

## **Beef Glossary**

**Filet-** Considered to be the most tender steak, the filet comes from the tenderloin of the cow. This muscle gets little exercise, therefore it has almost no connective tissue making it very tender and if cooked properly, can be a melt in your mouth experience.

**NY Strip-** A popular steak from the short loin of the cow. This comes from a muscle that is also not often used, therefore is a more tender choice of steak, there is more connective tissue and some marbling in this steak compared to the filet.

**T-Bone-** Filet and NY strip Separated by a t shaped bone.

**Porterhouse-** 1.5" thick T-bone cut from the loin at the largest end of the filet.

**Ribeye** – A boneless steak cut from the rib section of the cow. The rib section of the cow is composed of two muscles which contain a good amount of fat, giving this steak a good marbling and high remarks for flavor.

**Delmonico-** This is the heart of the ribeye (boneless) where all your marbling is. The tail fat has been trimmed and you are left with a tender steak ready for cooking.

**Rib- steak** – this is a bone in ribeye.

**Sirloin-** The sirloin steaks come from the hip and backbone of the cow. Since this is closer to the back legs of the cow this is a tougher cut of meat but still has some marbling and has a wide range of uses for all your cooking needs.

**Round Steak-** From the back leg of the cow, these muscles are lean and get a lot of exercise, making them a tougher meat choice. Versatile as a steak, jerky meat, or a roast (London broil).

**Cubed Steak** – Generally made from the round of the cow. Your butcher will slice the round into steak size pieces, then run them through a cubing machine to tenderize and break down some of the tough fibers in the steak.

**Swiss Steak-** Swiss steak also comes from the hind end of the cow, making it a tougher cut. Many consider swiss steak more of a roast. Best when cooked low and slow.

**Chuck Roast-** Comes from the shoulder area and is known for its' rich, beefy flavor. Moist and tender when slow-cooked.

**Arm Roast-** Similar to the Chuck Roast, the Arm Roast comes from the shoulder area and is known for its rich, beefy flavor. Best when slow-cooked.

**Rump Roast-** Taken from the hindquarters of the cow, the rump roast is a very lean roast. With almost no connective tissue for marbling, this roast is best cooked low and slow.

**Brisket-** Cut from the breast or lower chest of the beef, the brisket is a large cut of meat that is popular for low and slow smoking. Coming from the breast area, this is a tougher cut of meat, supporting about 60% of the cows' body weight while standing or moving.

**Flank**- A thin boneless steak from the lower abdominal muscles. Normally around an inch thick and commonly grilled, barbecued, or braised.

**Short Ribs** – This is a narrow cut of bone-in beef including the chuck or the plate of the cow, behind or below the brisket. Best cooked by smoking or braising.

**Soup Bones**- Soup bones typically include bones with marrow. Great for making beef broth and a good source of nutrients. Many people also give these bones to their dogs to chew.

**Offal's**- These are the organ meats of the cow. Such as heart, tongue, liver, and oxtail.

**Bulk/ Ground Beef**- This is what is left over with after getting some or all the cuts listed above from the beef. There will be trimmings with and without fat that your butcher will grind up for either patties or bulk packages.