COOKING PASSION SINCE 1877



Different cuts of beef and how to cook them

With so many versatile and delicious cuts to choose from, here is our guide to the best way to cook each cut!

Rump cap whole:



Rump cap is a cut of beef that is in some countries considered to be the best cut of beef due to its marked flavour. It is famous and well liked in South American countries, especially Brazil where it is known as “Picanha”. Rump cap can be roasted whole in a hot oven, barbecued whole or cut (across the grain) into steaks or sliced into thin strips for a tender and delicious beef stir-fry.



Chuck steak:

Being one of the neck muscles used to support the head, chuck contains a great deal of connective tissue and therefore suits moist slow-cooking techniques that break down the connective tissue. Perfect for curries and stews with great full flavour and a fantastic gelatinous texture.



Rostbif:

Rostbif is a cut of beef that is in some countries considered to be the best cut of beef due to its marked flavour. Rostbif can be roasted whole in a hot oven, barbecued whole or cut (across the grain) into steaks or sliced into thin strips for a tender and delicious beef stir-fry.

Point end brisket



The point end brisket is essentially the pectoral muscles from the chest/brisket area between the front legs. Being a well exercised muscle, the point end has a high degree of connective tissue and is best suited to slow wet cooking methods such as braising and casseroling. This beef cut is perfect for shredding as it literally pulls apart when cooked.



Flank steak:

The flank is located directly beneath the loin in the abdominal area. The flank steak is extremely versatile. Relatively long and flat, it has a coarse grain running along its length which adds another dimension to its appeal and application. Perfect for thin slicing for a stir-fry, flank steak also performs extremely well under slow-cooking conditions. After slow-cooking this beef cut can be shredded with a fork and added to burritos or salads.



Topside steak:

Topside steak is sliced from the whole topside which comes from the inside

of the hind leg, between the thick flank and the silverside. Although sold as steak, performs best when diced for slow-cooking in a hearty casserole or braise.



Sirloin steak:

The striploin is located along the spine in the hindquarter and runs from the ribs to the rump, sitting above the tenderloin. Sirloin steaks are cut from the rump end of the striploin. The rib end of the striploin forms the large piece of beef on the T-bone steak. Located along the spine where the muscles do less work, sirloin steaks are tender and best suited to high temperature cooking such as pan-frying, barbecuing and stir-frying (when thinly sliced).

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