

## Selection

Flavor, tenderness, nutritional value and fat content of beef depends on many factors including the breed, age of the animal, feed, cut and cooking techniques. There are two types of cuts that vary in price and fat content. The first type are lean cuts with a lower fat content and more expensive. The second type of cuts are not as lean and less expensive. These cuts can be tender and delicious when cooked with techniques such as tenderizing, marinating and cooking slowly. To reduce fat content, select lean cuts.

## Storage

Keep beef refrigerated below 40°F or frozen at or below 0°F. Ground beef can be refrigerated for one to two days or frozen for three to four months. Steaks and roasts can be refrigerated for three to five days or frozen for six to twelve months.

## Nutrition Information

For incorporating beef into a healthy lifestyle, it is best to choose leaner cuts. However, considerations may dictate choosing cuts with a higher fat content. Top, bottom and eye round steaks and roasts and top sirloin steak are among the leanest cuts. The cooking method can affect fat content. Beef provides a variety of essential vitamins and minerals including iron, choline, selenium, zinc, phosphorus, niacin and riboflavin. It is also a high quality protein source; which means the body is able to absorb and use the protein readily.

## Uses

For a complete guide to cooking beef, see *Confident Cooking with Beef* or visit [www.BeefitsWhatsForDinner.com](http://www.BeefitsWhatsForDinner.com).

**Broil.** Preheat oven for 10 minutes. Add seasonings, if desired. Place on rack of broiler pan and put in oven 2-4 inches below heat element. Turn once and cook 8-30 minutes. Ideal for kabobs, ground beef patties or steaks.

**Chop.** Add cooked steak slices or ground beef to salads for protein.

**Grill.** Add seasonings, if desired. Place on grill over medium heat. Cover and grill for desired tenderness, turning once. Ideal for kabobs, ground beef patties or steaks.

**Pan-Broil.** Add seasonings, if desired. Heat pan to medium heat, add beef. Do not add oil or water; or cover the meat. Turn beef occasionally and cook to desired doneness. Ideal for steaks or ground beef patties.

**Pan-Fry/Sauté.** Add seasonings, if desired. Use beef cuts ½ inch or thinner size. Heat pan to medium heat, add oil to coat bottom of pan, add beef. Turn beef occasionally and cook 3-4 minutes or to desired doneness. Ideal for steaks or ground beef patties.

**Preserve.** For information on preserving beef, read *MontGuide Home Canning Pressures and Processing Time*. Visit [www.msuxextension.org/nutrition](http://www.msuxextension.org/nutrition) and click on the food preservation link or contact your Extension office.

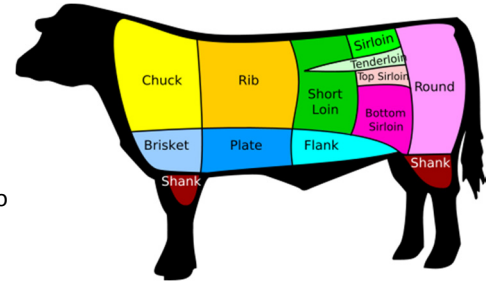
**Pot Roast/Braise/Slow Cooker.** Heat pan to medium heat, add oil to coat bottom of pan, add beef and brown sides. Add seasonings, if desired. Place beef in stock pot and add ½ to 2 cups of liquid, such as broth, water or an acidic fruit juice. Cover and simmer on low heat on the stovetop or in a 325°F oven. Cook for 1-3 hours. Ideal for large, less tender cuts of beef, such as short ribs, pot roasts and briskets.

**Roast.** Preheat oven to 325°F or 425°F. Place roast fat side up on a rack in a shallow roasting pan. Do not allow the meat to rest in fat. Do not add water or cover the roast. Cook for up to 3 hours, depending on size. Let stand for 15-20 minutes. Ideal for roasts or meatloaf.

**Season.** To enhance flavor, use low-sodium seasonings in rubs, marinades and spices, such as allspice, basil, bay leaf, caraway seed, celery seed, chili powder, cloves, coffee powder, cumin, curry powder, garlic, ginger, marjoram, oregano or thyme.

**Stir-Fry.** Slice into thin strips. Heat pan to medium heat, add oil to coat bottom of pan, add beef. Cook in small batches to allow moisture to evaporate. Cook beef by continuously turning for even browning. Ideal for steaks and added to vegetable dishes.

**Stew.** Brown all sides of beef over medium heat in pan prior to covering beef with a liquid, such as broth, water or juice. Bring liquid to boil and reduce heat to low to cook for 2-3 hours. Ideal for shanks, briskets or stew meats.



## Food Safety Tips

1. **Clean.** Wash hands and food contact surfaces often.
2. **Chill.** Keep produce and food cool and chill promptly.
3. **Separate.** Keep produce and food separate from raw meats and eggs.
4. **Cook.** Cook food to the safe temperature.

Questions? Click on [www.foodsafety.gov](http://www.foodsafety.gov)

# Beef: Cuts & Cooking Methods

CHUCK		RIB	LOIN	SIRLOIN	ROUND	OTHER
Blade Chuck Roast 	Cross Rib Chuck Roast 	Ribeye Roast, Bone-In 	Porterhouse Steak 	Top Sirloin Steak <b>LEAN</b> 	Top Round Steak* <b>LEAN</b> 	Kabobs* 
Blade Chuck Steak* 	Shoulder Roast <b>LEAN</b> 	Ribeye Steak, Bone-In 	T-Bone Steak <b>LEAN</b> 	Sirloin Steak 	Bottom Round Roast <b>LEAN</b> 	Strips 
7-Bone Chuck Roast 	Shoulder Steak* <b>LEAN</b> 	Back Ribs 	Strip Steak, Bone-In <b>LEAN</b> 	Top Sirloin Petite Roast <b>LEAN</b> 	Bottom Round Steak* <b>LEAN</b> 	Cubed Steak 
Chuck Center Roast 	Ranch Steak <b>LEAN</b> 	Ribeye Roast, Boneless 	Strip Steak, Boneless <b>LEAN</b> 	Top Sirloin Filet <b>LEAN</b> 	Bottom Round Rump Roast <b>LEAN</b> 	Stew Meat 
Chuck Center Steak* 	Flat Iron Steak 	Ribeye Steak, Boneless 	Strip Petite Roast <b>LEAN</b> 	Coulotte Roast 	Eye of Round Roast <b>LEAN</b> 	Shank Cross Cut <b>LEAN</b> 
Denver Steak 	Top Blade Steak 	Ribeye Cap Steak 	Strip Filet <b>LEAN</b> 	Tri-Tip Roast <b>LEAN</b> 	Eye of Round Steak* <b>LEAN</b> 	Ground Beef and Ground Beef Patties 
Chuck Eye Roast <b>LEAN</b> 	Petite Tender Roast <b>LEAN</b> 	Ribeye Petite Roast <b>LEAN</b> 	Tenderloin Roast <b>LEAN</b> 	Tri-Tip Steak <b>LEAN</b> 		
					<b>BRISKET</b>	<b>PLATE &amp; FLANK</b>
Chuck Eye Steak 	Petite Tender Medallions <b>LEAN</b> 	Ribeye Filet <b>LEAN</b> 	Tenderloin Filet <b>LEAN</b> 	Petite Sirloin Steak 	Brisket Flat <b>LEAN</b> 	Skirt Steak* 
Country-Style Ribs 	Short Ribs, Bone-In 			Sirloin Bavette* 	Brisket Point 	Flank Steak* <b>LEAN</b> 
						Short Ribs, Bone-In* 

**KEY TO RECOMMENDED COOKING METHODS**

GRILL OR BROIL     SLOW COOKING  
 STIR-FRY     ROAST  
 SKILLET     SKILLET-TO-OVEN

\*MARINATE BEFORE COOKING FOR BEST RESULTS

**IT'S WHAT'S FOR DINNER.**  
Funded by the Beef Checkoff.

**LEAN** These cuts meet the government guidelines for lean, based on cooked servings, visible fat trimmed.

All lean beef cuts have less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 3½-oz serving. Based on cooked servings, visible fat trimmed.

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**For More Information:**

Montana State University Extension: [www.msuetension.org](http://www.msuetension.org)  
 MSU Extension Food and Nutrition: [www.msuetension.org/nutrition](http://www.msuetension.org/nutrition)  
 MSU Extension Nutrition Education Programs: [www.buyeatlivebetter.org](http://www.buyeatlivebetter.org)  
 National Cattlemen's Beef Association: [www.BeeffitsWhatsForDinner.com](http://www.BeeffitsWhatsForDinner.com).

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Montana Beef Council. (2011). *Confident Cooking with Beef*. Rombauer, Irma S., Rombauer, Marion R., Becker, Ethan. Joy of Cooking. Scribner, New York, 2006. Print.  
 Spice Advice. (2015) *Spice usage tips*. [www.spiceadvice.com/news/usage/chart.html](http://www.spiceadvice.com/news/usage/chart.html)  
 US Department of Health and Human Services. *Food Safety*. [www.foodsafety.gov](http://www.foodsafety.gov)