

# CUTS OF BEEF

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This guide is here to help you understand more about the different cuts of beef available and the sort of cooking method each cut is best suited to.

## 1. **SHOULDER**

This part of the animal works hard, so it's full of muscle. This means it takes longer to become tender so it is usually boned and diced to be used in stews or made into mince (see *All about mince*).

## 2. **RIBS AND RIB-EYE STEAK**

Ribs are kept together to make a roasting joint or cut into individual ribs to serve two people. The centre of the rib is called the 'rib-eye'. This can be filleted off the bone then cut into 'rib-eye' steaks. These have a marble of fat in the middle and can be pan-fried or barbecued.

## 3. **SIRLOIN**

Taken off the bone, it can be cut into 'sirloin steaks' for pan-frying or barbecuing, or it can be roasted whole and carved.

## 4. **RUMP STEAK**

This cut is always boneless and, although not as tender as other steaks, it's very juicy and tasty. Lovely grilled or barbecued.

## 5. **FILLET**

The fillet is the long muscle you find inside a cow, running along either side of the spine. It's very tender and soft and is often cut into 'fillet steaks' for pan-frying and barbecuing, or roasted in one piece.

## 6. **LEG**

There are basically three cuts of meat in the leg: top side, top rump and silverside. Top side and top rump are large muscles that are cut into pieces and tied up with string for roasting. Silverside is a little bit tough, so it is often used to make salt beef or corned beef.

## 7. **SHIN**

Usually taken from the front of legs, this is the toughest cut of beef. But when cooked slowly in a stew becomes meltingly soft and delicious.

## 8. **BRISKET**

Another tough but tasty cut of beef taken from the chest. Fantastic when boiled, braised or slowly roasted.

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