

# The Ultimate Steak Lover's Guide: Nutrafarms' Top Cuts

When it comes to enjoying a delicious steak, the quality of the meat matters. At Nutrafarms, we source our beef from local farms that raise their cattle in a natural, stress-free environment without the use of hormones or antibiotics.

Our [grass-fed beef](#) has a depth of flavour that you won't find in commercial-grade beef, which is typically grain-fed and processed using wet-aging techniques. In this blog post, we'll explore some of the most popular cuts of steak and highlight their differences and best uses.

Ribeye:

[Ribeye](#) is a popular cut of steak that comes from the rib section of the cow. It's known for its marbling and rich, beefy flavour. Ribeye is a great choice for grilling or pan-searing, and is best served medium-rare to medium. Because of its high fat content, it can also be used in dishes like beef stroganoff or Philly cheesesteak for added flavour and tenderness.



T-bone:

[T-bone steak](#) is a classic cut that includes both the tenderloin and the striploin, separated by a T-shaped bone. This steak is great for those who love both the tenderness of the tenderloin and the flavour of the striploin. T-bone steak is perfect for grilling or broiling and is best served medium-rare to medium. This steak is often served as a meal for one, but can be shared between two people.



Tenderloin:

[Tenderloin](#) is a lean cut of steak that comes from the lower back of the cow. It's known for its tenderness and mild flavour, and is often considered a high-end cut of meat. Tenderloin is best cooked using dry-heat methods like grilling or pan-searing, and is best served rare to medium-rare. Because of its mild flavour, it pairs well with bold sauces or spices.



### Top Sirloin:

[Top Sirloin](#) is a versatile cut of steak that comes from the upper portion of the cow's back. It's known for its beefy flavour and is often a more affordable alternative to higher-end cuts like ribeye or tenderloin. Top sirloin is best cooked using dry-heat methods like grilling or broiling and is best served medium-rare to medium. This steak is perfect for fajitas, stir-frys or sandwiches.



### New York Striploin:

[New York Striploin](#) is a classic cut of steak that comes from the upper back of the cow. It's known for its tenderness and

bold, beefy flavour. New York striploin is best cooked using dry-heat methods like grilling or pan-searing and is best served medium-rare to medium. This steak is often served as a standalone meal, but can also be sliced thin for sandwiches or used in stir-fry.



## Final Thoughts:

At Nutrafarms, we believe that the quality of the meat you eat is important. That's why we source our beef from local farms that raise their cattle in a natural, stress-free environment without the use of hormones or antibiotics.