



1 RIB STEAK

Features

Rib steak is juicy, delicious, and generously marbled—and it simply melts in your mouth. The best part? It's so well priced that you can afford to feed an entire gathering!

Doneness

Love your steak well done? Then rib steak is the cut for you. Because it's very marbled, rib steak retains its full flavour no matter how it's cooked.

Tip

Rib steaks are so tender and tasty that you don't need to marinate them beforehand. Just add a sprinkle of your favourite spices and you're done!

[See rib steak recipes](#)

2 FILET MIGNON

Features

When it comes to tender cuts of meat, nothing beats filet mignon—even if its taste isn't quite as pronounced as other steaks.

Doneness

BBQ masters recommend eating filet mignon rare to medium-rare to enjoy its tender texture to the fullest.

Tip

Like rib steak, there's no need to marinate filet mignon before cooking. A little salt and pepper will do the trick!

[See filet mignon recipes](#)

3 T-BONE

Features

T-bone steak is made up of filet mignon and sirloin, separated by a T-shaped bone. It's so tasty there's no need to marinate it beforehand. Just season lightly and BBQ to perfection!

Doneness

Cooking meat on the bone adds to the taste. Grill your T-bone 2 to 4 minutes on each side for even cooking.

Tip

Even if you don't plan to eat the piece of fat on your T-bone, be sure not to cut it off before it's cooked. It will add lots of flavour to your steak.

[See T-bone recipes](#)

4 RIB EYE

Features

Rib eye steaks are boneless and generously marbled, with a more pronounced taste than filet mignon. They are tender and juicy and rank among the favourite cuts for BBQ season.

Doneness

Meat cuts taken from the front of the animal can withstand longer cooking times, as they contain more fat than cuts from the back. Unlike sirloin and T-bone, rib eye steak will retain its full flavour no matter how well it's done.

Tip

If you're grilling on the BBQ, be sure not to use thin cut rib eye strips, as they'll lose their flavour as they cook.

[See rib eye recipes](#)

5 SIRLOIN MEDALLIONS

Features

Their small, round cut makes sirloin medallions perfect for grilling on the BBQ. These juicy, tasty steaks pair perfectly with your favourite seasoning.

Doneness

Because sirloin medallions are so thick, you can cook them any way you like—from medium-rare to well done. Sure to please all your guests!

Tip

Sirloin medallions are delicious with red-wine sauce or spicy seasonings like crushed chili peppers, green or black peppercorn, garlic, hot mustard, chimichurri sauce, or others. Get creative!

[See sirloin medallions recipes](#)

6 FLANK STEAK

Features

Flank steak is very fibrous, lean, and delicious. It's the classic cut served at bistros!

Doneness

Flank steak is an excellent cut for the BBQ, so long as you don't overcook it and you slice it against the grain when serving. It's best served rare to ensure every bite is tender and delicious.

Tip

Marinate flank steak 24 to 48 hours before cooking to help tenderize its stringy fibres.

[See flank steak recipes](#)

7 SIRLOIN

Features

Sirloin is known for being very tender, with a more pronounced flavour than filet mignon. It has a slightly nutty taste.

Doneness

Since sirloin is often a thicker cut of meat, it's easy to custom-grill each piece according to personal preference—from rare to well done.

Tip

Pick steaks that are noticeably marbled for just the right balance of flavour and tenderness.

[See sirloin recipes](#)

8 TOP SIRLOIN

Features

This classic steak cut offers excellent value. Top sirloin is boneless and only lightly marbled, making it lean, tender, and very tasty. The ideal steak for big get-togethers!

Doneness

Since it contains little fat, top sirloin shouldn't be overcooked. The rarer your steaks, the tastier they'll be!

Tip

Choose individual steaks that are at least 1" (2.5 cm) thick to ensure the meat stays tender. You can also cut top sirloin into cubes for delicious brochettes!

[See top sirloin recipes](#)

How to check if your meat is done

First, make the "OK" sign with your left hand by touching your thumb to any of your other four fingertips. Then, with your other hand, press on the fleshy part at the base of your left thumb. That firmness corresponds to what your meat feels like depending on how well done or raw it is.



INDEX FINGER	MIDDLE FINGER	RING FINGER	PINKY
RARE	MEDIUM-RARE	MEDIUM	WELL-DONE