

BEEF
IT'S WHAT'S FOR DINNER.®

USA BEEF COOKERY

A Guide for Beef Enthusiasts





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USA Beef Cookery 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!

USA Beef Cookery 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.



Understanding the Label

The USA beef label identifies the kind of meat (i.e. beef), the wholesale (primal) cut and the cut name. It also includes the weight, sell-by date and safe handling instructions. It may also include a grade, nutrition and preparation information, and the country of origin.

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).

What to Look For

- Select beef with a bright cherry-red color. Beef in a sealed bag typically has a darker purplish-red color. When exposed to the air, it will turn a bright red.
- Choose beef that is firm to the touch.
- 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.

Total fat and saturated fat are based on 85 gr cooked servings, visible fat removed.

U.S. Department of Agriculture, Agricultural Research Service, 2012. USDA Nutrient Database for Standard Reference, Release 25.

Nutrient Data Laboratory homepage www.ars.usda.gov/ba/bhnrc/ndl.



STORAGE TIP

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

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.

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

Beef Cut	Refrigerator 2°C to 4°C	Freezer -17°C or below
Fresh Beef	From Purchase Date	
Steaks, Roasts	3 to 4 days	6 to 12 months
Stew Meat, Kabobs or Strips	2 to 3 days	6 to 12 months
Ground Beef	1 to 2 days	3 to 4 months
Leftover Cooked Beef		
All	3 to 4 days	2 to 3 months
Cured/Smoked/Ready-to-Eat Beef		
Corned Beef, ready-to-cook	1 week	2 weeks
Frankfurters, Deli Meats	3 to 5 days	1 to 2 months
Beef Sausage, smoked	1 week	Not recommended
Beef Sausage, dry and semi-dry, unsliced	2 to 3 weeks	Not recommended



Defrosting and Cleaning

Defrosting Guidelines

For best quality, defrost 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.

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

Beef Cut	Package Thickness	Approximate Refrigeration Time (2°C to 4°C)
Steaks, Ground Beef	1,3 to 2 cm	12 hours
Stew Meat, Kabobs, Strips	2,5 to 4 cm	24 hours
Small Roasts	Varies	3 to 5 hours per 0,5 kg
Large Roasts	Varies	4 to 7 hours per 0,5 kg

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.



Beef Tips and Tricks

- Use a gentle touch with ground beef. Over-mixing will result in burgers, meatballs or meatloaves with a firm texture.
- Before cooking, pat steaks and roasts dry with paper towels for better browning.
- When stir-frying, partially freeze steaks for about 30 minutes for easier slicing.
- When roasting or broiling, place steaks or roasts on a rack in a roasting or broiler pan to allow fat to drip away during cooking.
- 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.
- 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 nonreactive 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.
- High heat can overcook or char the outside of beef cuts while the interior remains underdone.
- There is no need to bring beef to room temperature before cooking - straight from the refrigerator works effectively.
- 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.
- Salt beef after cooking or browning. Salting beef before cooking draws out moisture and restricts the flavor that browning imparts.

Should you marinate or rub?

What kind of cut do you have?

Tender Cut

(think T-Bone or
Strip Steak)



Less Tender Cut

(think Flank or
Round Steak)



Do you have an
additional
15 minutes - 2 hours?

Yes

No

Perfect!
Use a flavorful
marinade

Don't Worry!
Use a rub of your
favorite herbs
and spices

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

Marinade Quick Tips



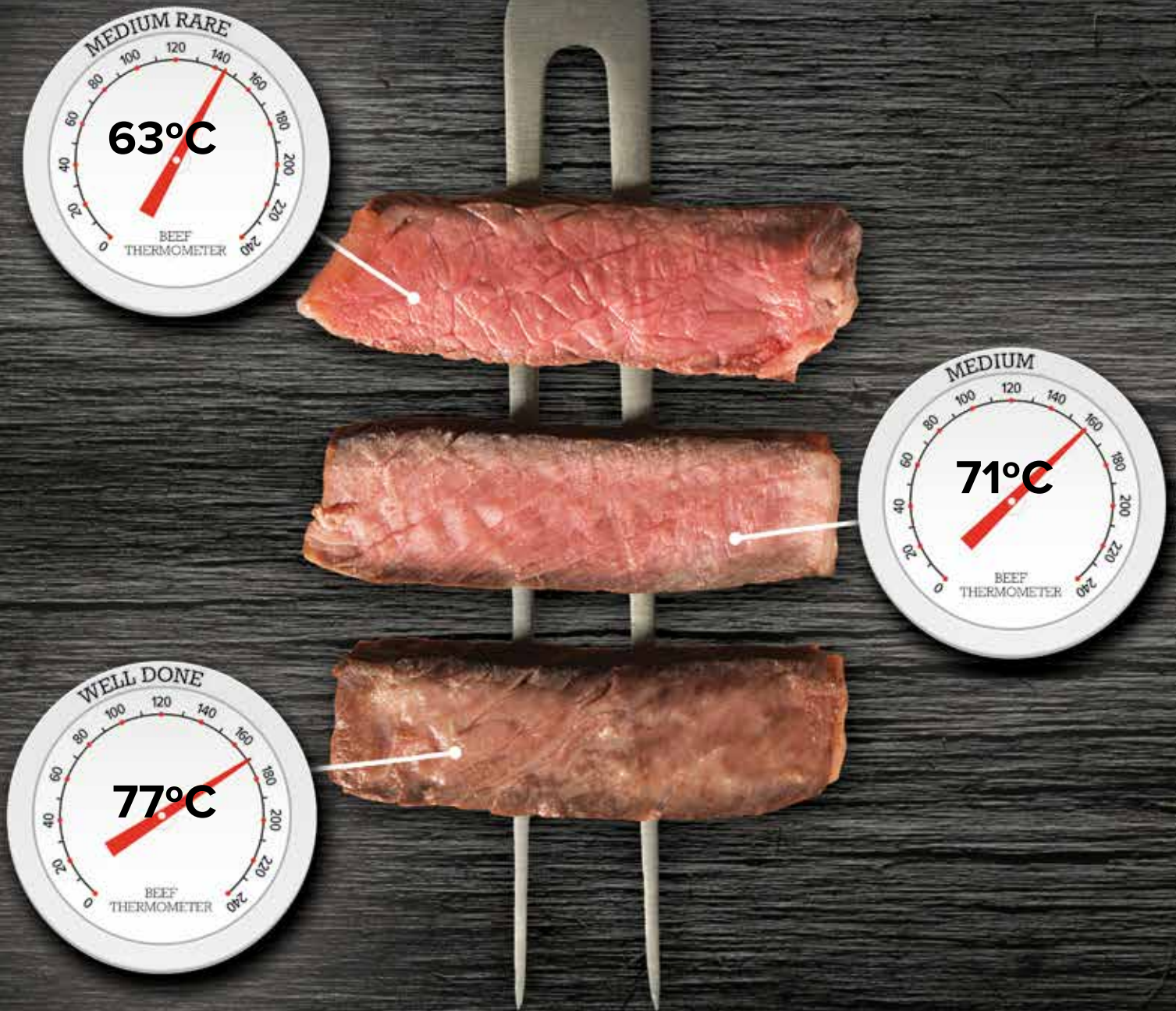
- Always marinate in the refrigerator, never at room temperature.
- Allow $\frac{1}{4}$ to $\frac{1}{2}$ cup of marinade for every half kilogram of beef.
- Marinate in a food-safe plastic bag or in a non-reactive container such as glass or plastic. Turn or stir the beef occasionally to allow even exposure 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.

Rub Quick Tips



- 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

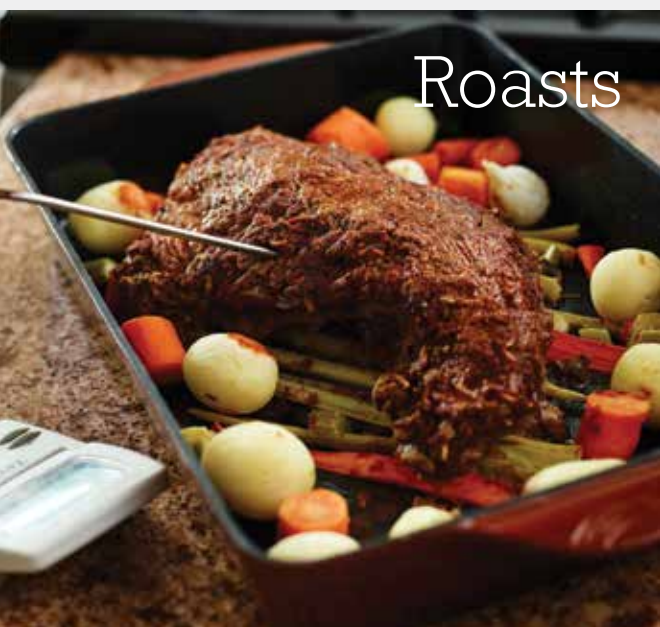




- Insert an instant-read thermometer horizontally from the side so it penetrates the thickest part or the center of the steak, not touching bone or fat.
- After cooking, let steaks rest before serving.





































































































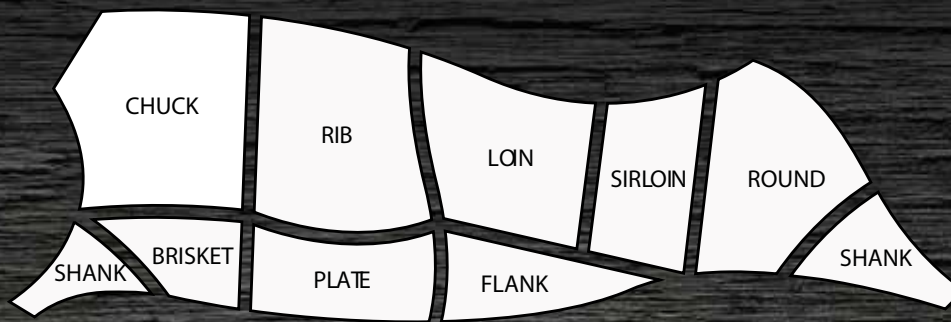
- Insert an instant-read thermometer into the center or thickest part of a meatloaf or meatball, or horizontally from the side into the center for patties.
- All cooking times in this brochure are for fresh or thoroughly thawed ground beef. Ground beef (patties, meatloaves, meatballs) should be cooked to an internal temperature of 71°C (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 71°C internal temperature has been reached.



- 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 2°C to 9°C after removing from oven, to reach desired doneness. Allow 15 to 20 minutes resting time.

Most Common Beef Cuts and Recommended Cooking Methods

CHUCK			RIB	LOIN
Arm Chuck Roast  	Chuck Eye Roast⁺  	Ranch Steak⁺    	Ribeye Roast, Bone-In  	Porterhouse Steak    
Arm Chuck Steak    	Chuck Eye Steak   	Flat Iron Steak    	Ribeye Steak, Bone-In   	T-Bone Steak    
Blade Chuck Steak    	Country-Style Ribs  	Top Blade Steak    	Back Ribs    	Strip Steak, Bone-In⁺    
7-Bone Chuck Steak  	Cross Rib Chuck Roast  	Shoulder Petite Tender⁺    	Ribeye Roast, Boneless  	Strip Steak, Boneless⁺    
Chuck Center Roast  	Shoulder Roast⁺  	Shoulder Petite Tender Medallions⁺    	Ribeye Steak, Boneless   	Tenderloin Roast⁺    
Denver Steak     	Shoulder Steak⁺*    	Short Ribs, Bone-In  	Ribeye Cap Steak   	Tenderloin Steak (Filet Mignon)⁺     



SIRLOIN

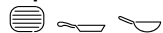
ROUND

INGREDIENT CUTS

PLATE AND FLANK

BRISKET

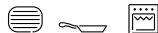
Top Sirloin Steak⁺



Top Round Roast⁺*



Kabobs^{*}



Skirt Steak^{*}



Brisket Flat⁺



Coulotte Roast



Top Round Steak⁺*



Stew Meat



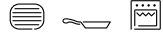
Flank Steak⁺*



Brisket Point



Coulotte Steak⁺



Bottom Round Steak⁺*



Strips



Short Ribs, Bone-In



Tri-Tip Roast⁺



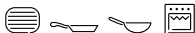
Bottom Round Rump Roast⁺



Cubed Steaks



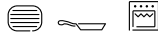
Tri-Tip Steak⁺



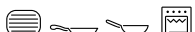
Eye of Round Roast⁺



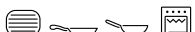
Ground Beef and Ground Beef Patties



Petite Sirloin Steak



Eye of Round Steak⁺*



Shank Cross-Cut⁺



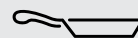
KEY TO RECOMMENDED COOKING METHODS



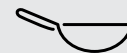
GRILL



INDIRECT GRILLING



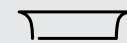
SKILLET



STIR-FRY



BRAISE/
POT ROAST



ROAST



BROIL



SKILLET-TO-OVEN

⁺ This cut meets the government guidelines for lean, based on cooked servings, visible fat trimmed.

^{*} Marinate before cooking for best results



GRILLING

Beef cuts to grill: *Strip Steak, Flank Steak, Flat Iron Steak
and Ribeye*

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.

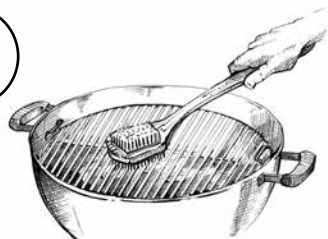
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PREP PAYS OFF

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.

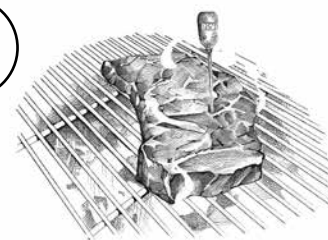
2



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.

3



GRILL, BABY, GRILL

Use an ovenproof or instant-read thermometer to monitor doneness, and let it go—don't flip the steaks so 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.

4



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.

5



FINISHING TOUCHES

If you're slicing the steak before serving, be sure to go across the grain. There's no shortage of tips for assembling a great burger. For steaks, we recommend topping them off with compound butter or serving with a sauce.

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 (63°C) to Medium (71°C) (minutes)	Gas Approximate Total Cooking Time Medium Rare (63°C) to Medium (71°C) (minutes)
Chuck	Chuck Eye Steak, Boneless	1,9 cm	9 to 11	9 to 12
		2,5 cm	12 to 14	13 to 17
	Top Blade Steak, Boneless	1,9 cm	6 to 9	6 to 9
		2,5 cm	9 to 13	10 to 13
	Flat Iron Steak	0,23 kg	10 to 14	12 to 16
	Shoulder Steak, Boneless (Marinate)	1,9 cm	8 to 12	9 to 12
		2,5 cm	12 to 17	15 to 19
	Ranch Steak	1,9 cm	8 to 11	8 to 11
		2,5 cm	11 to 14	12 to 16
	Petite Tender Roast	0,23 kg to 0,34 kg*	14 to 18	14 to 19
Rib	Ribeye Steak, Bone-In	1,9 cm	7 to 9	7 to 9
		2,5 cm	9 to 11	9 to 12
		3,8 cm**	19 to 24	20 to 25
	Ribeye Steak, Boneless	1,9 cm	7 to 10	7 to 9
		2,5 cm	10 to 14	9 to 14
		3,8 cm**	16 to 20	15 to 19
Loin	Porterhouse/T-Bone Steak	1,9 cm	8 to 11	9 to 13
		2,5 cm	11 to 16	15 to 19
		3,8 cm**	19 to 24	20 to 25
	Strip Steak, Boneless	1,9 cm	7 to 10	7 to 10
		2,5 cm	11 to 14	11 to 15
	Tenderloin Steak	1,9 cm	7 to 10	7 to 10
		2,5 cm	10 to 14	11 to 15
		3,8 cm**	14 to 18	16 to 20

Beef Cut		Weight/Thickness	Charcoal Approximate Total Cooking Time Medium Rare (63°C) to Medium (71°C) (minutes)	Gas Approximate Total Cooking Time Medium Rare (63°C) to Medium (71°C) (minutes)
Sirloin	Top Sirloin Steak	1,9 cm	7 to 11	8 to 13
		2,5 cm	11 to 15	13 to 16
		3,8 cm**	22 to 26	24 to 30
	Tri-Tip Steak	1,9 cm	8 to 10	8 to 10
		2,5 cm	10 to 14	10 to 14
Round	Sirloin Tip Center Steak	1,9 cm	8 to 9	8 to 11
		2,5 cm	11 to 13	13 to 15
	Sirloin Tip Side Steak (Marinate)	1,9 cm	8 to 10	8 to 11
		2,5 cm	12 to 14	13 to 14
	Bottom Round Steak (Marinate)	1,9 cm	8 to 10	11 to 14
		2,5 cm	12 to 15	15 to 17
	Top Round Steak (Marinate)	2,5 to 3,2 cm	18 to 20	18 to 20
		1,9 cm	10 to 11	10 to 11
		2,5 cm	12 to 14	16 to 19
	Eye Of Round Steak (Marinate)	3,8 cm**	20 to 23	20 to 23
		1,9 cm	10 to 12	10 to 12
Plate & Flank	Skirt Steak (Marinate)	2,5 cm	13 to 15	17 to 19
		0,45 -0,68 kg (10 to 15 cm portions)	7 to 12	8 to 12
	Flank Steak (Marinate)	0,68 - 0,9 kg	11 to 16	16 to 21
Others	Kabobs, beef only	1 x 3,2 cm cubes (0,45 kg)	5 to 7	7 to 9
	Ground Beef Patties	1,27 cm (0,11 kg)	8 to 10	13 to 14
	Cook to medium (160°F) doneness	1,9 cm (0,45 kg)	11 to 15	7 to 9

* Remove from grill when internal temperature(s) reaches 57°C for medium rare; 65°C for medium doneness. Let stand 5 minutes.

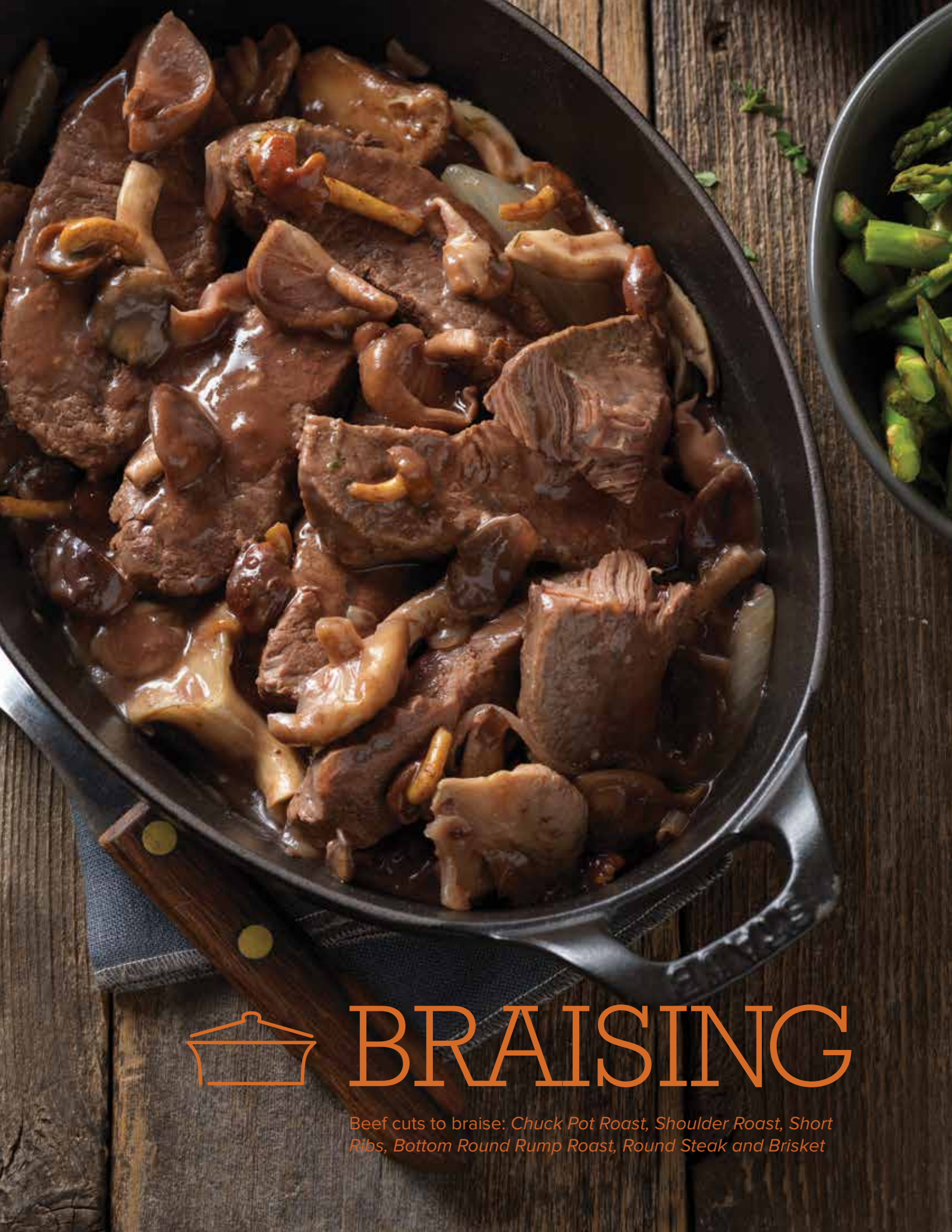
** Remove from grill when internal temperature(s) reaches 60°C for medium rare; 68°C for medium doneness. Let stand 5 minutes.

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.

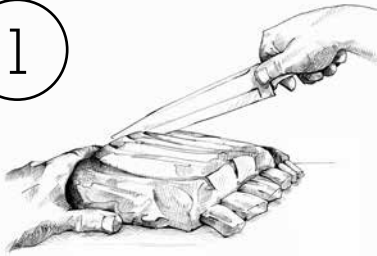


BRAISING

Beef cuts to braise: *Chuck Pot Roast, Shoulder Roast, Short Ribs, Bottom Round Rump Roast, Round Steak and Brisket*

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.

1



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 works great, too. It also helps to chop up or open any vegetables you'll be using later.

2



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.

3



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.

4



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.

5



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.

6



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 to make a great sauce.



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.

BRAISING GUIDELINES

	Beef Cut	Weight/ Thickness	Approx Covered Simmer Time (hours)
Chuck	Arm Roast, Boneless	1,1 to 1,6 kg	1:45 to 2,45 hrs
	Blade Roast, Boneless	1,1 to 1,6 kg	2:15 to 3:15 hrs
	Shoulder Roast, Boneless	1,1 to 1,6 kg	2:15 to 3:15 hrs
	Short Ribs, Boneless	0,68 kg	1:45 to 2:30 hrs
	Short Ribs, Bone-In	1,1 to 1,25 kg	1:45 to 2:30 hrs
	7-Bone Chuck Roast	1 to 1,13 kg	2:15 to 2:30 hrs
	Cross Rib Chuck Roast	2,5 to 3,8 cm	2:30 to 2:45 hrs
	Country-Style Ribs	0,60 to 0,90 kg	1:45 to 2 hrs
Round	Bottom Round Roast, Boneless	1,4 to 1,8 kg	2:30 to 3:30 hrs
	Rump Roast, Boneless	1,4 to 1,8 kg	2:30 to 3:30 hrs
	Bottom Round Steak, Boneless	1,9 to 2,5 cm	1:15 to 1:30 hrs
Shank & Brisket	Brisket	1,1 to 1,6 kg	2:30 to 3 hrs
	Cross Cut Shank	2,5 to 3,8 cm thick, 1,4 kg	6 - 8 hrs



BROILING

Beef cuts to broil: T-Bone Steak, Tenderloin Filet, 93% lean or leaner Ground Beef Patties and Kabobs

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.

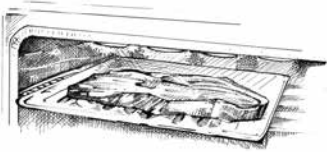
1



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.

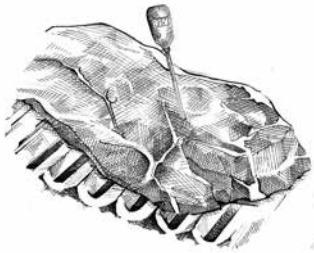
2



UNDER THE BROILER

Broiling works best if the meat is close to the broiler, about 5-10 cm. 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.

3



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.

4



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.

5



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

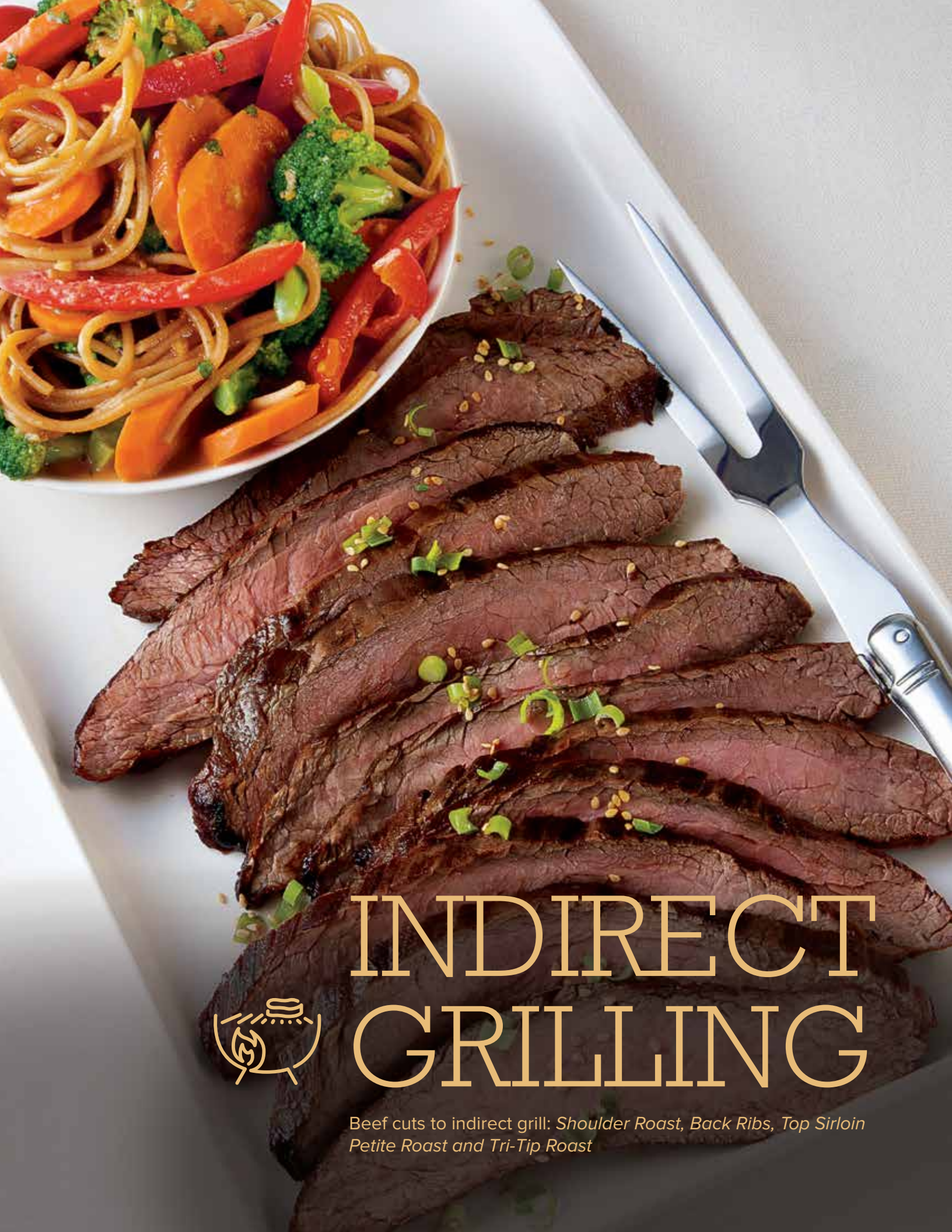
The Maillard Reaction

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 (cm)	Approximate Total Cooking Time Medium Rare (63°C) to Medium (71°C) (minutes)
Chuck	Chuck Eye Steak	1,9 cm	6 - 8	8 to 11
		2,5 cm	8 - 10	12 to 15
	Flat Iron Steak	0,23 kg each	8 - 10	15 to 20
	Shoulder Steak Boneless (marinate)	1,9 cm	6 - 8	10 to 13
		2,5 cm	8 - 10	16 to 21
Rib	Ribeye Steak, Bone-In	1,9 cm	6 - 8	9 to 12
		2,5 cm	8 - 10	13 to 17
		3,8 cm	8 - 10	24 to 31
	Ribeye Steak, Boneless	1,9 cm	6 - 8	8 to 10
		2,5 cm	8 - 10	14 to 18
		3,8 cm	8 - 10	21 to 27
Loin	Porterhouse/T-Bone Steak	1,9 cm	6 - 8	10 to 13
		2,5 cm	8 - 10	15 to 20
		3,8 cm	8 - 10	27 to 32
	Strip Steak, Boneless	2,5 cm	8 - 10	13 to 17
		3,8 cm	8 - 10	19 to 23
	Tenderloin Steak	2,5 cm	6 - 8	13 to 16
		3,8 cm	8 - 10	18 to 22
Sirloin	Top Sirloin Steak	1,9 cm	6 - 8	9 to 12
		2,5 cm	8 - 10	16 to 21
		3,8 cm	8 - 10	26 to 31
		5 cm	8 - 10	34 to 39
Round	Top Round Steak (marinate)	1,9 cm	6 - 8	12 to 13
		2,5 cm	6 - 8	17 to 18
		3,8 cm	8 - 10	27 to 29
	Bottom Round Steak (marinate)	3,17 cm	8 - 10	18 to 20
Plate & Flank	Flank Steak (marinate)	0,68 to 0,90 kg	6 - 8	13 to 18
	Skirt Steak	0,68 to 0,90 kg (10 to 15 cm portions)	6 - 8	10 to 13
Other	Kabobs, beef only	0,45 kg, 3,17 cm cubes	8 - 10	7 to 11
	Ground Beef Patties	1,27 cm (0,11 kg each)	6 - 8	12 to 13
	Cook to medium (160°F) doneness	1,9 cm (0,17 kg each)	8 - 10	12 to 14



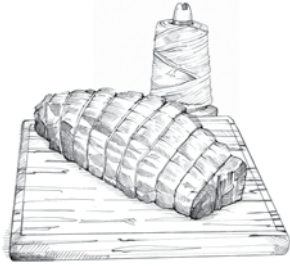
INDIRECT GRILLING



Beef cuts to indirect grill: *Shoulder Roast, Back Ribs, Top Sirloin
Petite Roast and Tri-Tip Roast*

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

1



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.

2



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.

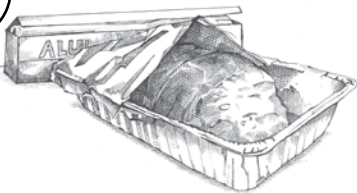
3



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.

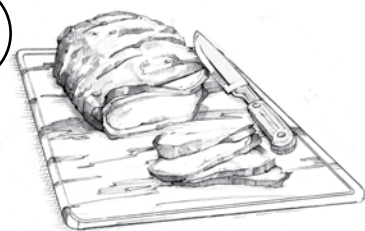
4



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”).

5



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

Filet

A filet is a boneless cut of beef often referring to a thick-cut Tenderloin steak or Filet Mignon, around 3,8-5 cm. Thick cuts benefit from using the two-step cooking method of searing and finishing in the oven.

COOKING TIP

Keeping the lid closed lets the grill cook like an oven, with the heat reflecting off interior surfaces and cooking the food from all sides.



INDIRECT GRILLING GUIDELINES

	Beef Cut	Weight/Thickness	Approximate Total Cooking Time Medium Rare (63°C) to Medium (71 °C) for Roasts (minutes)
Chuck	Shoulder Roast, Boneless	1,13 kg	2 to 2:30 hours
Rib	Back Ribs	2,26 kg, cut into 2 to 4 rib sections	1 to 1:30 hours (fork tender)
Sirloin	Top Sirloin Petite Roast	0,68 kg to 0,9 kg	40 to 55 minutes
	Tri-Tip Roast	0,68 kg to 0,9 kg	35 to 45 minutes

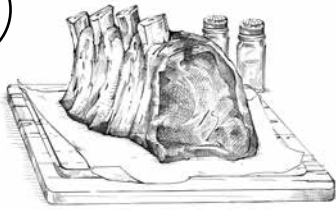


OVEN — ROASTING

Beef cuts to oven roast: *Strip Roast, Ribeye Roast, Sirloin Tip Roast and Tenderloin Roast*

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."

1



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.

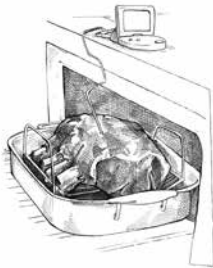
2



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.

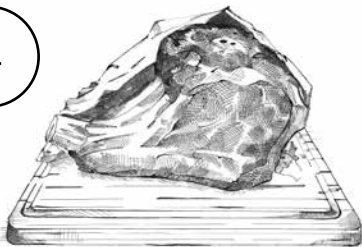
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ARE WE DONE YET?

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.

4



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.

5



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.

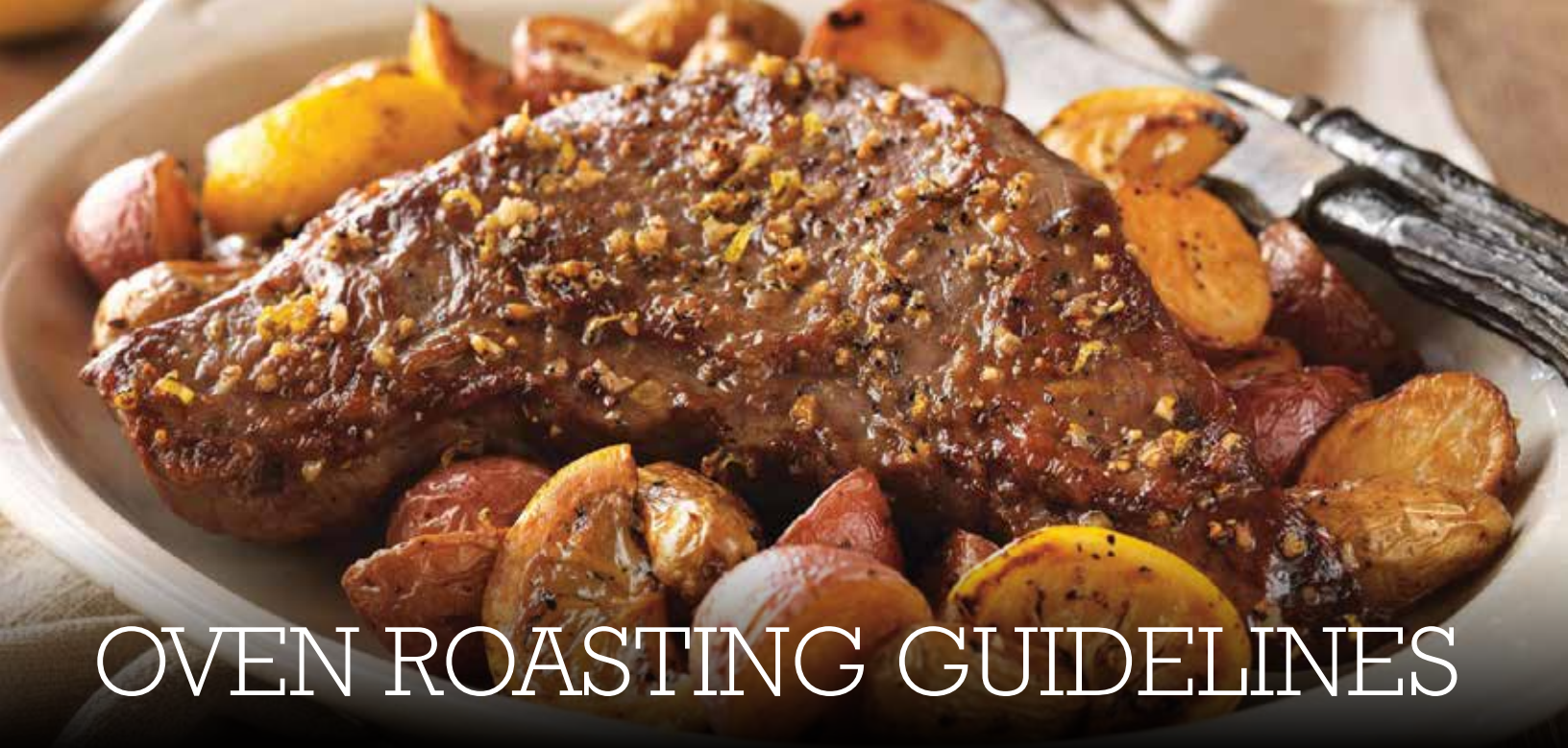
GLOSSARY

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 (in kg)	Approximate Total Cooking Time	Remove Roast from oven when internal temperature reaches:
Chuck	Petite Tender Roast	218°C	0,22 to 0,34 kg	Medium Rare: 20 to 25 minutes	57°C
				Medium: 25 to 30 minutes	65°C
Rib	Ribeye Roast, Boneless (small end)	176°C	1,36 to 1,81 kg	Medium Rare: 1:30 to 1:45 hours	57°C
				Medium: 1:45 to 2 hours	63°C
			1,81 to 2,72 kg	Medium Rare: 1:45 to 2 hours	57°C
				Medium: 2 to 2:15 hours	63°C
			2,72 to 3,62 kg	Medium Rare: 2 to 2:15 hours	57°C
				Medium: 2:15 to 2:30 hours	63°C
	Ribeye Roast, Boneless (large end)	176°C	1,36 to 1,81 kg	Medium Rare: 1:30 to 2 hours	57°C
				Medium: 2 to 2:15 hours	63°C
			1,81 to 2,72 kg	Medium Rare: 2 to 2:15 hours	57°C
				Medium: 2:15 to 2:30 hours	63°C
			2,72 to 3,62 kg	Medium Rare: 2:15 to 2:30 hours	57°C
				Medium: 2:30 to 2:45 hours	63°C

	Beef Cut	Oven Temperature (preheated)	Weight (in kg)	Approximate Total Cooking Time	Remove Roast from oven when internal temperature reaches:
	Ribeye Roast, Bone-In	177°C	1,81 - 2,72 kg (2 ribs)	Medium Rare: 1:45 to 2:15 hours Medium: 2:15 to 2:45 hours	57°C 63°C
			2,72 - 3,62 kg (2 to 4 ribs)	Medium Rare: 2:15 to 2:30 hours Medium: 2:30 to 3 hours	57°C 63°C
			3,62 - 4,53 kg (4 to 5 ribs)	Medium Rare: 2:30 to 3 hours Medium: 3 to 3:30 hours	57°C 63°C
Loin	Tenderloin Roast (well-trimmed)	218°C	0,91 - 1,36 kg (center-cut)	Medium Rare: 35 to 45 minutes Medium: 45 to 50 minutes	57°C 63°C
				Medium Rare: 45 to 55 minutes Medium: 55 to 65 minutes	57°C 63°C
			1,81 - 2,72 kg (whole)	Medium Rare: 45 to 55 minutes Medium: 55 to 65 minutes	57°C 63°C
				Medium Rare: 1:15 to 1:30 hours Medium: 1:30 to 1:45 hours	57°C 63°C
	Strip Roast, Boneless	163°C	1,36 - 1,81 kg	Medium Rare: 1:15 to 1:30 hours Medium: 1:30 to 1:45 hours	57°C 63°C
				Medium Rare: 1:30 to 1:45 hours Medium: 1:45 to 2 hours	57°C 63°C
			1,81 - 2,72 kg	Medium Rare: 1:30 to 1:45 hours Medium: 1:45 to 2 hours	57°C 63°C
				Medium Rare: 1:45 to 2 hours Medium: 2 to 2:15 hours	57°C 63°C
Sirloin	Tri-Tip Roast	218°C	0,68 - 0,91 kg	Medium Rare: 30 to 40 minutes Medium: 40 to 50 minutes	57°C 66°C
				Medium Rare: 40 to 50 minutes Medium: 50 to 60 minutes	57°C 66°C
			0,91 - 1,36 kg	Medium Rare: 40 to 50 minutes Medium: 50 to 60 minutes	57°C 66°C
				Medium Rare: 40 to 50 minutes Medium: 50 to 60 minutes	57°C 66°C
Round	Sirloin Tip Roast	163 °C	1,36 - 1,81 kg	Medium Rare: 1:45 to 2 hours Medium: 2 to 2:15 hours	60°C 66°C
				Medium Rare: 1:45 to 2 hours Medium: 2 to 2:15 hours	60°C 66°C

	Beef Cut	Oven Temperature (preheated)	Weight (in kg)	Approximate Total Cooking Time	Remove Roast from oven when internal temperature reaches:
Round	Sirloin Tip Roast	163°C	1,81 - 2,72 kg	Medium Rare: 2 to 2:15 hours	57°C
				Medium: 2:15 to 2:45 hours	66°C
			2,72 - 3,62 kg	Medium Rare: 2:15 to 2:45 hours	57°C
				Medium: 2:45 to 3:15 hours	66°C
	Sirloin Tip Center Roast	163°C	0,91 - 1,13 kg	Medium Rare: 1:15 to 1:30 hours	57°C
	Rump Roast, Bottom Round Roast	163°C	1,36 - 1,81 kg	Medium Rare: 1:15 to 1:45 hours	57°C
	Eye of Round Roast	163°C	0,91 - 1,36 kg	Medium Rare: 1:15 to 1:30 hours	57°C
Other	Ground Beef, Meatloaf	177°C	25 x 10 cm (0,9 kg)	1:15 to 1:30 hours	71°C
	Cook to medium (71°C) doneness				



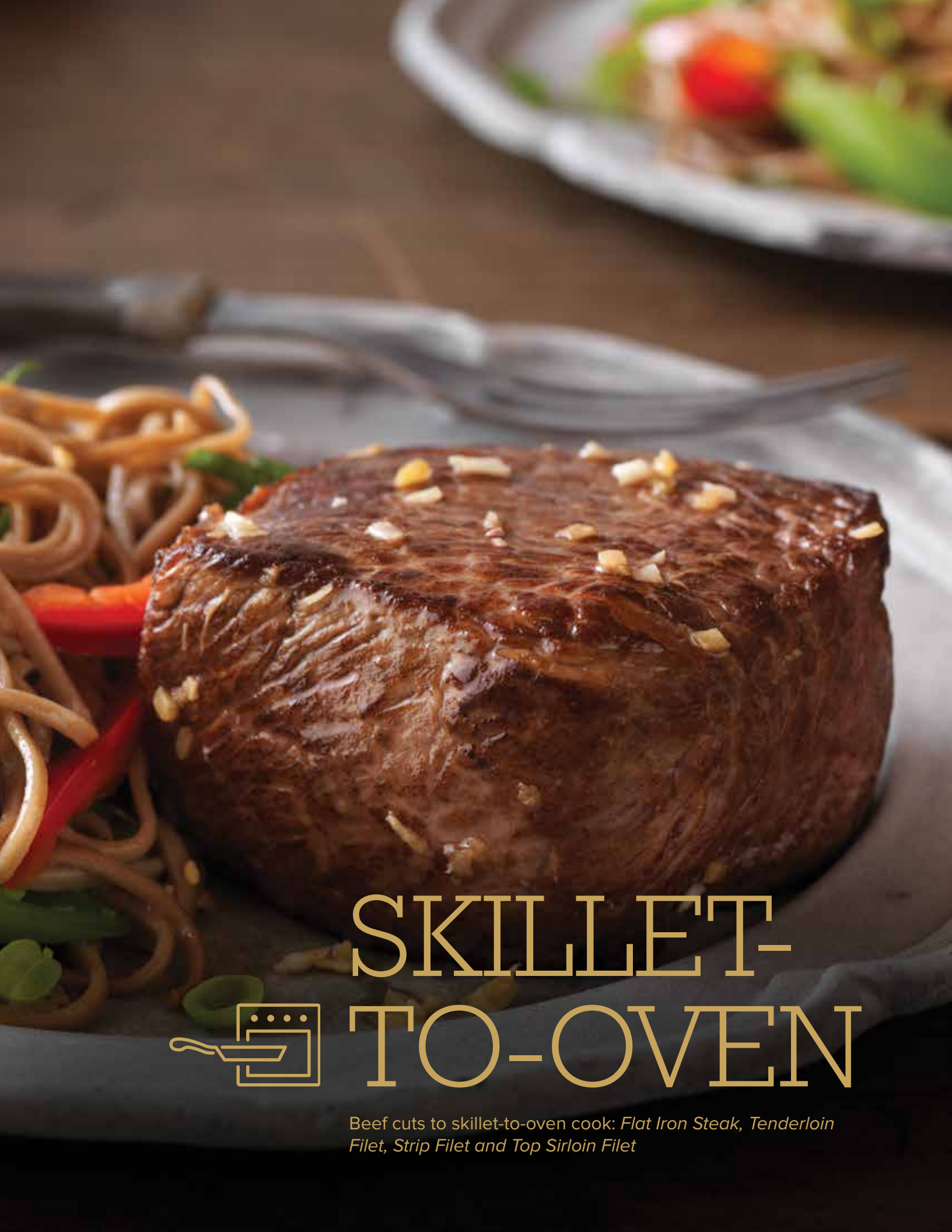
HOW TO CARVE A RIB ROAST



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.

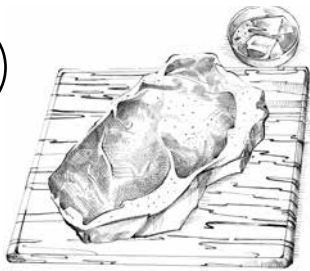


SKILLET- TO-OVEN

Beef cuts to skillet-to-oven cook: *Flat Iron Steak, Tenderloin Filet, Strip Filet and Top Sirloin Filet*

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.

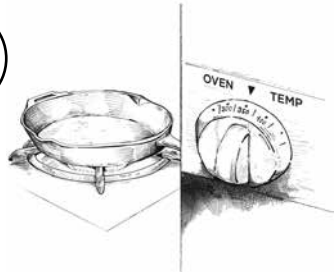
1



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.

2



PREHEAT x 2

Preheat an oven-safe skillet over medium heat and the oven to 180°C, 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.

3



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.

4



MOVE TO OVEN

Now that you have that sweet 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.

5



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.

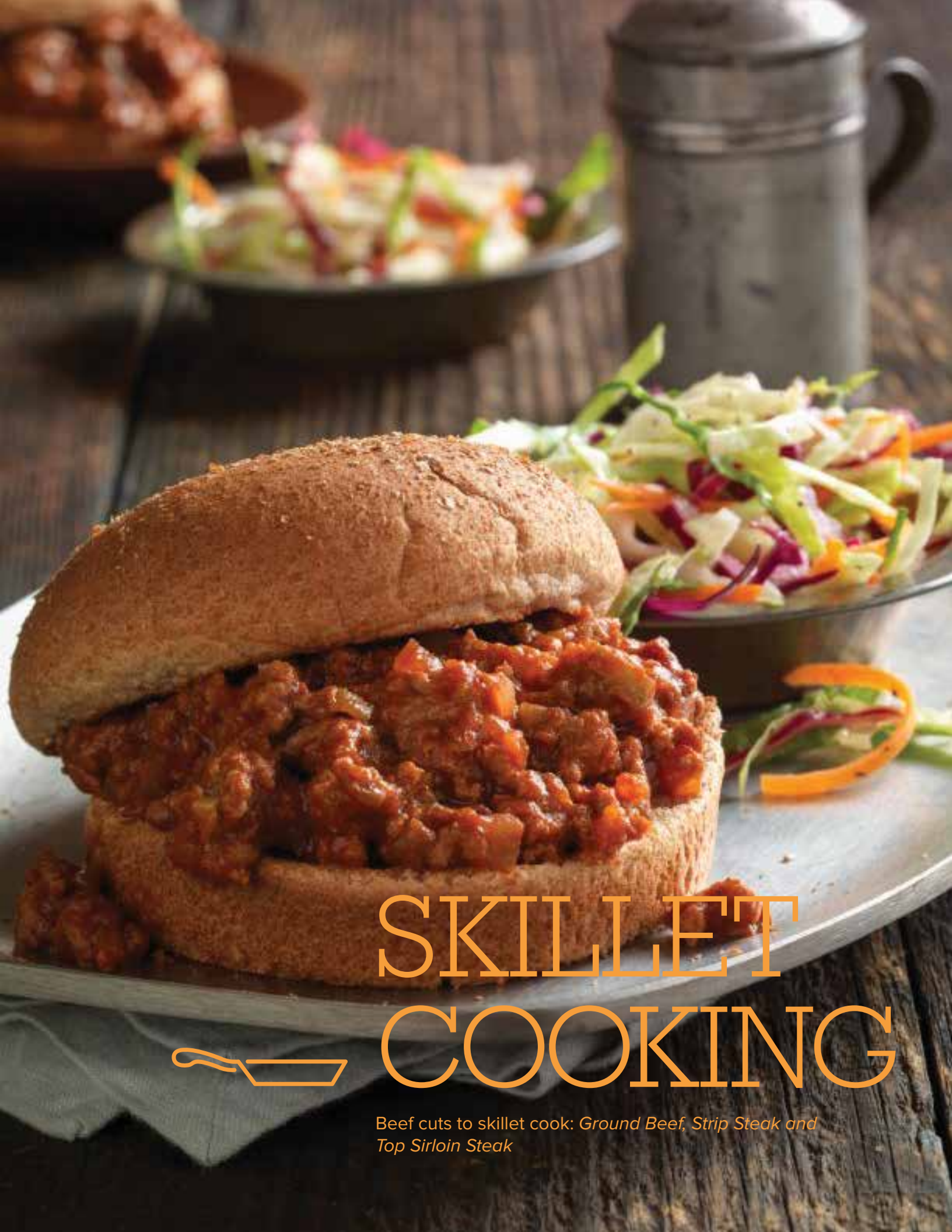
COOKING TIP

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	0,23 kg each	218°C	Medium Rare: 13 to 19 minutes
Rib	Ribeye Filet	0,23 kg each, 4,4 - 5 cm thick	177°C	Medium Rare: 24 to 28 minutes
Loin	Tenderloin Steak	0,11 kg each, 1,90 cm thick	204°C	Medium Rare: 15 to 20 minutes
		0,15 to 0,17 kg each, 3,81 cm thick	177°C	Medium Rare: 15 to 23 minutes
	Strip Filet	0,23 kg each, 4,4 - 5 cm thick	177°C	Medium Rare: 24 to 28 minutes
Sirloin	Top Sirloin Filet	0,23 kg each, 4,4 - 5 cm thick	177°C	Medium Rare: 24 to 28 minutes



SKILLET COOKING



Beef cuts to skillet cook: *Ground Beef, Strip Steak and Top Sirloin Steak*

This is primarily a preparation technique for recipes that call for browned Ground Beef. But can also apply to cuts you might thinly slice before cooking — think Flank Steaks. Once the beef is cooked, it can go into a variety of recipes.

1



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 0,5 kg of Ground Beef, it's OK to cook in batches.

2



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.

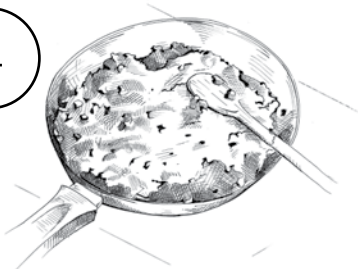
3



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.

4



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.

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

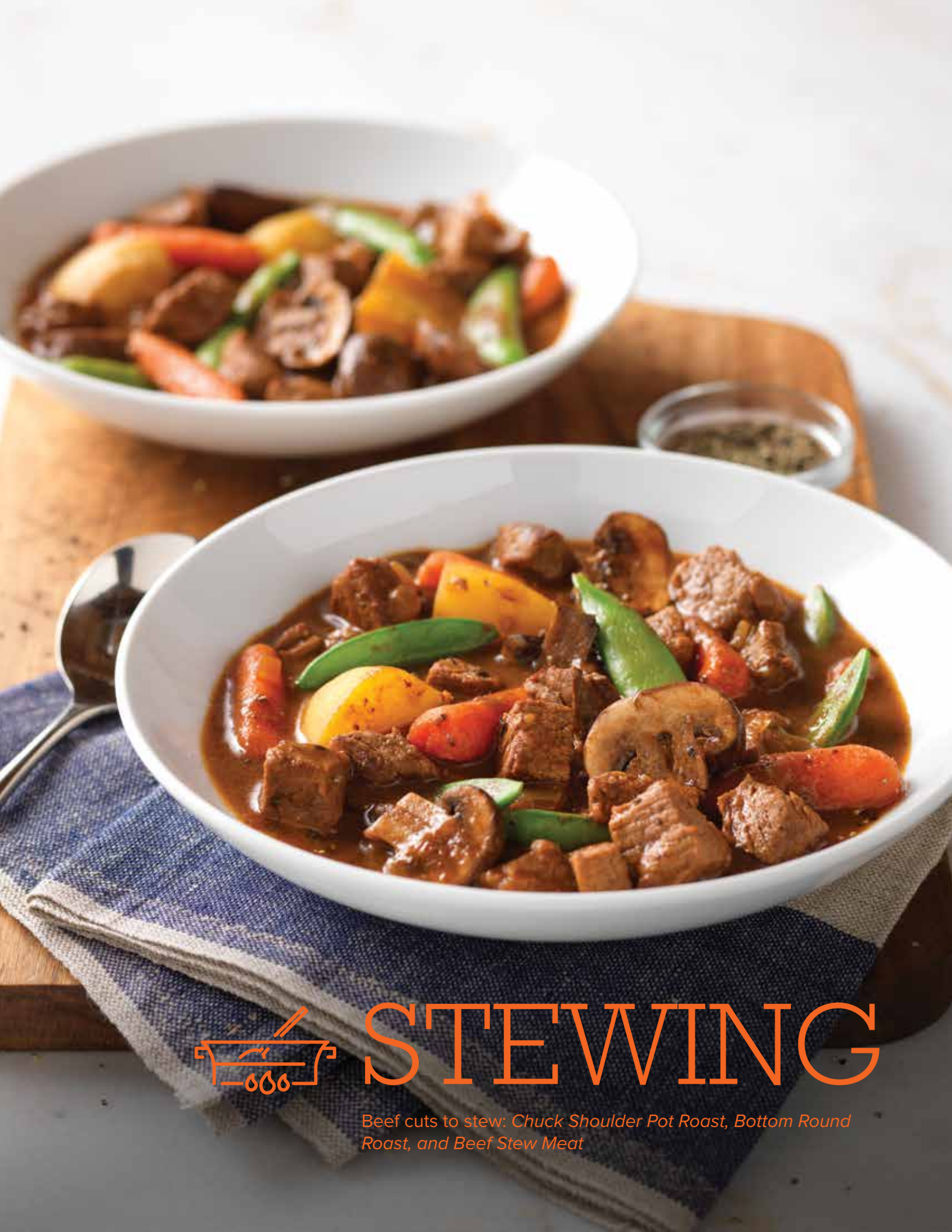
Beef Cut		Weight/Thickness	Approximate Total Cooking Time Medium Rare (63°C) To Medium (71°C) (minutes)
Chuck	Chuck Eye Steak, Boneless	1,9 cm	9 to 11
		2,5 cm	12 to 15
	Top Blade Steak	1,9 cm	11 to 13
		2,5 cm	13 to 17
	Flat Iron Steak	0,23 kg each	11 to 14
	Ranch Steak (marinate)	1,9 cm	8 to 11
		2,5 cm	12 to 15
	Petite Tender Medallions	1,2 to 1,9 cm	4 to 6*
	Denver Steak	1,2 cm	3 to 4*
		1,9 cm	7 to 10
		2,5 cm	11 to 15
Rib	Ribeye Steak, Boneless	1,9 cm	8 to 11
		2,5 cm	12 to 15
Loin	Porterhouse/T-Bone Steak	1,9 cm	10 to 13
		2,5 cm	14 to 17
	Strip Steak, Boneless	1,9 cm	8 to 11
		2,5 cm	12 to 15
	Tenderloin Steak	1,2 cm	3 to 5*
		1,9 cm	7 to 10
		2,5 cm	10 to 13

*Use medium-high heat

Beef Cut		Weight/Thickness	Approximate Total Cooking Time Medium Rare (63°C) To Medium (71°C) (minutes)
Sirloin	Top Sirloin Steak	1,9 cm	12 to 15
		2,5 cm	15 to 18
	Tri-Tip Steak	1,9 cm	9 to 12
		2,5 cm	13 to 16
Round	Recommend cooking Round to medium rare (63°C) doneness only		
	Top Round Steak (marinate)	1,9 cm	12 to 15
		2,5 cm	15 to 17
	Eye of Round Steak	1,9 cm	8 to 10
		2,5 cm	11 to 13
	Bottom Round Steak (marinate)	1,9 cm	11 to 14
		2,5 cm	16 to 22
	Sirloin Tip Center Steak	1,9 cm	11 to 13
		2,5 cm	14 to 15
	Sirloin Tip Side Steak (marinate)	1,9 cm	10 to 12
		2,5 cm	13 to 15
Other	Ground Beef Crumbles	0,45 kg	8 to 10
	Ground Beef Patties	1,25 cm (0,11 kg each)	10 to 12
	Cook to medium (71°C) doneness	1,9 cm (0,17 kg 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*

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.

1



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.

2



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.

3



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.

4



SIMMER & STEW

Follow your recipe for timing guidelines. Don't 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.

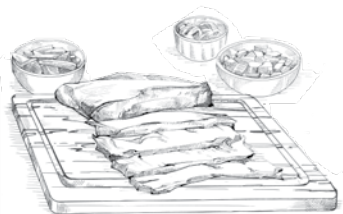


STIR-FRY

Beef cuts to stir-fry: *Top Sirloin, Flank Steak, Sirloin Tip Steak and Skirt Steak*

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.).

1



PREP & PREHEAT

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

2



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.

3



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.

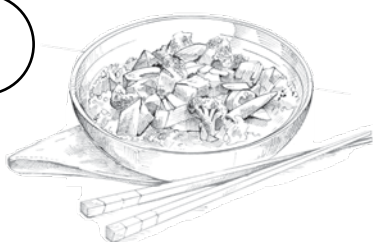
4



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.

5



SERVE & SAVOR

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

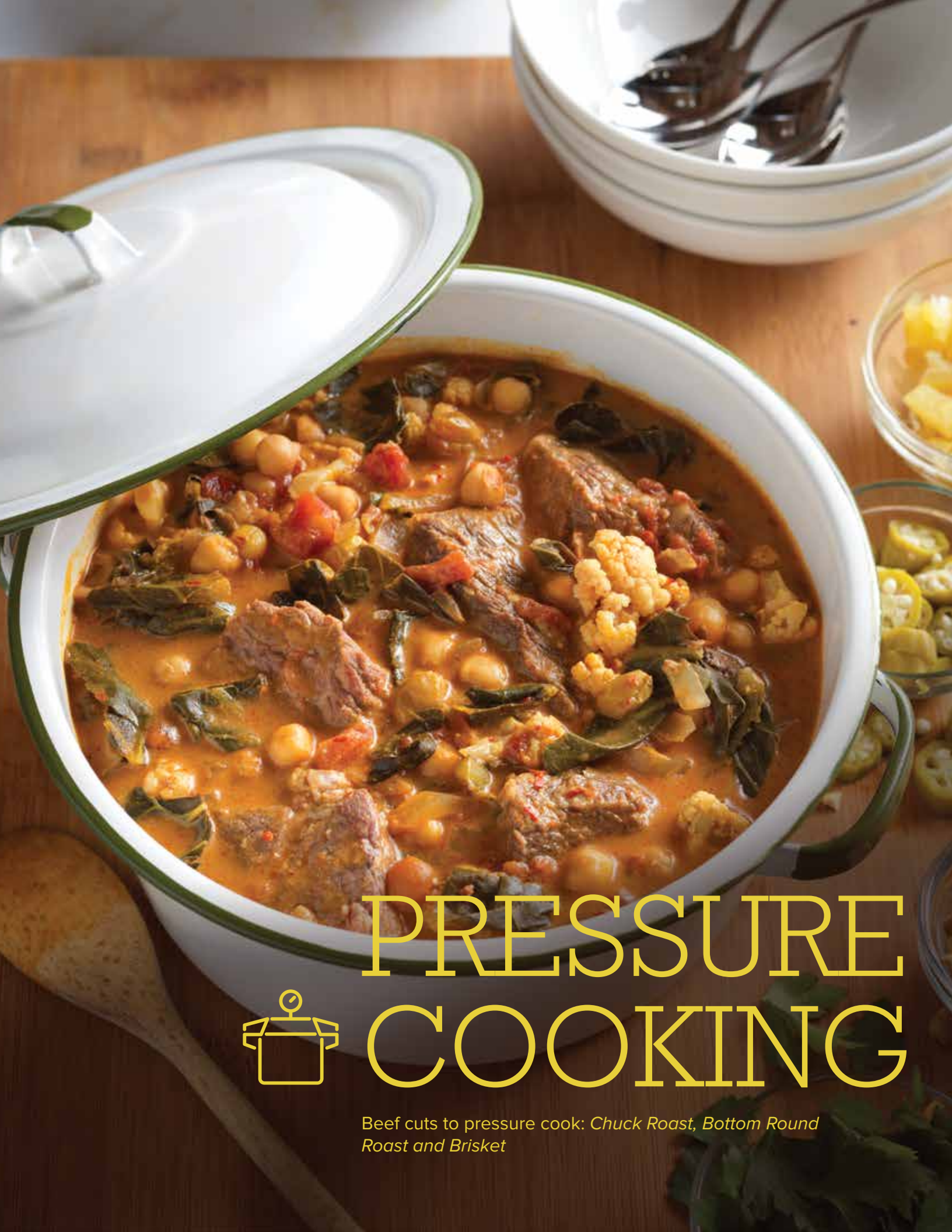
GLOSSARY

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*

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.

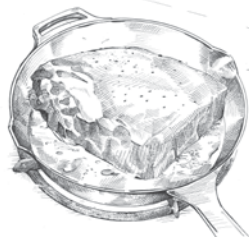
1



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.

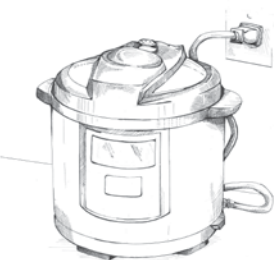
2



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 and scrape up any crusty bits sticking to the bottom before transferring it to the pressure cooker.

3



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.

4



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.

5



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

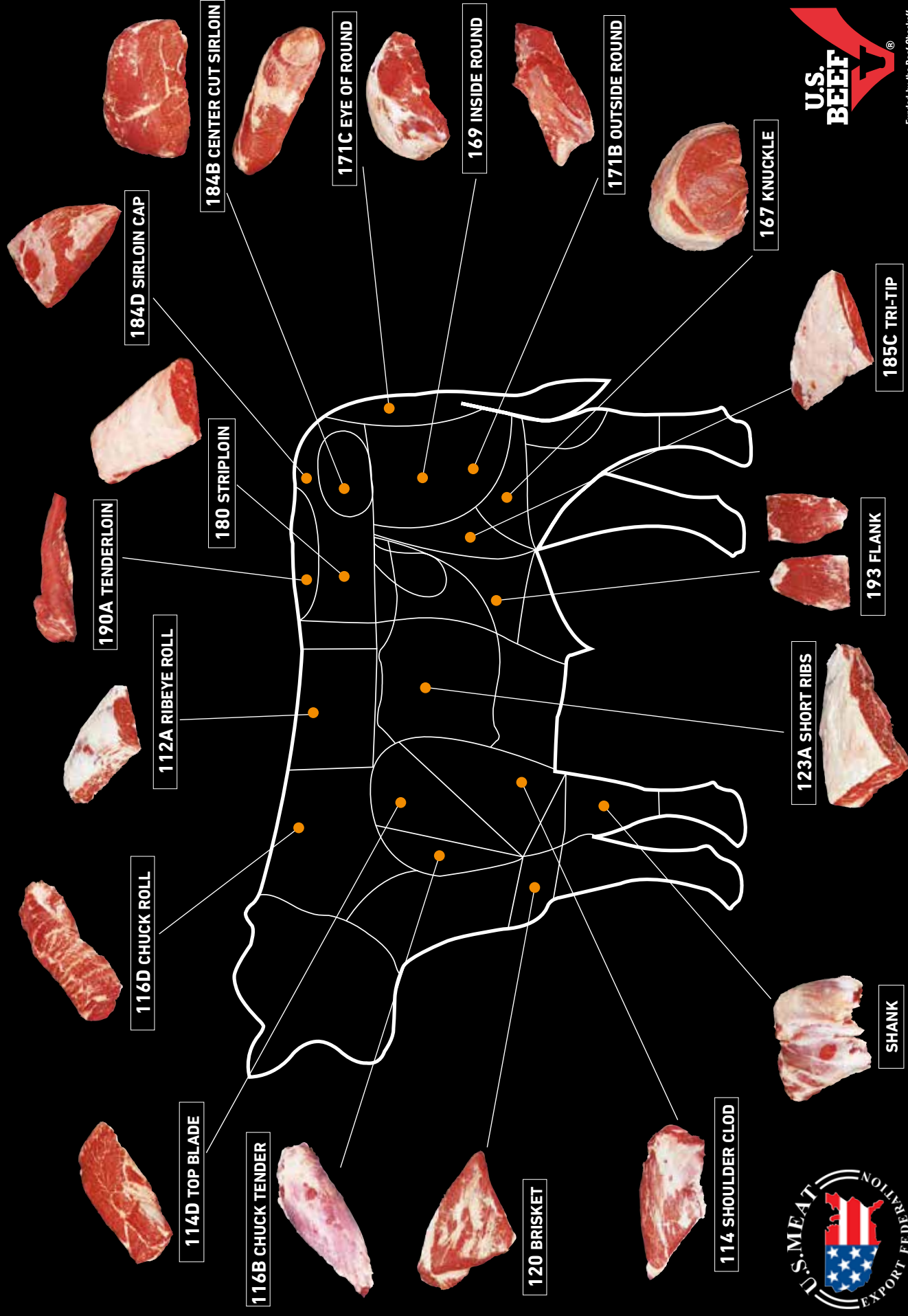
Also known as a "sealing ring," this part is responsible for maintaining an airtight seal under high pressure. It's made of dishwasher-safe silicone in modern pressure cookers.

COOKING TIP

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

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