

CONFIDENT COOKING WITH BEEF



FROM WHAT TO LOOK FOR IN THE MARKET
TO PUTTING THE BEST BEEF ON YOUR TABLE



Table of Contents



Choosing Beef3

America's Favorite	3
Naturally Nutrient-Rich Beef.....	4
Favorite Lean Cuts.....	5
Choose Your Calories	6
Facts on Fat.....	7



Buying Beef 8

Meat Grading.....	8
Aging	9
Beef Made Easy	10
Understanding the Label	11
How Much to Buy	14



Storing Beef15

Keep it Safe	15
At Home Storage	15
Refrigerator & Freezer Guidelines	16
Defrosting Guidelines	16



Preparing Beef17

The Basics	17
Marinades and Rubs	20
Matching Cooking Methods to Beef Cuts.....	23
Determining Doneness.....	24
Grilling	27
Pan-Broiling	31
Pan-Frying (Sautéing)	34
Stir-Frying.....	36
Broiling	38
Braising (Pot Roasting)	40
Stewing	42
Roasting	44



America's Favorite



Discover for yourself what makes beef really sizzle at breakfast, lunch and dinner. From weeknight family meals and casual get-togethers to dressed-up entertaining and Sunday brunch – whatever the occasion, beef makes it special. Just one whiff of a steak sizzling on the grill or the thought of a thick, juicy burger will start your mouth watering. Easy, versatile, nutritious and delicious – beef is America's most beloved protein choice.

Confident Cooking with Beef is designed to provide the basics about beef – from choosing the right cut for your meal and knowing what to look for in the supermarket, to mastering each cooking method and putting the best beef on your table. Enjoy!

The Meat Case Today

Your grocer's meat case is full of exciting beef choices, ranging from Top Loin (Strip) steaks and Tenderloin roasts, to 95% lean Ground Beef and some cuts you may have never tried before like Tri-Tip roast, Flat Iron steak or Boneless Country-Style ribs. Given the wide variety of cooking applications inherent to each cut, the options for your next beef meal are virtually endless.

No matter what experience you're looking for, how much time you have to cook or the end result you want to achieve, beef has just what you need. Our online Interactive Meat Case (BeefItsWhatsForDinner.com/MeatCase) is the perfect tool to help with your beef decisions whether you're trying to learn about a specific cut by name or if you need to know the best cooking method for that Top Sirloin steak you just found on sale. It will link you directly to recipes and nutritional information, too!

This brochure is designed to help you navigate the meat case, select the right cut and feel confident when cooking beef for your next meal!



Use your smartphone to visit BeefItsWhatsForDinner.com.

Naturally Nutrient-Rich Beef

It's easier than you think to build a healthful diet with beef. You may be surprised to hear that a 3-oz serving of lean beef (about the size of a deck of cards), has about 150 calories on average and is a good or excellent source of 10 essential nutrients like zinc, iron and B vitamins.¹



Perhaps most importantly, a single serving of beef provides nearly 50 percent of the Daily Value for protein.¹ Studies suggest that protein promotes satiety, so you'll feel full longer and satisfy cravings faster.² Evidence shows protein can help in maintaining a healthy weight, building muscle and fueling physical activity – all of which play an important role in a healthful lifestyle and disease prevention.

Lean beef is also the perfect partner for your favorite fruits, vegetables and whole grains, making it even easier to build a colorful, nourishing and balanced meal. Eating lean beef as part of a healthy diet and active lifestyle results in positive benefits like improved nutrient intakes and overall diet quality and may promote weight loss.²

Lean Beef

There are more than 29 cuts of beef that meet government guidelines for “lean,” including T-Bone, Tenderloin, Top Sirloin and 95% lean Ground Beef. Lean is defined as:*

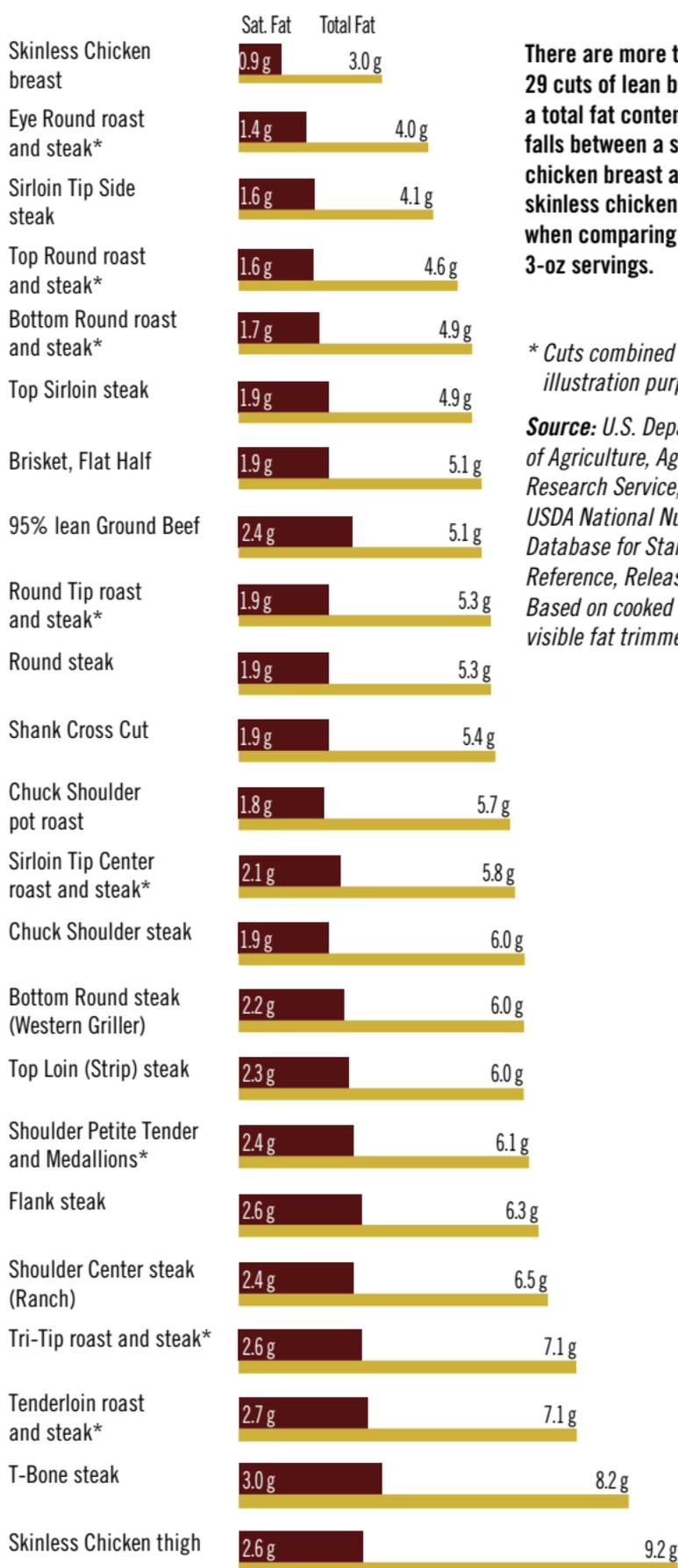
- less than 10 g total fat
- 4.5 g or less saturated fat
- less than 95 mg cholesterol

* Per 3-oz cooked serving

1. USDA National Nutrient Database for Standard Reference, Release 23, 2010.

2. Paddon-Jones D, Westman E, Mattes RD, Wolfe RR, Astrup A, Westerterp-Plantenga M. Protein, weight management, and satiety. *Am J Clin Nutr.* 2008;87:1558S-61S.

Many of America's Favorite Cuts are Lean



There are more than 29 cuts of lean beef with a total fat content that falls between a skinless chicken breast and skinless chicken thigh when comparing cooked 3-oz servings.

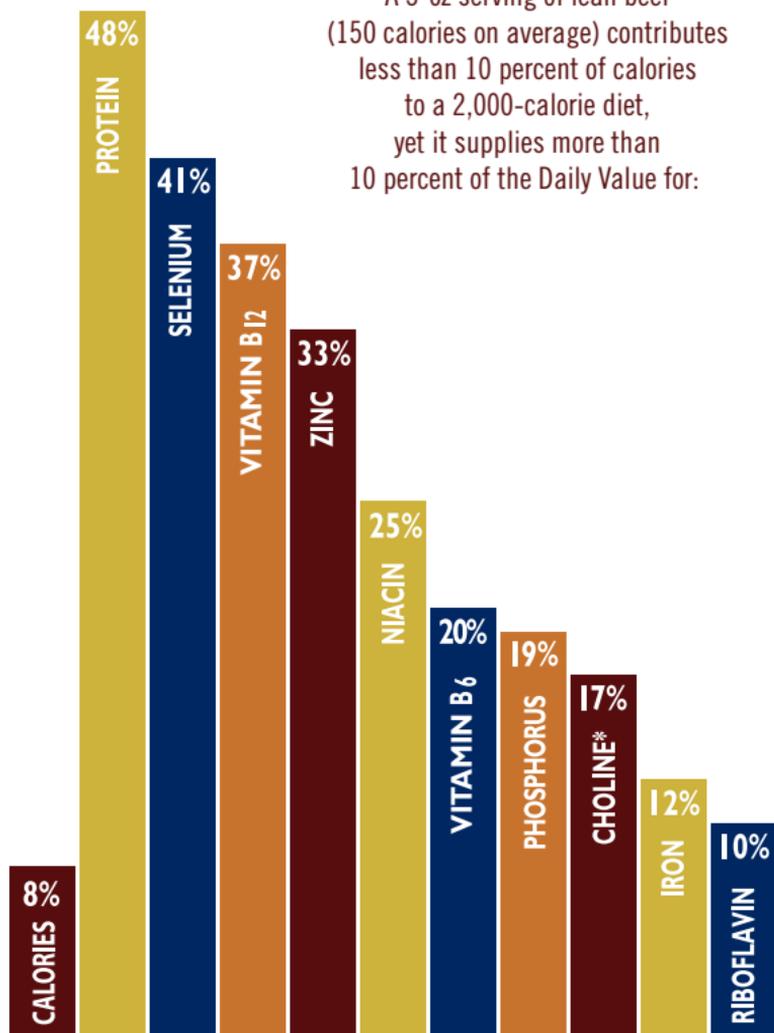
* Cuts combined for illustration purposes.

Source: U.S. Department of Agriculture, Agricultural Research Service, 2010. USDA National Nutrient Database for Standard Reference, Release 23. Based on cooked servings, visible fat trimmed.

Choose Your Calories

By the Company They Keep

A 3-oz serving of lean beef (150 calories on average) contributes less than 10 percent of calories to a 2,000-calorie diet, yet it supplies more than 10 percent of the Daily Value for:



U.S. Department of Agriculture, Agricultural Research Service, 2010. USDA National Nutrient Database for Standard Reference, Release 23. Nutrient Data Laboratory Homepage. www.ars.usda.gov/ba/bhnrc/ndl

* A 3-oz serving of lean beef provides approximately 17 percent of the highest adequate intake for choline (550 mg).

Dietary Reference Intakes, Institute of Medicine of the National Academies, National Academies Press, Washington, DC, 2006.

Guidance for Industry, A Food Labeling Guide. U.S. Department of Health and Human Services, Food and Drug Administration, Center for Food Safety and Applied Nutrition, October 2009. <http://www.cfsan.fda.gov/~dms/2lg-toc.html>

The Facts on Fat

Ninety percent of the total and saturated fat in the American diet comes from foods other than beef. And lean beef contributes less than 5 percent of the total calories and saturated fat in the American diet.³ Beef is just like most other foods that contain fat – it has a fatty acid package containing various amounts of saturated fat, monounsaturated fat and polyunsaturated fat. On average, a third of the saturated fat in beef is stearic acid, the same fat found in chocolate that has been recognized for its health benefits.⁴ Studies consistently show that stearic acid has a neutral effect on blood cholesterol levels in adults.^{5,6} More than half of the remaining fatty acids in beef are monounsaturated, the same heart-healthy kind found in olive oil⁷, which has been shown to improve blood cholesterol levels.⁸

3. *Zanovec M, O'Neil CE, Keast DR, Fulgoni VL, Nicklas TA. Lean beef contributes significant amounts of key nutrients to the diets of US adults: National Health and Nutrition Examination Survey 1999-2004. Nutrition Research. 2010. 30:6, 375-81.*
4. *United States Department of Health and Human Services. United States Department of Agriculture. Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010, June 15, 2010.*
5. *Kris-Etherton PM, Griel AE, Psota, TL, et al. Dietary stearic acid and risk of cardiovascular disease: intake, sources, digestion, and absorption. Lipids 40: 1193-1200, 2005.*
6. *Yu S, Derr J, Etherton TD, et al. Plasma cholesterol predictive equations demonstrate that stearic acid is neutral and monounsaturated fatty acids are hypocholesterolemic. Am. J. Clin. Nutr. 61: 1129-1139, 1995.*
7. *USDA National Nutrient Database for Standard Reference, Release 23, 2010.*
8. *Hu FB, MD, PhD; Manson JE, MD, DrPh; Willett WC, MD, DrPh. Types of Dietary Fat and Risk of Coronary Heart Disease: A Critical Review. J Am Coll Nutr February 2001 vol. 20 no. 1 5-19.*

Buying Beef

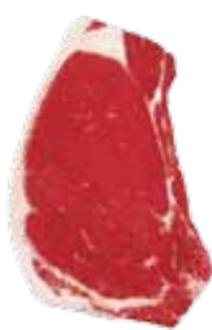
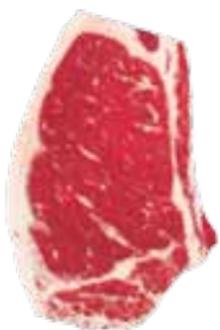
Meat Inspection = safe and wholesome meat

The wholesomeness of the U.S. meat supply is ensured by meat inspection. All meat that is sold must, by law, pass inspection. Meat products are among the most highly regulated and supervised products in the food supply.

Meat Grading = taste and tenderness

The meat grading program is administered by the U.S. Department of Agriculture (USDA). Beef quality grades indicate palatability characteristics such as tenderness, juiciness and flavor. You're most likely to find these three grades in restaurants and in your grocery store: Prime, Choice and Select.

- Prime has the most marbling. It usually is sold to high-end restaurants, although some specialty meat markets and supermarkets may carry it.
- Choice cuts tend to have a little less marbling. Choice is the most widely available grade in the market.
- Select has the least amount of marbling, making it leaner and a little less juicy and flavorful than the other two grades.



Aging

Aging is a natural process that improves the tenderness of beef, especially in cuts from the Rib and Loin. Most tenderization occurs within the first 7 to 10 days of the aging process when natural enzymes in beef break down connective tissue in the muscle fibers to concentrate the flavor. There are two methods for aging beef: wet and dry.

Wet Aging: This is the most common method of aging used today. Wet aging primarily improves tenderization and takes place in airtight sealed bags under refrigerated conditions. This method minimizes spoilage.

Dry Aging: Beef (without covering or packaging) is placed under refrigeration with humidity-controlled conditions. In addition to tenderizing, dry aging adds a unique brown-roasted beefy flavor. Dry aging is not widespread because it is a more complex and expensive method.

Facts	Wet Aging	Dry Aging
Length of aging	Up to 21 days	Up to 28 days, depending on purveyor
Aging environment	Airtight sealed bags under refrigeration (32°F to 34°F)	Uncovered in refrigerated room (32°F to 34°F) under controlled humidity and air flow
Flavor	Traditional beef flavor	Distinctive brown-roasted beefy flavor
Tenderness	Increases tenderness	Increases tenderness

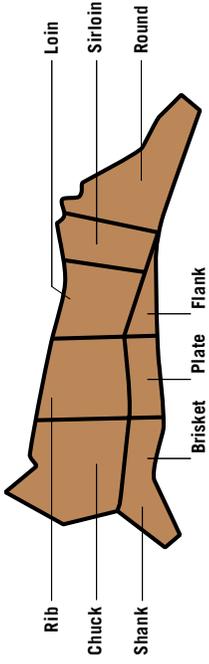
Beef Made Easy

Matching the correct beef cut to the appropriate cooking method is the key to moist, juicy, flavorful beef. There are beef choices to satisfy all tastes, schedules and budgets. However, choosing the right cut can be confusing. Knowing what to look for when buying beef and how to read the label will help you make wise choices for your meals. Labeling has improved, and now there is more nutrition and cooking information available at your grocer's meat case.

Please refer to the Beef Made Easy Chart found on the following page.

Beef Made Easy®

Retail Beef Cuts and Recommended Cooking Methods



Chuck

CHUCK 7-BONE POT ROAST	CHUCK POT ROAST	CHUCK STEAK	CHUCK EYE STEAK	SHOULDER TOP BLADE STEAK	SHOULDER TOP BLADE STEAK
Blue arrow icon	Blue arrow icon	Blue arrow icon	Red arrow icon	Red arrow icon	Red arrow icon
Boneless	Boneless	Boneless	Boneless	Flat Iron	Flat Iron
SHOULDER POT ROAST	SHOULDER STEAK	SHOULDER CENTER	SHOULDER PETITE TENDER	BONELESS SHORT RIBS	BONELESS SHORT RIBS
Blue arrow icon	Blue arrow icon	Red arrow icon	Red arrow icon	Yellow arrow icon	Yellow arrow icon
Boneless	Boneless	Ranch Steak	*	Medallions	*

Rib

RIB ROAST	RIB STEAK	RIBEYE ROAST	RIBEYE STEAK	BACK RIBS
Yellow arrow icon	Red arrow icon	Yellow arrow icon	Red arrow icon	Red arrow icon
		Boneless	Boneless	

Loin

PORTERHOUSE STEAK	T-BONE STEAK	TOP LOIN STEAK	TOP LOIN STEAK	TENDERLOIN ROAST	TENDERLOIN STEAK
Red arrow icon	Red arrow icon	Red arrow icon	Red arrow icon	Yellow arrow icon	Red arrow icon
		Bone-in	Boneless		

Sirloin

TRI-TIP ROAST	TRI-TIP STEAK	TOP SIRLOIN STEAK
Yellow arrow icon	Red arrow icon	Red arrow icon
		Boneless

Round

TOP ROUND STEAK	BOTTOM ROUND ROAST	EYE ROUND STEAK	EYE ROUND STEAK	SIRLOIN TIP ROAST	SIRLOIN TIP SIDE STEAK
Blue arrow icon	Blue arrow icon	Blue arrow icon	Blue arrow icon	Yellow arrow icon	Blue arrow icon
		Western Griller			*
ROUND TIP ROAST	ROUND TIP STEAK	SIRLOIN TIP CENTER ROAST	SIRLOIN TIP CENTER STEAK	SKIRT STEAK	FLANK STEAK
Yellow arrow icon	Yellow arrow icon	Yellow arrow icon	Red arrow icon	Blue arrow icon	Blue arrow icon
					*

Shank and Brisket

SHANK CROSS CUT	BRISKET FLAT CUT
Purple arrow icon	Blue arrow icon

Other

GROUND BEEF	CUBED STEAK	BEEF FOR STEW	BEEF FOR KABOBS	BEEF FOR STIR-FRY OR FAJITAS
Yellow arrow icon	Yellow arrow icon	Purple arrow icon	Red arrow icon	Green arrow icon

Key to Recommended Cooking Methods

- Skillet
- Grill or Broil
- Marinate & Grill or Broil
- Stir-Fry
- Roast
- Stew
- Braise
- Pot Roast

* These cuts meet government guidelines for "lean" and are based on cooked servings with visible fat trimmed.
 Lean is defined as less than 10 g of total fat, 4.5 g of saturated fat, and less than 95 mg of cholesterol per serving and per 100 g (3.5oz).

Understanding the Label

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



Ground Beef Label

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).

Ground Beef labels may also indicate where the beef comes from (such as Chuck, Round or Sirloin).



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.

All beef is:

Grass-fed

All cattle spend a majority of their lives eating grass on pastures

Natural

Most beef does not contain any additives and is not more than minimally processed

Nutritious

Beef is a powerful protein and an excellent or good source of 10 essential nutrients

Safe

Vigilance on farms, rigorous safety inspections and strict government guidelines ensure the highest level of safety

Cattle



Grass



Grain-finished



Grass-finished



Beef can be:

Grain-finished

- Cattle spend most of their lives grazing on pasture, then spend 4 to 6 months in a feedyard
- Fed scientifically and healthy balanced diet of grains, such as corn, wheat or soybeans
- May judiciously be given FDA-approved antibiotics or growth promoting hormones
- May be given vitamin and mineral supplements
- Have continuous access to clean water and room to grow and roam



Grass-finished

- Cattle spend their entire lives grazing on pasture
- May judiciously be given FDA-approved antibiotics or growth promoting hormones
- May be given vitamin and mineral supplements
- Can be difficult to produce year-round in North America due to changing seasons and weather conditions



Naturally raised

- Cattle can be grain-finished or grass-finished—look at the label for details
- Have never received antibiotics or growth promoting hormones
- May be given vitamin and mineral supplements
- Must be certified by USDA's Agricultural Marketing Service



Certified organic

- Cattle can be grain-finished or grass-finished, as long as the feed is 100% organic
- Have never received antibiotics or growth promoting hormones
- May be given vitamin and mineral supplements
- Must be certified by USDA's Agricultural Marketing Service
- Look for the official label



How Much To Buy

The amount of beef you need to buy varies with the cut selected. Cooked yields per pound are related to the amount of bone, fat trim and cooking method. Refer to the following chart for helpful guidelines.

Beef Cut	Servings per pound (3-oz cooked, trimmed)
STEAKS	
Chuck Shoulder	3-1/2
Shoulder Center (Ranch)	4
Shoulder Top Blade (Flat Iron)	4
Shoulder Top Blade	3
Chuck Eye	3-1/2
Chuck Under Blade Center (Denver)	4
Shoulder Petite Tender Medallions	4
Flank	4
Porterhouse/T-Bone	2-1/2
Rib	2-1/2
Ribeye	3
Bottom Round (Western Griller)	4
Round Sirloin Tip Center	4
Round Sirloin Tip Side	4
Round Tip, thin cut	4
Skirt	4
Tenderloin	4
Top Loin (Strip), boneless	4
Tri-Tip	4
Top Round	4
Top Sirloin, boneless	4
ROASTS	
Eye Round	4
Ribeye	3
Shoulder Petite Tender	4
Rib	2-1/2
Round Tip	4
Tenderloin	4
Tri-Tip	4
POT ROASTS	
Arm, boneless	3
Blade, boneless	3
Brisket	2-1/2 to 3
Shoulder, boneless	3
OTHER CUTS	
Beef for Stew	2-1/2 to 3
Boneless Country-Style Ribs	2-1/2 to 3
Ground Beef	4
Shank Cross Cuts	1-1/2 to 2-1/2
Short Ribs	1-1/2 to 2-1/2
Short Ribs, boneless	2-1/2 to 3

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.
- If you plan to freeze your beef, think ahead to your weeknight meals and re-package 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 plastic freezer bags, removing as much air as possible.
- Place beef packages on the lowest shelf in your refrigerator on a plate or tray to catch any juices.
- Label each package with the date, name of beef cut and weight and/or number of servings. Practice the FIFO (first in, first out) inventory system.
- Refrigerate leftovers promptly after serving (within 2 hours after cooking).

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

Refrigerator and Freezer Storage Guidelines

Recommended Storage Times for Maximum Quality

Beef Cut	Refrigerator 35°F to 40°F	Freezer 0°F or below
Fresh Beef		
From Purchase Date		
Steaks, Roasts	3 to 4 days	6 to 12 months
Beef for Stew, Kabobs or Stir-Fry	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 Guidelines

For best quality, defrost beef in the refrigerator, never at room temperature. Place 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*, Beef for Stew, Kabobs or Stir-Fry	½ to ¾ inch 1 to 1-½ inches	12 hours 24 hours
Small Roasts Thin Pot Roasts	Varies	3 to 5 hours per pound
Large Roasts Thick Pot Roasts	Varies	4 to 7 hours per pound

* According to USDA, Ground Beef can be defrosted in the microwave, but it must be cooked within the same day.

Beef can be refrozen as long as it was defrosted properly and is used within the freezer storage guidelines above.

The Basics

Keep 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.



The Basics

Handle It Right

- Use a gentle touch with Ground Beef. Over-mixing will result in burgers, meatballs or meatloaves with a firm, compact 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. Pieces do not need to be absolutely square – some may have rounded or uneven edges.
 - Thread steak pieces onto skewers leaving small spaces between them. Loose or tight spacing can cause beef to cook unevenly.



Cookware Basics

- 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.
- Choose heavy, good-quality pans that are thick enough to heat evenly without scorching.
- Nonstick pans are easier to clean and allow for cooking with little or no added fat. Best results are achieved over medium heat with nonstick pans.
- When cooking with acidic ingredients, such as tomatoes, citrus juices or wine, use pans with a 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 of dishes with acidic ingredients.

Helpful Tips

- 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.



Marinades



There are two reasons you might want to use a marinade: to help add flavor or to tenderize. Whatever

your goal is, it's important to know your beef cut and to plan ahead. While marinades may contain similar ingredients, the key to adding flavor or tenderizing is the length of marinating time.

If you're just looking to add flavor to a tender steak like T-Bone or Ribeye, you only need to marinate for 15 minutes to 2 hours. Flavor-enhancing marinades may include herbs, oils and spices.

There are some cuts such as Top Round or Skirt steak that really benefit from a tenderizing marinade. The keys to tender beef are time and ingredients. You'll want to marinate your steak for 6 to 24 hours. A tenderizing marinade must contain an acidic ingredient (such as lemon juice, yogurt, flavored vinegar and wine) or a natural tenderizing enzyme (found in papaya, ginger, pineapple and figs).

More Quick Tips on Marinades:

- Always marinate in the refrigerator, never at room temperature.
- Allow 1/4 to 1/2 cup of marinade for every pound of beef.
- Marinate in a food-safe plastic bag or in a nonreactive 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 to the beef. A marinade that has been in contact with uncooked meat must be brought to a full rolling boil for at least one minute before it can be used for basting or as a sauce. Never save and reuse a marinade.

Flavor Marinades—place all ingredients in food-safe plastic bag with steak for 15 minutes to 2 hours.

Balsamic-Mustard Marinade

- 2/3 cup balsamic vinaigrette
- 2 tablespoons Dijon-style mustard

Argentinean Steak Marinade

- 1/2 cup finely chopped onion
- 1/3 cup spicy steak sauce
- 4 cloves garlic, minced
- 4 teaspoons dried oregano leaves

Lime-Jalapeño Marinade

- 1/2 cup red currant jelly, warmed
- 1/2 cup fresh lime juice
- 1/4 cup chopped seeded jalapeño peppers
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon salt
- 1 clove garlic, minced
- 1/4 teaspoon ground allspice

Tenderizing Marinades—place all ingredients in food-safe plastic bag with steak and refrigerate for 6 to 24 hours.

Ginger-Soy Marinade

- 1/3 cup soy sauce
- 2 tablespoons fresh lemon juice
- 2 tablespoons honey
- 1 tablespoon minced garlic
- 2 teaspoons minced fresh ginger
- 1 teaspoon freshly grated lemon peel

Chili-Cilantro Marinade

- 2/3 cup Italian dressing
- 2 tablespoons coarsely chopped fresh cilantro
- 1 tablespoon chili powder

Rubs

Rubs are seasoning blends applied to the surface of roasts, steaks and burgers. These quick mixtures add flavor to beef, but do not tenderize.



- 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 surfaces. Cook beef to desired doneness.

Smoky Paprika Rub

- 2 tablespoons smoked or Spanish paprika
- 1-1/2 teaspoons sugar
- 1-1/2 teaspoons chili powder
- 1 teaspoon ground black pepper
- 1/2 teaspoon ground red pepper

Lemon-Pepper Rub

- 2-1/2 teaspoons lemon pepper
- 1-1/2 teaspoons dried oregano
- 3 large cloves garlic, minced

Espresso Rub

- 2 tablespoons finely ground espresso coffee beans
- 1 tablespoon garlic pepper
- 2 teaspoons brown sugar
- 1 teaspoon ancho chili powder

Ancho-Chocolate Citrus Rub

- 1 tablespoon ground ancho chili powder
- 3 cloves garlic, minced
- 1-1/2 teaspoons dried oregano leaves
- 1 teaspoon unsweetened cocoa powder
- 1 teaspoon freshly grated orange peel
- 1/2 teaspoon ground cinnamon

Matching Cooking Methods to Beef Cuts Ensures Success



Pan-Broil/Pan-Fry

Stir-Fry

Grill

Broil

roast

Braise

Stew

CHUCK

Boneless Country-Style Beef Chuck ribs						●	
Chuck 7-Bone steak			*	*		●	●
Chuck Mock Tender steak			*	*		●	●
Chuck Arm steak						●	●
Chuck Eye steak, boneless	●		●	●		●	●
Shoulder Top Blade steak, boneless	*		*	*		●	●
Shoulder Top Blade steak (Flat Iron)	●	●	●	●			
Shoulder steak, boneless	●		●	●		●	●
Shoulder Center steak (Ranch)	●	●	●	●			
Shoulder Petite Tender Medallions	●						
Short Ribs						●	●
Chuck pot roast (Arm, Blade, Shoulder)						●	●
Shoulder Tender Petite roast		●	●	●	●		
Under Blade Center steak, boneless (Denver Cut)	●	●		●			

RIB

Rib steak	●	●	●	●			
Ribeye steak	●	●	●	●			
Rib roast			●		●		
Ribeye roast					●		

LOIN

Porterhouse/T-Bone steak	●		●	●			
Top Loin (Strip) steak	●	●	●	●			
Tenderloin steak							
Top Loin roast, Tenderloin roast			●		●		

SIRLOIN

Tri-Tip steak, Top Sirloin steak, boneless	●	●	●	●			
Tri-Tip roast			●		●		

ROUND

Top Round steak	*	●	*	*			
Bottom Round steak (Western Griller)	*		*	*			
Eye Round steak	*	●	*			●	
Round Tip steak, thin cut	●	●					
Sirloin Tip Center steak	●	●	●	●			
Sirloin Tip Side steak	*	●	*	*			
Eye Round, Bottom Round, Rump roasts						●	●
Top Round roast						●	
Round Tip roast						●	

SHANK & BRISKET

Brisket, fresh or corned						●	●
Shank Cross Cuts						●	●

PLATE & FLANK

Skirt steak	*	●	*	*		●	
Flank steak		●	*	*		●	

OTHER CUTS

Ground Beef	●		●	●	●		
Cubed steak	●					●	
Beef for Stew							●
Beef for Kabobs			●	●			

* Requires marinating for tenderization.

Determining Doneness



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.

Determining Doneness

Steaks

- For steaks (1/2 inch or thicker), insert an instant-read thermometer horizontally from the side, so that it penetrates the thickest part or the center of the steak, not touching bone or fat.
- After cooking, let steaks stand 3 minutes before serving.



Medium Rare
(145°F)



Medium
(160°F)



Well Done
(170°F)

Preparing Beef is as Easy as 1, 2, 3

The following cooking method guidelines are here for your convenience:

- **Grilling:** Grilling, a form of dry heat cooking, is one of the most exciting and healthy ways to enjoy beef, whether you are cooking on a gas or charcoal grill.
- **Pan-Broiling:** Sometimes called “frying without fat,” pan-broiling (or skillet cooking) is especially handy for quick meals. It is a fast cooking method for tender cuts of beef.
- **Pan Frying:** Pan-frying or sautéing is similar to pan-broiling except a small amount of oil is added to the pan when cooking.
- **Stir-Frying:** Use a skillet or wok to quickly cook thin strips of beef in a little bit of oil; add some sauce, vegetables and other ingredients – and you have a hot one-dish meal on the table in minutes.
- **Broiling:** Cooking beef directly under the heat element in your oven, broiling is a fabulous method for getting dinner on the table in a short period of time, without adding fat.
- **Braising:** The final result of this slow cooking method is tender beef that melts in your mouth. Braising (or pot roasting) is the method of choice for large, less tender, cuts of beef such as a pot roast or Brisket using a small amount of liquid.
- **Stewing:** Stewing, a slow cooking method, tends to use cubes of beef mixed with vegetables and other ingredients with a larger quantity of liquid.
- **Roasting:** Larger or thicker cuts of beef benefit most from roasting in the oven. Although it requires more time, roasting is the simplest method because it requires little attention.



3 EASY
STEPS

GRILLING BEEF

- 1** Prepare grill (charcoal or gas) according to manufacturer's directions for medium heat.
- 2** Season beef (directly from the refrigerator) with herbs or spices, as desired. Place on cooking grid.
- 3** Grill, covered, according to chart (pages 28-29), turning occasionally. After cooking, season beef with salt, if desired.



Grilling Guidelines



CHARCOAL GRILLING

GAS GRILLING

Approximate Total Cooking Time for
Medium Rare (145°F) to Medium (160°F)

Beef Cut

Weight/Thickness

Beef Cut	Weight/Thickness	CHARCOAL GRILLING	GAS GRILLING	
CHUCK	Chuck Eye steak, boneless	¾ inch 1 inch	9 to 11 minutes 12 to 14 minutes	
	Top Blade steak, boneless	¾ inch 1 inch	6 to 9 minutes 9 to 13 minutes	
	Shoulder Top Blade steak (Flat Iron)	8-oz each	10 to 14 minutes	
	Shoulder steak, boneless (marinate)	¾ inch 1 inch	8 to 12 minutes 12 to 17 minutes	
	Shoulder Center steak (Ranch)	¾ inch 1 inch	8 to 11 minutes 11 to 14 minutes	
	Shoulder Petite Tender	8 to 12-oz each *	14 to 18 minutes	
	Under Blade Center steak (Denver Cut)	1/2 inch ¾ inch 1 inch	4 to 7 minutes 7 to 10 minutes 10 to 14 minutes	
	RIB	Rib steak, small end	¾ inch 1 inch 1-1/2 inches **	7 to 10 minutes 10 to 15 minutes 19 to 24 minutes
Ribeye steak		¾ inch 1 inch 1-1/2 inches **	7 to 10 minutes 10 to 14 minutes 16 to 20 minutes	
LOIN		Porterhouse/T-Bone steak	¾ inch 1 inch 1-1/2 inches **	8 to 11 minutes 11 to 16 minutes 19 to 24 minutes
		Top Loin (Strip) steak, boneless	¾ inch 1 inch	7 to 10 minutes 11 to 14 minutes
	Tenderloin steak	¾ inch 1 inch 1-1/2 inches **	7 to 10 minutes 10 to 14 minutes 14 to 18 minutes	
SIRLOIN	Top Sirloin steak, boneless	¾ inch 1 inch 1-1/2 inches *	7 to 11 minutes 11 to 15 minutes 22 to 26 minutes	
	Tri-Tip steak	¾ inch 1 inch	8 to 10 minutes 10 to 14 minutes	
	ROUND <small>Recommend cooking Round cuts to medium rare (145°F) doneness only.</small>	Round Sirloin Tip Center steak	¾ inch 1 inch	8 to 9 minutes 11 to 13 minutes
Round Sirloin Tip Side steak (marinate)		¾ inch 1 inch	9 to 11 minutes 12 to 14 minutes	
Bottom Round steak (Western Griller) (marinate)		¾ inch 1 inch 1-1/4 inches	8 to 10 minutes 12 to 15 minutes 18 to 20 minutes	
Top Round steak (marinate)		¾ inch 1 inch 1-1/2 inches	10 to 11 minutes 12 to 14 minutes 20 to 23 minutes	
Eye Round steak (marinate)		¾ inch 1 inch	10 to 12 minutes 13 to 15 minutes	
PLATE & FLANK		Skirt steak (marinate)	1 to 1-1/2 pounds (4 to 6-inch portions)	7 to 12 minutes
		Flank steak (marinate)	1-1/2 to 2 pounds	11 to 16 minutes
OTHER	Ground Beef patties <i>Cook to medium (160°F) doneness.</i>	1/2 inch (4-oz each) ¾ inch (6-oz each)	8 to 10 minutes 11 to 15 minutes	
	Kabobs, beef only	1 x 1-1/4 inches (1 pound)	5 to 7 minutes	

For charcoal grilling, when coals are medium, ash-covered (approximately 30 minutes), spread in 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, gas grill brands vary greatly and grilling times may need to be adjusted. Consult owner's manual for specific grilling information.

Note: Chart guidelines were developed using Weber Genesis gas grills.

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.

**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.*

Beef Top Loin Steaks with Grilled Balsamic Vegetables



Total recipe time:

35 to 40 minutes

Makes 4 servings

Ingredients

- 2 boneless beef Top Loin (Strip) steaks, cut 1 inch thick (about 8-oz each)
- 1/4 cup balsamic vinegar
- 2 teaspoons garlic-pepper seasoning
- 1 medium red onion, cut into 12 wedges
- 1 medium yellow squash, cut lengthwise in half
- 1 medium zucchini, cut lengthwise in half
- 2 tablespoons olive oil
- 1/2 teaspoon fresh oregano or thyme
- salt

Instructions

1. Bring vinegar to a boil in small saucepan. Reduce heat; simmer about 3 minutes or until reduced by half. Set aside.
2. Press 1 teaspoon garlic-pepper seasoning evenly onto beef steaks.
3. Soak two 10-inch bamboo skewers in water 10 minutes; drain. Thread onion wedges onto skewers. Brush onions and cut sides of squash with oil; sprinkle with remaining teaspoon garlic-pepper seasoning.
4. Place steaks on grid over medium, ash-covered coals; arrange vegetables around steaks. Grill steaks, covered, 11 to 14 minutes (over medium heat on preheated gas grill, 11 to 15 minutes) for medium rare (145°F) to medium doneness (160°F), turning occasionally. Grill squash 8 to 12 minutes (7 to 11 minutes for gas) and onions 12 to 15 minutes (13 to 16 minutes for gas) or until tender, turning occasionally.
5. Remove onions from skewers; toss reduced vinegar, oregano and salt, as desired. Carve steaks into slices. Serve with onion mixture and squash; season steak and squash with salt, as desired.

Nutrition information per serving: 255 calories; 12 g fat (3 g saturated fat; 7 g monounsaturated fat); 54 mg cholesterol; 272 mg sodium; 9 g carbohydrate; 1.6 g fiber; 26 g protein; 7.6 mg niacin; 0.8 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 2.1 mg iron; 29.0 mcg selenium; 4.9 mg zinc; 104.4 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of iron and choline.



3 EASY
STEPS

PAN-BROILING BEEF

- 1** Heat heavy, nonstick skillet 5 minutes over medium heat.
- 2** Season beef (directly from the refrigerator), as desired. Place beef in preheated skillet (do not overcrowd). Do not add oil or water; do not cover.
- 3** Pan-broil according to chart, turning occasionally. After cooking, season beef with salt, if desired.



Pan-Broiling Guidelines

*Approximate
Total Cooking Time
Medium Rare (145°F)
to Medium (160°F)*

Beef Cut

Weight/
Thickness

CHUCK

(minutes)

Chuck Eye steak, boneless	3/4 inch	9 to 11 minutes
	1 inch	12 to 15 minutes
Shoulder Top Blade steak, boneless	3/4 inch	11 to 13 minutes
	1 inch	13 to 17 minutes
Shoulder Top Blade steak (Flat Iron)	8-oz each	11 to 14 minutes
Shoulder Center steak (Ranch)	3/4 inch	8 to 11 minutes
	1 inch	12 to 15 minutes
Shoulder Petite Tender Medallions	1/2 to 3/4 inch	4 to 6 minutes*
Under Blade Center (Denver Cut) steak, boneless	1/2 inch	3 to 4 minutes* <i>(per 8-oz batch)</i>
	3/4 inch	7 to 10 minutes
	1 inch	11 to 15 minutes

RIB

Ribeye steak	3/4 inch	8 to 11 minutes
	1 inch	12 to 15 minutes

LOIN

Porterhouse/T-Bone steak	3/4 inch	10 to 13 minutes
	1 inch	14 to 17 minutes
Top Loin (Strip) steak, boneless	3/4 inch	8 to 11 minutes
	1 inch	12 to 15 minutes
Tenderloin steak	1/2 inch	3 to 5 minutes*
	3/4 inch	7 to 10 minutes
	1 inch	10 to 13 minutes

SIRLOIN

Top Sirloin steak, boneless	3/4 inch	12 to 15 minutes
	1 inch	15 to 18 minutes
Tri-Tip steak	3/4 inch	9 to 12 minutes
	1 inch	13 to 16 minutes

ROUND *Recommend cooking round to medium rare (145°F) doneness only.*

Top Round steak (marinate)	3/4 inch	12 to 15 minutes
	1 inch	15 to 17 minutes
Eye Round steak	3/4 inch	8 to 10 minutes
	1 inch	11 to 13 minutes
Bottom Round steak (Western Griller) (marinate)	3/4 inch	11 to 14 minutes
	1 inch	16 to 22 minutes
Sirloin Tip Center steak	3/4 inch	11 to 13 minutes
	1 inch	14 to 15 minutes
Sirloin Tip Side steak (marinate)	3/4 inch	10 to 12 minutes
	1 inch	13 to 15 minutes

OTHER

Ground Beef patties	1/2 inch (4-oz each)	10 to 12 minutes
<i>Cook to medium (160°F) doneness.</i>	3/4 inch (6-oz each)	14 to 16 minutes

* Use medium-high heat.

All cook times are based on beef removed directly from refrigerator.

Beef & Heirloom Tomato Salad with Balsamic Syrup

Total recipe time:

35 minutes

Makes 4 servings



Ingredients

- 2 beef Shoulder Center steaks (Ranch), cut 3/4 inch thick (about 8-oz each)
- 1-1/2 teaspoons chopped fresh thyme
- 1-1/2 teaspoons minced garlic
- 4 cups arugula leaves, torn into pieces
- 6 small heirloom tomatoes (2 each red, green and yellow), sliced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup Parmesan shavings

Balsamic Syrup:

- 1 cup balsamic vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1-1/2 tablespoons olive oil

Instructions

1. To prepare Balsamic Syrup, bring vinegar to a boil in medium saucepan; reduce heat and simmer 20 minutes or until reduced to about 1/3 cup (consistency will be syrupy). Remove from heat; cool. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Whisk in oil.
2. Meanwhile, press thyme and garlic evenly onto beef steaks. Spray large nonstick skillet with cooking spray; heat over medium heat until hot. Place steaks in skillet; cook 8 to 11 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Carve steaks into thin slices. Arrange arugula and tomatoes on serving platter; drizzle with Balsamic Syrup. Top with steak slices; sprinkle with 1/2 teaspoon salt, 1/4 teaspoon pepper and cheese shavings.

Nutrition information per serving: 311 calories; 13 g fat (4 g saturated fat; 7 g monounsaturated fat); 68 mg cholesterol; 748 mg sodium; 18 g carbohydrate; 2.0 g fiber; 27 g protein; 5.3 mg niacin; 0.6 mg vitamin B₆; 4.3 mcg vitamin B₁₂; 3.8 mg iron; 36.9 mcg selenium; 6.5 mg zinc; 97.5 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of choline.

Recipe and photo as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons.



3 EASY
STEPS

PAN-FRYING BEEF (Sautéing)

1

Heat small amount of oil in heavy, nonstick skillet over medium heat until hot.

2

Season beef (directly from the refrigerator), as desired. Place beef in preheated skillet (do not overcrowd). Do not add water. Do not cover.

3

Pan-fry to desired doneness, turning occasionally. After cooking, season beef with salt, if desired.

Cook's Tip: Cubed steak is a flavorful cut of beef from the Round or Chuck that is tenderized (or cubed) by running it through a butcher's tenderizing machine once or twice.

Pan-frying is similar to pan-broiling except a small amount of oil is added to the pan when cooking.

This cooking method is best for thin, tender beef cuts, 1/2 inch thick or less. Cuts such as cubed steak or other cuts that are floured or breaded, may require additional oil to prevent sticking.

Steak Milanese Salad

Total recipe time:

30 to 40 minutes

Makes 4 servings



Ingredients

- 1 pound boneless beef Round Tip steaks, cut 1/4-inch thick
- 1 large egg
- 2 chipotle peppers in adobo sauce, minced
- 1 tablespoon water
- 1 cup saltine cracker crumbs
- 3 tablespoons chopped fresh cilantro
- 4 to 6 tablespoons vegetable oil
- 6 cups mixed salad greens
- 1 cucumber, seeded, sliced
- 1-1/2 cups diced tomatoes
- Chopped cilantro

Dressing:

- 1/2 cup Italian dressing
- 1 chipotle pepper in adobo sauce, minced
- 1 teaspoon adobo sauce

Instructions

1. Whisk dressing ingredients in small bowl until blended. Set aside.
2. Beat egg, chipotle peppers and water in shallow dish until blended. Combine cracker crumbs and 3 tablespoons cilantro in second shallow dish. Dip each beef steak into egg mixture, then into crumb mixture to coat both sides.
3. Heat 2 tablespoons oil in 12-inch nonstick skillet over medium to medium-high heat until hot. Place 1 to 2 steaks in skillet. (Do not overcrowd.) Cook 3 to 4 minutes or until coating is golden brown and beef is medium rare (145°F) to medium (160°F) doneness, turning once. (Do not overcook.) Remove; keep warm. Repeat with remaining steaks, adding additional oil as needed and adjusting heat as necessary to prevent over browning.
4. Divide salad greens evenly among 4 plates. Top evenly with cucumber and tomatoes. Top each with steaks. Drizzle with dressing and sprinkle with cilantro, as desired.

Nutrition information per serving: 482 calories; 31 g fat (6 g saturated fat; 8 g monounsaturated fat); 128 mg cholesterol; 798 mg sodium; 24 g carbohydrate; 3.8 g fiber; 29 g protein; 5.6 mg niacin; 0.4 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 4.3 mg iron; 32.2 mcg selenium; 4.5 mg zinc; 132.1 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium, zinc and choline; and a good source of fiber.



3 EASY
STEPS

STIR-FRYING BEEF

1

Cut beef into thin, uniform strips. For easier slicing, partially freeze beef (about 30 minutes). Marinate beef to add flavor while preparing other ingredients, if desired.

2

Heat small amount of oil in large nonstick skillet or wok over medium-high heat until hot.

3

Stir-fry beef in 1/2 pound batches (do not overcrowd), continuously turning with a scooping motion, until outside surface of beef is no longer pink. Add additional oil for each batch, if necessary.

Cook's Tip: Cook beef and vegetables separately, then combine and heat through. The cooking liquid may be thickened with cornstarch dissolved in water, if desired.

Beef cuts that can be stir-fried include:

- Eye Round steak
- Flank steak
- Ribeye steak
- Round Sirloin Tip Center steak
- Round Sirloin Tip Side steak
- Round Tip steak
- Shoulder Center steak (Ranch)
- Shoulder Top Blade steak (Flat Iron)
- Skirt steak
- Tenderloin steak
- Top Loin (Strip) steak
- Top Round steak
- Top Sirloin steak
- Tri-Tip steak

Beef Stir-Fry with Green Beans

Marinade time:
30 minutes to 2 hours

Total recipe time:
20 to 30 minutes

Makes 4 servings



STIR-FRYING

Ingredients

- 1 pound boneless beef Top Sirloin or Top Round steak, cut 3/4 inch thick or Flank steak
- 1/2 cup Asian-sesame dressing
- 2 teaspoons minced garlic
- 2-1/2 cups green beans or asparagus pieces (2-inch length) salt
- 1 tablespoon toasted sesame seeds
hot cooked rice (optional)

Instructions

1. Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine 1/4 cup dressing and garlic in medium bowl. Add beef; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Heat large nonstick skillet over medium-high heat until hot. Add green beans and remaining 1/4 cup dressing; stir-fry 5 to 7 minutes or until crisp-tender. Remove from skillet; season with salt, as desired. Set aside.
3. Remove beef from marinade; discard marinade. Add 1/2 of beef to same skillet; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet. Repeat with remaining beef.
4. Return green beans and beef to skillet; cook and stir 1 to 2 minutes or until heated through. Garnish with sesame seeds. Serve with rice, if desired.

Nutrition information per serving, using Top Sirloin: 230 calories; 7 g fat (2 g saturated fat; 2 g monounsaturated fat); 49 mg cholesterol; 288 mg sodium; 12 g carbohydrate; 2.9 g fiber; 27 g protein; 7.6 mg niacin; 0.6 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 2.1 mg iron; 30.6 mcg selenium; 5.1 mg zinc; 99.6 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of fiber, iron and choline.

Broiling Guidelines

*Approximate
Total Cooking Time
Medium Rare (145°F)
to Medium (160°F)*

Beef Cut	Weight/ Thickness	Distance from Heat	
CHUCK		<i>(inches)</i>	<i>(minutes)</i>
Shoulder Top Blade steak (Flat Iron)	8-oz each	3 to 4	15 to 20
Shoulder steak, boneless (marinate)	3/4 inch 1 inch	2 to 3 3 to 4	10 to 13 16 to 21
RIB		<i>(inches)</i>	<i>(minutes)</i>
Rib steak, small end	3/4 inch 1 inch	2 to 3 3 to 4	9 to 12 13 to 17
Ribeye steak	3/4 inch 1 inch	2 to 3 3 to 4	8 to 10 14 to 18
LOIN		<i>(inches)</i>	<i>(minutes)</i>
Porterhouse/ T-Bone steak	3/4 inch 1 inch	2 to 3 3 to 4	10 to 13 15 to 20
Top Loin (Strip) steak, boneless	3/4 inch 1 inch	2 to 3 3 to 4	9 to 11 13 to 17
Tenderloin steak	1 inch 1-1/2 inches	2 to 3 3 to 4	13 to 16 18 to 22
SIRLOIN		<i>(inches)</i>	<i>(minutes)</i>
Top Sirloin steak, boneless	3/4 inch 1 inch 1-1/2 inches 2 inches	2 to 3 3 to 4 3 to 4 3 to 4	9 to 12 16 to 21 26 to 31 34 to 39 (Turn occasionally)
ROUND		<i>(inches)</i>	<i>(minutes)</i>
<i>Recommend cooking Round cuts to medium rare (145°F) doneness only.</i>			
Top Round steak (marinate)	3/4 inch 1 inch 1-1/2 inches	2 to 3 2 to 3 3 to 4	12 to 13 17 to 18 27 to 29
Bottom Round steak (Western Griller) (marinate)	1-1/4 inches	3 to 4	18 to 20
PLATE & FLANK		<i>(inches)</i>	<i>(minutes)</i>
Flank steak (marinate)	1-1/2 to 2 pounds	2 to 3	13 to 18
OTHER		<i>(inches)</i>	<i>(minutes)</i>
Ground Beef patties <i>Cook to medium (160°F) doneness.</i>	1/2 inch (4-oz each) 3/4 inch (6-oz each)	2 to 3 3 to 4	12 to 13 12 to 14
Kabobs, beef only	1 pound 1 x 1-1/4-inch cubes	3 to 4	7 to 11

All cook times are based on beef removed directly from refrigerator.



3 EASY
STEPS

BROILING BEEF

1

Set oven for broiling; preheat for 10 minutes.
(Consult owner's manual for specific information.)

2

Season beef with herbs or spices, as desired. Place beef on rack of broiler pan. Position broiler pan so that surface of beef is within specified distance from heat.

3

Broil according to chart, turning once. After cooking, season beef with salt, if desired.

East Meets West Burgers

Total recipe time:

30 to 40 minutes

Makes 4 servings

Ingredients

- 1 pound Ground Beef (95% lean)
- 1/4 cup soft whole wheat bread crumbs
- 1 large egg white
- 4 whole wheat hamburger buns, split, toasted
- 1/4 cup light mayonnaise
- slaw topping

Instructions

1. Combine Ground Beef, bread crumbs, egg white, 1/4 teaspoon salt and 1/8 teaspoon black pepper in large bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties.
2. Place patties on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 12 to 13, until instant-read thermometer inserted horizontally into center registers 160°F, turning once.
3. Spread equal amount of mayonnaise on bottom of each bun, top with burger. Evenly divide Slaw Topping over burgers and cover.

Slaw Topping: Combine 1/2 cup romaine lettuce, thinly sliced, 1/4 cup shredded red cabbage, 1/4 cup shredded carrot, 1 teaspoon rice vinegar and 1/4 teaspoon black pepper in small bowl. Set aside until ready to serve.

Nutrition information per serving: 341 calories; 13 g fat (4 g saturated fat; 3 g monounsaturated fat); 70 mg cholesterol; 557 mg sodium; 28 g carbohydrate; 4.2 g fiber; 28 g protein; 10.1 mg niacin; 0.5 mg vitamin B₆; 2.1 mcg vitamin B₁₂; 3.8 mg iron; 41.4 mcg selenium; 6.4 mg zinc, 85.9 mg choline

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber and choline.



BROILING



3 EASY
STEPS

BRAISING BEEF (Pot Roasting)

- 1 Slowly brown beef on all sides in small amount of oil in heavy pan over medium heat. Pour off drippings. Season beef with herbs or spices, as desired.
- 2 Add small amount (1/2 to 2 cups) of liquid (such as broth, water, juice, beer or wine).
- 3 Cover tightly and simmer gently over low heat on top of the range or in a preheated 325°F oven according to chart or until beef is fork-tender.

Cook's Tip: The cooking liquid may be thickened or reduced for a sauce, as desired.

Braising Guidelines

Beef Cut	Weight/ Thickness	Approximate Total Cooking Time (Covered Over Low Heat)
CHUCK		<i>(hours)</i>
Chuck pot roast (Shoulder, Arm or Blade), boneless	2-1/2 to 4 pounds	2 to 3
Shoulder steak, boneless	3/4 to 1 inch	1-1/4 to 1-3/4
Short Ribs	2 x 2 x 4 inches	1-1/2 to 2-1/2
ROUND		<i>(hours)</i>
Bottom Round, Rump roast, boneless	3 to 4 pounds	2-1/2 to 3-1/4
Round steak, (Eye or Bottom), boneless	3/4 to 1 inch 1 to 1-1/2 inches	1-1/4 to 1-3/4 1-3/4 to 2-1/2
SHANK & BRISKET		<i>(hours)</i>
Brisket, fresh	2-1/2 to 3-1/2 pounds	2-1/2 to 3

All cook times are based on beef removed directly from refrigerator.

Pot Roast with Cider-Maple Gravy and Mashed Butternut Squash

Total recipe time:

3 to 3-3/4 hours

Makes 8 to 10 servings

Ingredients

- 1 beef Bottom Round roast (3 to 4 pounds)
- 4 teaspoons olive oil, divided
- 1 cup beef broth
- 3/4 cup apple cider
- 2 medium butternut squash, cut lengthwise in half, seeded
- 3 tablespoons cornstarch dissolved in 3 tablespoons water
- 2 tablespoons maple syrup



Instructions

1. Press 3/4 teaspoon pepper evenly onto all surfaces of beef roast. Heat 2 teaspoons oil in stockpot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.
2. Season roast with 1 teaspoon salt. Add broth and cider; bring to a boil. Reduce heat; cover tightly and simmer 2-1/2 to 3-1/4 hours or until roast is fork-tender.
3. Meanwhile, heat oven to 375°F. Brush cut sides of squash halves with remaining 2 teaspoons oil. Place squash, cut sides down, on metal baking sheet. Bake in 375°F oven 45 to 55 minutes or until fork-tender. Cool slightly. Scoop squash flesh into large bowl; discard shells or use for serving, if desired. Mash squash with back of spoon or fork until almost smooth. Season with salt and pepper, as desired; keep warm.
4. Remove roast; keep warm. Skim fat from cooking liquid. Stir in cornstarch mixture and maple syrup; bring to a boil, stirring constantly. Cook and stir 2 to 3 minutes or until slightly thickened.
5. Carve roast into thin slices. Serve with gravy and squash.

Nutrition information per serving, 1/10 of recipe: 279 calories; 9 g fat (3 g saturated fat; 4 g monounsaturated fat); 88 mg cholesterol; 123 mg sodium; 20 g carbohydrate; 2.3 g fiber; 30 g protein; 6.7 mg niacin; 0.6 mg vitamin B₆; 1.6 mcg vitamin B₁₂; 3.3 mg iron; 33.4 mcg selenium; 5.3 mg zinc; 110.9 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium, zinc and choline; and a good source of iron.



STEWING BEEF

3 EASY
STEPS

1

Coat beef lightly with seasoned flour, if desired. Slowly brown beef, in batches, on all sides in small amount of oil in heavy pan over medium heat. Pour off drippings. *(Omit browning step for Corned Beef Brisket.)*

2

Cover beef with liquid (such as broth, water, juice, beer or wine). Add herbs or seasonings, as desired. Bring liquid to boil; reduce heat to low.

3

Cover tightly and simmer gently over low heat on top of the range according to chart or until beef is fork-tender.

Cook's Tip: The cooking liquid may be reduced or thickened for a sauce, as desired.

Stewing Guidelines

Beef Cut	Weight/ Thickness	Approximate Total Cooking Time (Covered Over Low Heat)
SHANK & BRISKET		(hours)
Shank Cross Cuts	1 to 1-1/2 inches	2 to 3
Brisket, fresh	2-1/2 to 3-1/2 pounds	2-1/2 to 3
Brisket, corned	2-1/2 to 3-1/2 pounds	2-1/2 to 3-1/2
OTHER		(hours)
Beef for Stew (Boneless Round or Chuck Pieces for Stew)	1 to 1-1/2 inches	1-3/4 to 2-1/4

All cook times are based on beef removed directly from refrigerator.

Cook's Tip: Determining Doneness of Beef Cooked by Moist Heat (Braising and Stewing):

- Cook until fork-tender. To test, insert a double-pronged meat fork into the thickest part of the beef. When fork can be inserted without resistance and releases easily when pulled out, the beef is done.
- Do not overcook. When overcooked, beef will be dry and stringy. Test with meat fork at the end of suggested cooking time.

Beef Barley Soup with Spinach

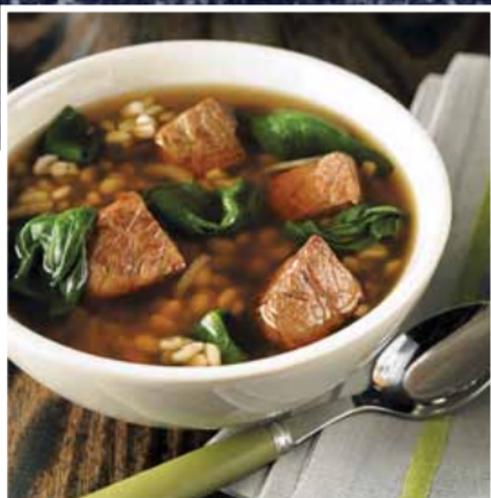
Total recipe time:

2 to 2-1/4 hours

Makes 6 to 8 servings

Ingredients

- 2-1/2 pounds Beef for Stew, cut into 1-inch pieces
- 5 cups water
- 1 package (0.9 to 1.43-oz) dry onion-mushroom soup mix
- 1 teaspoon dried thyme leaves
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup medium pearly barley
- 4 cups loosely packed fresh baby spinach



STEERING

Instructions

1. Combine beef, water, soup mix, thyme, salt and pepper in stockpot; bring to a boil. Reduce heat; cover tightly and simmer 60 minutes.
2. Stir in barley; bring to a boil. Reduce heat; continue simmering, covered, 45 minutes to 1 hour or until beef is fork-tender and barley is tender. Stir in spinach; cover and remove from heat. Let stand 5 minutes. Season with salt and pepper, if desired.

Nutrition information per serving (1/6 of recipe): 248 calories; 9 g fat (3 g saturated fat; 3 g monounsaturated fat); 76 mg cholesterol; 294 mg sodium; 13 g carbohydrate; 3.5 g fiber; 29 g protein; 4.2 mg niacin; 0.3 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 3.9 mg iron; 18.9 mcg selenium; 6.0 mg zinc; 100.9 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber, vitamin B₆ and choline.



3 EASY
STEPS

ROASTING BEEF

- 1** Heat oven to temperature specified in chart. (Pages 46-47)
- 2** Place roast (directly from the refrigerator), fat side up, on rack in shallow roasting pan. The exception is a Rib roast; the ribs form a natural rack. Season roast with herbs and seasonings, as desired. Insert ovenproof meat thermometer so tip is centered in thickest part of roast, not resting in fat or touching bone. Do not add water. Do not cover.
- 3** Roast according to chart. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. *(Temperature will continue to rise 5°F to 10°F to reach desired doneness and roast will be easier to carve.)*



2 EASY
STEPS

TO CARVE A BEEF 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.

Roasting Guidelines

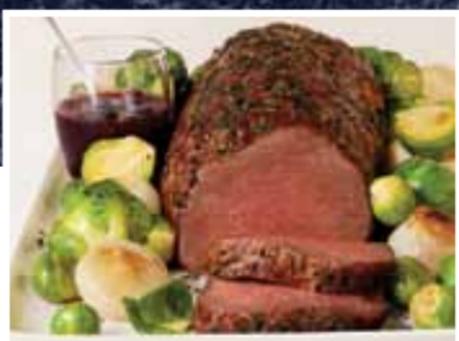
Beef Cut	Oven Temperature (Preheated)	Weight (Pounds)	Approximate Total Cooking Time	Remove roast from oven when internal temperature reaches:
CHUCK				
Shoulder Petite Tender roast	425°F	8 to 12-oz	Medium Rare to Medium: 20 to 25 minutes	145°F to 160°F (No stand time needed.)
RIB				
Ribeye roast, small end	350°F	3 to 4	Medium Rare: 1-1/2 to 1-3/4 hours Medium: 1-3/4 to 2 hours	135°F 150°F
		4 to 6	Medium Rare: 1-3/4 to 2 hours Medium: 2 to 2-1/2 hours	135°F 150°F
		6 to 8	Medium Rare: 2 to 2-1/4 hours Medium: 2-1/2 to 2-3/4 hours	135°F 150°F
Ribeye roast, large end	350°F	3 to 4	Medium Rare: 1-3/4 to 2-1/4 hours Medium: 2 to 2-1/2 hours	135°F 150°F
		4 to 6	Medium Rare: 2 to 2-1/2 hours Medium: 2-1/2 to 3 hours	135°F 150°F
		6 to 8	Medium Rare: 2-1/4 to 2-1/2 hours Medium: 2-3/4 to 3 hours	135°F 150°F
Rib roast, chine bone removed	350°F	4 to 6 (2 ribs)	Medium Rare: 1-3/4 to 2-1/4 hours Medium: 2-1/4 to 2-3/4 hours	135°F 150°F
		6 to 8 (2 to 4 ribs)	Medium Rare: 2-1/4 to 2-1/2 hours Medium: 2-3/4 to 3 hours	135°F 150°F
		8 to 10 (4 to 5 ribs)	Medium Rare: 2-1/2 to 3 hours Medium: 3 to 3-1/2 hours	135°F 150°F
LOIN				
Tenderloin roast, well-trimmed	425°F	2 to 3 (center-cut)	Medium Rare: 35 to 40 minutes Medium: 45 to 50 minutes	135°F 150°F
		4 to 5 (whole)	Medium Rare: 50 to 60 minutes Medium: 60 to 70 minutes	135°F 150°F
SIRLOIN				
Tri-Tip roast	425°F	1-1/2 to 2	Medium Rare: 30 to 40 minutes Medium: 40 to 45 minutes	135°F 150°F
ROUND				
Round Tip roast	325°F	3 to 4	Medium Rare: 1-3/4 to 2 hours Medium: 2-1/4 to 2-1/2 hours	140°F 155°F
		4 to 6	Medium Rare: 2 to 2-1/2 hours Medium: 2-1/2 to 3 hours	140°F 155°F
		6 to 8	Medium Rare: 2-1/2 to 3 hours Medium: 3 to 3-1/2 hours	140°F 155°F
Round Sirloin Tip Center roast	325°F	2 to 2-1/2	Medium Rare: 1-1/4 to 1-1/2 hours	140°F
Rump roast	325°F	3 to 4	Medium Rare: 1-1/2 to 2 hours	135°F
Bottom Round roast	325°F	3 to 4	Medium Rare: 1-1/2 to 2 hours	135°F
Eye Round roast	325°F	2 to 3	Medium Rare: 1-1/2 to 1-3/4 hours	135°F
OTHER				
Ground Beef, meatloaf <i>Cook to medium (160°F) doneness.</i>	350°F	8 x 4-inch 1-1/2 pounds	1-1/4 hours	160°F

Medium rare doneness = 145°F final internal temperature after 15 to 20 minutes standing time.

Medium doneness = 160°F final internal temperature after 15 to 20 minutes standing time.

All cook times are based on beef removed directly from refrigerator.

Classic Tenderloin with Cranberry Drizzle



Total Recipe Time:

1-1/2 to 1-3/4 hours

Makes 8 to 12 servings

Ingredients

- 1 center-cut beef Tenderloin roast (about 2 to 3 pounds)
- 2 pounds cipollini onions, peeled
- 2 pounds small Brussels sprouts, trimmed
- 1 tablespoon olive oil
- 1-1/4 teaspoons salt, divided
- 2 tablespoons chopped fresh thyme
- 1 tablespoon pepper

Sauce:

- 1/3 cup balsamic vinegar
- 3 tablespoons finely chopped shallots
- 1 can (16-oz) whole berry cranberry sauce

Instructions

1. Heat oven to 425°F. Combine onions, Brussels sprouts, oil and 1 teaspoon salt on metal baking pan; toss to coat. Set aside.
2. Combine thyme and pepper; reserve 1 teaspoon thyme mixture for sauce. Press remaining thyme mixture evenly onto all surfaces of beef roast.
3. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Place vegetables in oven with roast. Roast beef in 425°F oven 35 to 40 minutes for medium rare; 45 to 50 minutes for medium doneness. Roast vegetables 45 to 50 minutes or until tender and lightly browned.
4. Meanwhile, prepare sauce. Combine vinegar and shallots in small saucepan; bring to a boil. Reduce heat; simmer 3 minutes. Stir in cranberry sauce; bring to a boil. Reduce heat; simmer 6 minutes to blend flavors, stirring occasionally. Remove from heat; stir in reserved 1 teaspoon thyme mixture and remaining 1/4 teaspoon salt. Keep warm.
5. Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
6. Carve roast into slices; season with salt, as desired. Serve with vegetables and sauce.

Cook's Tip: Cipollini onions look and taste like small, flat onions, but are actually bulbs of the grape hyacinth. Sometimes referred to as wild onions, they can often be found in the produce department of large supermarkets. To easily peel, place in boiling water 10 to 15 seconds. Remove from water and immediately place in a bowl of ice water. Drain. One pound peeled yellow onion wedges may be substituted.

Cook's Tip: To blanch cippolini onions, cook in boiling water 10 to 15 seconds. Remove from water with tongs or slotted spoon and immediately run under cold water or place in a bowl of ice water. Drain water and dry thoroughly with paper towels.

Nutrition information per serving, 1/8 of recipe: 370 calories; 9 g fat (3 g saturated fat; 4 g monounsaturated fat); 67 mg cholesterol; 58 mg sodium; 44 g carbohydrate; 8.1 g fiber; 30 g protein; 7.9 mg niacin; 0.8 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 3.5 mg iron; 30.5 mcg selenium; 5.1 mg zinc; 115.7 mg choline.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium, zinc and choline.

Nutrition information per serving, 1/12 of recipe: 247 calories; 6 g fat (2 g saturated fat; 3 g monounsaturated fat); 29 mg cholesterol; 305 mg sodium; 29 g carbohydrate; 5.4 g fiber; 20 g protein; 5.3 mg niacin; 0.5 mg vitamin B₆; 0.9 mcg vitamin B₁₂; 2.3 mg iron; 20.4 mcg selenium; 3.4 mg zinc; 77.2 mg choline.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, selenium and zinc; and a good source of vitamin B₁₂, iron and choline.

Whether you are shopping, cooking, celebrating or just trying to find out more about the health benefits of beef, visit us on the web to find your solutions!

Interactive Meat Case

Today's meat case is brimming with exciting new choices and traditional favorites. Use our Interactive Meat Case to learn more about the variety of nutritious and satisfying beef cuts available, plus find cut descriptions, recipes, cooking tips and more.

Interactive Meat Case

Today's meat case is brimming with exciting new choices and traditional favorites. Use our Interactive Meat Case to learn more about the variety of nutritious and satisfying beef cuts available, plus find cut descriptions, recipes, cooking tips and more.



Get Connected

Facebook.com/BeefItsWhatsForDinner



Like us! Join our community, post pictures and share why you love beef. Whether it's recipes, promotions or tips on enjoying beef, this is your place to celebrate one powerful protein.

Twitter.com/BeefForDinner



@BeefForDinner

Follow us! We're the most comprehensive resource for smart advice (in 140 characters) on purchasing, preparing and enjoying beef. "Beef. It's What's For Dinner." (and much, much more).

YouTube.com/user/LandOfLeanBeef



Welcome to the Land of Lean Beef! Your place for delicious, healthy beef recipes as well as informative videos on the best (and safest) ways to prepare and cook beef in three easy steps.

Use your smartphone to visit BeefItsWhatsForDinner.com.





For more information, contact:

National Cattlemen's Beef Association

9110 E. Nichols Ave., Suite 300
Centennial, CO 80112
(303) 694-0305
BeefItsWhatsForDinner.com

Funded by The Beef Checkoff

© 2011 Cattlemen's Beef Board and National Cattlemen's Beef Association

07-153 052011