

COOKERY TIME CHARTS

Stove-Top Skillet Cooking (Pan Broiling, Sautéing)

1. Heat heavy non-stick skillet over medium heat for 5 minutes.
2. Season beef straight from the refrigerator with herbs or spices, as desired. Place in preheated skillet. Do not overcrowd. Do not add water; do not cover.
3. Cook according to timetable below, turning once. (For cuts 1 inch thick or thicker, turn occasionally.) Remove excess drippings from skillet as they accumulate. After cooking, season beef with salt, if desired.

Beef Cut	Thickness	Approx. Total Cooking Time Over Medium Heat (<i>medium rare to medium doneness</i>)
Rib Eye Steak	3/4 inch 1 inch	8 to 10 minutes 12 to 15 minutes
Porterhouse/T-Bone Steak	3/4 inch 1 inch	11 to 13 minutes 14 to 17 minutes
Top Loin Strip Steak, <i>boneless</i>	3/4 inch 1 inch	10 to 12 minutes 12 to 15 minutes
Tenderloin Steak <i>*Use medium-high heat for 1/2-inch thick steak.</i>	1/2 inch 3/4 inch 1 inch	3-1/2 to 5-1/2 minutes 7 to 9 minutes 10 to 13 minutes
Top Sirloin Steak, <i>boneless</i>	3/4 inch 1 inch	10 to 13 minutes 15 to 20 minutes
Top Round Steak (<i>marinate</i>) <i>Recommended cooking to medium rare only</i>	3/4 inch 1 inch	11 to 12 minutes 15 to 16 minutes
Eye Round Tip	1/2 inch	2 to 4 minutes
Round Tip Steak	1/8 to 1/4 inch	1 to 2 minutes
Chuck Eye Steak, <i>boneless</i>	3/4 inch 1 inch	9 to 11 minutes 12 to 15 minutes
Chuck Top Blade Steak, <i>boneless</i>	3/4 inch 1 inch	10 to 12 minutes 13 to 17 minutes
Cubed Steak Use medium-high heat	N/A	3 to 4 minutes
Ground Beef Patties Cook to medium (160° F) doneness; see Determining Doneness	1/2 x 4 inches (4 per pound) 3/4 x 4 inches (4 per 1-1/2 pounds)	10 to 12 minutes 12 to 15 minutes

- *All cooking times are based on beef removed directly from refrigerator.*

Oven Broiling

1. Set oven regulator for broiling; preheat for 10 minutes. During broiling the door of electric oven should be left ajar; the door of gas oven should remain closed. (However, consult your owner's manual for specific broiling guidelines.)
2. Place beef on rack of broiler pan. Season beef straight from the refrigerator with herbs or spices, as desired. Position broiler pan so that surface of beef is within the distance from heat specified in timetable below.
3. Broil according to timetable, turning once. After cooking, season beef with salt, if desired.

Beef Cut	Thickness/ Weight	Distance From Heat	Approx. Total Cooking Time Over Medium Heat (<i>medium rare to medium doneness</i>)
Rib Eye Steak	3/4 inch 1 inch 1-1/2 inches	2 to 3 inches 3 to 4 inches 3 to 4 inches	8 to 10 minutes 14 to 18 minutes 21 to 27 minutes
Rib Steak, <i>small end</i>	3/4 inches 1 inch 1-1/2 inches	2 to 3 inches 3 to 4 inches 3 to 4 inches	9 to 12 minutes 13 to 17 minutes 24 to 31 minutes
Porterhouse/T-Bone Steak	3/4 inch 1 inch 1-1/2 inches	2 to 3 inches 3 to 4 inches 3 to 4 inches	10 to 13 minutes 15 to 20 minutes 27 to 32 minutes
Top Loin Strip Steak, <i>boneless</i>	3/4 inch 1 inch 1-1/2 inches	2 to 3 inches 3 to 4 inches 3 to 4 inches	9 to 11 minutes 13 to 17 minutes 19 to 23 minutes
Tenderloin Steak	1 inch 1-1/2 inches	2 to 3 inches 3 to 4 inches	13 to 16 minutes 18 to 22 minutes
Top Sirloin Steak, <i>boneless</i> <i>*Turn occasionally as needed during cooking.</i>	3/4 inch 1 inch 1-1/2 inches 2 inches	2 to 3 inches 3 to 4 inches 3 to 4 inches 3 to 4 inches	9 to 12 minutes 16 to 21 minutes 26 to 31 minutes 34 to 39 minutes
Flank Steak (<i>marinate</i>)	1-1/2 to 2 pounds	2 to 3 inches	13 to 18 minutes
Top Round Steak (<i>marinate</i>) <i>Recommended cooking to medium rare (145° F) only</i>	3/4 inch 1 inch 1-1/2 inches	2 to 3 inches 2 to 3 inches 3 to 4 inches	12 to 13 minutes 17 to 18 minutes 27 to 29 minutes
Chuck Shoulder Steak, <i>boneless</i> <i>(marinate)</i>	3/4 inch 1 inch	2 to 3 inches 3 to 4 inches	10 to 13 minutes 16 to 21 minutes

- ***All cooking times are based on beef removed directly from refrigerator.***

Oven Roasting

1. Heat oven to temperature specified in roasting timetable below.
2. Place roast (straight from refrigerator), fat side up, on rack in shallow roasting pan. Season roast before cooking, 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 timetable. Transfer roast to carving board; tent loosely with foil. Let stand 15 to 20 minutes. (Internal temperature will continue to rise 5° F to 10° F to reach desired doneness and roast will be easier to carve.)

Beef Cut	Oven Temp. (pre-heated)	Weight	Approximate Total Cooking Time	Remove when internal temp. equals
Rib Eye Roast, small	350° F	3 to 4 lb	Medium Rare: 1-1/2 to 1-3/4 hours	135° F
			Medium: 1-3/4 to 2 hours	150° F
		4 to 6 lb	Medium Rare: 1-3/4 to 2 hours	135° F
			Medium: 2 to 2-1/2 hours	150° F
		6 to 8 lb	Medium Rare: 2 to 2-1/4	135° F
			Medium: 2-1/2 to 2-3/4 hours	150° F
Rib Eye Roast, large	350° F	3 to 4 lb	Medium Rare: 1-3/4 to 2-1/4 hours	135° F
			Medium: 2 to 2-1/2 hours	150° F
		4 to 6 lb	Medium Rare: 1-3/4 to 2-1/4 hours	135° F
			Medium: 2-1/2 to 3 hours	150° F
		6 to 8 lb	Medium Rare: 1-1/4 to 2-1/2 hours	135° F
			Medium: 2-3/4 to 3 hours	150° F
Rib Roast (<i>chine bone removed</i>)	350° F	4 to 6 lb (2 ribs)	Medium Rare: 1-3/4 to 2-1/4 hours	135° F
			Medium: 2-1/4 to 2-3/4 hours	150° F
		6 to 8 lb (2 to 4 ribs)	Medium Rare: 2-1/4 to 2-1/2 hours	135° F
			Medium: 2-3/4 to 3 hours	150° F
		8 to 10 lb (4 to 5 ribs)	Medium Rare: 2-1/2 to 3 hours	135° F
			Medium: 3 to 3-1/2 hours	150° F

Tenderloin Roast	425° F	2 to 3 lb (center cut)	Medium Rare: 35 to 40 minutes Medium: 45 to 50 minutes	135° F 150° F
		4 to 5 lb (whole)	Medium Rare: 50 to 60 minutes Medium: 60 to 70 minutes	135° F 150° F
Tri-Tip Roast	425° F	1-1/2 to 2 lb	Medium Rare: 30 to 40 minutes Medium: 40 to 45 minutes	135° F 150° F
Round Tip Roast	325° F	3 to 4 lb	Medium Rare: 1-3/4 to 2 hours Medium: 2-1/4 to 2-1/2 hours	140° F 155° F
		4 to 6 lb	Medium Rare: 2 to 2-1/2 hours Medium: 2-1/2 to 3 hours	140° F 155° F
		6 to 8 lb	Medium Rare: 2-1/2 to 3 hours Medium: 3 to 3-1/2 hours	140° F 155° F
Rump Roast	325° F	3 to 4 lb	Medium Rare: 1-1/2 to 2 hours	135° F
Bottom Round Roast	325° F	3 to 4 lb	Medium Rare: 1-1/2 to 2 hours	135° F
Eye Round Roast	325° F	2 to 3 lb	Medium Rare: 1-1/2 to 1-3/4 hours	135° F
Meatloaf <i>Cook to medium (160° F doneness)</i>	350° F	8 x 4 inches 1-1/2 lb	Medium: 1-1/4 hours	160° F

- **Medium rare doneness = 145° F final internal temperature after 15-20 minutes standing time.**
- **Medium doneness = 160° F final internal temperature after 15-20 minutes standing time.**
- **All cooking times are based on beef removed directly from refrigerator.**

Undercover Cooking (Braising, Pot Roasting, Stewing)

1. Remove beef from refrigerator. Lightly coat with seasoned flour, if desired. **Slowly brown** beef on all sides in small amount of oil in heavy pan. Pour off drippings. Season beef, as desired.
(Omit dredging and browning for corned beef brisket.)
2. Add liquid, such as broth, water, juice, beer and/or wine, to pan. Bring to a boil; reduce heat.
 - For pot roasts and other braised dishes, such as Swiss steak, chilis and shredded beef, use small amount of liquid (1/2 to 2 cups).
 - For stews and soups, use at least enough liquid to cover beef.
 - Corned beef brisket is cooked in liquid to cover.
3. **Cover tightly** and **simmer gently** over low heat on top of the range, or in a preheated 325° F oven, according to timetable or until beef is fork-tender. (It is not necessary to turn pot roast or steak over during cooking.) Cooking liquid may be thickened or reduced, as desired.

Beef Cut	Thickness/Weight	Approx. Total Cooking Time (covered over low heat)
Chuck Pot Roast, <i>boneless</i> (Arm, Shoulder or Blade)	2-1/2 to 4 lb	2 to 3 hours
Chuck Shoulder Steak, <i>boneless</i>	3/4 to 1 inch	1-1/4 to 1-3/4 hours
Bottom Rump Roast	3 to 4 lb	2-1/2 to 3-1/4 hours
Round Steak, <i>Boneless</i> (Eye or Bottom)	3/4 to 1 inch 1 to 1-1/2 inches	1-1/4 to 1-3/4 hours 1-3/4 to 2-1/2 hours
Brisket, <i>fresh</i>	2-1/2 to 4 lb	2-1/2 to 3 hours
Beef Brisket, <i>Corned</i>	2-1/2 to 3-1/2 lb 3-1/2 to 5 lb	2-1/2 to 3-1/2 hours 3-1/2 to 4-1/2 hours
Beef or Stew	1 to 1-1/2 = inch pieces	1-3/4 to 2-1/4 hours
Shank Cross Cuts	1 to 1-1/2 = inch thick pieces	2 to 3 hours
Beef Short Ribs	2 x 2 x 4 = inch pieces	1-1/2 to 2-1/2 hours

- **All cooking times are based on beef removed directly from refrigerator.**