<table>
<thead>
<tr>
<th>BEEF CUT</th>
<th>THICKNESS/WEIGHT</th>
<th>RECOMMENDED COOKING METHOD</th>
<th>TIME</th>
<th>DONENESS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHECK</strong></td>
<td></td>
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</tr>
<tr>
<td>Shoulder Top Blade Steak (Flat Iron)</td>
<td>3/4 inch</td>
<td>PAN-BROIL/GRILL</td>
<td>10 to 12 minutes</td>
<td>Medium Rare (145°F)</td>
</tr>
<tr>
<td>Shoulder Steak, boneless (marinate)</td>
<td>3/4 inch</td>
<td>PAN-BROIL/GRILL</td>
<td>14 to 17 minutes</td>
<td>Medium Rare (145°F)</td>
</tr>
<tr>
<td>1 inch</td>
<td>15 to 18 minutes</td>
<td>Medium (160°F)</td>
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</tr>
<tr>
<td>Shoulder Center Steak (Ranch Style)</td>
<td>1 inch</td>
<td>PAN-BROIL/GRILL</td>
<td>9 to 11 minutes</td>
<td>Medium Rare (145°F)</td>
</tr>
<tr>
<td>3/4 inch</td>
<td>14 to 15 minutes</td>
<td>Medium (160°F)</td>
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<tr>
<td><strong>SHOULDER</strong></td>
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<tr>
<td>Top Sirloin Steak</td>
<td>3/4 inch</td>
<td>PAN-BROIL/GRILL</td>
<td>13 to 15 minutes</td>
<td>Medium Rare (145°F)</td>
</tr>
<tr>
<td>1 inch</td>
<td>17 to 21 minutes</td>
<td>Medium (160°F)</td>
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<tr>
<td>1-1/2 inches</td>
<td>22 to 26 minutes</td>
<td>Medium (160°F)</td>
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<tr>
<td><strong>ROUND</strong></td>
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<tr>
<td>Round Sirloin Tip Center Steak</td>
<td>3/4 inch</td>
<td>PAN-BROIL/GRILL</td>
<td>8 to 10 minutes</td>
<td>Medium Rare (145°F)</td>
</tr>
<tr>
<td>1 inch</td>
<td>12 to 15 minutes</td>
<td>Medium (160°F)</td>
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<tr>
<td><strong>SHRIMP &amp; BISCUITS</strong></td>
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<tr>
<td><strong>STREAM</strong></td>
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<tr>
<td><strong>Other Cuts</strong></td>
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<tr>
<td>Chuck Eye Steak, boneless</td>
<td>3/4 inch</td>
<td>PAN-BROIL/GRILL</td>
<td>9 to 11 minutes</td>
<td>Medium Rare (145°F)</td>
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<tr>
<td>1 inch</td>
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<td>Medium (160°F)</td>
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<tr>
<td>Shoulder Top Blade Steak, boneless</td>
<td>3/4 inch</td>
<td>PAN-BROIL/GRILL</td>
<td>10 to 12 minutes</td>
<td>Medium Rare (145°F)</td>
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<tr>
<td>Shoulder Top Blade Steak (Flat Iron)</td>
<td>3/4 inch</td>
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<td>13 to 15 minutes</td>
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<td>Chuck Eye Steak, boneless</td>
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<td>1 inch</td>
<td>12 to 15 minutes</td>
<td>Medium (160°F)</td>
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<tr>
<td><strong>SIRLOIN</strong></td>
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<tr>
<td>Top Sirloin Steak</td>
<td>3/4 inch</td>
<td>PAN-BROIL/GRILL</td>
<td>8 to 10 minutes</td>
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<td>1 inch</td>
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<td>Medium (160°F)</td>
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<td><strong>SHRIMP &amp; BISCUITS</strong></td>
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<tr>
<td>Top Loin (Strip) Steak, boneless</td>
<td>1-inch-thick</td>
<td>PAN-BROIL/GRILL</td>
<td>10 to 12 minutes</td>
<td>Medium Rare (145°F)</td>
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<tr>
<td>1 inch</td>
<td>13 to 17 minutes</td>
<td>Medium (160°F)</td>
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<tr>
<td><strong>Top Loin (Strip) Steak, Boneless</strong></td>
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<tr>
<td><strong>Top Round Steak, Round Tip Roast</strong></td>
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</table>
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**
- Shoulder Center (Ranch) Steak
- Shoulder Tip (Flat) Iron
- Shoulder Tip Blade
- Shoulder Petite Tender Medallions
- Porterhouse/T-Bone
- Rib
- Ribeye
- Round Sirloin Tip Center
- Round Sirloin Tip Side
- Round Tip, Thin Cut
- Tenderloin
- Top Loin (Strip), boneless
- Top Round
- Top Sirloin, boneless
- Eye Round
- Eye Petite Tender
- Rib
- Round Tip
- Tenderloin
- Tri-Tip
- Short Ribs
- Shank Cross Cuts
- Beef for Slow
- Grains
- Shank Cross Cuts
- Short Ribs
- Short Ribs, boneless

**SERVINGS/POUND**
- (2-ounce cooked, trimmed)
- 3-1/2
- 4
- 3-1/2
- 3-1/2
- 3-1/2
- 2-1/2
- 3
- 4
- 4
- 4
- 4
- 4
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**WHAT DO I NEED TO KNOW ABOUT MARINADES?**
- Marinate in the refrigerator, never at room temperature.
- Less tender cuts should be marinated in a tenderizing marinade at least 6 hours, marinating longer than 24 hours may result in a mushy texture. (TIP: Use Italian dressing or salsa for a quick marinade.)
- If a marinade is to be used for basting or served as a sauce, reserve a portion of it before adding the beef. Marinate that has in contact with uncooked meat must be brought to a full rolling boil for at least one minute before it can be used as a basting or serving sauce.

**ROASTING BEEF**
- Heat oven to temperature specified in chart.
- Place roast directly from refrigerator, fat side up, or 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.

**BEEF CUT**
- Shoulder Petite Tender Roast
- Ribeye: Ribeye, small end
- Ribeye: Ribeye, large end
- Ribeye, boneless: bone in
- Tenderloin, well-done
- Tri-Tip, boneless: bone in
- Tri-Tip, bone in
- Round Tip Roast
- Shank Cross Cuts: bone in
- Beef for Slow

**WEIGHT/PACKAGE**
- Medium Rare: 20 to 25 minutes (out of oven temperature necessary)
- Medium: 2-1/2 to 3 hours
- Medium: 2-1/2 to 3 hours
- Medium Rare: 45 to 50 minutes (out of oven temperature necessary)
- Medium Rare: 2-1/2 to 3 hours
- Medium: 2-1/2 to 3 hours
- Medium: 3 to 3-1/2 hours
- Medium: 3 to 4 hours
- Medium Rare: 8 to 10 hours
- Medium Rare: 2-1/2 to 3 hours
- Medium: 2-1/2 to 3 hours
- Medium: 2-1/2 to 3 hours
- Medium: 2-1/2 to 3 hours
- Medium: 2-1/2 to 3 hours
- Medium: 3 to 4 hours
- Medium: 2-1/2 to 3 hours
- Medium Rare: 2-1/2 to 3 hours
- Medium: 4 to 6 hours
- Medium: 2-1/2 to 3 hours
- Medium: 1-3/2 to 2-1/2
- Medium: 1-3/2 to 2-1/2
- Medium: 1-3/4 to 2-1/2
- Medium: 1-3/4 to 2-1/2
- Medium: 1-3/2 to 2-1/2
- Medium: 1-3/2 to 2-1/2
- Medium: 2-1/2 to 3 hours
- Medium: 1-1/4 to 2 hours
- Medium: 1-1/4 to 2 hours
- Medium: 1-1/4 to 2 hours
- Medium: 1-1/4 to 2 hours
- Medium: 1-3/4 to 2-1/2
- Medium: 1-3/4 to 2-1/2
- Medium: 1-3/4 to 2-1/2
- Medium: 1-3/4 to 2-1/2
- Medium: 1-3/4 to 2-1/2
- Medium: 1-3/4 to 2-1/2

**APPROXIMATE TOTAL COOKING TIME**
- Lightly coated, searing flour
- For Top Round Steak, braising is not recommended; see grilling method. All cook times are based on beef removed directly from refrigerator.

**COOKING BEEF IN LIQUID**
- Cook 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. (Using browned cooking fat for beef broth.)
- Cover beef with liquid (such as broth, wine, juice or beer) and add herbs or seasonings, as desired. Bring liquid to boil; reduce heat to low.
- Cover and simmer gently over low heat on range top according to chart or until beef is fork-tender.

**HOW LONG CAN I KEEP IT?**
- Maximum/Recommended Storage Time by Quality
- 7 days internal temperature after 15 to 20 minutes standing time. Medium Rare: 145°F; Medium: 160°F.
- All cuts are based on beef seasonal during refrigeration.

**NEVER DEFROST MEATS AT ROOM TEMPERATURE!**