



6046 Broadview Rd. West Side Market
 Parma, OH 44134 Stands B4 and B5
 216-351-0801 216-621-2498

Beef Chart

<u>Cooking Method</u>	<u>Cut of Beef</u>	<u>Cooking Method</u>	<u>Cut of Beef</u>
Roasting	{ Standing Rib Roast Rump Roast Filet or Tenderloin Sirloin Sirloin Tip	Braising Pot Roasting	{ Chuck Roast English Cut Roast Brisket Short Ribs Flank Steak Rump Roast Eye of Round
Broiling Pan Broiling Pan Frying	{ Porterhouse Steak Sirloin Steak Rib Steak T-Bone Steak Top Round Steak Filet Mignon Steak Flank Steak	Cooking in Liquid Stewing	{ Shank Cross Cuts Corned Beef Short Ribs Round

• Beef Roasting Chart •

Insert thermometer into thickest part of meat away from fat and bone. Use shorter time per pound for larger cuts and longer time for smaller cuts. Plan to remove roasts from the oven 20-30 minutes before serving time, so that it may be carved more easily and juices remain locked in the meat.

Cut of Beef	Weight	Oven Temperature	Meat Therm. Reading	Cooking Time; Minutes Per Pound
Standing Rib (Bone-in)	4-8 pounds	325°	140° (Rare)	18-20
			160° (Medium)	22-25
			170° (Well Done)	27-30
Rolled Rib (Boneless)	4-6 pounds	325°	140° (Rare)	28-30
			160° (Medium)	32-35
			170° (Well Done)	37-40
Rolled Rump	4-6 pounds	325°	140° (Rare)	25-30
			160° (Medium)	32-35
Eye of Round	2-5 pounds	325°	140° (Rare)	35-38
			160° (Medium)	45-53
			170° (Well Done)	55-68
Sirloin Tip	3-5 pounds	325°	140° (Rare)	30
			160° (Medium)	35
Whole Filet	4-5 pounds	425°	140° (Rare)	10
			160° (Medium)	13

Beef

• RETAIL CUTS •
WHERE THEY COME FROM
HOW TO COOK THEM



Round Steak
Braise, Panfry

Top Round Roast
Roast

Top Round Steak
Broil, Panbroil, Panfry

Boneless Rump Roast
Roast, Braise

Bottom Round Roast
Braise, Roast

Tip Roast, Cap Off
Roast, Braise

Eye Round Roast
Braise, Roast

Tip Steak
Broil, Panbroil, Panfry

ROUND

Sirloin Steak, Flat Bone
Broil, Panbroil, Panfry

Sirloin Steak, Round Bone
Broil, Panbroil, Panfry

Top Sirloin Steak
Broil, Panbroil, Panfry

SIRLOIN

Shank Cross Cut
Braise, Cook in Liquid

Brisket, Whole
Braise, Cook in Liquid

Corned Brisket, Point Half
Braise, Cook in Liquid

Brisket, Flat Half
Braise

FORE SHANK & BRISKET

Chuck Eye Roast
Braise, Roast

Arm Pot Roast
Braise

Cross Rib Pot Roast
Braise

Blade Roast
Braise

7-Bone Pot Roast
Braise

Flanken-Style Ribs
Braise, Cook in Liquid

Boneless Top Blade Steak
Braise, Panfry

Boneless Shoulder Pot Roast
Braise

Mock Tender
Braise

Under Blade Pot Roast
Braise, Roast

Short Ribs
Braise, Cook in Liquid

CHUCK

THIS CHART APPROVED BY
NATIONAL LIVE STOCK & MEAT BOARD



T-Bone Steak
Broil, Panbroil, Panfry

Boneless Top Loin Steak
Broil, Panbroil, Panfry

Porterhouse Steak
Broil, Panbroil, Panfry

Tenderloin Roast
Roast, Broil

Tenderloin Steak
Broil, Panbroil, Panfry

SHORT LOIN

Rib Roast, Large End
Roast

Rib Roast, Small End
Roast

Rib Steak, Small End
Broil, Panbroil, Panfry

Rib Eye Steak
Broil, Panbroil, Panfry

Rib Eye Roast
Roast

Back Ribs
Braise, Cook in Liquid, Roast

RIB

Flank Steak
Broil, Braise, Panfry

Skirt Steak
Braise, Broil, Panbroil, Panfry

Flank Steak Rolls
Braise, Broil, Panbroil, Panfry

FLANK & SHORT PLATE

Ground Beef
Broil, Panfry, Panbroil, Roast (Bake)

Beef for Stew
Braise, Cook in Liquid

Cubed Steak
Panfry, Braise

Cubes for Kabobs
Broil, Braise

OTHER CUTS