

best **BEEF** recipes!

Cut of Beef	Section of Cow	Best Cooking Method
Chuck Roast	Chuck	slow cooking, roasting, grilling, smoking
Bottom Round Roast	Round	slow cooking, roasting
Eye of Round Roast	Round	slow cooking, roasting
Prime Rib Roast	Rib	roasting, grilling, smoking, sous vide
Beef Tenderloin	Tenderloin	roasting, grilling, sous vide
Ribeye Steak	Rib	pan-searing, grilling
Beef Short Ribs	Chuck, Plate, or Rib	slow cooking, grilling, smoking
Eye Round Steak	Round	grilling, pan-searing, stir-frying, broiling
Porterhouse Steak	Short Loin	grilling, pan-searing
Sirloin Steak	Sirloin	grilling, pan-searing
Tri-tip Steak	Bottom Loin	grilling, smoking, pan-searing, stir-frying
Coulotte Steak	Top Sirloin	grilling, broiling, pan-searing
Tomahawk Steak	Rib	smoking, pan-searing, broiling, grilling
Flank Steak	Flank	grilling, stir-frying, broiling, sous vide, smoking
Skirt Steak	Plate	pan-searing, grilling
Beef Brisket	Brisket	slow cooking, smoking
Strip Steak	Short Loin	grilling, pan-searing, broiling, sous vide

