

The Healthy Butcher's Guide to Sustainable Steaks

The following tables are a supplement to The Healthy Butcher's *Live to Eat* newsletter called "Sustainable Steaks – The World's First Steak Guide to Exclude Tenderloins, Striploins, and Rib Steaks" available at: <http://www.thehealthybutcher.com/livetoeat/volume17/LiveToEat-Volume17-SustainableSteaks.html>

The tables illustrate the steak rankings for each category measured.

Note: The results for tenderness and flavour may change depending on beef breed, feed, landscape of pasture, and other factors. Nonetheless, the results below should apply to the vast majority of beef grown in Canada and the U.S.



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Ranked by Total Score

Rank	Cut	Flavour	Tenderness	Price	Butcher's Rating	Chef's Rating	Total
1	Blade	9	6	5.7	5	3.5	29.2
2	Vacio	8	6	3.5	5	5	27.5
3	Tri Tip	7	7	4.3	5	4	27.3
4	Skirt	9	6	3.5	4	4.5	27
5	Brisket	9	4	4.6	4	5	26.6
6	Flat Iron	9	5	3.5	3	4	24.5
7	Flank	8	6	3.5	3	4	24.5
8	Top Sirloin	7	8	2.6	3	3.5	24.1
9	Sirloin Tip	5	5	3.9	2	2.5	18.4
10	Eye of Round	4	4	3.9	2	2.5	16.4

Ranked by Price

Rank	Cut	Flavour	Tenderness	Price	Butcher's Rating	Chef's Rating	Total
1	Blade	9	6	5.7	5	3.5	29.2
2	Brisket	9	4	4.6	4	5	26.6
3	Tri Tip	7	7	4.3	5	4	27.3
4	Sirloin Tip	5	5	3.9	2	2.5	18.4
5	Eye of Round	4	4	3.9	2	2.5	16.4
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7	Skirt	9	6	3.5	4	4.5	27
8	Flank	8	6	3.5	3	4	24.5
9	Flat Iron	9	5	3.5	3	4	24.5
10	Top Sirloin	7	8	2.6	3	3.5	24.1

Ranked by Flavour

Rank	Cut	Flavour	Tenderness	Price	Butcher's Rating	Chef's Rating	Total
1	Blade	9	6	5.7	5	3.5	29.2
2	Skirt	9	6	3.5	4	4.5	27
3	Brisket	9	4	4.6	4	5	26.6
4	Flat Iron	9	5	3.5	3	4	24.5
5	Vacio	8	6	3.5	5	5	27.5
6	Flank	8	6	3.5	3	4	24.5
7	Tri Tip	7	7	4.3	5	4	27.3
8	Top Sirloin	7	8	2.6	3	3.5	24.1
9	Sirloin Tip	5	5	3.9	2	2.5	18.4
10	Eye of Round	4	4	3.9	2	2.5	16.4

Ranked by Tenderness

Rank	Cut	Flavour	Tenderness	Price	Butcher's Rating	Chef's Rating	Total
1	Top Sirloin	7	8	2.6	3	3.5	24.1
2	Tri Tip	7	7	4.3	5	4	27.3
3	Blade	9	6	5.7	5	3.5	29.2
4	Vacio	8	6	3.5	5	5	27.5
5	Skirt	9	6	3.5	4	4.5	27
6	Flank	8	6	3.5	3	4	24.5
7	Flat Iron	9	5	3.5	3	4	24.5
8	Sirloin Tip	5	5	3.9	2	2.5	18.4
9	Brisket	9	4	4.6	4	5	26.6
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Ranked by Butcher's Rating

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Ranked by Chef's Rating

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