

Title:

Tips for Selecting the Right Beef Cuts for Your Meal and Budget

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Summary:

If you've ever wondered about the difference in beef cuts or grades, your questions will be answered here.

Keywords:

steak cuts, beef cuts, cuts of beef, meat cuts

Article Body:

When we stand at the butchers counter, most of us may wonder what is the difference between a

Beef is the widely consumed animal protein through out the world when compared to any other meat.

Grading of beef cuts

The beef is usually graded into three categories based on its quality by the United States Department of Agriculture.

- Prime meat
- Choice meat
- Select meat

Prime Meat

The meat, which is having more marbling, is termed as Prime meat. This is usually found in finer cuts.

Select Meat

The select meat consists of less marbling, which means low fat and less calories. But it won't be as tender as the prime meat.

Choice Meat

Choice meat consists of more marbling than Select meat but less marbling than Prime meat. But it is still a good choice.

Beef Cuts

The names of the beef cuts vary between countries. Sometimes it varies within the regions of the same country.

Rib eye

This is the top cut preferred by most of the beef connoisseurs. This is characterized by abundant marbling.

Top Sirloin

Lesser grade cut but this is the largest beef cut when compared to other beef cuts. In layman's terms, it's a good cut.

Porterhouse

As the name suggests, it is not concerned with any kind of house. This beef cut has ample marbling and is a good choice.

Chateaubriand

This has been cut from the butt end but should weigh around 24 ounces. A six inches long chateaubriand is a good choice.

Filet Mignon

A well worth costly choice beef cut, if you cook it with pot-roasting. This is most soft with a delicate flavor.

New York Strip

This is one of the cost-effective beef cut parts. This cheap cut is a t-bone with the tenderloin cut.

T-bone

This is also one of the cheapest beef cuts. This consists of a full loin eye and medium sized tenderloin.

Ground Beef

Ground beef should not be less than 70% lean. The package will usually indicate whether it is

Suitable cooking methods

Loins and ribs are the most tender cuts of beef. The loins and ribs should be cooked with high

Pot-roasting, stewing, and steaming are the most preferred methods of cooking the cuts from the

Selecting beef cuts based on cooking methods

Apart from selecting a good beef cut from butcher shop or grocery store, the beef cuts can also

If you want to cook the beef on a grill, it is always advised to go for tenderized meat rather

If you want to do Pot roast, it is always to select the beef cuts from round and chuck. Pot ro

Tips to select better beef cuts

Before shopping for a good beef cut for a particular recipe, you should learn about the various

1. Try to locate the origin of the cuts from the body of the carcass.
2. This will help you to identify the names of the cuts.
3. Look for the tenderness and leanness of the beef cuts before procuring it.
4. Inspect the "Sell-by" date in the packaged beef. You should buy your beef cut either before
5. When selecting the beef cuts from cold storage cases of the grocery stores, the packages should be checked. Inspect thoroughly the coolness of the pack and ensure that it has not been damaged.
6. Firmness of roasts and steaks should be checked. Avoid the purchasing of soft roasts and steaks.
7. Always select the beef cuts that are bright red in color with thin creamy white fat evenly
8. Beef injected with flavorings should be avoided because flavoring makes your beef break down
9. Always try to avoid buying tenderized beef because during the procedure, the butcher pierces
10. Be friendly with the butcher to get ideas about the perfect beef cuts and sometimes he will

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