, FLAT BONE</b> <i>Broil, Panbroil, Panfry</i>	
<b>RIB STEAK, SMALL END</b> <i>Broil, Panbroil, Panfry</i>	<b>RIB EYE ROAST</b> <i>Roast</i>	<b>T-BONE STEAK</b> <i>Broil, Panbroil, Panfry</i>	<b>PORTERHOUSE STEAK</b> <i>Broil, Panbroil, Panfry</i>	<b>SIRLOIN STEAK, ROUND BONE</b> <i>Broil, Panbroil, Panfry</i>	
<b>RIB EYE STEAK</b> <i>Broil, Panbroil, Panfry</i>	<b>BACK RIBS</b> <i>Braise, Cook in Liquid, Roast</i>	<b>TENDERLOIN ROAST (FILET MIGNON)</b> <i>Roast, Broil</i>	<b>TENDERLOIN STEAK (FILET MIGNON)</b> <i>Broil, Panbroil, Panfry</i>	<b>TOP SIRLOIN STEAK</b> <i>Broil, Panbroil, Panfry</i>	



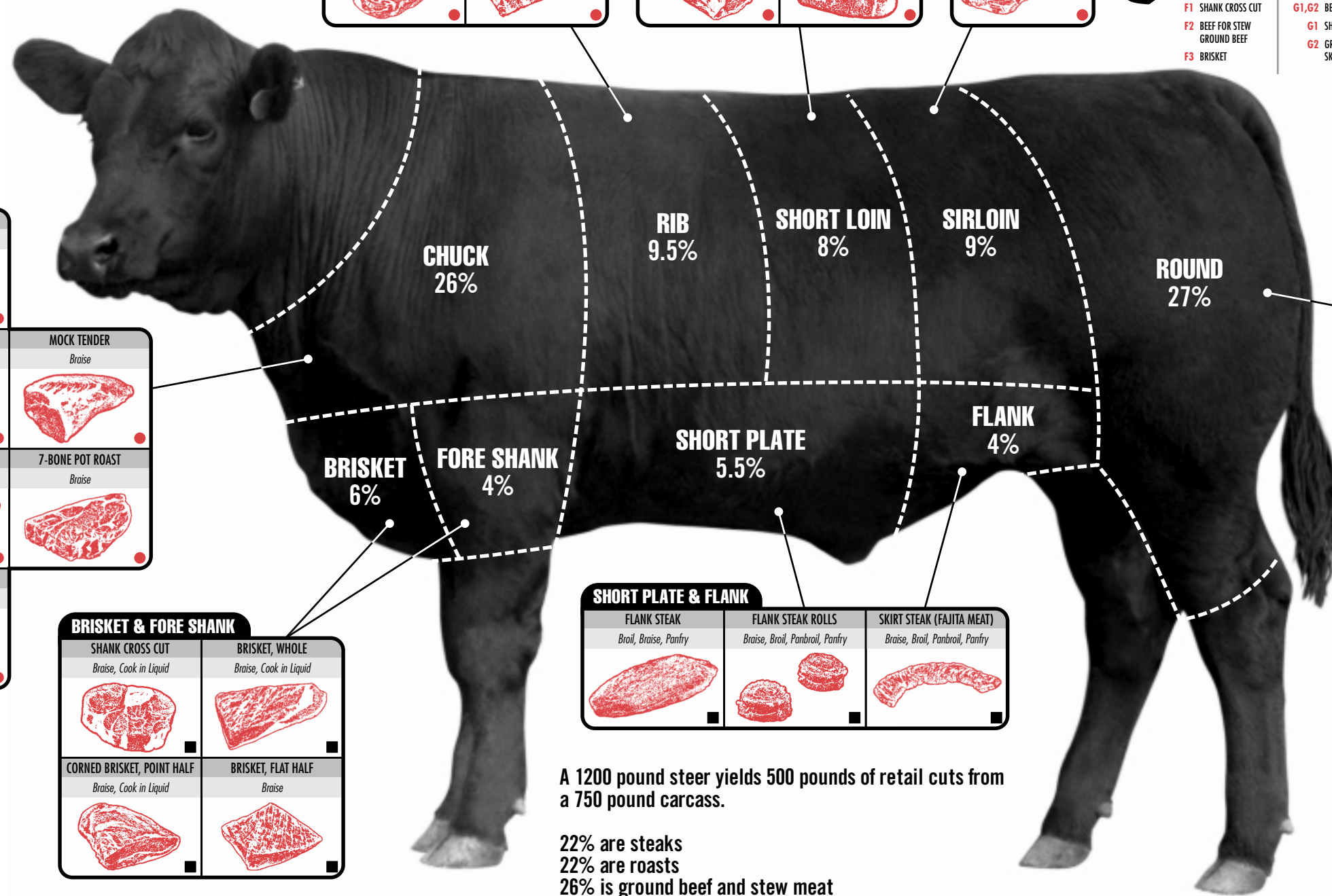
CHUCK		
<b>CHUCK EYE ROAST</b> <i>Braise, Roast</i>		
<b>BONELESS TOP BLADE STEAK</b> <i>Braise, Panfry</i>	<b>ARM POT ROAST</b> <i>Braise</i>	
<b>BONELESS CHUCK POT ROAST</b> <i>Braise</i>	<b>CROSS RIB POT ROAST</b> <i>Braise</i>	<b>MOCK TENDER</b> <i>Braise</i>
<b>BLADE ROAST</b> <i>Braise</i>	<b>UNDER BLADE POT ROAST</b> <i>Braise, Roast</i>	<b>7-BONE POT ROAST</b> <i>Braise</i>
<b>SHORT RIBS</b> <i>Braise, Cook in Liquid</i>	<b>FLANKEN-STYLE RIBS</b> <i>Braise, Cook in Liquid</i>	

BRISKET & FORE SHANK	
<b>SHANK CROSS CUT</b> <i>Braise, Cook in Liquid</i>	<b>BRISKET, WHOLE</b> <i>Braise, Cook in Liquid</i>
<b>CORNED BRISKET, POINT HALF</b> <i>Braise, Cook in Liquid</i>	<b>BRISKET, FLAT HALF</b> <i>Braise</i>

SHORT PLATE & FLANK		
<b>FLANK STEAK</b> <i>Broil, Braise, Panfry</i>	<b>FLANK STEAK ROLLS</b> <i>Braise, Broil, Panbroil, Panfry</i>	<b>SKIRT STEAK (FAJITA MEAT)</b> <i>Braise, Broil, Panbroil, Panfry</i>

ROUND	
<b>ROUND STEAK</b> <i>Braise, Panfry</i>	<b>TOP ROUND ROAST</b> <i>Roast</i>
<b>TOP ROUND STEAK</b> <i>Broil, Panbroil, Panfry</i>	<b>BONELESS RUMP ROAST</b> <i>Roast, Braise</i>
<b>BOTTOM ROUND ROAST</b> <i>Braise, Roast</i>	<b>TIP ROAST, CAP OFF</b> <i>Roast, Braise</i>
<b>EYE ROUND ROAST</b> <i>Braise, Roast</i>	<b>TIP STEAK</b> <i>Broil, Panbroil, Panfry</i>

VARIETY MEATS	
<b>TONGUE</b> <i>Simmer</i>	<b>LIVER</b> <i>Braise, Panbroil</i>
<b>KIDNEY</b> <i>Simmer, Braise</i>	<b>HEART</b> <i>Simmer, Braise, Bake</i>



A 1200 pound steer yields 500 pounds of retail cuts from a 750 pound carcass.

22% are steaks  
22% are roasts  
26% is ground beef and stew meat  
30% is made-up of fat, bone & shrinkage



American Angus Association

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