



Cuts of the cow:

Beef from a cow that is processed and distributed is known as a "cut." Cows have eight different cuts of beef.

1. Round (Rear and hind legs)
2. Loin (Below the backbone)
3. Flank (Below the loin)
4. Rib (Backbone)
5. Plate (Below the rib)
6. Shank (Legs)
7. Chuck (Shoulder region)
8. Brisket (Breast)

In bulk, beef can be purchased as a "side," which is roughly half the cow, or a "quarter," which is one-fourth of a cow. This is excluding the parts that aren't beef.

Photo by Ethan Levy
Source: Certified Angus Beef