

# Beef Selection Guidelines



**GRADY COUNTY  
EXTENSION**

Emma Leiws

## Rib

- Roast
-  Ribs
-  Ribeye
- Rib Steak
- Prime Rib

## Loin

- Porterhouse
-  T-Bone
- Tenderloin
- Tri-Tip
- Sirloin Steak
-  New York Strip

## Chuck

- Chuck Roast
- Chuck Eye Steak
- Chuck Steak
- Pot Roast

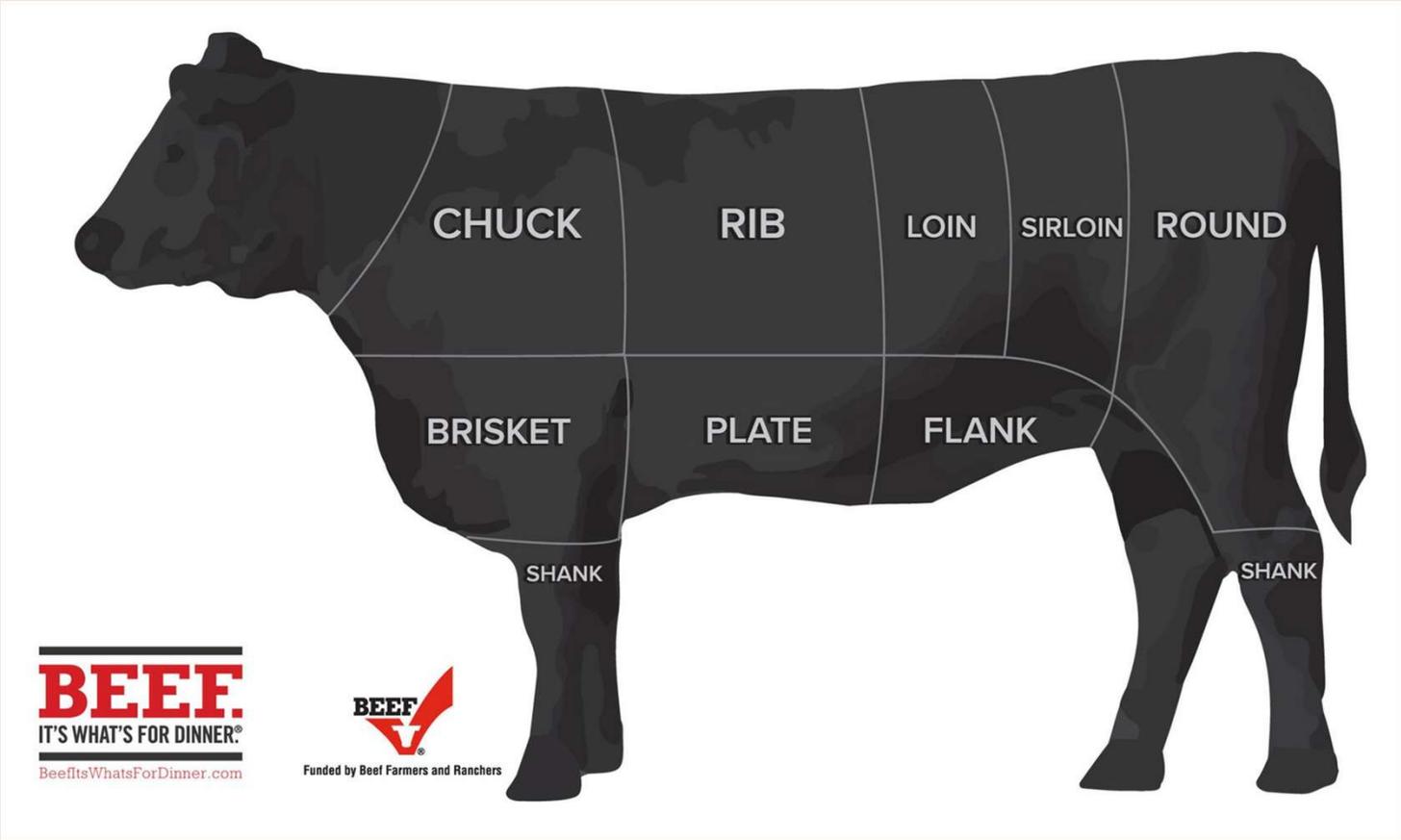
## Plate

-  Skirt Steak
- Short Ribs

## Round

- Top Round Steak
- Rump Roast
- Eye of Round

 Indicates a popular summer item



## Wheeler Farms

Chuck roast- \$7.50/lb  
Ribeye- \$20.00/lb  
T-Bone- \$16.00/lb  
Sirloin- \$10.50/lb  
Fajita Meat(skirt steak)- \$8.00/lb

## 5th Ave

Chuck Roast- \$5.19/lb  
Ribeye(seasoned)- \$12.99/lb  
Ribeye(unseasoned)- \$12.89/lb  
Sirloin(seasoned)- \$6.99/lb  
Sirloin(unseasoned)- \$6.89/lb

## Lockerroom

Chuck Steak- \$7.49/lb  
Ribeye- \$16.99/lb  
Skirt Steak- \$5.99/lb  
Sirloin- \$5.99/lb

## Aldi

Chuck Roast- \$5.99/lb  
Ribeye- \$11.99/lb  
Skirt Steak- \$8.29/lb  
Bottom Round-\$5.79/lb  
Top Sirloin- \$6.99/lb

## Walmart

Chuck Eye- \$10.98/lb  
Ribeye- \$14.97/lb  
T-Bone- \$12.97/lb  
Skirt Steak- \$8.42/lb  
Bottom Round- \$7.84/lb  
Flat Iron- \$9.84/lb  
Center Cut Sirloin- \$11.94/lb

\*\*Prices regularly vary based on  
market, availability and season\*\*

## Muscling

- Intramuscular fat(the white stripes of fat in the red middle of the meat) responsible for most of the flavor and juiciness in the meat.

## Meat Color

- Beef varies in color based on cattle maturity and meat pH. Browning can also occur when hemoglobin and myoglobin oxidize, or when preservatives are added.

### **Rule of Thumb**

The more marbling, the more flavor.  
The brighter the red the more tender.

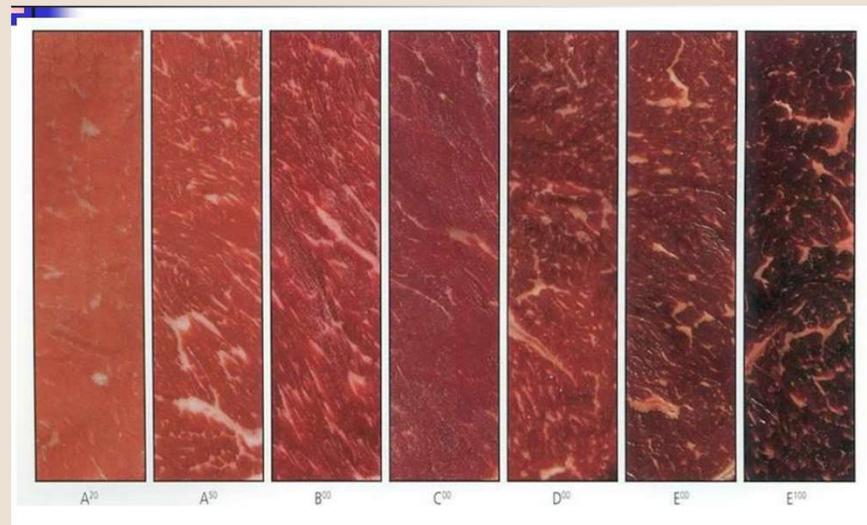
### **Ideal Color**

A bright cherry red is the ideal meat color (in the A to B range). A darker color generally means tougher meat



## Marbling

## Meat Color



## Pan Fry/Sear

Ribeye \$\$\$  
Porterhouse \$\$\$  
T-Bone \$\$\$  
Chuck Eye \$\$  
Flank Steak \$\$\$  
Tenderloin Steak \$\$\$

## Grill

Ribeye \$\$\$  
Porterhouse \$\$\$  
T-Bone \$\$\$  
Chuck Eye \$\$  
Sirloin \$  
Ribs \$  
Tri Tip Steak \$\$  
Rib Steak \$\$\$  
Tenderloin Steak \$\$\$  
NY Strip \$\$\$

## Marinate&Grill

Skirt Steak \$\$  
Flank Steak \$\$\$  
Eye of Round \$\$  
Chuck Steak \$  
Top Round Steak \$\$

## Braise

Short Ribs \$  
Eye of Round Steak \$\$  
Chuck Steak \$

## Roast

Pot Roast \$  
Rump Roast \$  
Chuck Roast \$  
Prime Rib \$\$\$

## Cooking Method PSA

Muscles towards the outside of the body are used more to move, meaning they become tougher. For these use low and slow or moisture cooking methods



# RARE

Cool red center



125°



# MEDIUM RARE

Warm red center



135°



# MEDIUM

Warm pink center



145°



# MEDIUM WELL

Slightly pink center



150°



# WELL

Little or no pink



160°

# Marinade

- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 2 Tbsp. soy or Worcestershire sauce
- 1 Tbsp. Dijon or whole-grain mustard
- 1 Tbsp. honey, granulated sugar, or brown sugar
- 2 garlic cloves, sliced
- 2 Tbsp. chopped fresh green herbs (such as thyme, basil, rosemary, and/or oregano), or 2 tsp. dried green herbs
- 1/2 tsp. salt
- 1/4 tsp. black pepper

# Dry Rub

- 2 1/2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon dried thyme
- 1 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon ground red pepper

\*Recipes from Southern Living\*