

# ANGUS BEEF CHART

**OTHER CUTS**

Beef for Stew	Cubed Steak
Beef for Kabobs	Ground Beef

**RIB**

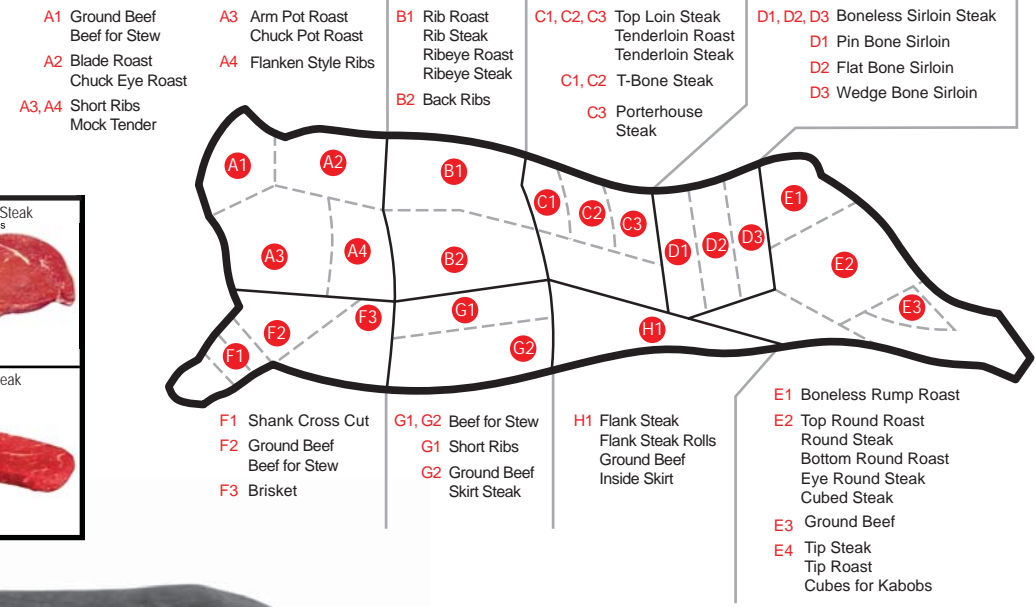
Rib Roast, Large End	Rib Roast, Small End	Rib Steak, Small End
Ribeye Roast Boneless	Ribeye Steak Boneless	Back Ribs

**LOIN**

Top Loin Steak Boneless	T-Bone Steak	Porterhouse Steak
Tenderloin Roast (Filet Mignon)	Tenderloin Steak (Filet Mignon)	

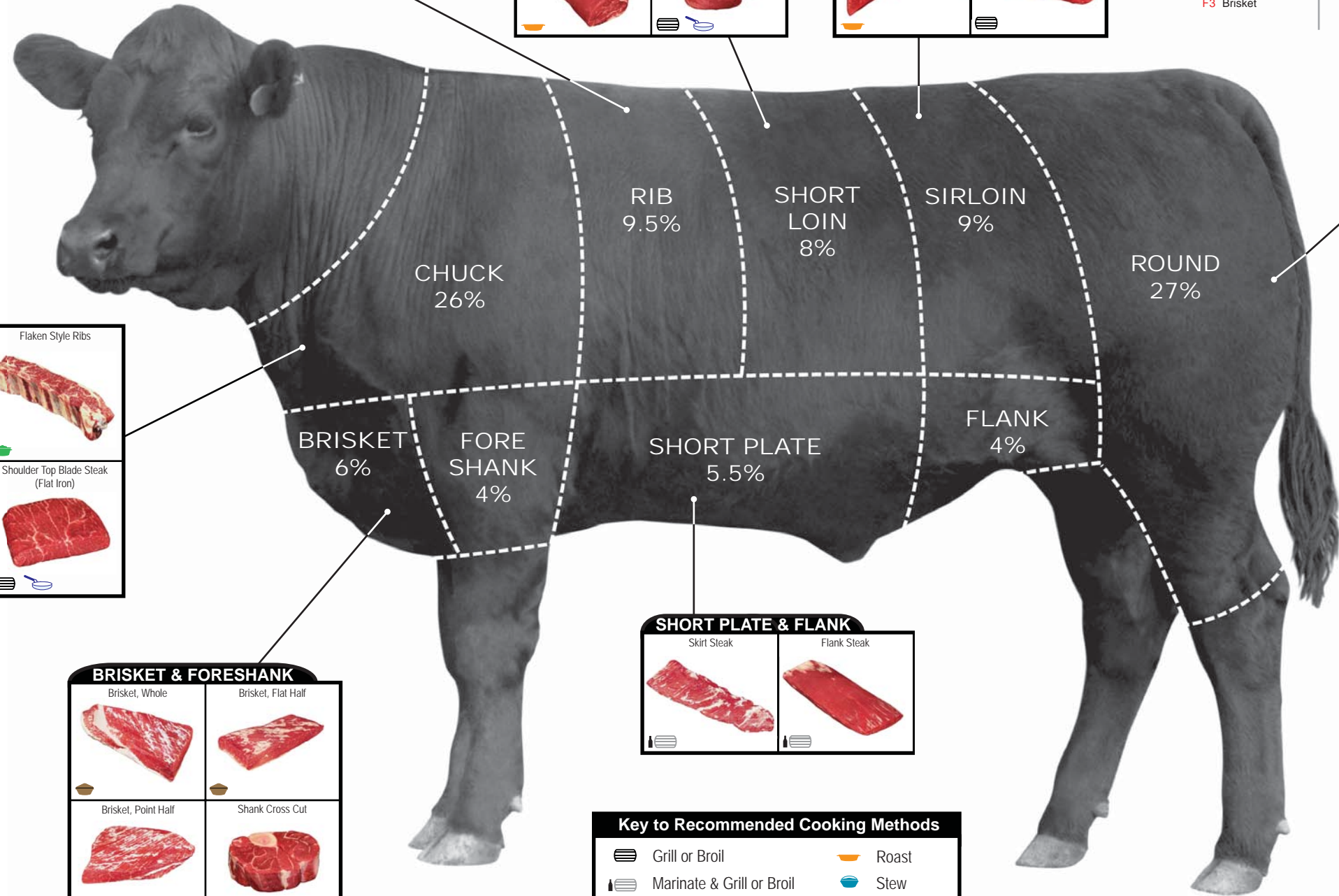
**SIRLOIN**

Sirloin Steak, Flat Bone	Sirloin Steak, Round Bone	Top Sirloin Steak Boneless
Tri-Tip Roast	Tri-Tip Steak	



**CHUCK**

7-Bone Pot Roast	Arm Pot Roast	Blade Roast
Under Blade Pot Roast	Chuck Pot Roast	Chuck Eye Roast
Chuck Eye Roast	Short Ribs	Flanken Style Ribs
Mock Tender Roast	Chuck Top Blade Steak	Shoulder Top Blade Steak (Flat Iron)
Shoulder Petite Tender	Shoulder Petite Tender Medallions	



**ROUND**

Round Steak Boneless	Bottom Round Roast	Bottom Round Steak
Eye Round Roast	Eye Round Steak	Top Round Steak
Boneless Rump Roast	Tip Roast, Cap Off	Tip Steak

**BRISKET & FORESHANK**

Brisket, Whole	Brisket, Flat Half
Brisket, Point Half	Shank Cross Cut

**SHORT PLATE & FLANK**

Skirt Steak	Flank Steak
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**Key to Recommended Cooking Methods**

Grill or Broil	Roast
Marinate & Grill or Broil	Stew
Skillet	Braise
Stir-Fry	Pot Roast

A 1200 pound, Yield Grade 1 steer yields 518 pounds of retail cuts from a 750 pound carcass.

A 1200 pound, Yield Grade 2 steer yields 502 pounds of retail cuts from a 750 pound carcass.

A 1200 pound, Yield Grade 3 steer yields 435 pounds of retail cuts from a 750 pound carcass.

Of the retail cuts, on a carcass weight basis:

- 31% are steaks
- 31% are roasts
- 38% is ground beef and stew meat



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Meat cut photos and key to recommended cooking methods courtesy of The Beef Checkoff.