

Cuts of Beef

Kitchen

Where each cut comes from, and why that decides how to cook it.

Working muscles have more connective tissue, which needs slow moist heat to become gelatine.

Cut	From	Cook
Fillet	Lower back, does little	Fast, hot, rare
Sirloin / ribeye	Back	Fast, hot
Rump	Hindquarter	Fast, but tougher
Brisket	Chest, works hard	Very slow
Shin / shank	Leg	Very slow — best for stew
Chuck	Shoulder	Slow braise
Short rib	Ribs	Slow braise

The cheapest cuts have the most flavour and need the most time. Shin makes better stew than fillet ever could.