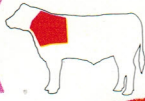
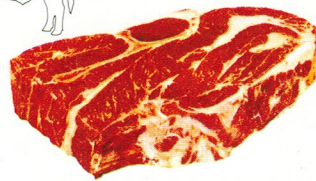


CHUCK



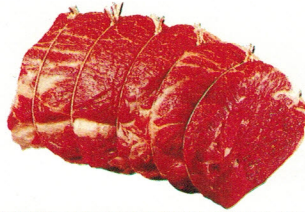
ARM POT-ROAST OR STEAK
(Braise)



7-BONE POT-ROAST OR STEAK
(Braise)



BLADE ROAST OR STEAK
(Braise; If High Quality-Roast, Broil, Panbroil)



CROSS RIB POT-ROAST, BONELESS
(Braise)

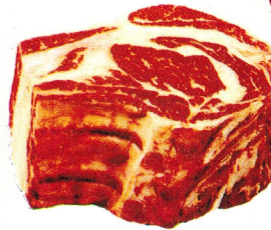


SHOULDER POT-ROAST OR STEAK, BONELESS
(Braise)



SHORT RIBS
(Braise, Cook in Liquid)

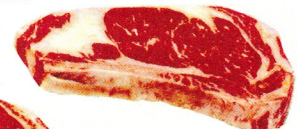
RIB



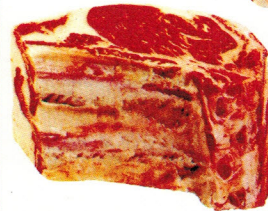
RIB ROAST LARGE END
(Roast)



RIB EYE ROAST
(Roast)



RIB STEAK SMALL END
(Broil, Panbroil, Panfry)



RIB ROAST SMALL END
(Roast)



RIB EYE STEAK
(Broil, Panbroil, Panfry)

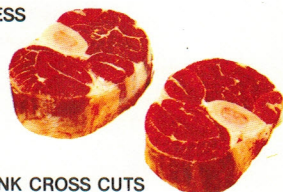
BRISKET & FORE SHANK



BRISKET POINT HALF, BONELESS
(Braise, Cook in Liquid)

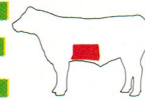


BRISKET FLAT HALF, BONELESS
(Braise, Cook in Liquid)



SHANK CROSS CUTS
(Braise, Cook in Liquid)

SHORT PLATE

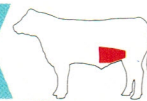


SKIRT STEAK, BONELESS
(Braise, Broil, Panbroil, Panfry)



SKIRT STEAK ROLLS, BONELESS
(Braise, Broil, Panbroil, Panfry)

FLANK



FLANK STEAK
(Broil, Braise)



FLANK STEAK ROLLS
(Braise, Panbroil, Panfry)

TRIM

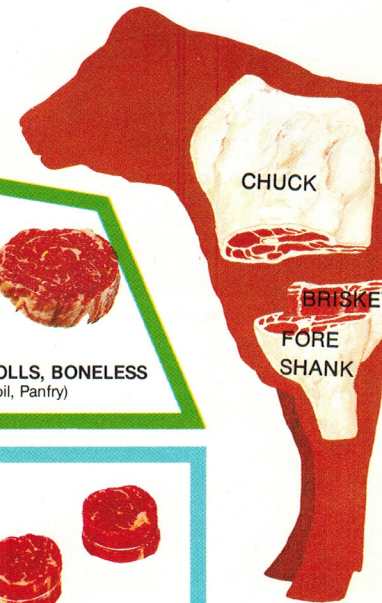


BEEF FOR STEW
(Braise, Cook in Liquid)

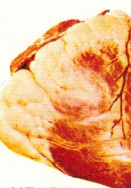


GROUND BEEF
(Broil, Panbroil, Panfry, Bake)

BO CU



VARIETY



HEART
(Braise, Cook in Liquid)

EEF TS

SHORT LOIN



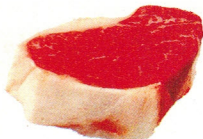
T-BONE STEAK
(Broil, Panbroil, Panfry)



PORTERHOUSE STEAK
(Broil, Panbroil, Panfry)



TOP LOIN STEAK, BONELESS
(Broil, Panbroil, Panfry)

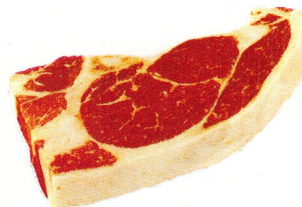
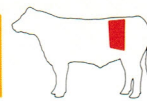


TENDERLOIN STEAK
(Broil, Panbroil, Panfry)

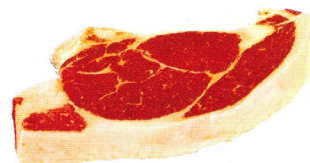


TENDERLOIN ROAST
(Roast, Broil)

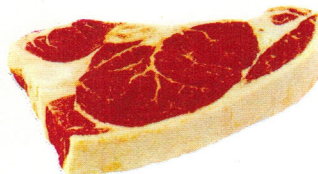
SIRLOIN



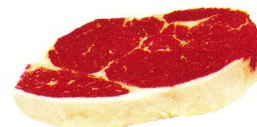
WEDGE BONE SIRLOIN STEAK
(Broil, Panbroil, Panfry)



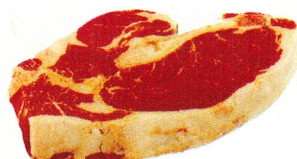
SHELL SIRLOIN STEAK
(Broil, Panbroil, Panfry)



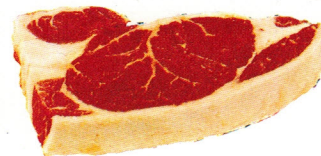
ROUND BONE SIRLOIN STEAK
(Broil, Panbroil, Panfry)



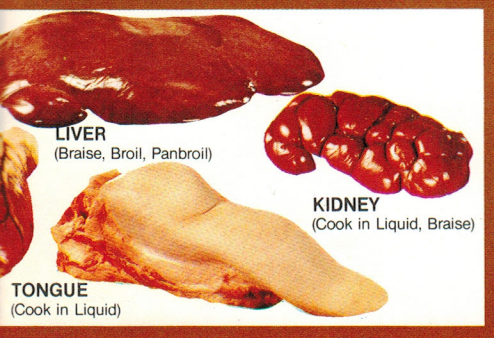
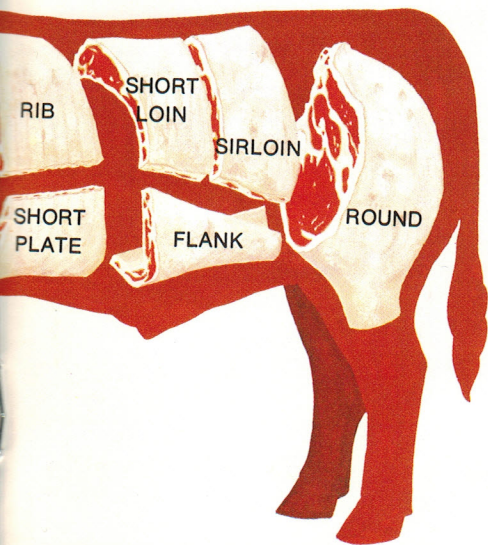
TOP SIRLOIN STEAK, BONELESS
(Broil, Panbroil, Panfry)



FLAT BONE SIRLOIN STEAK
(Broil, Panbroil, Panfry)



SIRLOIN STEAK, BONELESS
(Broil, Panbroil, Panfry)



LIVER
(Braise, Broil, Panbroil)

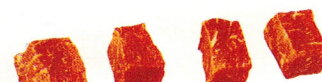
KIDNEY
(Cook in Liquid, Braise)

TONGUE
(Cook in Liquid)

ROUND



ROUND STEAK
(Braise; If High Quality-Panfry)



CUBES FOR KABOBS
(Braise, Broil)



RUMP ROAST, BONELESS
(Braise; If High Quality-Roast)



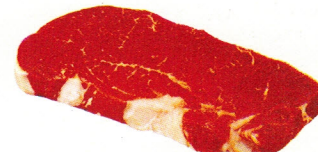
HEEL OF ROUND
(Braise, Cook in Liquid)



TOP ROUND ROAST
(Roast)



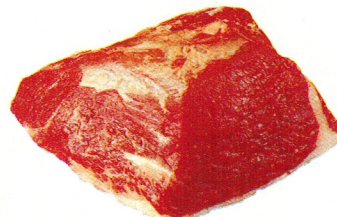
CUBED STEAK
(Braise, Panfry)



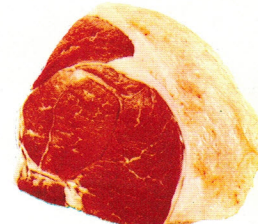
TOP ROUND STEAK
(Broil, Panbroil, Panfry)



EYE ROUND STEAK
(Braise; If High Quality-Panfry)



BOTTOM ROUND ROAST
(Braise; If High Quality-Roast)



TIP ROAST
(Braise; If High Quality-Roast)

DRY AND MOIST HEAT METHODS

One of the objectives of cooking meat is to develop tenderness. Any cut can be made tender, juicy and flavorful when cooked by the appropriate method. Tender cuts are best cooked by *dry* heat methods. Less tender cuts require *moist* heat methods. The longer cooking time at low temperatures with moisture helps soften some of the connective tissue in less tender cuts.

DRY HEAT METHODS FOR TENDER CUTS



PANBROILING

Use instead of oven broiling for small, tender beef cuts, 1 inch thick or less.

- (1) Place beef in heavy frying-pan.
- (2) Do not add fat or water. Do not cover. Covering creates moisture which braises the beef (a moist heat method).
- (3) Cook slowly, turning occasionally.
- (4) Pour off fat as it accumulates. If it collects, the beef will panfry instead of panbroil.
- (5) Brown meat on both sides.
- (6) Season and serve at once.



PANFRYING

Use for very thin, tender beef cuts and cuts made tender by pounding, scoring, cubing or grinding. Also, use for cuts coated with flour, meal or egg and crumbs.

- (1) Place beef in a small amount of heated fat in frying-pan.
- (2) Brown on both sides.
- (3) Season, if desired.
- (4) Do not cover.
- (5) Cook at moderate temperature until done, turning occasionally.



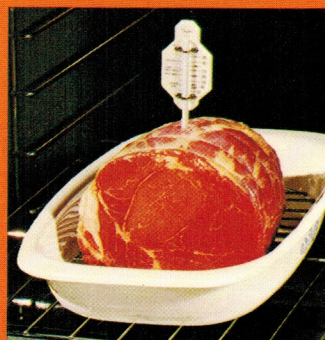
BROILING

Use for tender steaks at least one inch thick and ground beef patties.

- (1) Place beef on rack in broiler pan. Place one-inch steaks or patties 2 to 3 inches from heat; thicker cuts, 3 to 5 inches.
- (2) Broil until top surface is brown.
- (3) Season after browning.
- (4) Turn meat with tongs, cook until done. Do not use a fork

as it will puncture the meat, releasing juices.

A charcoal, electric or gas grill can be used for broiling. Use the same cuts of beef and follow the same steps as in broiling. Success depends largely on consistent low to moderate heat. Cooking time will vary with the beef cut, fire or heat, position on grill, degree of doneness desired and wind, if outdoors. This method is referred to as barbecuing in some parts of the country.



ROASTING

Use any large, tender cut of beef or veal.

- (1) Season, if desired.
- (2) Place beef, fat side up, on a rack in open, shallow pan. The fat on top of the roast bastes it; the rack holds it out of the drippings.
- (3) Insert meat thermometer. Bulb should be in the center of the largest muscle and not touching bone or resting in fat.
- (4) Do not add water. Do not cover.
- (5) Roast in a slow oven, 300° to 325° F. (150°-160° C).
- (6) Roast to 5° F. below desired degree of doneness. Allow roast to stand 15-20 minutes before carving. Internal temperature will usually increase 5° F. while the roast stands.

Rotisserie cooking is a form of roasting. Use large, symmetrical cuts.

- (1) Insert rotisserie rod, lengthwise, through center of roast; fasten beef securely.
- (2) Place a drip pan under the turning beef to prevent flareups. Arrange coals around the pan.
- (3) Insert thermometer, as in roasting. Be sure bulb does not touch the rotisserie rod.

VARIATIONS- DRY HEAT METHODS

STIR-FRYING

Stir-frying is a form of panfrying used in Oriental cookery. A wok, large frying-pan or electric fry-pan can be used.

- (1) Cut ingredients to uniform size, shape and thickness before beginning to cook. Beef should be sliced thin, across the grain.
- (2) Heat oil in pan.
- (3) Place one food at a time in the pan.
- (4) Stir continuously until cooked. Push cooked pieces up the wide sides of the wok or remove from the pan.
- (5) Repeat until all foods are cooked.
- (6) Combine all foods in pan. Add sauce, if desired, and cook until thickened. Serve at once.



DEEP-FAT FRYING

Deep-fat frying is another form of frying.

- (1) Cut or shape beef into uniform pieces. Coat with batter, eggs and crumbs or flour, if desired.
- (2) Use deep pan (such as a kettle, electric deep-fat fryer or fondue pot) and when necessary a wire frying basket.
- (3) Heat fat to frying temperature. Heat enough fat to cover the beef pieces. Size of the pieces and whether the beef is cooked or uncooked determine the suitable temperature (between 300° and 360° F. or 150° and 175° C).
- (4) Place beef in frying basket. Lower beef a few pieces at a time into the hot fat.
- (5) Fry until browned and cooked through.
- (6) When done, remove beef from fat and place on absorbent towels.

MOIST HEAT METHODS FOR LESS TENDER CUTS



BRAISING

- (1) Brown beef in its own fat or in a small amount of added fat in a heavy utensil. Brown all sides slowly. The beef may be dredged in flour.
- (2) Season. Herbs and spices can be added to flour, if desired.
- (3) Add small amount of liquid (1/4 to 1/2 cup). Use water, soup stock, vegetable juice or marinade.
- (4) Cover tightly. A tight lid holds in the steam needed for softening the connective tissue and tenderizing the beef.
- (5) Cook at low temperature until tender. Cook on top of range or in a slow oven at 300° to 325° F. Remove beef to heated platter and make sauce or gravy from the liquid in the pan, if desired.

A charcoal, electric or gas grill can be used for braising less tender cuts. Wrap beef securely in heavy-duty foil or cook in a small amount of liquid in a covered pan.



COOKING IN LIQUID

- (1) Dredge beef in seasoned flour, if desired.
- (2) Brown the cut on all sides in a heavy utensil in its own fat or drippings, when desired.
- (3) Cover with liquid, cover utensil, cook just below boiling point until tender. (Boiling will toughen the meat.)
- (4) Add vegetables (whole or cut in large pieces) just long enough before serving to be cooked. When done, thicken pan juices, if desired. If the beef is to be served cold (e.g., corned beef), refrigerate it in the stock in which it was cooked.

VARIATIONS—MOIST HEAT METHODS

COOKING IN A PRESSURE PAN

Less tender cuts of beef can also be cooked in a pressure pan in less time than used in ordinary cooking methods. Consult the instruction book that accompanies the pressure pan to avoid over or under-cooking.

COOKING IN A SLOW ELECTRIC COOKER

A slow cooker gently simmers the foods in a liquid at low temperatures over a long period of time (4-12 hours). It is most suitable for less expensive, less tender beef cuts. Consult the instruction book that accompanies the appliance.

COOKING FROZEN BEEF

Frozen cuts cooked by moist heat methods usually need little, if any, additional cooking time.

Dry heat methods can be used to cook frozen beef cuts if additional cooking time is allowed. Allow 1 1/3 to 1 1/2 times the cooking time recommended for an unfrozen roast. Allow 1 1/2 to 2 times the time recommended to panfry or broil an unfrozen steak. Beef cuts to be floured before browning, coated with eggs and crumbs or dipped in a batter need to be partially defrosted so the coatings will stick.