

Meat Cuts Guide

A simple explanation of common cuts of meat, with pictures.

Ribeye Steak

Where it comes from: Rib section **What it's like:** Juicy, tender, lots of marbling **Best cooking methods:** Grilling, pan-searing, broiling



Filet Mignon

Where it comes from: Tenderloin **What it's like:** Extremely tender, mild flavor **Best cooking methods:** Pan-searing, grilling, roasting



New York Strip

Where it comes from: Short loin **What it's like:** Firm texture, strong beefy taste **Best cooking methods:** Grilling, pan-searing



T-Bone Steak

Where it comes from: Short loin (strip + tenderloin) **What it's like:** A mix of tender and flavorful **Best cooking methods:** Grilling, broiling



Top Sirloin

Where it comes from: Sirloin **What it's like:** Lean, moderately tender **Best cooking methods:** Grilling, pan-searing, roasting



Flat Iron Steak

Where it comes from: Shoulder (chuck) **What it's like:** Tender, well-marbled **Best cooking methods:** Grilling, pan-searing



Skirt / Flank Steak

Where it comes from: Skirt—plate; Flank—belly **What it's like:** Strong beefy flavor, long grain; best sliced thin **Best cooking methods:** Quick grilling, searing



Brisket

Where it comes from: Chest/breast **What it's like:** Tough at first, becomes tender when slow-cooked **Best cooking methods:** Smoking, braising, slow cooking



Chuck Roast

Where it comes from: Shoulder **What it's like:** Deep beefy flavor; tough unless slow-cooked **Best cooking methods:** Braising, slow cooking



Ground Beef

Where it comes from: Trimmings from various cuts **What it's like:** Varies by fat content; very versatile **Best cooking methods:** Burgers, tacos, sauces



Pork Chop

Where it comes from: Loin (along the back) **What it's like:** Lean, mild flavor, very popular **Best cooking methods:** Grilling, pan-searing, baking



Pork Tenderloin

Where it comes from: Loin (the most tender part) **What it's like:** Very lean, very tender, mild taste **Best cooking methods:** Roasting, grilling



Pork Shoulder Roast

Where it comes from: Shoulder (also called Boston butt) **What it's like:** Rich, flavorful, becomes tender when cooked slowly **Best cooking methods:** Slow cooking, braising, smoking



Pork Ribs

Where it comes from: Rib section **What it's like:** Juicy, flavorful, great for BBQ **Best cooking methods:** Smoking, grilling, baking



Pork Belly

Where it comes from: Underside of the pig **What it's like:** Very fatty, rich, used to make bacon **Best cooking methods:** Roasting, slow cooking, pan-searing



Ham

Where it comes from: Back leg **What it's like:** Usually cured or smoked; salty and savory **Best cooking methods:** Baking, slicing for sandwiches



Ground Pork

Where it comes from: Trimmings from various cuts **What it's like:** Mild flavor, very versatile **Best cooking methods:** Stir-fries, meatballs, patties, sauces



Leg of Lamb

Where it comes from: Back leg **What it's like:** Mild to rich flavor; tender when roasted **Best cooking methods:** Roasting, grilling



Rack of Lamb

Where it comes from: Rib section **What it's like:** Very tender, elegant, often served as rib chops **Best cooking methods:** Roasting, grilling



Lamb Loin Chop

Where it comes from: Loin (similar to a tiny T-bone) **What it's like:** Tender, mild flavor **Best cooking methods:** Grilling, pan-searing



Lamb Shoulder

Where it comes from: Shoulder area **What it's like:** Flavorful but tougher; becomes tender when slow-cooked **Best cooking methods:** Braising, roasting, slow cooking



Lamb Shank

Where it comes from: Lower part of the leg **What it's like:** Tough at first but becomes very tender when cooked slowly **Best cooking methods:** Braising, slow cooking



Lamb Rib Chop

Where it comes from: Rib section (cut from a rack of lamb) **What it's like:** Very tender and flavorful **Best cooking methods:** Grilling, pan-searing



Ground Lamb

Where it comes from: Trimmings from various cuts **What it's like:** Rich, slightly gamey flavor **Best cooking methods:** Burgers, meatballs, kebabs



Lamb Shoulder Chop

Where it comes from: Shoulder **What it's like:** Flavorful but less tender; great when cooked slowly **Best cooking methods:** Braising, grilling



Chicken Breast

What it's like: Lean, mild flavor, very popular **Best cooking methods:** Grilling, baking, sautéing



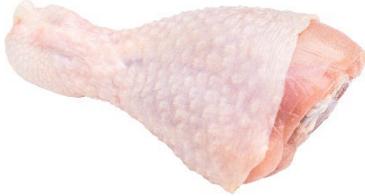
Chicken Thighs

What it's like: Juicy, flavorful dark meat **Best cooking methods:** Baking, grilling, braising



Drumsticks

What it's like: Dark meat, juicy, fun to eat **Best cooking methods:** Baking, frying, grilling



Chicken Wings

What it's like: Crispy, great for sauces and snacks **Best cooking methods:** Frying, baking, grilling



Chicken Tenderloins

What it's like: Very tender, mild flavor **Best cooking methods:** Sautéing, baking



Whole Leg Quarter

What it's like: Includes the thigh and drumstick; very juicy and flavorful **Best cooking methods:** Roasting, grilling



Ground Chicken

What it's like: Mild flavor, soft texture, very versatile **Best cooking methods:** Burgers, meatballs, stir-fries, patties



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