



understanding USDA beef grades

Marbling is fine threads of fat within meat.
More marbling means more flavor, moisture & tenderness.



*moderately
abundant
marbling*



*moderate
marbling*



*slight
marbling*



Prime

Marbling:
slightly
abundant to
abundant

- Produced from young, well-fed beef cattle.
- Generally sold in hotels and restaurants.

Cooking:
Ideal for high-heat methods (broiling, roasting, grilling) since marbling helps preserve moisture.



Choice

Marbling:
moderate

Cooking: suited for most high-heat cooking methods (roasting, grilling), as it retains enough fat to stay moist.

- Roasts and steaks from the loin and rib will be tender, juicy & flavorful.
- Less tender cuts, such as from the round, are perfect for braising or simmering.



Select

Marbling:
slight

- Fairly tender, but may have less juiciness or flavor.

Cooking: slow cooking will help ensure flavor & tenderness.

- Use marinades or moist heat methods like steaming or stewing.