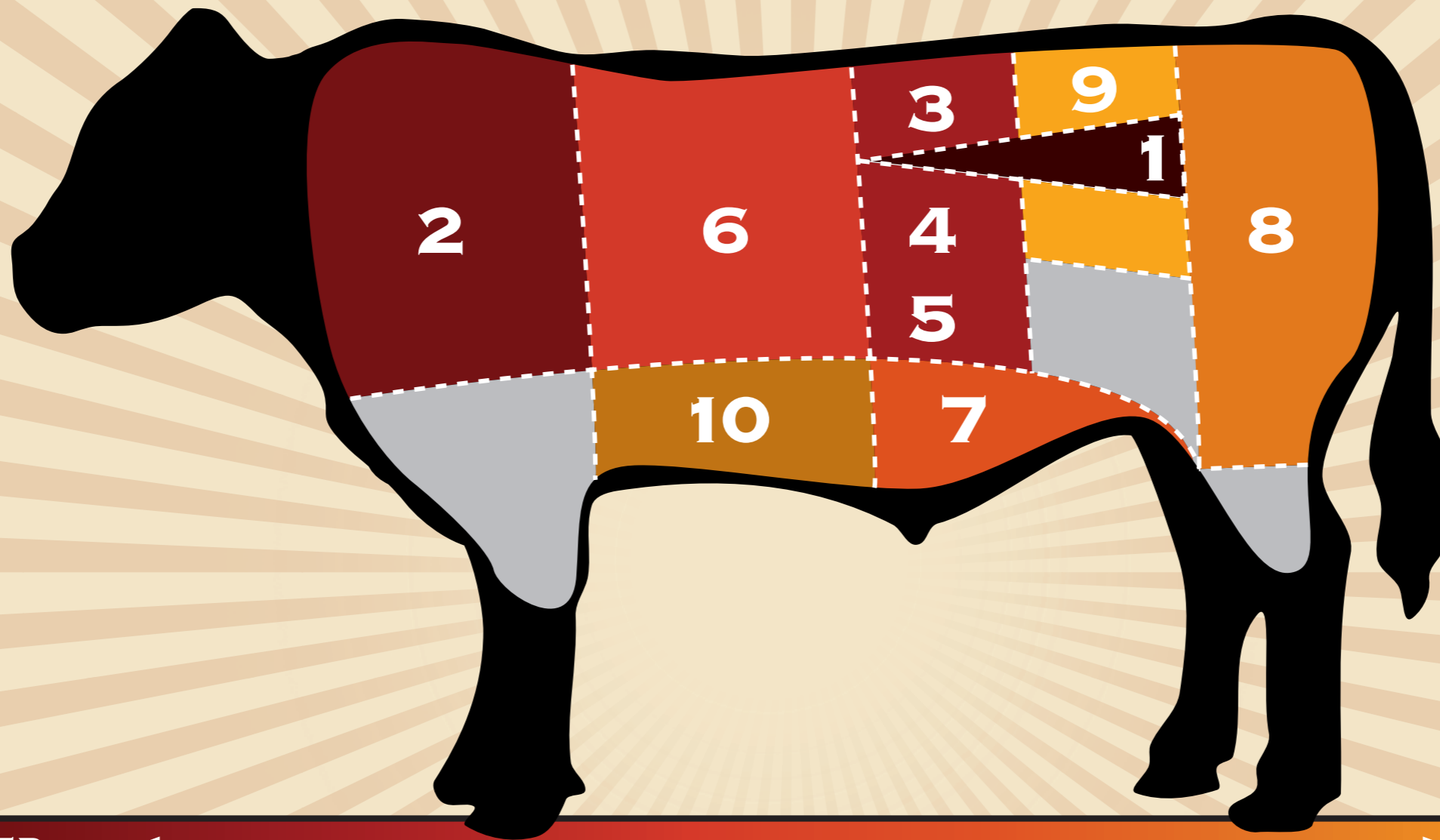












THE TENDER TEN

POPULAR STEAK CUTS RANKED BY TENDERNESS



A1.

STEAK SAUCE

MOST TENDER ←					→ LEAST TENDER				
TENDERLOIN	CHUCK		SHORT LOIN		RIB	FLANK	ROUND	SIRLOIN	PLATE
1	2	3	4	5	6	7	8	9	10
									
Tenderloin Steak (Filet Mignon, Chateaubriand) The most tender of all beef cuts. Tenderloin steaks are prized for their delicate butter-like texture.	Top Blade Steak (Flat Iron) A relatively new cut from the shoulder that is well marbled yet extremely tender.	Top Loin Steak (New York Strip, Kansas City Strip) A lean, flavorful favorite. Essentially a T-bone steak with the tenderloin meat removed.	Porterhouse Steak A king-sized bone-in combination of both a finely textured tenderloin steak (filet) and a flavorful top loin steak (strip).	T-Bone Steak Very similar to a porterhouse cut, but with less of the pricey tenderloin meat.	Ribeye Steak (Delmonico, Cowboy Steak—Bone-In) The excellent marbling of this popular cut gives it a remarkably juicy, rich flavor.	Flank Steak (London Broil—Traditional) A thin, flat cut that is very flavorful but moderately tough.	Round Steak (Top Round, London Broil—Modern) The eye round, bottom round and top round of beef connected in a single lean cut.	Top Sirloin Steak A succulent yet lean boneless cut, and the most tender of the economical sirloin steaks. Perfect for big eaters on a budget.	Skirt Steak Similar to a flank steak in rich flavor, but slightly tougher.