BEEF.
IT'S WHAT'S FOR DINNER.®

A GUIDE FOR ALL THINGS BEEF

Confident Cooking with Beef



BEEF.
IT'S WHAT'S FOR DINNER.®

Together we bring more.

Confident Cooking with Beef is a comprehensive guide to selecting, preparing and cooking beef. Created by beef professionals for you, the beef enthusiast, this resource will bolster your knowledge giving you added confidence when working with beef and sharing beef content. With tips and tricks, comprehensive cooking lessons and timing charts, you'll have what you need to ensure beef success every time!

Confident Cooking with Beef also serves as a companion to *BeefItsWhatsForDinner.com*, the ultimate resource for all things beef. Visit the website for recipes, a deep dive into beef cuts, beef nutrition and raising beef information.



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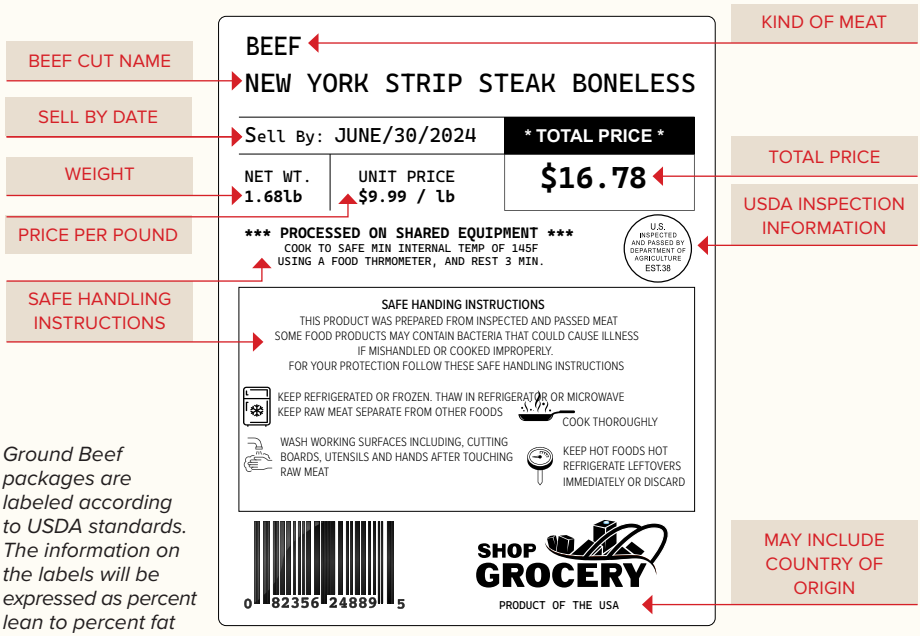
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Understanding Beef Labels

It can be challenging to navigate beef product labels. A beef package has a label that includes standard beef product information and grading. But the package may also carry labels that include brand names, production practices, as well as a grade. This information will help you sort through the information.



Ground Beef packages are labeled according to USDA standards. The information on the labels will be expressed as percent lean to percent fat (80% Lean/20% Fat, for example).[1]

[1] *Total fat and saturated fat are based on 3-ounce cooked servings, visible fat removed.*

Beef Quality Grades Labels

Beef grading sets the standards for the various quality levels of beef. The beef grading program uses highly trained specialists and sometimes grading instruments to determine the official quality grade.

The grade is primarily determined by the degree of marbling — the small flecks of fat within the beef muscle. Marbling provides flavor, tenderness and juiciness to beef and improves overall palatability. Other grading factors include animal age, and color and texture of the muscle.



Prime beef is produced from young, well-fed cattle. It has abundant marbling, is produced in smaller quantities than other grades, and is often sold in hotels and restaurants. Prime roasts and steaks are excellent for roasting, grilling or broiling.



Choice beef is high quality and produced in highest quantity, but has less marbling than Prime. Choice roasts and steaks, especially from the rib and loin, will be very tender, juicy and flavorful. They are suited for roasting, grilling and broiling. Less tender cuts are perfect for slow-cooking.



Select beef is slightly leaner than Prime and Choice because it has less marbling. It can lack some tenderness, flavor and juiciness as compared to the higher grades. Select grade beef often benefits from slow-cooking or from marination prior to grilling or broiling.

Labels that Highlight Production Practices

Cattle are raised responsibly and beef is safe, wholesome and nutritious – but you may see a variety of statements on a beef package that reflect different production practices on beef packages in your grocery store or on a menu. The U.S. Department of Agriculture (USDA) approves these labels for beef based on specific criteria.

Grain-finished

(Most beef is raised this way and likely doesn't have a specific label claim)

This beef comes from cattle that...

- Spend the majority of their lives eating grass or forage
- Spend 4-6 months at a feedyard eating a balanced diet of grains, local feed ingredients, like potato hulls or sugar beets, and hay or forage
- May or may not be given U.S. Food and Drug Administration (FDA) - approved antibiotics to treat, prevent or control disease and/or growth-promoting hormones

Certified Organic

This beef comes from cattle that...

- Never receive any antibiotics or growth-promoting hormones
- May be either grain- or grass-finished, as long as the USDA's Agriculture Marketing Service (AMS) certifies the feed is 100% organically grown
- May spend time at a feedyard

Grass-finished or Grass-fed

This beef comes from cattle that...

- Spend their whole lives eating grass or forage
- May also eat grass, forage, hay or silage at a feedyard
- May or may not be given FDA-approved antibiotics to treat, prevent or control disease and/or growth-promoting hormones

Naturally Raised

(May be referred to as "never-ever")

This beef comes from cattle that...

- Never receive any antibiotics or growth-promoting hormones
- May be either grain- or grass-finished
- May spend time at a feedyard

WHAT TO LOOK FOR

- Select beef with a bright cherry-red color. Beef in a vacuum sealed bag or chubs typically has a darker purplish-red color. When exposed to the air, it will turn a bright red.
- Make sure the package is cold with no holes or tears.
- Choose packages without excessive liquid.
- Purchase beef on or before the sell-by date.

Storing Beef

Keep it Safe

When shopping, pick up beef just before checking out. If it will take longer than 30 minutes to get it home, consider keeping it cold in a cooler. Choose a package that feels cold and is not torn or leaking and separate from ready-to-eat foods in your cart.

At-Home Storage

- Refrigerate or freeze as soon as possible after purchasing.
- Place beef packages on the lowest shelf in your refrigerator on a plate or tray to catch any juices.
- If you plan to freeze your beef, think ahead to your weeknight meals and re-package it into right-size portions for you and your family.
- You can freeze beef in its original packaging up to two weeks. For longer storage, wrap in heavy-duty aluminum foil or place in a plastic freezer bags, removing as much air as possible.
- Label each package with the date, name of beef cut and weight and/or number or servings. Practice FIFO (First In, First Out) inventory system.
- Refrigerate leftovers promptly after serving (within 2 hours of cooking).

Refrigerator and Freezer Storage Guidelines[1]

BEEF CUT	REFRIGERATOR	FREEZER
	35°F to 40°F	0°F or below
	From Purchase Date	
Steaks, Roasts	3 to 5 days	4 to 12 months
Ground, Hamburger, Stew Meat	1 to 2 days	3 to 4 months
Corned Beef - in pouch, with pickling juice	5 to 7 days	Drained, 1 month
Raw Sausage - breakfast links, patties	1 to 2 days	1 to 2 months
Smoked Sausage	7 days	1 to 2 months
Lunch Meat - deli-sliced or store prepared	3 to 5 days	1 to 2 months

STORAGE TIP

Ground beef is more perishable than roasts or steaks.
Plan to use refrigerated ground beef within 1 to 2 days of purchase.



Thawing and Cleaning

Thawing Guidelines[1]

For best quality, thaw beef in the refrigerator, never at room temperature. Place the frozen package on a plate or tray, to catch any juices, and place in the refrigerator according to chart.

Beef Cut	Package Thickness	Approximate Refrigeration Time (35°F to 40°F)
Steaks, Ground Beef	½ to ¾ inch	12 hours
Stew Meat, Kabobs, Strips	1 to 1-½ inches	24 hours
Small Roasts	Varies	3 to 5 hours per pound
Large Roasts	Varies	4 to 7 hours per pound

Forget to take your ground beef out? According to the USDA, you can thaw it in the microwave, but it must be cooked the same day.

Cold Water Thawing: Place beef in a leak-proof plastic bag for faster thawing. Submerge in cold tap water. Change the water every 30 minutes. Cook immediately after thawing.

Microwave Thawing: Cook meat and poultry immediately after microwave thawing.

Keeping it Clean

To avoid cross-contamination and prevent foodborne illnesses, follow these easy steps:

- Wash hands well in hot, soapy water before and after handling raw meat and other fresh foods.
- Keep raw meat and meat juices away from other foods, both in the refrigerator and during preparation.
- Wash all utensils, cutting surfaces and counters with hot, soapy water after contact with raw meat.
- Keep carving boards separate from other food preparation areas and serving platters.

Should you marinate or rub?

What kind of cut do you have?

Tender Cut
(think T-Bone or Strip Steak)



Do you have an additonal 15 minutes - 2 hours?

- **Yes** → **Perfect!** Use a flavorful marinade
- **No** → **Don't Worry!** Use a rub of your favorite herbs and spices

Less Tender Cut
(think Flank or Round Steak)



For best results use a tenderizing marinade.

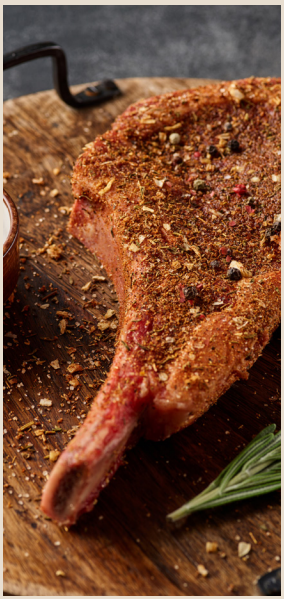
Use a marinade that contains acidic ingredients (like lemon juice or flavored vinegar) or natural enzymes (like ginger or pineapple) You'll also need an additional 6 - 24 hours.

Find rub and marinade recipes at *BeefItsWhatsForDinner.com*



Marinades

- Always marinate in the refrigerator, never at room temperature.
- Allow ¼ to ½ cup of marinade for every pound of beef.
- Marinate in a food-safe plastic bag or in a non-reactive container such as glass or plastic. Turn or stir the beef occasionally to allow even exposure to the marinade.
- Before cooking, remove beef from marinade and pat dry with a paper towel to promote even browning and prevent steaming.
- If a marinade is to be used for basting or as a sauce, reserve a portion of it before adding it to the beef. Marinade that has been in contact with uncooked meat must be brought to a full rolling boil for a least one minute before it can be used for basting or as a sauce.

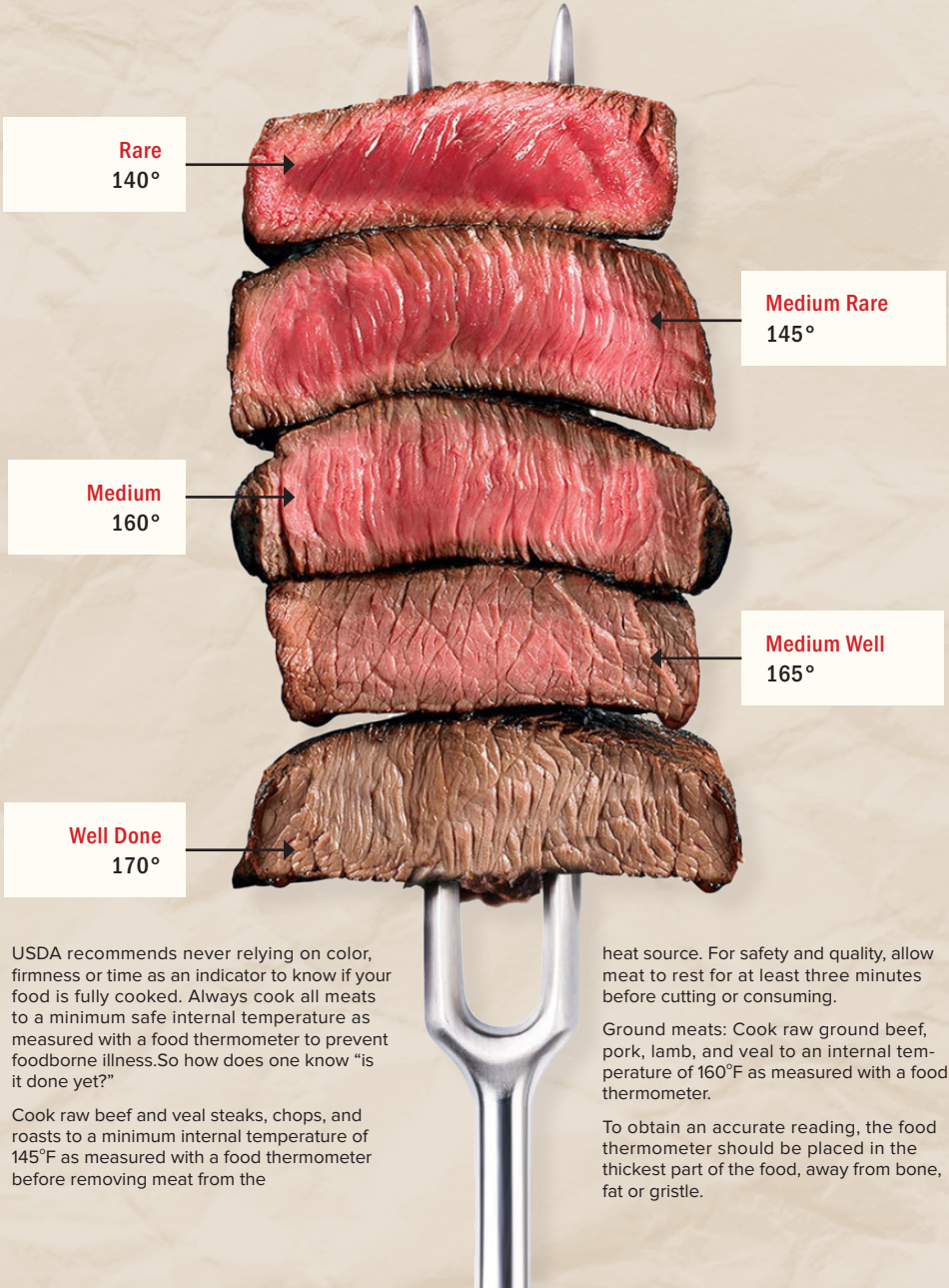


Rubs

- Dry rubs consist of herbs, spices and other dry seasonings.
- Paste-type rubs which are perfect for roasts, contain small amounts of wet ingredients, such as oil, crushed garlic, or mustard.
- Rubs can be applied just before cooking or up to 2 hours in advance and refrigerated until cooking time.
- Simply combine the ingredients and apply evenly to all sides. Cook beef to desired doneness.

Determining doneness.

Do you know the difference between medium and medium-rare? Do you like your steak at 145°F? A meat thermometer and this information will tell you all you need to know for the perfect beef doneness.[1]



USDA recommends never relying on color, firmness or time as an indicator to know if your food is fully cooked. Always cook all meats to a minimum safe internal temperature as measured with a food thermometer to prevent foodborne illness.So how does one know "is it done yet?"

Cook raw beef and veal steaks, chops, and roasts to a minimum internal temperature of 145°F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before cutting or consuming.

Ground meats: Cook raw ground beef, pork, lamb, and veal to an internal temperature of 160°F as measured with a food thermometer.

To obtain an accurate reading, the food thermometer should be placed in the thickest part of the food, away from bone, fat or gristle.



Steak

- Insert an instant-read thermometer horizontally from the side so it penetrates the thickest part or the center of the steak, not touching bone or fat.
- After cooking, let steaks rest before serving.



Ground Beef

- Insert an instant-read thermometer into the center or thickest part of a meatloaf or meatball, or horizontally from the side into the center for patties.
- All cooking times in this brochure are for fresh or thoroughly thawed ground beef. Ground beef (patties, meatloaves, meatballs) should be cooked to an internal temperature of 160°F (medium doneness). Color is not a reliable indicator of ground beef doneness.
- Due to the natural nitrate content of certain ingredients often used in meatloaf, such as onions, celery and bell peppers, meatloaf may remain pink even when a 160°F internal temperature has been reached.



Roasts

- Insert an ovenproof meat thermometer prior to roasting (into the thickest part of the roast, not resting in fat or touching bone) and leave in throughout the cooking process.
- Or, insert an instant-read thermometer toward end of cooking time (as described above) for about 15 seconds. Remove thermometer; continue cooking, if necessary.
- Temperature will continue to rise 5°F to 15°F after removing from oven, to reach desired doneness. Allow 15 to 20 minutes resting time.

Breaking Down the Beef Primals/Subprimals

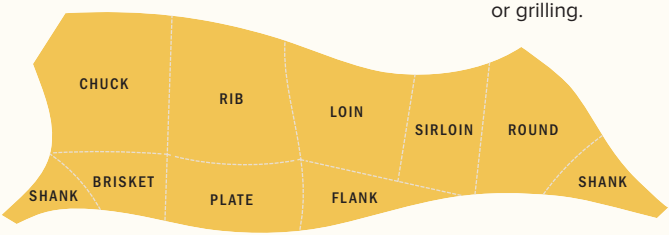
SQUARE-CUT CHUCK
This large primal comes from the shoulder area and yields cuts known for their rich, beefy flavor. Features roasts ideal for slow-cooking as well as more tender, grill-ready cuts such as the Flat Iron Steak.

RIB
Situated under the front section of the backbone and used primarily for support. Popular cuts from the Rib include the rich, flavorful Ribeye Steak and the Prime Rib Roast.

LOIN
The area below the backbone is home to some of the most tender and popular cuts of beef, such as the Tenderloin, Strip Steak, T-Bone and Porterhouse Steaks. Loin cuts are great prepared on the grill or under a broiler.

SIRLOIN
The Sirloin is home to popular fabricated cuts but is first separated into the Top Sirloin Butt and Bottom Sirloin Butt. In the Top Sirlon you'll find steaks great for grilling, while the Bottom Sirloin provides cuts like Tri-Tip and Sirloin Bavette, which are good for roasting or grilling.

SHANK
A portion of the leg, which is used extensively for movement. As a result, it is typically cut into cross sections called Shank Cross-Cuts which are braised to make flavorful, fork-tender dishes such as Osso Buco.



BRISKET
This the animal's breast, so it can be tougher because it is used for movement. An ideal cut for cooking low and slow-on the barbecue or in a slow-cooker.

SHORT PLATE
The section right under the rib primal with a higher fat content. The Short Plate is a source of Short Ribs and Ground Beef. It's also the home of the Skirt Steak—a thin, flavorful cut that's best when marinated and seared over high heat.

FLANK
Located below the Loin and home to the Flank Steak. Cuts from this area are lean, very flavorful, and best when braised, or marinated and grilled.

ROUND
Home to lean, inexpensive cuts that come from the rump and hind legs. The muscles in this area are used for movement, so the beef is leaner and less tender. Often sold as roasts, steaks for marinating or Ground Beef.

Innovative Cuts

Ready to up your beef game with something different? This collection of up-and-coming beef cuts features the Flat Iron Steak, a new classic that your family will love as it adds sizzle to any meal and is the second most tender beef cut available.

Flat iron steak



Extremely tender, well-marbled and flavorful and great for grilling. Cut from the Top Blade.

Most Common Beef Cuts and Cooking Methods

Chuck



Arm Chuck Roast



Chuck Eye Roast



Ranch Steak



Arm Chuck Steak



Chuck Eye Steak



Flat Iron Steak



Blade Chuck Steak



Country-Style Ribs



Top Blade Steak

Rib



Prime Rib



Rib Steak



Back Ribs

Loin



Porterhouse



T-Bone Steak



Strip Steak, Bone-In

Country Style Ribs



Meaty, boneless ribs that work best in a slow-cooker or slow-cooked and finished on the grill.

Denver Steak



Cut from the center of the Under Blade, these steaks are extremely tender with a good amount of marbling and beef flavor. Best when cooked over high heat on the grill.

Chuck



7-Bone Chuck Steak



Cross Rib Roast



Shoulder Petite Tender



Chuck Roast



Shoulder Roast



Shoulder Petite Tender Medallions



Denver Steak



Shoulder Steak*



Chuck Short Ribs, Bone-In

Rib



Ribeye Roast



Ribeye Steak, Boneless



Ribeye Cap Steak

Loin



Strip Steak, Boneless



Tenderloin Roast



Tenderloin Steak (Filet Mignon)

Tips for Trending Appliances



Pressure Cooker

If you're really under pressure, this kitchen gadget has you covered. No longer your grandma's pressure cooker, newer electric versions are easier to use and deliver a delicious meal in no time. See pages 47-48 for recipe, pressure cooking instructions and tips. information.



Cast Iron

Cast iron is certainly not new, but the nostalgia and perfect sear is fueling a comeback. Not only is cast iron great for cooking beef at home, but it's hard to beat cooking in a cast iron skillet over a campfire. See pages 36-38 for some skillet-to-oven basics as you dream of warmer weather and gear up for that ultimate summer cookout.

Sirloin



Top Sirloin Steak





Coulotte Roast





Coulotte Steak





Tri-Tip Roast





Tri-Tip Steak





Petite Sirloin Steak



Round



Top Round Roast*





Top Round Steak*





Bottom Round Steak*





Bottom Round Rump Roast





Eye of Round Roast





Eye of Round Steak*



Ingredient cuts



Kabobs*





Stew Meat





Strips





Cubed Steaks





Ground Beef and Ground Beef Patties





Shank Cross-Cut



Plate & Flank



Skirt Steak*





Flank Steak*



Brisket

Brisket Flat

Brisket Point

Key To Recommended Cooking Methods

* Marinate before cooking for best results

Beef Tips and Tricks

Effective beef preparation and cooking relies mulitiple factors. From proper storage to maintain freshness to practical slicing techniques to ensuring even doneness. The following tips will contribute to the preservation of tenderness and flavor, ensuring a perfect dish every time.



- There is no need to bring beef to room temperature before cooking - straight from the refrigerator works effectively.
- Fresh Ground Beef can be stored in the refrigerator for 1-2 days (3-4 days if cooked) or in the freezer for 3-4 months (2-3 months for cooked). To thaw frozen Ground Beef, refrigerate for 12 hours or more, or microwave.

- Use a gentle touch with ground beef. Over-mixing will result in burgers, meatballs or meatloaves with a firm texture.
- For kabobs, cut steak into uniform pieces to ensure even cooking. Thread steak pieces onto skewers leaving small spaces between them. Loose or tight spacing can cause beef to cook unevenly.



- When slicing raw beef into strips, partially freeze steaks for about 30 minutes for easier slicing.



- Use the pan size specified in the recipe. If the pan is too small, the beef will be crowded and browning will be inhibited. If the pan is too large, overcooking may result.

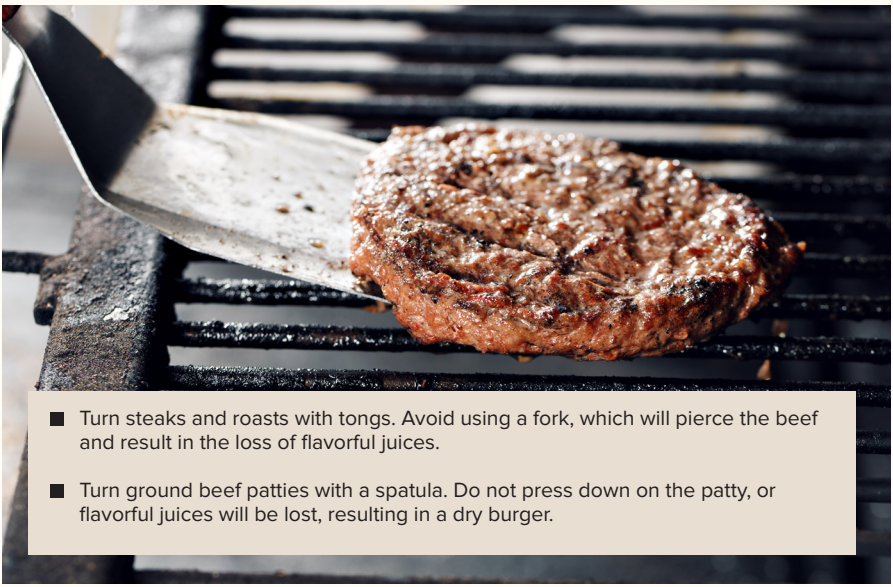




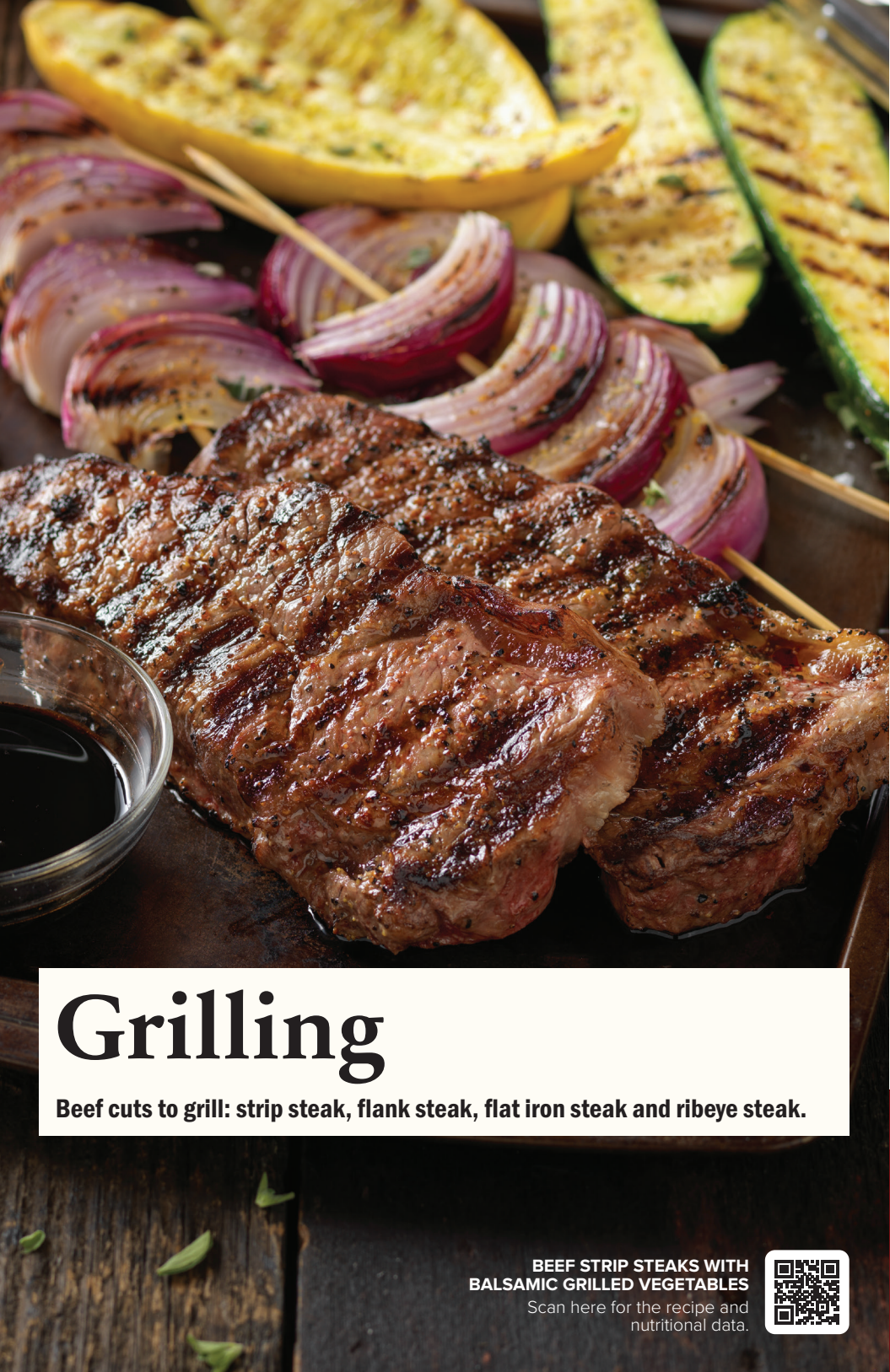
- When cooking with acidic ingredients, such as tomatoes, citrus juices or wine, use pans with non-reactive interior surface such as nonstick, anodized aluminum or stainless steel. Reactive metals such as aluminum and cast iron can affect the taste and color for dishes with acidic ingredients.



- When oven roasting or broiling, place steaks or roasts on a rack in a roasting or broiler pan to allow fat to drip away during cooking.
- High heat can overcook or char the outside of beef cuts while the interior remains underdone.



- Turn steaks and roasts with tongs. Avoid using a fork, which will pierce the beef and result in the loss of flavorful juices.
- Turn ground beef patties with a spatula. Do not press down on the patty, or flavorful juices will be lost, resulting in a dry burger.



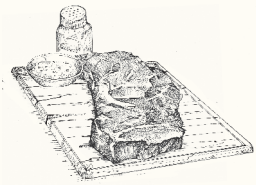
Grilling

Beef cuts to grill: strip steak, flank steak, flat iron steak and ribeye steak.

BEEF STRIP STEAKS WITH BALSAMIC GRILLED VEGETABLES

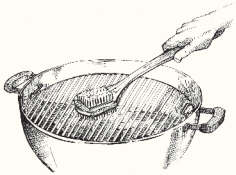
Scan here for the recipe and nutritional data.

This is a popular method for preparing steak, but it's also the one that tends to worry a lot of beginner cooks. When you follow these steps (and allow yourself a little practice), you'll find grilling is easy and—most importantly—very satisfying.



Prep Pays Off

Some grill experts emphasize the importance of bringing steaks to room temperature before grilling, but we don't recommend it for food safety reasons. Likewise, our cooking chart is based on the meat going directly from chill to grill. So plan on pulling the meat from the fridge, seasoning well, and getting started right away.



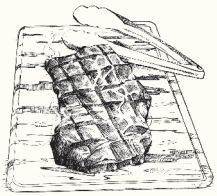
Fire It Up

Make sure your grill is clean (to prevent flare-ups) and the rack is well-oiled (to prevent sticking). If you're using charcoal, follow the directions for how much you'll need and how to build the charcoal pile. For gas grills, refer to your owner's manual and set the grill to medium-high.



Grill, Baby, Grill

Use an ovenproof or instant-read thermometer to monitor doneness, and let it go—don't flip the steaks too much! One flip is usually all you need, but take care to avoid charring or burning and be ready to turn down the heat (or move to a cooler spot on the grill) if necessary. Keep in mind the internal temperature will continue to rise for a few minutes after coming off the grill.



Rest & Relax

Here's another step novice cooks often overlook: resting the meat before serving—even if you're hungry. It's seriously worth the wait, because it prevents all those tasty juices from draining onto your plate. For most grill-friendly cuts, about five minutes is enough.



Finishing Touches

If you're slicing the steak before serving, be sure to cut across the grain.

GLOSSARY

Grain

Although grain is an important part of raising beef, in this case it refers to the direction of the muscle fibers in a cut of meat. Slicing "across the grain" means slicing perpendicular to the direction of the fibers, which helps make the meat easier to chew.

COOKING TIP

It's not a good idea to cut into a steak or burger to see if it's done. You'll lose juices and risk drying out the meat. Instead, rely on your thermometer to tell you when it's done.



Grilling Guidelines

	BEEF CUT	WEIGHT/THICKNESS	CHARCOAL APPROXIMATE TOTAL COOKING TIME MEDIUM RARE (145°F) TO MEDIUM (160°F) (MINUTES)	GAS APPROXIMATE TOTAL COOKING TIME MEDIUM RARE (145°F) TO MEDIUM (160°F) (MINUTES)
Chuck	Chuck Eye Steak, Boneless	3/4 inch	9 to 11	9 to 12
		1 inch	12 to 14	13 to 17
	Top Blade Steak, Boneless	3/4 inch	6 to 9	6 to 9
		1 inch	9 to 13	10 to 13
	Flat Iron Steak	8 ounces each	10 to 14	12 to 16
	Shoulder Steak, Boneless (marinate)	3/4 inch	8 to 12	9 to 12
		1 inch	12 to 17	15 to 19
	Ranch Steak	3/4 inch	8 to 11	8 to 11
		1 inch	11 to 14	12 to 16
	Petite Tender Roast	8 to 12 ounces each*	14 to 18	14 to 19
	Denver Steak	1/2 inch	4 to 7	5 to 8
		3/4 inch	7 to 10	8 to 11
		1 inch	10 to 14	12 to 17
Rib	Ribeye Steak, Bone-In	3/4 inch	7 to 9	7 to 9
		1 inch	9 to 11	9 to 12
		1-1/2 inches**	19 to 24	20 to 25
	Ribeye Steak, Boneless	3/4 inch	7 to 10	7 to 9
		1 inch	10 to 14	9 to 14
		1-1/2 inches**	16 to 20	15 to 19



	BEEF CUT	WEIGHT/THICKNESS	CHARCOAL APPROXIMATE TOTAL COOKING TIME MEDIUM RARE (145°F) TO MEDIUM (160°F) (MINUTES)	GAS APPROXIMATE TOTAL COOKING TIME MEDIUM RARE (145°F) TO MEDIUM (160°F) (MINUTES)
Loin	Porterhouse/T-Bone Steak	3/4 inch	8 to 11	9 to 13
		1 inch	11 to 16	15 to 19
		1-1/2 inches**	19 to 24	20 to 25
	Strip Steak, Boneless	3/4 inch	7 to 10	7 to 10
		1 inch	11 to 14	11 to 15
	Tenderloin Steak	3/4 inch	7 to 10	7 to 10
		1 inch	10 to 14	11 to 15
		1-1/2 inches**	14 to 18	16 to 20
Sirloin	Top Sirloin Steak	3/4 inch	7 to 11	8 to 13
		1 inch	11 to 15	13 to 16
		1-1/2 inches**	22 to 26	24 to 30
	Tri-Tip Steak	3/4 inch	8 to 10	8 to 10
		1 inch	10 to 14	10 to 14
Round	Sirloin Tip Center Steak	3/4 inch	8 to 9	8 to 11
		1 inch	11 to 13	13 to 15
	Sirloin Tip Side Steak (marinate)	3/4 inch	8 to 10	8 to 11
		1 inch	12 to 14	13 to 14
	Bottom Round Steak (marinate)	3/4 inch	8 to 10	11 to 14
		1 inch	12 to 15	15 to 17
		1 to 1/4 inches	18 to 20	18 to 20
	Top Round Steak (marinate)	3/4 inch	10 to 11	10 to 11
		1 inch	12 to 14	16 to 19
		1-1/2 inches**	20 to 23	20 to 23



Grilling Guidelines

	BEEF CUT	WEIGHT/THICKNESS	CHARCOAL APPROXIMATE TOTAL COOKING TIME MEDIUM RARE (145°F) TO MEDIUM (160°F) (MINUTES)	GAS APPROXIMATE TOTAL COOKING TIME MEDIUM RARE (145°F) TO MEDIUM (160°F) (MINUTES)
Round	Eye Of Round Steak (marinate)	3/4 inch	10 to 12	10 to 12
		1 inch	13 to 15	17 to 19
Plate & Flank	Skirt Steak (marinate)	1 to 1-1/2 pounds (4 to 6 inch portions)	7 to 12	8 to 12
	Flank Steak (marinate)	1-1/2 to 2 pounds	11 to 16	16 to 21
Others	Kabobs, beef only	1 x 1-1/4 inch cubes (1 pound)	5 to 7	7 to 9
	Ground Beef Patties	1/2 inch (4 ounces each)	8 to 10	13 to 14
	Cook to medium (160°F) doneness	3/4 inch (6 ounces each)	11 to 15	7 to 9

*Remove from grill when internal temperature(s) reaches 135°F for medium rare; 150°F for medium doneness. Let stand 5 minutes.

**Remove from grill when internal temperature(s) reaches 140°F for medium rare; 155°F for medium doneness. Let stand 5 minutes.



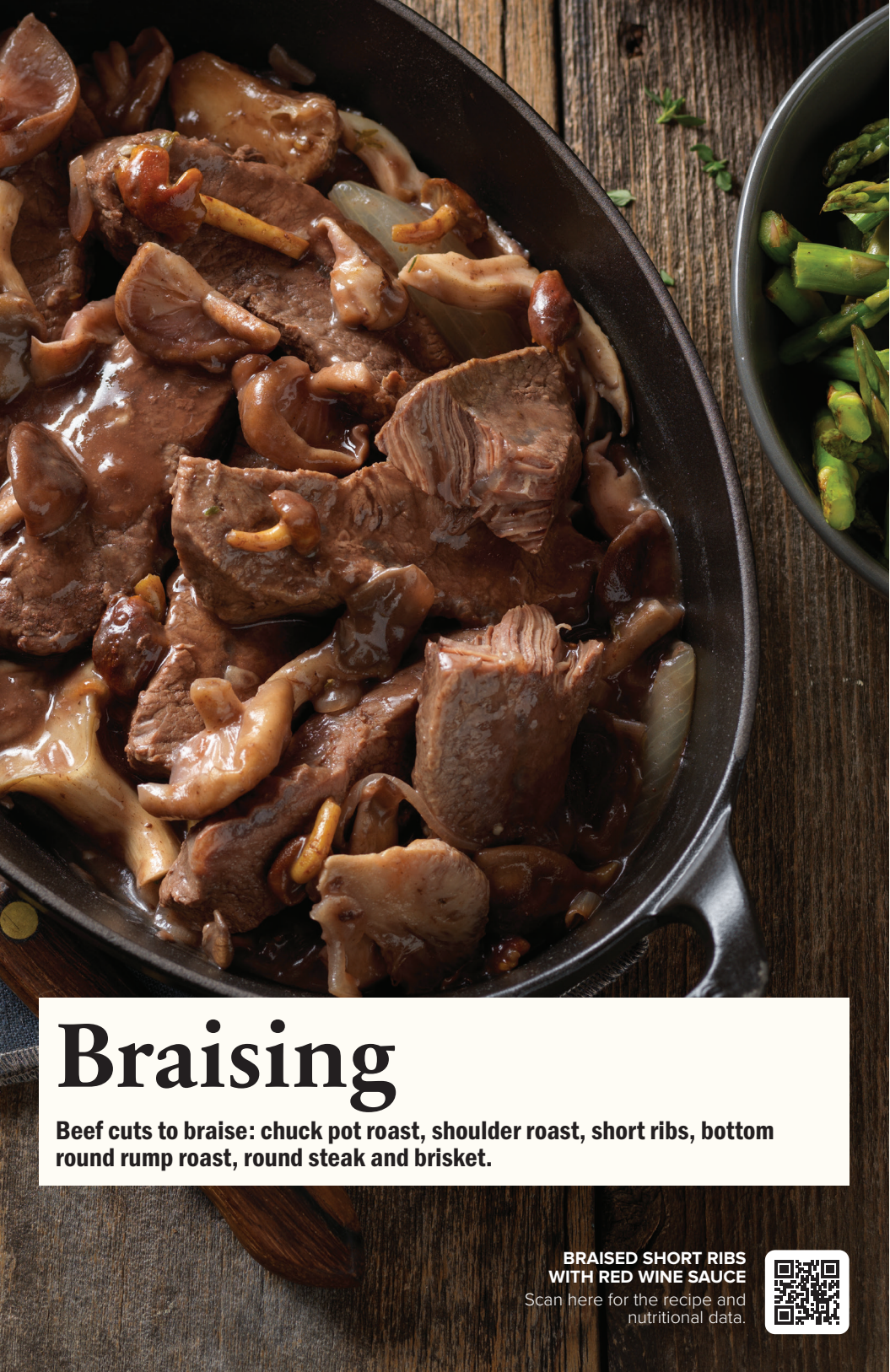
Charcoal and Gas Grilling

For charcoal grilling, when coals are medium ash-covered (approximately 30 minutes), spread in a single layer and check cooking temperature. Position cooking grid. To check temperature, cautiously hold the palm of your hand above the coals at cooking height. Count the number of seconds you can hold your hand in that position before the heat forces you to pull it away; approximately 4 seconds for medium heat.

For gas grilling, brands vary greatly and grilling times may need to be adjusted. Consult owner's manual for specific grilling information.

Trim visible fat before grilling to help prevent flare-ups. If food is grilled over too high heat, the exterior can become overcooked or charred before the interior reaches the desired doneness. Charring is not recommended.





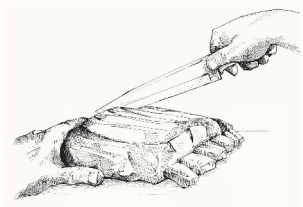
Braising

Beef cuts to braise: chuck pot roast, shoulder roast, short ribs, bottom round rump roast, round steak and brisket.

BRAISED SHORT RIBS WITH RED WINE SAUCE

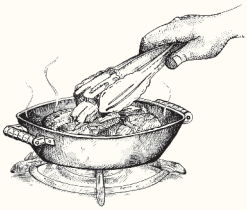
Scan here for the recipe and nutritional data.

The beauty of braising is how it turns less-tender cuts into rich, fork-tender dishes. The key is to cook the beef in liquid over low heat for several hours. If you use pre-cut chunks, make sure they're not too small (think at least the size of a golf ball), because they tend to overcook.



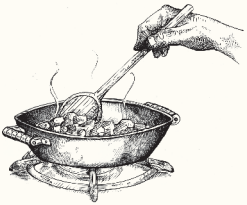
Preheat & Prep

Braising can be done on your stovetop, in a slow cooker or in the oven, depending on your recipe. Before you start preparing the beef, be sure to pat it dry with paper towels. This helps it brown more evenly. If your recipe calls for a spice rub or seasoning mix, now's the time to sprinkle it on. Salt and pepper work great, too. It also helps to chop up any vegetables you'll be using later.



Brown the Meat

Most every braising recipe calls for browning the meat on all sides, usually over medium-high heat, until it develops a golden brown crust. Be careful not to brown it for too long so it doesn't burn.



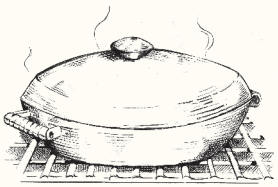
Sauté the Vegetables

Most braising recipes include a variety of chopped vegetables, such as carrots, celery, onions and garlic. Chefs call these aromatics, and you're about to find out why (your kitchen will soon smell amazing). Add them to a pan and sauté until they begin to soften. If your recipe doesn't call for vegetables, it's OK to skip this step.



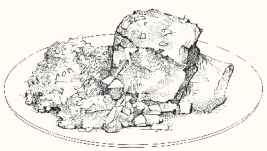
Save the Flavor

See those brown bits clinging to the bottom of the pan? They're chock full of flavor. When your aromatics have softened and the pan is still hot, slowly add some liquid—such as beef broth, wine, juices or even water—and scrape up the bits with a wooden spoon or heat-resistant rubber spatula. This technique is called deglazing, and it helps make your dish delicious.



All Together Now

Carefully return the meat to the pan or slow cooker. Depending on your recipe, now's the time to add more liquid, such as the beef broth or wine you used for deglazing. Then turn down the heat per your recipe, cover it with a tight-fitting lid and let that moist heat work its magic.



Finishing Touches

You'll know it's done when the meat is fork-tender. Some braising recipes can go straight from the stovetop, slow cooker or oven to your table. Or you can remove the meat and vegetables, strain the liquid, and combine it with a roux (mixture of butter and flour) to make a great sauce.

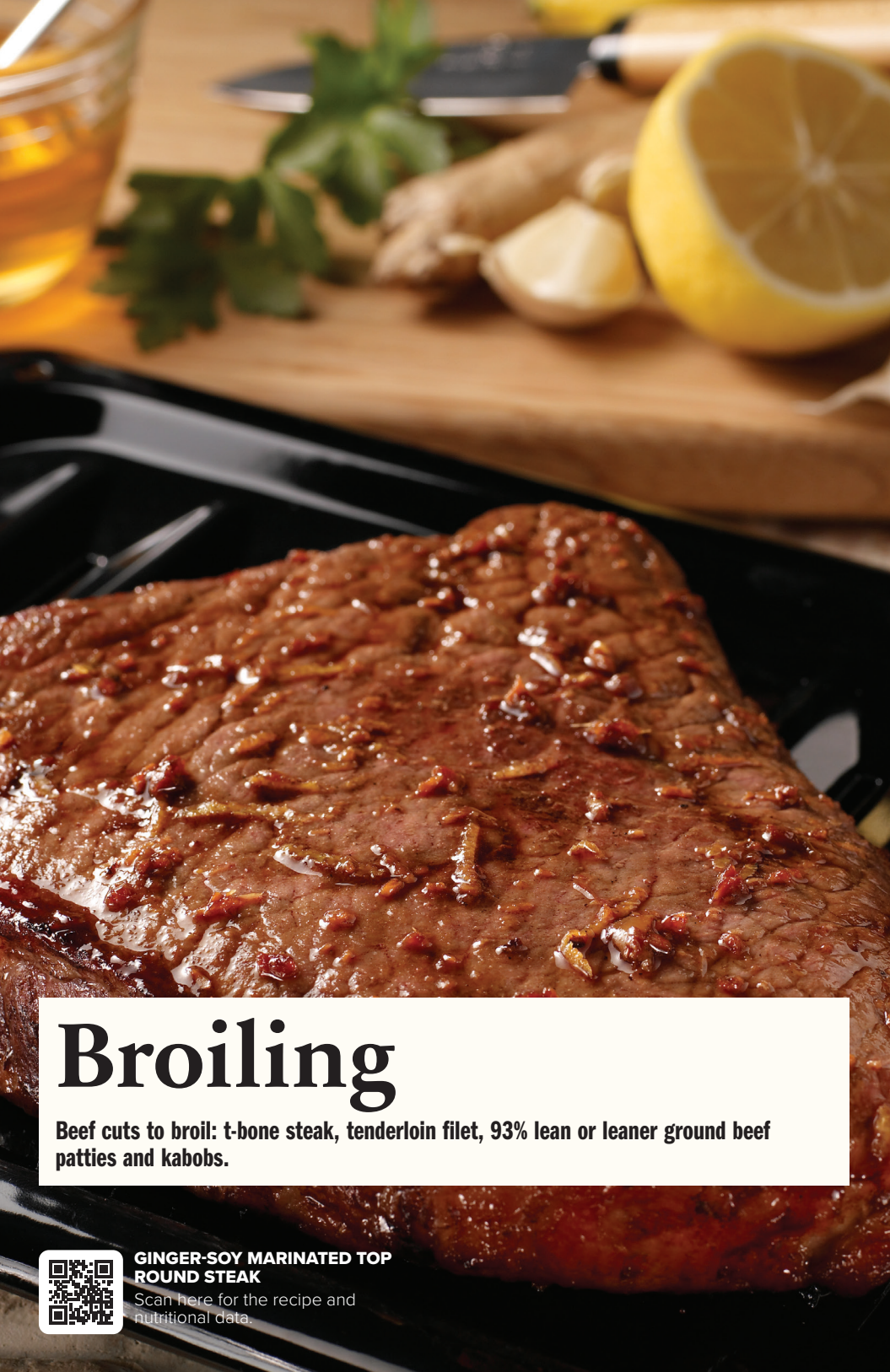


Braising Guidelines

	BEEF CUT	WEIGHT/ THICKNESS	APPROX COVERED SIMMER TIME (HOURS)
Chuck	Arm Roast, Boneless	2-1/2 to 3-1/2 pounds	1-3/4 to 2-3/4
	Blade Roast, Boneless	2-1/2 to 3-1/2 pounds	2-1/4 to 3-1/4
	Shoulder Roast, Boneless	2-1/2 to 3-1/2 pounds	2-1/4 to 3-1/4
	Short Ribs, Boneless	1-1/2 pounds	1-3/4 to 2-1/2
	Short Ribs, Bone-In	2-1/2 to 2-3/4 pounds	1-3/4 to 2-1/2
	7-Bone Chuck Roast	2-1/4 to 2-1/2 pounds	2-1/4 to 2-1/2
	Cross Rib Chuck Roast	1 to 1-1/2 inches	2-1/2 to 2-3/4
	Country-Style Ribs	1-1/2 to 2 pounds	1-3/4 to 2
Round	Bottom Round Roast, Boneless	3 to 4 pounds	2-1/2 to 3-1/2
	Rump Roast, Boneless	3 to 4 pounds	2-1/2 to 3-1/2
	Bottom Round Steak, Boneless	3/4 to 1-inch	1-1/4 to 1-1/2
Shank & Brisket	Brisket	2-1/2 to 3-1/2 pounds	2-1/2 to 3
	Cross Cut Shank	1 to 1-1/2 inch thick (3 pounds)	2 to 3

COOKING TIP

You'll be mighty tempted, but it's important to avoid lifting the lid, which releases valuable heat and moisture and can significantly increase the cooking time.



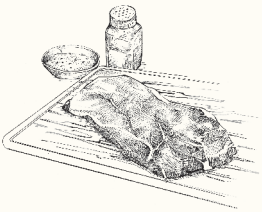
Broiling

Beef cuts to broil: t-bone steak, tenderloin filet, 93% lean or leaner ground beef patties and kabobs.

GINGER-SOY MARINATED TOP ROUND STEAK

Scan here for the recipe and nutritional data.

Broiling is similar to grilling in that it uses direct dry heat—only the heat comes from above instead of below. You'll have the best results with cuts that are relatively flat and of even thickness.



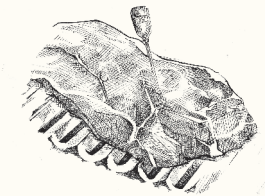
Preheat & Prep

Pull your beef from the fridge and season generously, per your recipe. Then turn on the broiler (we recommend reviewing the owner's manual for your oven if you have any questions about how this function works). It's best to use a broiler pan for even cooking and to catch drippings. Keep a timer handy.



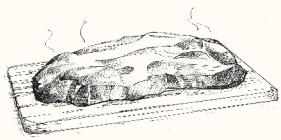
Under the Broiler

Broiling works best if the meat is close to the broiler, about 2–4 inches. Start the timer when you slide the steak under the broiler. Depending on your oven, you may need to keep the door open slightly. Follow the timing in your recipe or our cooking chart, flipping the beef once halfway through.



Are We Done Yet?

A couple minutes before you reach the recommended time, quickly check your steak for doneness. An instant-read thermometer is your best bet. Keep in mind the internal temperature of your steak will continue to rise for a few minutes after pulling it out of the oven.



Give it a Rest

Even though it's going to look delicious (and you're probably getting hungry), be sure to let the steak rest for at least five minutes before cutting into it. Set it on a serving plate and cover it loosely with aluminum foil. This step is essential because it helps keep your steak juicy, rather than having all those juices drain out onto your plate.



Finishing Touches

Be sure to slice your steak across the grain—that is, most steak cuts are longer than they are wide, so slice across the narrow part of the steak. Then top your broiled steak with a bit of compound butter or serve with your favorite sauce.

GLOSSARY

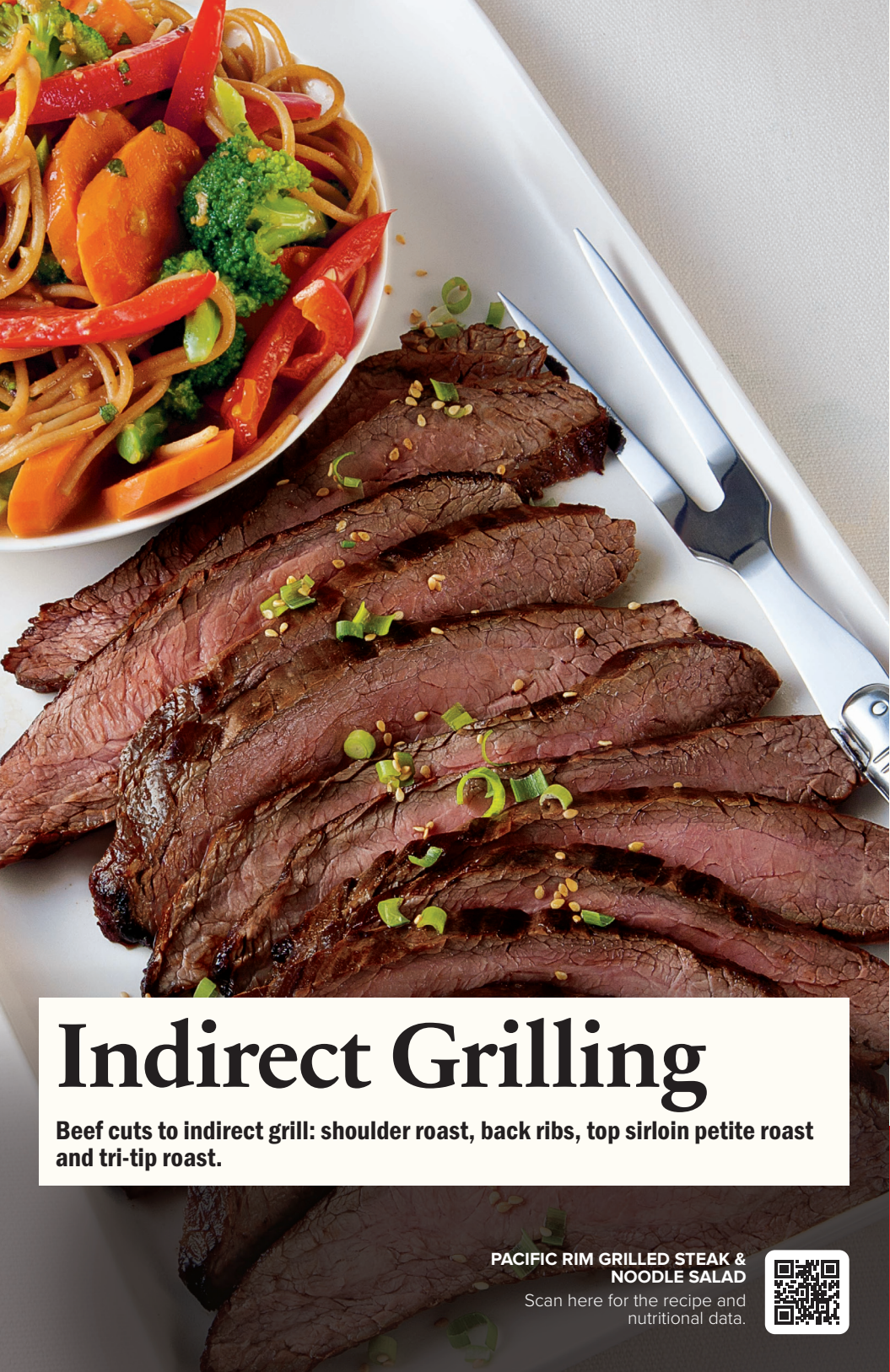
The Maillard Reacation

Ever wonder why that dark crust on a steak makes it taste so good? It's because of the Maillard (pronounced "my-yard") reaction, which happens when high heat transforms amino acids and sugars on the surface of the meat.

COOKING TIP

Line your broiler pan (or the bottom of your oven) with aluminum foil for easy clean-up.

	BEEF CUT	WEIGHT/THICKNESS	DISTANCE FROM HEAT (INCHES)	APPROXIMATE TOTAL COOKING TIME MEDIUM RARE (145°F) TO MEDIUM (160°F) (MINUTES)
Chuck	Chuck Eye Steak	3/4 inch	2 to 3	8 to 11
		1 inch	3 to 4	12 to 15
	Flat Iron Steak	8 ounces each	3 to 4	15 to 20
	Shoulder Steak Boneless (marinate)	3/4 inch	2 to 3	10 to 13
		1 inch	3 to 4	16 to 21
Rib	Ribeye Steak, Bone-In	3/4 inch	2 to 3	9 to 12
		1 inch	3 to 4	13 to 17
		1-1/2 inches	3 to 4	24 to 31
	Ribeye Steak, Boneless	3/4 inch	2 to 3	8 to 10
		1 inch	3 to 4	14 to 18
		1-1/2 inches	3 to 4	21 to 27
Loin	Porterhouse/T-Bone Steak	3/4 inch	2 to 3	10 to 13
		1 inch	3 to 4	15 to 20
		1-1/2 inches	3 to 4	27 to 32
	Strip Steak, Boneless	1 inch	3 to 4	13 to 17
		1-1/2 inches	3 to 4	19 to 23
	Tenderloin Steak	1 inch	2 to 3	13 to 16
		1-1/2 inch	3 to 4	18 to 22
Sirloin	Top Sirloin Steak	3/4 inch	2 to 3	9 to 12
		1 inch	3 to 4	16 to 21
		1-1/2 inches	3 to 4	26 to 31
		2 inches	3 to 4	34 to 39
Round	Top Round Steak (marinate)	3/4 inch	2 to 3	12 to 13
		1 inch	2 to 3	17 to 18
		1-1/2 inches	3 to 4	27 to 29
	Bottom Round Steak (marinate)	1-1/4 inches	3 to 4	18 to 20
Plate & Flank	Flank Steak (marinate)	1-1/2 to 2 pounds	2 to 3	13 to 18
	Skirt Steak	1-1/2 to 2 pounds (4 to 6 inch portions)	2 to 3	10 to 13
Other	Kabobs, beef only	1 pound, 1-1/4 inch cubes	3 to 4	7 to 11
	Ground Beef Patties	1/2 inch (4 ounces each)	2 to 3	12 to 13
	Cook to medium (160°F) doneness	3/4 inch (6 ounces each)	3 to 4	12 to 14



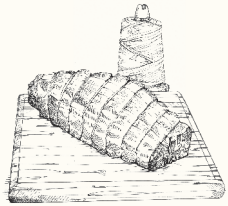
Indirect Grilling

Beef cuts to indirect grill: shoulder roast, back ribs, top sirloin petite roast and tri-tip roast.

PACIFIC RIM GRILLED STEAK & NOODLE SALAD

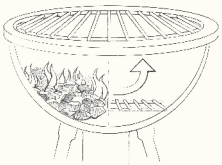
Scan here for the recipe and nutritional data.

This technique is called indirect grilling, but it's more like roasting, which means indirect heat, lower temperature and longer cooking times.



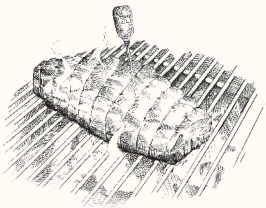
Prepare The Beef

When you're ready to get started, pull the beef out of the fridge and season well. Depending on your recipe, now's the time to apply a rub, herbs or other spices.



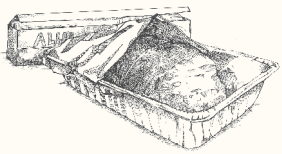
Ready The Grill

Take a few minutes to configure your grill. As the name suggests, indirect grilling positions the beef away from the heat source instead of directly over it. If you're using charcoal, this means arranging the coals off to one side of the grill and cooking on the opposite side. If you're using gas, refer to your owner's manual and bring the grill to medium heat on one side only.



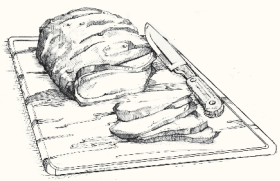
Let It Be (Mostly)

Keep the lid closed for best results. You should follow your recipe for timing, but also may want to use an oven-proof meat thermometer to confirm when time's almost up. Be careful not to overshoot your target temperature because it will continue to rise for several minutes after coming off the grill.



Give It A Rest

Don't skip this step! Resting is essential to keep all those delicious juices from draining out of the meat, and makes the next step easier. The larger cuts that work best for indirect grilling generally need more time to rest—often up to 15–20 minutes. Set the meat on your cutting board or a serving tray and cover it loosely with aluminum foil (this is called "tenting").



Carve & Serve

When you're ready to carve, take care to not pierce the beef with a fork. Instead just use tongs to hold the roast in place. Depending on your recipe or desired presentation, slice the beef thinly across the grain and serve on a warm plate or tray.

GLOSSARY

Drip Pan

An underrated component of any grill set-up, a drip pan—usually made of disposable foil— catches drippings from your meat, preventing dangerous flare-ups.

COOKING TIP

Resting time is important because it allows the juices to stay in the meat, becoming easier to carve and serve.



Indirect Grilling Guidelines

	BEEF CUT	WEIGHT/THICKNESS	APPROXIMATE TOTAL COOKING TIME MEDIUM RARE (145°F) TO MEDIUM (160°F) FOR ROASTS (MINUTES)
Chuck	Shoulder, Boneless	2-1/2 pounds	2 to 2-1/2 hours
Rib	Back Ribs	5 pounds, cut into 2 to 4 rib sections	1 to 1-1/2 hours (fork tender)
Sirloin	Top Sirloin Petite Roast	1-1/2 to 2 pounds	40 to 55 minutes
	Tri-Tip Roast	1-1/2 to 2 pounds	35 to 45 minutes



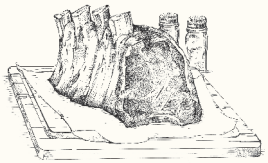
Oven Roasting

Beef cuts to oven roast: strip roast, ribeye roast, sirloin tip roast and tenderloin roast.

HERB-CRUSTED BEEF ROAST WITH PISTACHIO-LEEK PESTO

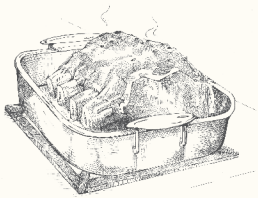
Scan here for the recipe and nutritional data.

Oven roasting is considered a simple cooking method because it generally uses a lower temperature over a longer period of time, allowing you to "set it and forget it."



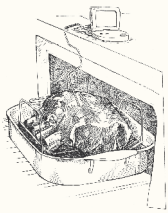
Preheat & Prep

Set your oven and season the roast per your recipe. If you're planning to brown the roast before cooking (learn more about that in the next step), do it now. Otherwise, it's OK to skip to Step 3.



When in Doubt, Sear

While it's possible to develop a crust through slow roasting, you may get tastier results by searing it over high heat at either the beginning or the end of the roasting time. Most recipes will specify whether and when to brown the meat, but when in doubt, a quick sear won't hurt.



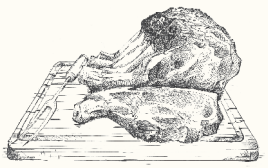
Are We Done Yet?

Place the beef fat-side-up in a roasting pan — preferably with a rack, which improves air circulation and promotes more even cooking. Insert an ovenproof meat thermometer if you have one, taking care to avoid the bone (if cooking a bone-in roast). Cook as recommended, and be sure not to overshoot your target temp because it will continue to rise after pulling the roast from the oven.



Give it a Rest

Transfer the roast to a carving tray or cutting board, then cover it loosely with aluminum foil (this is called “tenting”) and let it rest awhile. Larger roasts need more time to rest, often up to 15–20 minutes. Those few extra minutes are a great opportunity to make an au jus from the reserved beef drippings.



Carve & Serve

The most important tool for properly carving your roast is a sharp knife — be safe! If you're using a meat fork, don't pierce the roast to hold it in place. Use the back of the fork instead (tongs work great, too). If you have a rib roast, cut each slice along the rib bone. Always cut across the grain for maximum tenderness.

GLOSSARY

Au Jus
Pronounced oh-zhoo, it translates literally to “with juice.” Au jus is a broth-like gravy made from beef juices left over from cooking.

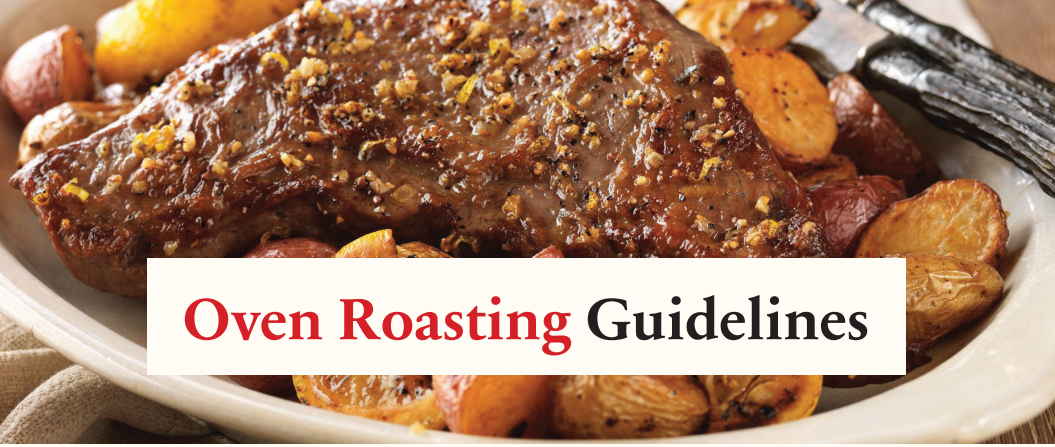
COOKING TIP

When roasting larger cuts, an ovenproof meat thermometer that stays in the roast while cooking is preferable to an instant-read thermometer. This helps you avoid opening the oven unnecessarily and poking multiple holes in the roast and losing those delicious juices.



Oven Roasting Guidelines

	BEEF CUT	OVEN TEMPERATURE (PREHEATED)	WEIGHT (POUNDS)	APPROXIMATE TOTAL COOKING TIME	REMOVE ROAST FROM OVEN WHEN INTERNAL TEMPERATURE REACHES:
Chuck	Petite Tender Roast	425°F	8 to 12 ounces	Medium Rare: 20 to 25 minutes	135°F
				Medium: 25 to 30 minutes	150°F
Rib	Ribeye Roast, Boneless	350°F	3 to 4	Medium Rare: 1-1/2 to 1-3/4 hours	135°F
	(small end)			Medium: 1-3/4 to 2 hours	145°F
			4 to 6	Medium Rare: 1-3/4 to 2 hours	135°F
				Medium: 2 to 2-1/4 hours	145°F
			6 to 8	Medium Rare: 2 to 2-1/4 hours	135°F
				Medium: 2-1/4 to 2-1/2 hours	145°F
	Ribeye Roast, Boneless	350°F	3 to 4	Medium Rare: 1-1/2 to 2 hours	135°F
	(large end)			Medium: 2 to 2-1/4 hours	145°F
			4 to 6	Medium Rare: 2 to 2-1/4 hours	135°F
				Medium: 2-1/4 to 2-1/2 hours	145°F
			6 to 8	Medium Rare: 2-1/4 to 2-1/2 hours	135°F
				Medium: 2-1/2 to 2-3/4 hours	145°F



Oven Roasting Guidelines

	BEEF CUT	OVEN TEMPERATURE (PREHEATED)	WEIGHT (POUNDS)	APPROXIMATE TOTAL COOKING TIME	REMOVE ROAST FROM OVEN WHEN INTERNAL TEMPERATURE REACHES:
Rib	Ribeye Roast, Bone-In	350°F	4 to 6 (2 ribs)	Medium Rare: 1-3/4 to 2-1/4 hours	135°F
				Medium: 2-1/4 to 2-3/4 hours	145°F
			6 to 8 (2 to 4 ribs)	**Medium Rare:** 2-1/4 to 2-1/2 hours	135°F
				Medium: 2-1/2 to 3 hours	145°F
			8 to 10 (4 to 5 ribs)	**Medium Rare:** 2-1/2 to 3 hours	135°F
				Medium: 3 to 3-1/2 hours	145°F
Loin	Tenderloin Roast	425°F	2 to 3 (center-cut)	**Medium Rare:** 35 to 45 minutes	135°F
				Medium: 45 to 50 minutes	145°F
			4 to 5 (whole)	**Medium Rare:** 45 to 55 minutes	135°F
				Medium: 55 to 65 minutes	145°F
	Strip Roast, Boneless	325°F	3 to 4	**Medium Rare:** 1-1/4 to 1-1/2 hours	135°F
				Medium: 1-1/2 to 1-3/4 hours	145°F
			4 to 6	**Medium Rare:** 1-1/2 to 1-3/4 hours	135°F
				Medium: 1-3/4 to 2 hours	145°F
			6 to 8	**Medium Rare:** 1-3/4 to 2 hours	135°F
				Medium: 2 to 2-1/4 hours	145°F
Sirloin	Tri-Tip Roast	425°F	1-1/2 to 2	**Medium Rare:** 30 to 40 minutes	135°F
				Medium: 40 to 50 minutes	150°F
			2 to 3	**Medium Rare:** 40 to 50 minutes	135°F
				Medium: 50 to 60 minutes	150°F

	BEEF CUT	OVEN TEMPERATURE (PREHEATED)	WEIGHT (POUNDS)	APPROXIMATE TOTAL COOKING TIME	REMOVE ROAST FROM OVEN WHEN INTERNAL TEMPERATURE REACHES:
Round	Sirloin Tip Roast	325°F	3 to 4	**Medium Rare:** 1-3/4 to 2 hours	140°F
				Medium: 2 to 2-1/4 hours	150°F
	Sirloin Tip Roast	325°F	4 to 6	**Medium Rare:** 2 to 2-1/4 hours	135°F
				Medium: 2-1/4 to 2-3/4 hours	150°F
			6 to 8	**Medium Rare:** 2-1/4 to 2-3/4 hours	135°F
				Medium: 2-3/4 to 3-1/4 hours	150°F
	Sirloin Tip Center Roast	325°F	2 to 2-1/2	**Medium Rare:** 1-1/4 to 1-1/2 hours	135°F
	Rump Roast, Bottom Round Roast	325°F	3 to 4	**Medium Rare:** 1-1/4 to 1-3/4 hours	135°F
	Eye of Round Roast	325°F	2 to 3	**Medium Rare:** 1-1/4 to 1-1/2 hours	135°F
Other	Ground Beef, Meatloaf	350°F	10 x 4-inch (2 pounds)	1-1/4 to 1-1/2 hours	160°F

Cook to medium (160°F) doneness

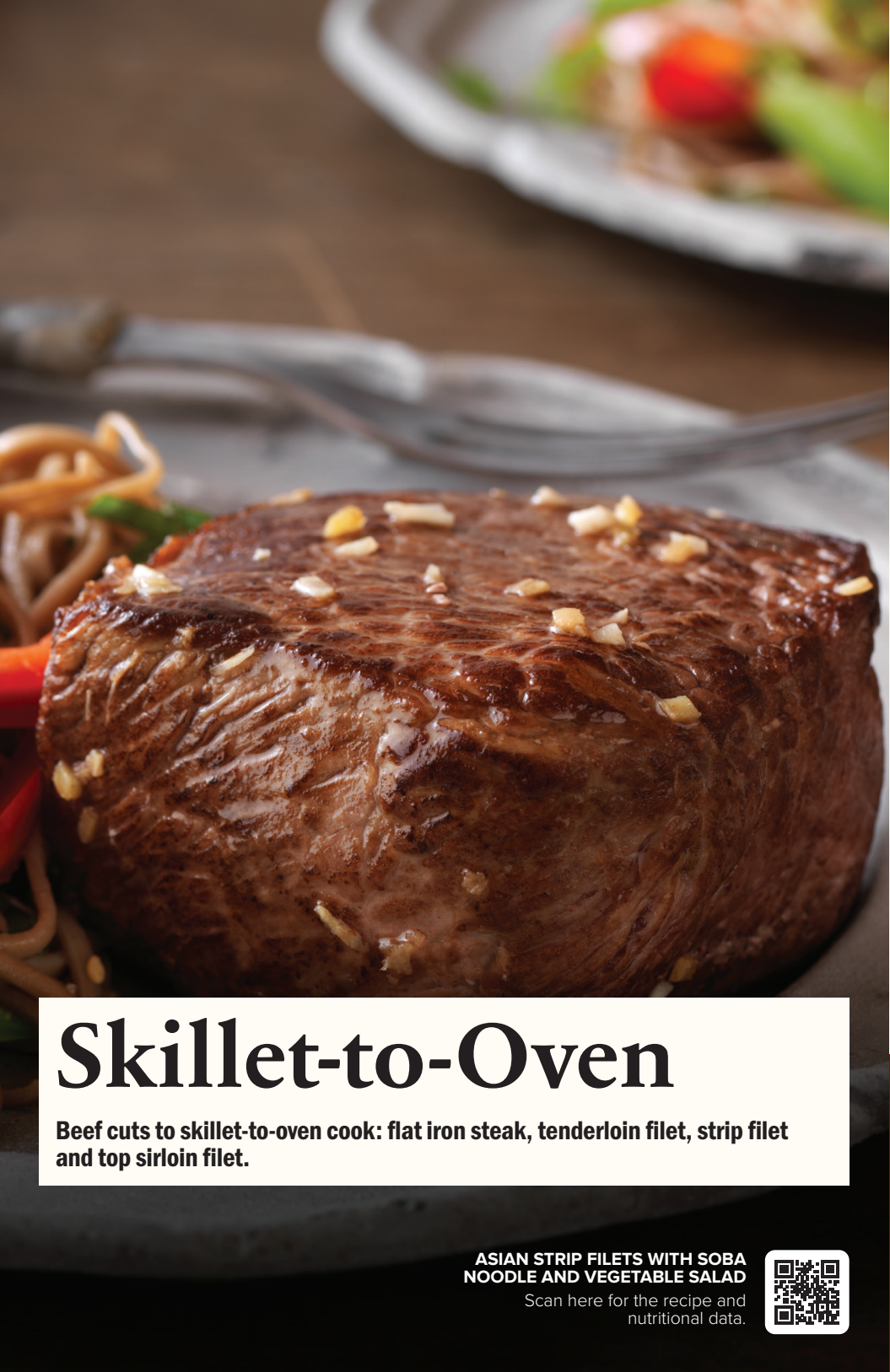
How to carve a rib roast.



1. Turn roast on its side and place on carving board. (If necessary, remove a thin slice to stabilize roast.) Insert fork from the side, below the top rib. Carve across the "face" of the roast toward the rib bone.



2. Cut along the rib bone with tip of knife to release slice of beef. To serve, slide knife under beef slice; steadying from above with the fork and lifting slice onto plate.



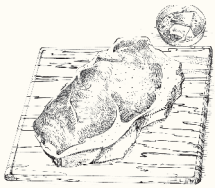
Skillet-to-Oven

Beef cuts to skillet-to-oven cook: flat iron steak, tenderloin filet, strip filet and top sirloin filet.

ASIAN STRIP FILETS WITH SOBA NOODLE AND VEGETABLE SALAD

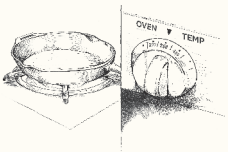
Scan here for the recipe and nutritional data.

Simply put, this method involves searing beef on the stovetop and finishing it in the oven. It works best for thicker cuts, which need a bit more cooking time to bring up the internal temp. Well-seasoned cast iron works best, but any ovenproof, non-stick skillet will do.



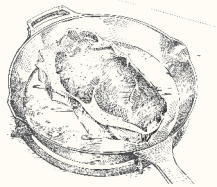
Prep the Beef

Some recipes suggest coating each steak lightly with oil (or adding oil to the pan before searing), but we've found the fat content in most steaks is enough to go without. It's healthier and results in less smoke, too. Pat the steaks dry, and if you're using a spice blend, rub it in now, or just hit both sides with a few shakes of salt and pepper.



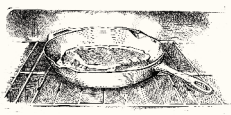
Preheat X 2

Preheat an oven-safe skillet over medium heat and the oven to 350°F, depending on your recipe. It's important to get both ready to go — and have a timer handy — because the next couple of steps will go by quickly.



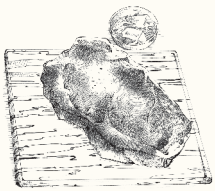
Sear without Fear

Slide your steak into the hot skillet and sear, no more than two minutes per side. Your only goal here is to give it a good crust, so be patient: Trust your timer and flip only once.



Move to Oven

Now that you have that sear on the outside, it's time to bring up the internal temp. Quickly flip the steak back over to the first side using tongs and slide the skillet into the preheated oven. Follow the timing guidelines and test for doneness with an instant-read thermometer. Be sure to pull the skillet as soon as the steak reaches your target temp because it will continue to rise for a few minutes.



Rest & Enjoy

Transfer the steak immediately from the skillet to a serving plate or cutting board and cover loosely with aluminum foil (this is called “tenting”). As always, resting time is essential. Give it at least 5–7 minutes, then top it off with some compound butter or your favorite sauce.

GLOSSARY

Smoke Point

This term refers to the temperature at which various cooking oils begin to break down and produce smoke. Oils with higher smoke points — such as canola, peanut or grapeseed — are better suited for cooking at higher temperatures.

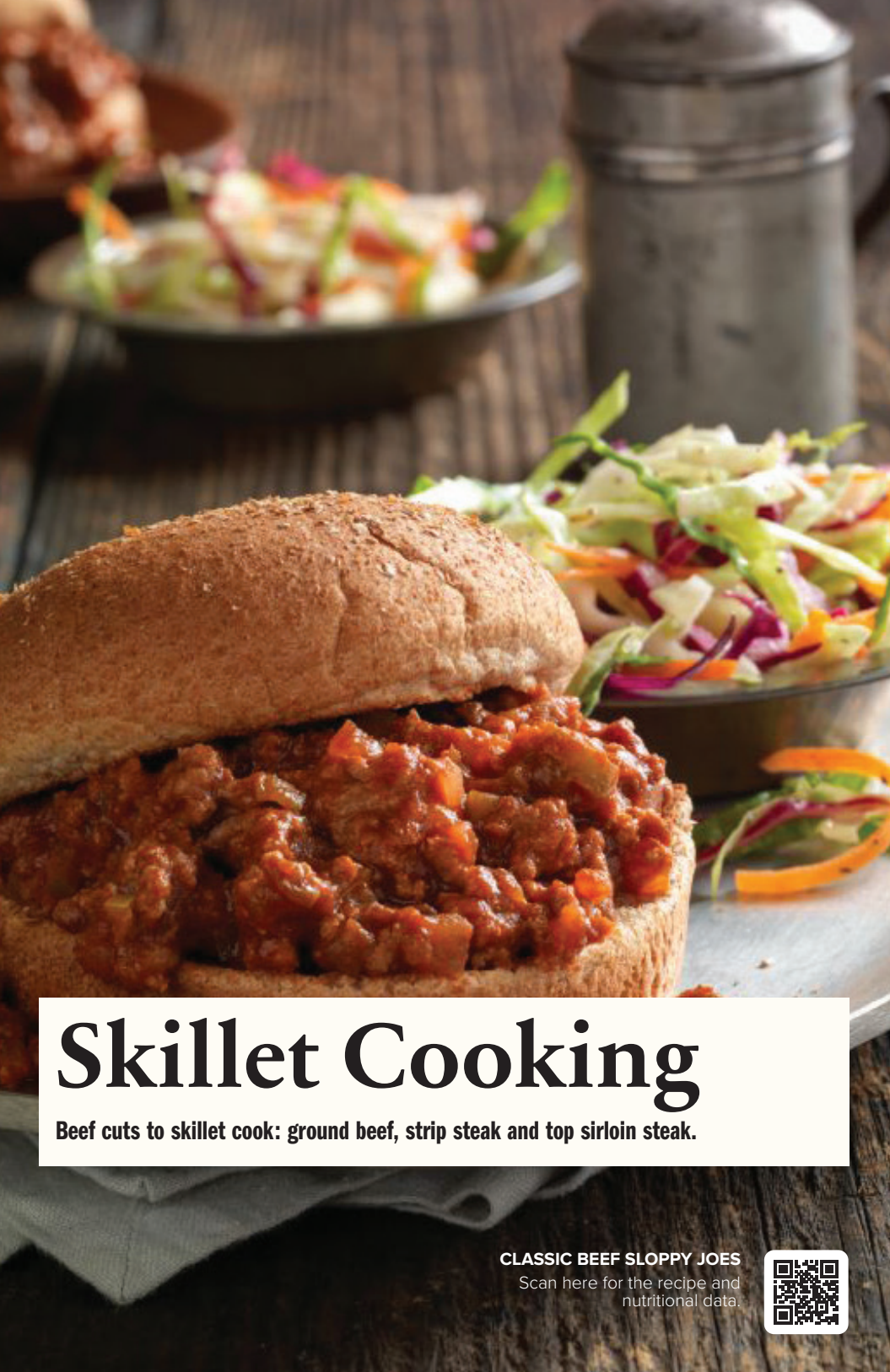
COOKING TIP

Many recipes say to bring meat to room temperature before cooking, but we recommend against it for food safety reasons. Our cooking chart is based on straight-from-the-fridge timing.



Skillet-To-Oven Guidelines

	BEEF CUT	WEIGHT	OVEN TEMPERATURE (PREHEATED)	APPROXIMATE TOTAL COOKING TIME
Chuck	Flat Iron Steak	8 ounces each	425°F	Medium Rare: 13 to 19 minutes
Rib	Ribeye Filet	8 ounces each 1-3/4 to 2 inches thick	350°F	Medium Rare: 24 to 28 minutes
Loin	Tenderloin Steak	4 ounces each. 3/4 inch thick	400°F	Medium Rare: 15 to 20 minutes
		5 to 6 ounces each, 1-1/2 inches thick	350°F	Medium Rare: 15 to 23 minutes
	Strip Filet	8 ounces each, 1-3/4 to 2 inches thick	350°F	Medium Rare: 24 to 28 minutes
Sirloin	Top Sirloin Filet	8 ounces each, 1-3/4 to 2 inches thick	350°F	Medium Rare: 24 to 28 minutes



Skillet Cooking

Beef cuts to skillet cook: ground beef, strip steak and top sirloin steak.

CLASSIC BEEF SLOPPY JOES
Scan here for the recipe and nutritional data.

This is a common preparation technique for recipes that call for browned ground beef. It is also an easy and classic cooking method for preparing nicely seared and juicy steaks.



Prep & Preheat

Pull meat directly from fridge and heat a large, heavy-bottomed skillet over medium heat. It's important to have a large skillet so there's plenty of room for the beef to brown evenly. If your recipe calls for more than a couple pounds of ground beef, it's OK to cook in batches.



Crumble & Brown

Use a wooden spoon or potato masher to break the ground beef into crumbles as you're cooking. Stir lightly to ensure even cooking. Depending on your recipe, you may need to brown the meat only lightly, because it will continue to cook later on.



Drain... or Don't

Most recipes call for the ground beef to be drained after browning, but in some recipes the drippings are left in for added moisture (and flavor). In extra-lean ground beef, there may not be much to drain at all.



Savor Your Options

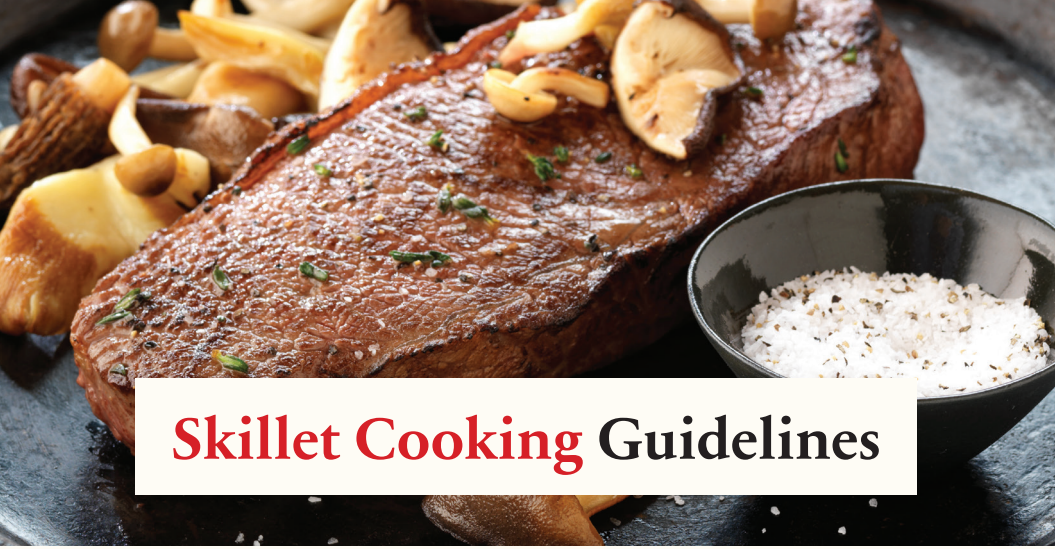
Now's the time to put that delicious ground beef to good use in your favorite recipe. Looking for inspiration? Check out Confetti Beef Tacos, Mediterranean Beef and Salad Pita, Wrangler's Beef Chili and more.

GLOSSARY

Seasoning
We're not talking spices — in this case, seasoning is all about preparing a cast iron skillet for cooking. Methods may differ, but the end result of a well-seasoned pan is a non-stick surface and years (if not decades) of perfectly browned meat.

COOKING TIP

Use a potato masher to break up ground beef into small crumbles while browning.



Skillet Cooking Guidelines

	BEEF CUT	WEIGHT/THICKNESS	APPROXIMATE TOTAL COOKING TIME MEDIUM RARE (145°F) TO MEDIUM (160°F) (MINUTES)
Chuck	Chuck Eye Steak, Boneless	3/4 inch	9 to 11
		1 inch	12 to 15
	Top Blade Steak	3/4 inch	11 to 13
		1 inch	13 to 17
	Flat Iron Steak	8 ounces each	11 to 14
	Ranch Steak (marinate)	3/4 inch	8 to 11
		1 inch	12 to 15
	Petite Tender Medallions	1/2 to 3/4 inch	4 to 6*
	Denver Steak	1/2 inch	3 to 4*
		3/4 inch	7 to 10
		1 inch	11 to 15
Rib	Ribeye Steak, Boneless	3/4 inch	8 to 11
		1 inch	12 to 15
Loin	Porterhouse/T-Bone Steak	3/4 inch	10 to 13
		1 inch	14 to 17
	Strip Steak, Boneless	3/4 inch	8 to 11
		1 inch	12 to 15
	Tenderloin Steak	1/2 inch	3 to 5*
		3/4 inch	7 to 10

*Use medium-high heat

	BEEF CUT	WEIGHT/THICKNESS	APPROXIMATE TOTAL COOKING TIME MEDIUM RARE (145°F) TO MEDIUM (160°F) (MINUTES)
		1 inch	10 to 13
Sirloin	Top Sirloin Steak	3/4 inch	12 to 15
		1 inch	15 to 18
	Tri-Tip Steak	3/4 inch	9 to 12
		1 inch	13 to 16
Round	Recommend cooking Round to medium rare (145°F) doneness only		
	Top Round Steak (marinate)	3/4 inch	12 to 15
		1 inch	15 to 17
	Eye of Round Steak	3/4 inch	8 to 10
		1 inch	11 to 13
	Bottom Round Steak (marinate)	3/4 inch	11 to 14
		1 inch	16 to 22
	Sirloin Tip Center Steak	3/4 inch	11 to 13
		1 inch	14 to 15
	Sirloin Tip Side Steak (marinate)	3/4 inch	10 to 12
		1 inch	13 to 15
Other	Ground Beef Crumbles	1 pound	8 to 10
	Ground Beef Patties	1/2” (4 ounces each)	10 to 12
	Cook to medium (160°F) doneness	3/4” (6 ounces each)	14 to 16

*Use medium-high heat



A cast iron skillet maintains heat and browns ground beef and steaks beautifully.



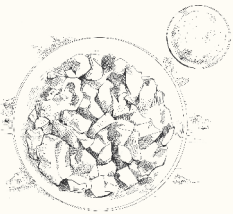
Stewing

Beef cuts to stew: chuck shoulder pot roast, bottom round roast, and beef stew meat.

RED-EYE BEEF STEW

Scan here for the recipe and nutritional data.

This is a slow-cooking method, similar to braising, with the key difference being the beef is covered in liquid. Stewing is best done in a heavy stockpot or Dutch oven on the stovetop or in the oven, or in a slow cooker.



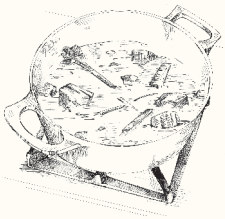
Cut & Dredge

If you're using pre-packaged (or cutting your own) chunks, make sure they're not too small to prevent overcooking. Aim for cubes about the size of a golf ball. Many stew recipes call for dredging the beef in seasoned flour before browning.



Brown the Beef

Heat a drizzle of oil in the pan over medium heat and brown the meat on all sides, and drain (unless your recipe says to leave the drippings). You may need to work in batches if using a smaller pan. If you're using a slow cooker, transfer it over.



All Together Now

Depending on your recipe, now's the time to add seasonings, vegetables and liquid — such as beef broth, wine, beer, juice or even water. Bring the liquid to a boil, then reduce heat to low and cover with a tight-fitting lid.



Simmer & Stew

Follow your recipe for timing guidelines. Resist the temptation to lift the lid — unless your recipe calls for adding vegetables or other ingredients later on. You'll know it's done when the beef is fork tender.

GLOSSARY

Dredging

This describes the process of coating the meat with seasoned flour before cooking. Dredging not only seals in moisture and adds flavor, but also helps keep the meat from sticking to the pan while browning.

COOKING TIP

Use a tight-fitting lid and keep it on while stewing to prevent moisture and heat loss, which can impact cooking time.



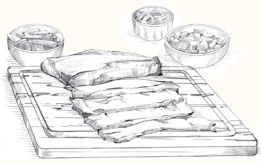
Stir-Fry

Beef cuts to stir-fry: top sirloin, flank steak, sirloin tip steak and skirt steak.

ASIAN BEEF STIR-FRY

Scan here for the recipe and nutritional data.

Skip the takeout — it's just as fast (and fresher) to cook this simple one-pot meal at home. Stir-frying is best done with bite-sized pieces of food and lots of added flavors from aromatics (garlic, ginger, scallion) and Asian condiments (soy, hoisin, chili paste, etc.).



Prep & Preheat

This is a quick-cook technique, so it's important to have all your ingredients prepped and ready to go. Preheat the wok or skillet and add cooking oil per your recipe guidelines.



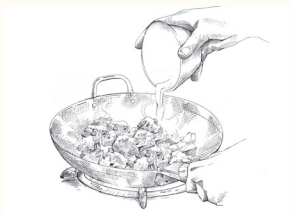
Cook the Beef

Some recipes recommend cooking the beef completely before moving on to the next step, while others call for giving the beef a quick brown, then removing it from the pan, cooking the vegetables, and returning it to the pan to finish. You can quickly pull out a piece of beef to test for doneness.



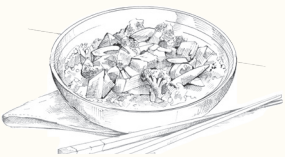
Veggie Time

Follow recipe guidelines, but generally it's important to cook things in order depending on how quickly they cook — onions first, then firm veggies such as broccoli and carrots, and finally leafy ingredients such as spinach.



Sauce it Up

Now's the time to add the ingredients for a sauce, or even a bottled sauce, depending on your recipe. Stir well to ensure the beef and vegetables are evenly coated.



Serve & Savor

Most stir-fry recipes go straight from pan to plate, and are often served over rice, noodles, or spiralized vegetables.

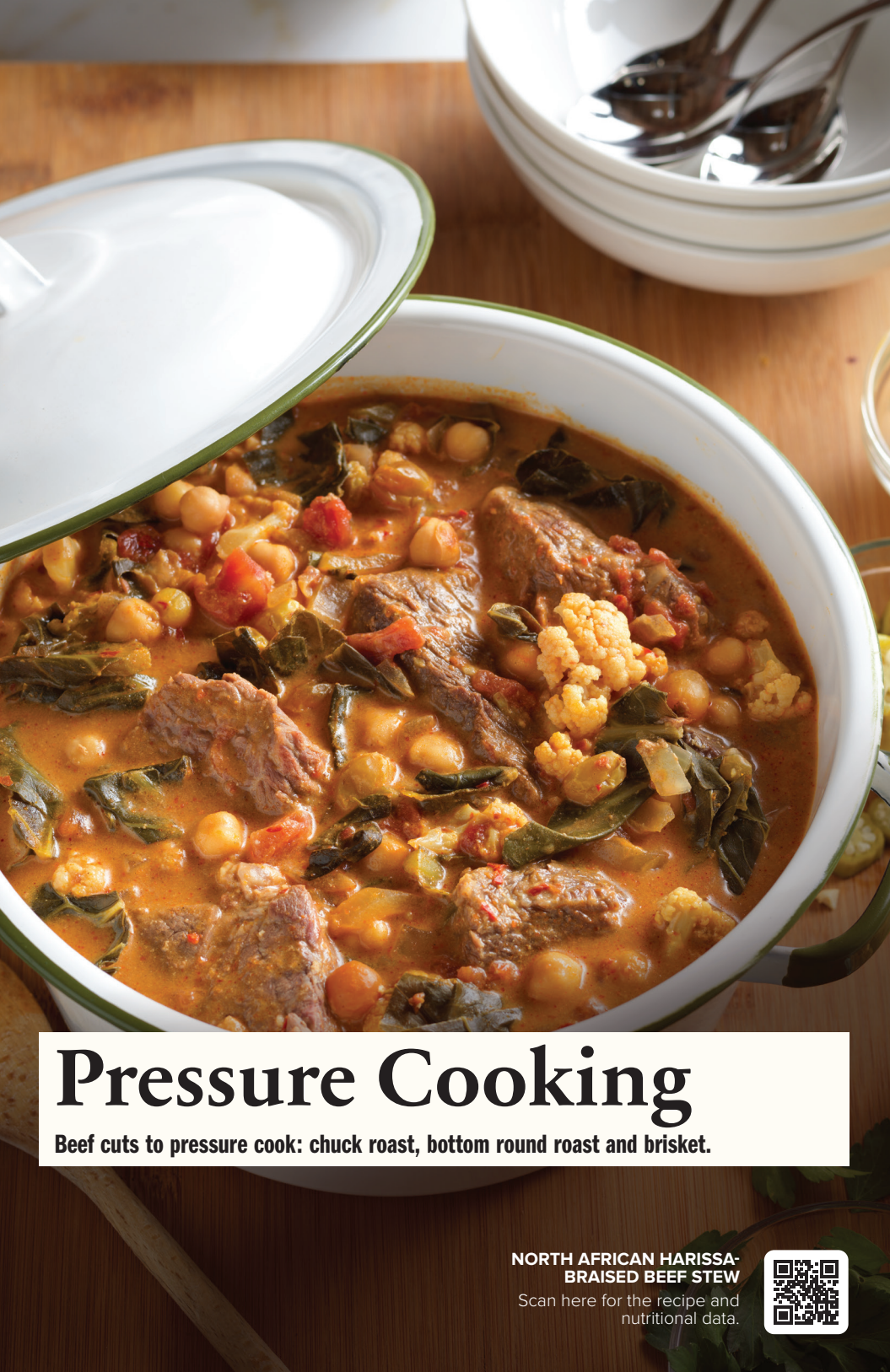
GLOSSARY

Smoke Point

This term refers to the temperature at which various cooking oils begin to break down and produce smoke. Oils with higher smoke points — such as canola, peanut or grapeseed — are better suited for cooking at higher temperatures.

COOKING TIP

Placing your beef in the freezer for around 30 minutes makes it easier to slice.



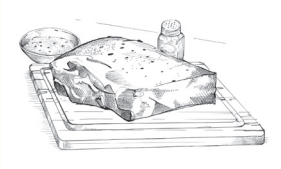
Pressure Cooking

Beef cuts to pressure cook: chuck roast, bottom round roast and brisket.

NORTH AFRICAN HARISSA-BRAISED BEEF STEW

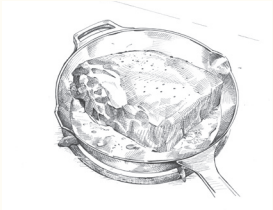
Scan here for the recipe and nutritional data.

Thanks to the popularity of new programmable electric models, busy home cooks are rediscovering how pressure cookers deliver fork-tender results in a fraction of the time needed for braising or slow-cooking. As always, carefully follow the manufacturer's recommendations for safe operation.



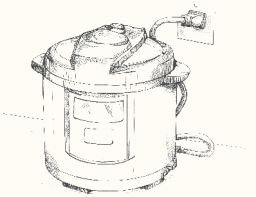
Cover the Basics

Double-check to make sure the gasket on your pressure cooker is clean and crack-free, and the vent tube isn't clogged. Remember that pressure cookers require a minimum amount of liquid and a maximum amount of food to function properly. Depending on the model and recipe, your pressure cooker may take up to 20 minutes to build up pressure.



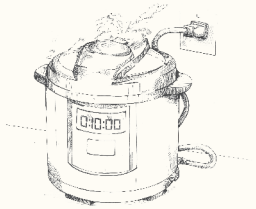
Brown & Deglaze

Many modern pressure cookers have a "brown" setting, but you can always give your beef a quick sear on the stovetop. For extra flavor, add a small amount of liquid — such as beef broth, wine, juice or even water — to the hot pan after browning and scrape up any crusty bits sticking to the bottom before transferring it to the pressure cooker.



Set & Forget

Follow recipe guidelines and trust the timer. Keep in mind most pressure cookers include a safety feature that prevents the lid from being opened while the contents are under pressure.



Release the Pressure

There are two methods for releasing pressure from your pressure cooker: quick release and natural release. The quick release method involves manually opening the pressure release valve, while the natural release method involves turning off the heat and allowing the pressure to drop on its own. For best results, we recommend letting the pressure release naturally. Be sure to refer to your user manual for specific instructions.



Serve & Savor

Many pressure cooker recipes are for one-pot meals that can go straight to the table, while some recipes make ingredients to be used in other recipes. Either way, when you follow the guidelines for preparation and safe operation, you're sure to get a great-tasting dish.

GLOSSARY

Gasket

AKA a "sealing ring," this part is responsible for maintaining an airtight seal under high pressure. It's made of dishwasher-safe silicone in modern pressure cookers.

COOKING TIP

Cover the pressure release valve on your pressure cooker with a kitchen towel to avoid steam burns.

Beef's Nutrition Benefits

Beef has the taste you crave while providing an excellent source of high-quality protein and containing 9 other essential nutrients.

Protein

A key foundational nutrient for supporting growth and strength, protein plays an important role in building and maintaining body tissues including muscle, maintaining a healthy body weight, promoting feelings of fullness after meals, fueling recovery after physical activity, and supporting brain and immune function.[2]

Iron

An essential nutrient for both the function and growth of your body,[3] it is estimated that more than 5.5 percent of the U.S. population suffers from iron-deficiency anemia.[4] Iron is responsible for taking oxygen from your lungs and shuttling it to every cell in your body.

Zinc

Zinc is an important mineral for strength.[5] The brain has a significant concentration of zinc, making it a key nutrient for proper growth and to strengthen communications between neurons.[6] Zinc also supports a healthy immune system.

Selenium

Selenium is an essential component of at least 25 unique compounds that have a big impact on proper immune, thyroid, cardiovascular and digestive function.[7] Selenium plays an important role as a primary antioxidant in the liver, the main detoxification site in the body.[8]

Nutrition Facts

Serving size	3 ounces
Beef's Top 10 Nutrients	
	% Daily Value*
Protein	51%
Iron	14%
Zinc	39%
Selenium	38%
Vitamin B6	24%
Niacin (Vitamin B3)	25%
Riboflavin	14%
Vitamin B12	41%
Choline	13%
Phosphorus	20%

On average, a 3-ounce serving of cooked beef gives your body more than 10 percent of the Daily Value* (DV) of these 10 essential nutrients in only 175 calories.[1]

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin B_6

Vitamin B_6 supports the metabolism of amino acids and fatty acids. Vitamin B_6 influences cognitive development, immune function, and the activity of steroid hormones.[9]

Niacin (Vitamin B_3)

To help the body produce energy from food, Niacin supports fat synthesis, tissue respiration and utilization of carbohydrate. Niacin promotes healthy skin, nerves and digestive tract; and fosters normal appetite.[9]

Riboflavin

Essential for the energy-producing machines in your cells, Riboflavin supports normal vision and healthy skin.[9]

Vitamin B_{12}

Vitamin B_{12} is an essential component in the production of red blood cells and is one of the nutrients responsible for maintaining the protective coating on your nerves. It supports the developing brains of young children.[10]

Choline

The brain and nervous system need choline to regulate memory, mood, muscle control, and other functions. Choline also preserves the structural integrity of all plant and animal cells by helping to form the membranes that surround the cells.[11]

Phosphorus

Phosphorus is present in every cell of the body and makes up 1% of a person's total body weight. Its main function is the formation of bones and teeth. Phosphorus also helps the body make protein for the growth, maintenance and repair of cells.[12]

Get Your Strength from Beef

Beef can support an active and healthy lifestyle. The nutrients in beef provide our bodies with the fuel to thrive throughout all stages of life. Here are some highlights of information you will find at *BeefItsWhatsForDinner.com:*





You can learn more about **beef's nutrients** at *BeefItsWhatsForDinner.com/nutrition.*

Staying in Shape Starts...

...on the plate. No athlete wants to be sidelined because they aren't in the best shape. And, you probably don't want to sit on the sidelines in life. The food you eat should give you optimal fuel, help you build your body from the inside out and support overall health. A 3 oz. cooked serving of beef is packed with 10 important nutrients that help you meet your daily needs.[1] To get all of these nutrients from other sources you would need to eat more food, costing you more in terms of both money spent and calories consumed. Keep beef on your plate if you want to perform your best.

Beef's Protein

If there was a protein contest, beef would surely be crowned the king! One 3 oz. cooked serving of beef provides 25 grams, roughly 50% of your Daily Value, of this important nutrient that supports strong, lean bodies—making it an excellent source![1]

Lean Beef

We all know that beef tastes great, but did you know how good it is for you too? A 3 oz. cooked serving of lean beef provides 10 essential nutrients in around 170 calories, less than 10 grams of total fat and less than 95 mg of cholesterol.[1]

Beef and Heart Health

Research on heart healthy dietary patterns shows that eating lean beef can be part of the solution to one of America's greatest health challenges. Not only can lean beef be part of a heart-healthy dietary pattern, but also, as part of an overall healthy lifestyle, heart-healthy dietary patterns with beef can help lower cholesterol.[2-4]

The Connection Between Beef's Protein and Strength

Beef's nutrients, along with a healthy lifestyle, work to provide our bodies and minds with the fuel to be the strongest versions of ourselves, at all stages of life.[5]

References on page 53

Beef Quality Assurance

Beef Quality Assurance (BQA) is a program that trains farmers and ranchers on best practice cattle management techniques to ensure their animals and the environment are cared for within a standard set of guidelines and regulations across the U.S. beef industry.

What It Means

Simply put, BQA helps beef farmers and ranchers raise better beef so consumers can feel even better about buying it. But it's not always that simple, of course. Raising quality beef requires commitment and hard work. Certification is earned, not bought. For beef farmers and ranchers, that means using modern techniques to raise cattle under optimal environmental and economic conditions. For consumers, it means knowing the beef they buy is wholesome and delicious. In fact, more than 85% of U.S. beef comes from BQA-certified farmers and ranchers.

Cattle Care

The beef that farmers and ranchers raise is the same beef they feed their own families, so it's no surprise that they want the best care for their livestock to ensure everyone has wholesome, safe, nutritious beef.

Herd Health

Farmers and ranchers develop and maintain herd health plans that follow good veterinary and agriculture practices based on scientific research.

Cattle Nutrition

Beef farmers and ranchers make sure that cattle have access to an adequate water supply and appropriate nutrition sources.

Record Keeping

Farmers and ranchers keep diligent records on the care and treatment given to each animal to ensure the animal's and public's health and safety is the top priority.

Transporting Cattle

When transporting cattle, farmers and ranchers ensure they are handling the cattle in ways that minimizes stress, injury and bruising.

Environmental Stewardship

Farmers and ranchers monitor key environmental control areas to manage feed and water resources while protecting or enhancing the environment.



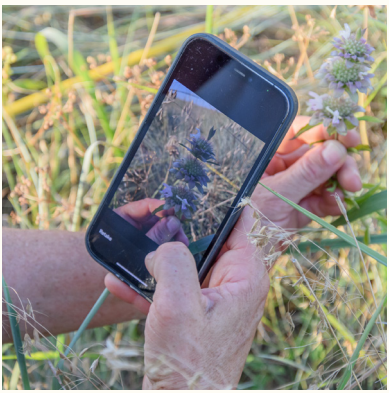


You can learn more about **Beef Quality Assurance** at *BeefItsWhatsForDinner.com/raising-beef/beef-quality-assurance*

Beef in a Sustainable Diet

Not only is beef delicious and nutritious, but it's also a highly sustainable food source. Numerous proven sustainability practices are utilized throughout each and every step of the "pasture-to-plate" process that contribute to the way beef is responsibly raised today.





You can learn more about **Beef Sustainability** at *BeefItsWhatsForDinner.com/raising-beef/beef-sustainability*

Though the path to sustainability is never complete, it is a continuous journey being carried out by farmers and ranchers responsible for raising and supplying beef to the U.S. and across the world. To the beef community, sustainability comprises much more than environmental considerations. Today, a sustainable food supply balances efficient production with environmental, social and economic impacts.

Three Pillars Of Sustainability

A sustainable food system is comprised of three different, but intersecting, pillars: social responsibility, economic viability and environmental stewardship. True sustainability is a balance of these three aspects. Beef farmers and ranchers are dedicated to producing beef in a way that prioritizes the planet, people, animals, and progress.

Social

Perhaps the least explored of the three pillars is social sustainability. This is defined as community and organizational resilience, based on principles such as equity, health, social capital, and well-being. For beef production, social sustainability includes worker safety, animal welfare, antibiotic and technology use, and the culture and traditions of beef producers.

Economic

The economic pillar of sustainability refers to practices that support economic success, without negatively impacting the social and environmental aspects of the community. This includes improving rural economies & livelihoods, profitability of beef producers, and the value of ecosystem services. Beef cattle operations represent 32.7% of all farms in the U.S., making up the single largest segment of U.S. agriculture, and a significant component of the agricultural economy.[1]

Environmental

This area is concerned with protecting and enhancing natural resources, ecosystem services, and ecological health. This pillar looks at biodiversity, carbon & water footprints, wildlife habitat, soil and rangeland health, and the ability of cattle to utilize human inedible feeds, among others.

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Beef's Nutritional Benefits

* *The Daily Value (DV) is the amount of a nutrient needed for a healthy adult on a 2,000-calorie diet. The DV is the percent of a nutrient's Daily Value provided by a serving of food. For example, if a food has 50% of the DV for protein, then it provides 50% of the protein an adult needs each day. Even if your diet is higher or lower in calories, you can Bstill use the DV as a guide to whether a food is high or low in a specific nutrient.*

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Get Your Source Of Strength

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