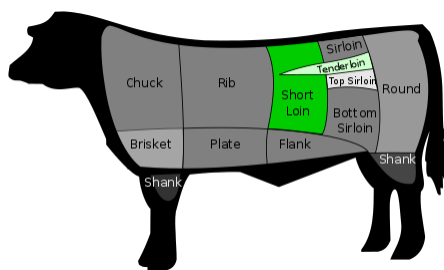


# *T-bone steak*

The **T-bone** and **porterhouse** are [steaks](#) of [beef](#) cut from the [short loin](#) (called the [sirloin](#) in [Commonwealth countries](#) and [Ireland](#)). Both steaks include a "T"-shaped [lumbar vertebra](#) with sections of [abdominal internal oblique muscle](#) on each side. Porterhouse steaks are cut from the rear end of the short loin and thus include more [tenderloin](#) steak, along with (on the other side of the bone) a large [strip steak](#). T-bone steaks are cut closer to the front, and contain a smaller section of tenderloin. The smaller portion of a T-bone, when sold alone, is known as a [fillet mignon](#) (called [fillet steak](#) in [Commonwealth countries](#) and [Ireland](#)), especially if cut from the small forward end of the tenderloin.

**T-bone [steak](#)**



Beef Cuts (American terminology)

**Type**

[Short loin](#) and tenderloin [cut of beef](#)





Raw T-bone steak showing the characteristic [lumbar vertebrae](#), moderate [marbling](#) ([adipose tissue](#) within the [spinal muscles](#)) and the smaller tenderloin (or [filet](#)) and larger [strip steak](#) portions

Experts differ about how large the tenderloin must be to differentiate T-bone steak from porterhouse. The [United States Department of Agriculture's](#) *Institutional Meat Purchase Specifications* state that the tenderloin of a porterhouse must be at least 1.25 inches (32 mm) wide at its widest, while that of a T-bone must be at least 0.5 inches (13 mm) wide. <sup>[1]</sup> However, steaks with a large tenderloin are often called a "T-bone" in restaurants despite technically being porterhouse.

Owing to their large size, and as they contain meat from two of the most prized cuts of beef (the short loin and the tenderloin), T-bone steaks are generally considered one of the highest quality steaks, and prices at [steakhouses](#) are accordingly high. Porterhouse steaks are even more highly valued owing to their larger tenderloin.

In British usage, followed in the Commonwealth countries, "porterhouse" often means a British sirloin steak (i.e. US strip steak) on the bone, i.e. without the tenderloin on the other side of T-bone. Some British on-line butchers also offer American style porterhouse steaks.

In New Zealand and Australia, a porterhouse is sirloin steak (strip steak in USA) off the bone.

## Anatomy of the T-bone

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## Preparation

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## See also

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## References

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## External links

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