

MEAT MATTERS

CONSUMER'S GUIDE TO THE MEAT CASE



CONSUMER'S GUIDE

What to have for dinner? Which cut of meat would be best? More than 150 different cuts of beef, pork and lamb are sold in grocery store meat cases. But these bountiful selections can translate into confusion for some consumers. Regional and local differences in the names used for cuts can further complicate meat purchase decisions.

According to the American Meat Institute in Washington, DC, carrying a simple chart in your pocket can help consumers make good selections at the meat case and ensure an enjoyable eating experience.

Different cooking methods should be used depending on a meat cut's natural tenderness and its lean/fat content. The three major types of cooking are dry heat, moist heat and combination cooking.

Dry Heat Cooking is best for naturally tender cuts of meat. This technique uses hot air or fat to transfer heat to the food. Dry heat cookery results in meats with a rich flavor caused by browning and allowing surface sugars to caramelize. Dry heat cooking does not have a tenderizing effect, so meats cooked by dry heat techniques should be naturally tender or marinated for an appropriate period of time in a tenderizing marinade.

Dry heat methods include:

- Roasting
- Grilling
- Broiling
- Pan-Broiling
- Sautéing
- Stir Frying

Moist Heat Cooking is ideal for inherently less tender cuts of meat. Steam, water or other liquids are used to transfer heat to the food. Moist heat methods are used to develop tenderness and to emphasize natural food flavors.

TO THE MEAT CASE

To achieve tenderness, meats are gently cooked at low temperatures from one to several hours.

Moist heat cooking procedures include simmering and slow cooking.

Combination Cooking uses both dry heat and moist heat procedures. Meats are first seared or browned in hot fat, then covered and slowly cooked in liquids over low heat. Less tender and typically less expensive meats benefit from combination cooking methods as the moisture slowly penetrates the meat and softens the connective tissues. The dishes usually have hearty flavors.

Combination cooking techniques include braising and stewing.

Marinades are often used in combination with dry heat cooking. Marinades, which contain an acidic ingredient (such as wine, vinegar, citrus juice) or a natural tenderizing enzyme (found in papaya, ginger, pineapple, kiwi, figs) help break down the muscles and tissues of inherently less tender meat cuts. After marinating, the meat may be cooked by a dry heat method.

For nutrition information, visit
www.meatpoultrynutrition.org

For meat safety information, visit
www.meatsafety.org

KNOW YOUR BEEF CUTS

LOCATION		RECOMMENDED COOKING METHODS						
<i>Approved Terms for Beef Cuts*</i>	<i>Marketplace Fanciful and Regional Names</i>	<i>Roast</i>	<i>Grill or Broil</i>	<i>Marinate & Grill or Broil</i>	<i>Panbroil or Saute</i>	<i>Stir Fry</i>	<i>Braise</i>	<i>Slow Cooker*</i>
CHUCK SECTION	Chuck 7-Bone Pot Roast						a	a
	Chuck Roast, Boneless	Chuck Pot Roast					a	a
	*Shoulder Pot Roast, Boneless						a	a
	Arm Pot Roast						a	a
	Cross Rib Pot Roast	Cross Rib Roast, Shoulder Clod					a	a
	Chuck Eye Roast		a				a	a
	Chuck Steak, Boneless				a			a
	Chuck Eye Steak, Boneless			a		a		
	*Shoulder Steak, Boneless				a		a	a
	*Shoulder Center	Ranch Steak		a				
	*Shoulder Petite Tender		a	a				
	*Shoulder Petite Tender Medallions					a		
	Shoulder Top Blade Steak	Top Blade Steak, Blade Steak, Top Chuck Steak		a		a		a
	Flat Iron Steak			a		a	a	
SECTION	Rib Roast, Large End	a						
	Rib Roast, Small End	Loin End	a					
	Rib Roast, Whole, Standing	Prime Rib	a					

RIB	Rib Steak	Market Steak, Spencer Steak	a	a	a		
	Rib Eye Roast, Bone-in		a				
	Rib Eye Roast, Boneless		a				
	Rib Eye Steak, Boneless	Delmonico Steak, Spencer Steak, Market Steak		a	a	a	
	Back Ribs		a	a			a
SHORT LOIN SECTION	Porterhouse Steak			a	a		
	*T-Bone Steak			a	a		
	*Top Loin Steak, Boneless	Strip Steak, Kansas City Strip Steak, New York Strip Steak		a	a	a	
	*Top Loin Steak	Boneless Club Steak, Ambassador Steak, Shell Steak		a	a		
	Top Loin Roast	Shell Roast, NY Strip Roast	a				
	*Tenderloin Roast	Filet Mignon Roast	a				
	*Tenderloin Steak	Filet Mignon, Fillet Steak, Chateaubriand		a	a	a	
SIRLOIN SECTION	Sirloin Steak	Double Bone/Flat Bone Steak, Round Bone Steak, Pin or Hip Bone Steak, Wedge Bone Steak		a	a	a	a
	*Top Sirloin Steak, Boneless	Sirloin Butt Steak, London Broil		a	a	a	a

KNOW YOUR BEEF CUTS (cont.)

LOCATION		RECOMMENDED COOKING METHODS							
		Roast	Grill or Broil	Marinate & Grill or Broil	Panbroil or Saute	Stir Fry	Braise	Slow Cooker ⁺	
<i>Approved Terms for Beef Cuts*</i>		<i>Marketplace Fanciful and Regional Names</i>							
ROUND SECTION	*Tri Tip Roast	Triangle-Tip Roast	a					a	a
	*Tri Tip Steak	Culotte, Triangle Steak		a		a	a		
	*Top Round Steak	London Broil			a	a	a	a	
	*Top Round Roast		a				a		
	*Bottom Round Steak	Western Griller			a		a	a	a
	*Bottom Round Roast		a				a	a	
	*Eye of Round Steak	Eye Steak			a		a	a	
	*Eye of Round Roast		a				a		
	Round Rump Roast	Rump Roast	a				a	a	
	*Round Steak				a		a	a	
	Round Steak, Tenderized	Cube Steak				a			a
	*Round Tip Steak					a			
	*Round Tip Roast		a						
	*Sirloin Tip Center Roast		a						
	*Sirloin Tip Center Steak			a		a			
*Sirloin Tip Side Steak				a					
FORE-SHANK & BRISKET	*Shank Cross-Cut						a	a	
	*Brisket Flat Cut	Brisket, Boneless					a	a	

SHORT PLATE & FLANK SECTION	*Flank Steak	Jiffy Steak, Flank Steak Filet, London Broil		a	a	a	a	a
	Flank Steak Rolls			a	a		a	a
	Skirt Steak	Fajita Meat, Philadelphia Steak		a	a			
COMBINATION	Ground Beef (* 95% lean ground beef)		a	a		a		a
	Beef Sausage (from ground beef)		<i>Baked in casseroles</i>	a		a		a
	Boneless Stew Beef	May be cut from chuck, brisket, rib, or plate sections					a	a
	Cubes for Kabobs	May be cut from round section		a	a		a	
	Short Ribs	May be cut from chuck, rib or plate sections					a	a

*** NOTE: LEAN BEEF CUTS**

These cuts meet government guidelines for “lean” and are based on cooked servings with visible fat trimmed. Lean is defined as less than 10 grams of total fat, 4.5 grams saturated fat, less than 95 milligrams of cholesterol per serving and per 100 grams (3.5 ounces).

References:

*Refer to manufacturer’s directions

The Beef Checkoff

Uniform Retail Meat Identity Standards (Used URMIS approved terms)

Webster’s New World Dictionary of Culinary Arts

KNOW YOUR CUTS OF PORK

LOCATION		RECOMMENDED COOKING METHODS								
		Roast	Grill	Marinate & Grill or Broil	Panbroil & Saute	Broil	Stir Fry	Braise	Slow Cooker ⁺	
SHOULDER SECTION	Shoulder Butt	Boston Butt Roast, Blade Boston Roast, Boston Shoulder	a						a	a
	Bone-in Blade Roast		a						a	a
	Boneless Blade Roast (BRT)		a						a	a
	Blade Steak	Pork Steaks 7-Rib Cut		a	a	a			a	
	Picnic Shoulder Arm Roast		a						a	
	Arm Picnic Roast	Picnic Shoulder Arm Roast	a						a	
	Smoked Picnic		a						a	
	Shoulder Country-Style Ribs	Blade End Country Spare Rib	a	a			a		a	
	Fresh Shanks								a	a
	Smoked Hocks								a	a
SECTION	Center Rib Roast	Rack of Pork, Center Cut Pork Loin			a					
	Frenched Rib Roast		a							
	Crown Rib Roast	Loin Crown Roast	a							

LOIN	Sirloin Roast		a						
	Boneless Sirloin Roast		a						
	Center Loin Roast		a						
	Boneless Rib End Roast		a						
	Top Loin Roast		a	a					
	Top Loin Roast Double		a						
	Rib Chop			a	a	a	a		
	Boneless Center Loin Chop	America's Cut, Center Cut Chop		a	a	a	a	a	
	Loin Chop			a	a	a	a		
	Butterfly Chop			a	a	a	a		
	Sirloin Chop				a	a		a	
	Boneless Rib End Chop			a	a	a	a	a	
	Sirloin Cutlet				a	a		a	
	Smoked Chops		a	a		a	a		
	Tenderloin	Pork Tender	a	a	a				
	Medallions	Filet Mignon		a	a	a	a		
	Canadian-Style Bacon		a			a	a		
	Back Ribs	Baby Back Ribs	a	a			a	a	
	Loin Country-Style Ribs		a	a			a	a	
Spareribs	St. Louis-Style Ribs	a	a			a		a	
SIDE SECTION	Slab and Sliced Bacon		a			a	a		
			<i>Bake</i>						

	from the loin					a	a
Cubes for Kabobs	From any fresh pork cut	a	a	a			
Slices & Strips	From any fresh pork cut			a		a	
Pig's Feet						a	

References:

* National Pork Board

* Uniform Retail Meat Identity Standards

* Refer to manufacturer's directions

Webster's New World Dictionary of Culinary Arts

KNOW YOUR CUTS OF LAMB

<i>LOCATION</i>		<i>RECOMMENDED COOKING METHODS</i>								
<i>Approved Terms for Lamb Cuts*</i>		<i>Marketplace Fanciful and Regional Names</i>		<i>Roast</i>	<i>Grill</i>	<i>Marinate & Grill or Broil</i>	<i>Broil</i>	<i>Panbroil or Saute</i>	<i>Braise</i>	<i>Slow Cooker⁺</i>
SHOULDER SECTION	Boneless & Rolled Shoulder Roast (BRT)			a					a	
	Pre-Sliced Shoulder			a					a	
	Saratoga Roast			a					a	
	Square Cut Shoulder			a					a	
	Arm Chops	Shoulder Chops				a	a		a	a
	Blade Chops					a	a		a	a
RACK or RIB SECTION	Rack of Lamb	Frenched Rib Roast		a	a					
	Rib Roast			a	a		a			
	Crown Rib Roast	Crown Roast		a						
	Rib Chops	Lamb Chops		a	a	a	a	a		
	Frenched Rib Chops			a	a	a	a	a		
LOIN SECTION	Loin Roast			a						
	Tenderloin			a						
	Loin Chops				a	a	a	a		
	Double Loin Chops				a	a	a	a		
	Boneless Loin Strip (BRT)			a						
	Medallions			a	a	a	a	a	a	
	Noisettes			a	a	a	a	a	a	
Whole Leg of Lamb, with Shank			a							

Short Cut Leg, Sirloin Off		a						
Shank Portion Roast		a						
Center Leg Roast		a						
American Style Roast		a						
Leg of Lamb, Butterflied		a	a	a	a			
Boneless Leg Roast (BRT)		a	a	a				
Frenched-Style Leg Roast		a						
Center Slice	Leg Steak		a	a	a	a		
Sirloin Chop			a	a	a	a	a	
Boneless Sirloin Roast		a						
Top Round Roast		a						
Hindshank	Lamb Shanks						a	a
Frenched Hindshank							a	a
Foreshank							a	a
Boneless Rolled Breast		a					a	
Lamb Riblets	Lamb Rib Tips		a	a	a		a	a
Spareribs	Denver Ribs	a	a	a	a		a	
Ground Lamb	From lean lamb and trimmings from any section but typically shoulder, leg and/or foreshank sections	a	a		a	a		
		<i>Baked in casseroles</i>						

KNOW YOUR CUTS OF LAMB *(cont.)*

LOCATION		RECOMMENDED COOKING METHODS						
<i>Approved Terms for Lamb Cuts*</i>	<i>Marketplace Fanciful and Regional Names</i>	<i>Roast</i>	<i>Grill</i>	<i>Marinate & Grill or Broil</i>	<i>Broil</i>	<i>Panbroil or Saute</i>	<i>Braise</i>	<i>Slow Cooker⁺</i>
Lamb Sausage	From ground lamb	a	a		a	a		a
		<i>Baked in casseroles</i>						
Lamb for Stew	May be cut from leg or shoulder sections						a	a
Cubes for Kabobs	May be cut from leg or shoulder sections			a				

References:

* American Lamb Board

* Uniform Retail Meat Identity Standards

* Refer to manufacturer's directions

Webster's New World Dictionary of Culinary Arts