

Recommended Cooking Methods for Different Cuts of Beef

| BEEF CUT | | SKILLET | BROIL | STIR-FRY | ROAST | GRILL | POT ROASTING/ BRAISING |
|--------------------|--|---------|-------|----------|-------|-------|---------------------------|
| Tender Steaks | Chuck Eye Steak, Boneless | ✓ | ✓ | ✓ | | ✓ | ✓ |
| | Chuck Top Blade Steak, Boneless | ✓ | ✓ | ✓ | | ✓ | ✓ |
| | Porterhouse Steak, T-bone Steak | ✓ | ✓ | | | ✓ | |
| | Round (Sirloin) Tip Center Steak | ✓ | ✓ | ✓ | | ✓ | |
| | Round Tip Steak, thin cut | ✓ | | ✓ | | | |
| | Rib Steak, Ribeye Steak | ✓ | ✓ | ✓ | | ✓ | |
| | Shoulder Center Steak | ✓ | ✓ | ✓ | | ✓ | |
| | Shoulder Top Blade (Flat Iron) Steak | ✓ | ✓ | ✓ | | ✓ | |
| | Sirloin Steak, Top Sirloin Steak | ✓ | ✓ | ✓ | | ✓ | |
| | Tenderloin Steak | ✓ | ✓ | ✓ | | ✓ | |
| | Top Loin (Strip) Steak | ✓ | ✓ | ✓ | | ✓ | |
| Tri-Tip Steak | ✓ | ✓ | ✓ | | ✓ | | |
| Less Tender Steaks | Chuck Shoulder Steak, Boneless | * | * | | | * | ✓ |
| | Chuck Arm Steak | | | | | | ✓ |
| | Chuck 7-Bone Steak | | * | | | * | ✓ |
| | Cubed Steak | ✓ | | ✓ | | | ✓ |
| | Eye Round Steak | * | | | | * | ✓ |
| | Flank Steak | | * | ✓ | | * | ✓ |
| | Round (Sirloin) Tip Side Steak | * | * | ✓ | | * | |
| | Round Steak | | | | | | ✓ |
| | Skirt Steak | * | * | | | * | ✓ |
| Top Round Steak | * | * | ✓ | | * | | |
| Roasts | Eye Round Roast | | | | * | | * |
| | Rib Roast, Ribeye Roast | | | | ✓ | ✓ | |
| | Round (Sirloin) Tip Center Roast | | | | ✓ | | |
| | Round Tip Roast | | | | * | | * |
| | Shoulder Tender Petite Roast | ✓ | ✓ | | ✓ | ✓ | |
| | Tenderloin Roast, Top Loin Roast | | | | ✓ | ✓ | |
| | Tri-Tip Roast | | | | ✓ | ✓ | |
| Pot Roasts | Brisket, Corned Beef Brisket | | | | | | ✓ |
| | Chuck Pot Roast (such as Arm, Blade or Shoulder) | | | | | | ✓ |
| Other | Ground Beef | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | Beef for Stir-Fry | | | ✓ | | | |
| | Beef for Kabobs | | ✓ | | | ✓ | |
| | Beef for Stew | | | | | | ✓ |
| | Shank Cross Cuts | | | | | | ✓ |
| | Chuck Short Ribs | | | | | | ✓ |

* Require tenderizing, see marinades on our site:
<http://www.BeefItsWhatsForDinner.com/aboutbeef/marinades.asp>