

# Standard Cooking Instructions for Canadian Beef Cuts (by category)



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This document contains the recommended standard cooking instructions for all beef cuts within each category. It is a complement to the *Beef Merchandising Guide* wall poster.

These cooking instructions are presented in an easy-to-use format as the basis for on-pack labels and ad flyers. The instructions have been extensively tested by Canada Beef Inc. professional home economists and have been verified by scientific studies.

For further information and/or an electronic copy of this document, contact your local Canada Beef retail team member.

# Beef Steaks



## Grilling Steak/Medallion

1. **Season** steak.\*
2. **Grill, broil** or **pan-fry** using medium-high heat, turning only once with tongs.
3. **Cook** to desired doneness.

THICKNESS	MINUTES/SIDE		
	Med-Rare 145°F/63°C	Med 160°F/71°C	Well Done 170/77°C
½ - ¾ inch (1 - 2 cm)	3-4	4-5	5-6
1 inch (2.5 cm)	5-6	6-7	7-9
1½ inches (4 cm)	9-10	10-14	15-18
2 inches (5 cm)	11-14	14-18	18-22

\*For improved tenderness, Tri-Tip and Top Sirloin steaks are best marinated for 8 to 12 hours before grilling.

### Cuts

- Bottom Sirloin Tri-Tip
- Cross Rib Tournedos (Tenderized)
- Inside Round French w/ Pepper (Tenderized)
- Inside Round Tournedos (Tenderized)
- Porterhouse
- Prime Rib
- Rib Cap Off
- Rib Eye
- Sirloin
- Strip Loin
- T-Bone
- Tenderloin
- Top Sirloin
- Top Sirloin Cap
- Top Sirloin Cap Off
- Wing

## Marinating Steak/Medallion

1. **Pierce** meat all over with fork.
2. **Place** in sealable freezer bag with 1 cup (250 mL) marinade (such as teriyaki sauce); refrigerate for 4 to 12 hours. Discard marinade. Pat meat dry.
3. **Grill, broil** or **pan-fry** using medium-high heat, turning only once with tongs. Beef is best cooked only to medium.

THICKNESS	MINUTES/SIDE	
	MED-RARE 145°F/63°C	MED 160°F/71°C
½ - ¾ inch (1 - 2 cm)	3-4	4-5
1 inch (2.5 cm)	5-6	6-7
1½ inches (4 cm)	9-10	10-14
2 inches (5 cm)	11-14	14-18

### Cuts

- Sirloin Tip
- Bottom Sirloin Tip
- Eye of Round
- Flank
- Inside Round
- Outside Round
- Full Round
- Skirt
- Round

## Simmering Steak/Strips

1. **Season** steak/strips. In hot lightly oiled skillet, brown beef all over using medium-high heat. Add sliced onion, green pepper, garlic, etc., if desired.
2. **Add** enough liquid (such as canned soup or tomatoes, broth or red wine) to just cover beef.
3. **Simmer**, covered, on stove top or in 325°F (160°C) oven about 1-1/4 hours until fork-tender.

### Cuts

- Blade
- Bottom Blade
- Brisket Country Style
- Brisket Simmering Strips
- Cross Rib
- Top Blade
- Top Blade Country Style

## Fast-fry Steak/Beef Stir-fry Strips

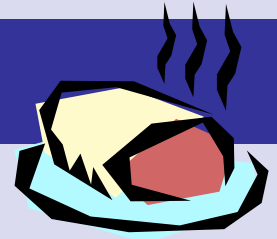
1. **Season** steak/strips.
2. **Cook** beef in hot lightly oiled nonstick skillet, using medium heat for 2 to 4 minutes per side for steak, 1 minute per side for strips, or until browned, but still pink inside. Beef is best cooked only to medium.
3. **Remove** from pan. **For steak**, serve with steak sauce if desired. **For stir-fry strips**, add sliced vegetables to skillet and cook 5 minutes. Add 1 cup (250 mL) stir-fry sauce and cooked beef strips; heat through.

### Cuts

- Thin Cut Fast-fry Steaks
- Top Sirloin Stir-fry Strips

Note: Beef Strips cut from the hip CANNOT be cooked by this method (see page 6 of this document).

# Beef Roasts



## Oven Roast

1. **Season** roast. Place on rack in shallow roasting pan. Insert oven-safe meat thermometer into centre of roast, avoiding fat or bone. **Oven-sear** in preheated 450°F (230°C) oven **for 10 minutes**.
2. **Reduce heat to 275°F (140°C)**; cook uncovered to desired doneness, removing from oven when 5°F (3°C) below finished temperature. (Bone-in roast can take 30 to 45 minutes longer. Tenderloin can take 30 to 60 minutes less.)
3. **Cover** with foil and let stand for at least 15 minutes before carving into thin slices.

*Estimated Cook time (hours)			
Weight (kg)	Medium-Rare 145°F (63°C)	Medium to Well-done 160°F (71°C) or +	Weight (lb)
1	1-3/4 to 2-1/4	2 to 2-1/2	2
1.5	2 to 2-1/2	2-1/4 to 2-3/4	3
2	2-1/4 to 2-3/4	2-1/2 to 3	4
2.5	2-1/2 to 3	2-3/4 to 3-1/4	5.5

\*Cook Times are guidelines only and vary with ovens and roast shape-roasts may be done up to 30 minutes sooner or later than estimated. Use a meat thermometer to know doneness.

### Premium Oven Roasts

- Prime Rib
- Rib
- Rib Cap Off
- Rib Eye
- Strip Loin
- Tenderloin
- Top Sirloin

### Oven Roasts

- Bottom Sirloin Tri-Tip
- Eye of Round
- Eye of Round w/ Bacon
- Heel of Round
- Inside Round
- Inside Round King w/ Pork Fat
- Outside Round
- Round
- Rump
- Sirloin Tip

## Pot Roast

1. **Season** roast. In lightly oiled Dutch oven or stockpot, brown roast using medium-high heat.
2. **Add** 1 to 2 cups (250 to 500 mL) liquid (such as red wine, broth, canned tomatoes or soup).
3. **Simmer**, covered, on stove top or in 325°F (160°C) oven for 3 hours or until fork-tender. Add chunks of vegetables for final 45 minutes, if desired. Skim fat from sauce and season to taste.

### Cuts

- Blade
- Bottom Blade
- Brisket
- Brisket Boneless
- Cross Rib
- Shoulder
- Top Blade

# Beef Roasts (cont.)



## Rotisserie/Premium Rotisserie Roast

For **Premium Rotisserie Roast**, season roast or marinate for 2 to 4 hours. For **Rotisserie Roast** marinate for 4 to 12 hours. **To marinate:** Pierce roast all over with fork. Place in large sealable freezer bag with 2 cups (500 mL) marinade (such as teriyaki sauce; refrigerate. Discard marinade and pat meat dry before cooking.

1. **Place** drip pan containing 1/2 inch (1 cm) water under grill. Preheat barbecue to medium-high (400°F/200°C).  
**To Cook with Rotisserie:** Insert spit rod lengthwise through centre of roast; secure with holding forks and place roast over drip pan.  
**To Cook without Rotisserie:** Place roast on grill over drip pan that is moved to one side; turn heat off under just the roast.
2. **Insert** meat thermometer into middle of roast avoiding spit rod (if using). Cook at constant heat, in closed barbecue, until thermometer reads 155°F (68°C) for medium (about 30 minutes per lb/500 g).
3. **Remove** roast to cutting board; tent with foil for 10 to 15 minutes. Carve across the grain.

### Cuts

#### Premium Rotisserie

- Prime Rib
- Top Sirloin

#### Rotisserie

- Cross Rib
- Inside Round
- Outside Round
- Sirloin Tip

## Quick/Premium Quick Roast

1. **Season** roast. Insert meat thermometer lengthwise into the centre of roast so that shaft is not visible. Place on rack in ovenproof skillet or shallow pan.
2. **Cook** 1 lb (500 g) roast, uncovered, in 350°F (180°C) oven for 50 to 60 minutes until thermometer reads 155°F (68°C) for medium.
3. **Remove** roast to cutting board; cover with foil for 5 minutes. Carve across the grain.

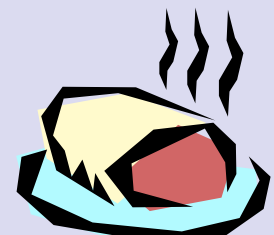
### Cuts

#### Premium Quick

- Rib Eye
- Strip Loin
- Top Sirloin

#### Quick

- Bottom Sirloin Tip
- Eye of Round
- Inside Round
- Outside Round
- Sirloin Tip



# Other Beef Cuts



## Stewing Beef

1. **Coat** beef pieces in mixture of flour, salt and pepper. In lightly oiled Dutch oven or stockpot, brown meat in batches. Add onions and other seasonings, as desired.
2. **Add** enough liquid (such as broth, tomato juice or red wine) to just cover beef.
3. **Simmer**, covered, on stove top or in 325°F (160°C) oven about 1 hour until fork-tender. Add chunks of vegetables and cook an additional 30 minutes until vegetables are tender.

### Cuts

- Shank Centre Cut
- Shank Centre Cut Boneless
- Shank Spur
- Simmering Short Ribs
- Simmering Short Ribs Boneless
- Beef Stewing Cubes

## Soup Bones/Oxtails

1. **Place** bones/oxtail pieces with chunks of vegetables (such as carrots, onions and celery) in lightly oiled Dutch oven or stockpot. On stove top, brown over medium heat for 15 to 20 minutes, stirring frequently.
2. **Season** as desired and add enough cold water to cover bones/oxtail pieces by 2 inches (5 cm). Bring to boil.
3. **Simmer**, covered, for 3 to 5 hours until meat is fork-tender. Strain, reserving stock; chill and skim off surface fat. Meanwhile, remove meat from bones, cut into bite-sized pieces and reserve; discard vegetables, fat and bones. Add reserved meat to stock and use for beef soups or stews.

### Cuts

- Beef Marrow Bones
- Beef Neck Bones
- Beef Oxtails

## Beef Grilling Back Ribs

1. **Season** rack of ribs.
2. **Roast** on rimmed foil-lined baking sheet in 250°F (120°C) oven for 2 to 3 hours until crispy and browned. Cool slightly; cut into individual ribs.
3. **Grill** or **broil** ribs using medium heat for 5 to 10 minutes, brushing all over with barbecue sauce and turning occasionally.

### Cuts

- Beef Back Ribs

## Beef Kabob Grilling Cubes/Satay Strips

1. **Season** skewered beef kabob cubes or satay strips.
2. **Grill** or **broil** over medium-high heat 5 minutes per side until browned but slightly pink inside. Beef is best cooked only to medium.
3. **Serve** with dipping sauce (such as Thai peanut) if desired.

### Cuts

- Eye of Round Strips for Satay
- Top Sirloin Grilling Cubes

Note: Beef Marinating Cubes cut from the hip CANNOT be cooked by this method (see page 6 of this document).

# Other Beef Cuts (cont.)



## Beef Marinating Cubes/Strips

1. **Combine** 1/2 cup (125 mL) marinade (such as teriyaki sauce) PLUS 2 tbsp (30 mL) cornstarch in sealable freezer bag.
2. **Add** 1 lb (500 g) beef cubes/strips and refrigerate 15 to 30 minutes.
3. **For cubes**, discard marinade, pat meat dry and thread onto skewers. Grill or broil 4 to 5 minutes per side or until browned, but pink inside. **For strips**, reserve marinade; cook strips over medium-high heat in hot lightly oiled non-stick skillet for about 2 minutes, turning once, until browned but pink inside. Remove from skillet; add stir-fry vegetables and cook 5 minutes. Add reserved marinade and beef; heat until sauce bubbles and thickens.

### Cuts

#### Cubes

- Hip

#### Strips

- Hip
- Hanging Tender
- Pectoral

## London Broil

1. **Broil** 5 inches (12 cm) from hot element for 10 minutes per side until digital rapid-read thermometer inserted sideways into centre of meat reads at least 160°F (71°C). **London Broil is completely cooked at 160°F (71°C), regardless of colour.**
2. **Serve** with steak sauce if desired.

### Cuts

- Flank Steak rolled with Seasoned Ground Beef

## Rouladen

1. **Spread** thin layer of your favourite filling/seasonings (such as seasoned bread crumbs and pan-fried mushrooms) over each piece of beef.
2. **Roll** each piece from short end; secure with butcher's twine, picks or skewers.
3. **Broil**, turning several times, for 7 to 8 minutes until browned all over and digital rapid-read thermometer inserted into centre of each rouladen reads at least 160°F (71°C). Serve whole or cut each piece into 1/4-inch (5 mm) thick slices.

### Cuts

- Inside Round for Rouladen

# Ground Beef



## Ground Beef

**Browned Ground Beef:** **Cook** in nonstick skillet, over medium-high heat for 8 to 10 minutes, breaking into small chunks with back of spoon while cooking. Cook until browned and completely cooked. **Drain**, if necessary. Use in pasta sauce, chili, casseroles, etc., seasoning as desired.

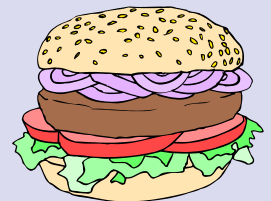
**Patties:** Combine **1 lb (500 g) ground beef, 1 beaten egg** and **1/4 cup (50 mL) dry bread crumbs**; season and mix lightly. **Shape** into four to six 3/4-inch (2 cm) thick patties. Lightly oil pan or grill. **Grill, broil** or **pan-fry** using medium-high heat for 5 to 7 minutes per side until digital rapid-read thermometer inserted sideways into centre of each patty reads at least 160°F (71°C). **Patties are completely cooked at 160°F (71°C), regardless of colour.**

### Cuts

- Extra Lean Ground Beef
- Extra Lean 100% Ground Round
- Extra Lean 100% Ground Sirloin
- Lean Ground Beef
- Lean 100% Ground Chuck
- Medium Ground Beef
- Regular Ground Beef

## Ground Beef Patties

1. **Lightly oil** grill or pan.
2. **Grill, broil** or **pan-fry** 3/4-inch (2 cm) thick patties using medium-high heat for 5 to 7 minutes per side until digital rapid-read thermometer inserted sideways into centre of each patty reads at least 160°F (71°C). **Patties are completely cooked at 160°F (71°C), regardless of colour.**



# Ground Beef Products

NOTE: All items below have a recommended 24-hour shelf life

## Minute Steak/Delicated Steak

1. **Season** steak.
2. **Pan-fry** in hot lightly oiled nonstick skillet, using medium-high heat for 3 to 4 minutes per side until cooked to medium 160°F (71°C).
3. **Serve** with steak sauce if desired.

# Ground Beef Products

NOTE: All items below have a recommended 24-hour shelf life

## Meatballs

1. **Place** 1-inch (2.5 cm) meatballs in single layer on lightly oiled, foil-lined baking tray.
2. **Cook** in 400°F (200°C) oven 15 to 20 minutes until completely cooked and digital rapid-read thermometer inserted into several meatballs reads at least 160°F (71°C). **Meatballs are completely cooked at 160°F (71°C), regardless of colour.**
3. **Serve** immediately or refrigerate for up to 3 days or freeze for up to 4 months.



## Beef Sausage

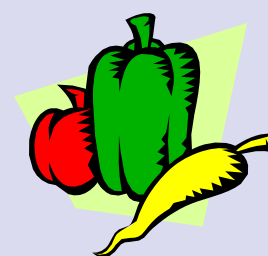
1. **Preheat** broiler, grill or nonstick skillet using over heat.
2. **Cook** sausages 20 to 25 minutes, turning occasionally with tongs, until digital rapid-read thermometer inserted lengthwise into each sausage reads at least 160°F (71°C). **Sausages are completely cooked at 160°F (71°C), regardless of colour.**

### Cuts

- Breakfast Sausage
- Sausage Coil
- Sausage Kabobs
- Spicy Sausage

## Beef-Stuffed Peppers

1. **Place** stuffed peppers, cut side up, in shallow pan. Add 1 cup (250 mL) liquid (such as canned tomatoes, tomato sauce or tomato soup) to pan. Cover with foil.
2. **Cook** in 350°F (180°C) oven 20 minutes. Uncover and cook another 30 to 35 minutes until digital rapid-read thermometer inserted into centre of stuffed peppers reads at least 160°F (71°C). **Ground beef filling is completely cooked at 160°F (71°C), regardless of colour.**
3. **Serve** with sauce.



## Meat Loaf

1. **Place** 1-1/2 lb (750 g) meat loaf mixture into 9 x 5-inch (2 L) loaf pan. **Cook** in 350°F (180°C) oven for 55 to 70 minutes until digital rapid-read thermometer inserted into centre of loaf reads 160°F (71°C). **Meat loaf is completely cooked at 160°F (71°C), regardless of colour.**
2. **Tent** with foil and let stand 10 minutes before slicing.



# Variety Meats

NOTE: Refer to *Beef Merchandising Guide* for approved nomenclature

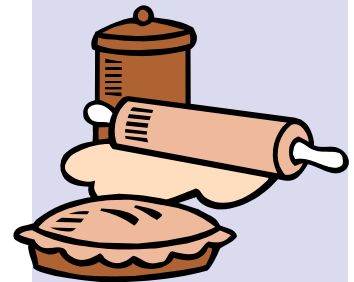
## Pan-Fried Beef Liver

1. **Dip** 1/2-inch (1 cm) thick slices of beef liver in milk and coat with seasoned bread crumbs or flour.
2. **Heat** 2 tbsp (30 mL) butter or vegetable oil in nonstick skillet over medium-high heat; cook slices 2 minutes per side, turning once with tongs, until crispy brown on both sides and pink inside. Liver is best cooked only to medium.
3. **Serve** with a squeeze of lemon juice.



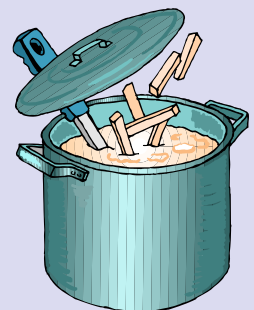
## Beef Steak and Kidney Stew/Pie

1. **Cut** 1 lb (500 g) beef kidney into bite-sized pieces; **trim** off fat and connective tissue. **Cover** with salted water and refrigerate 12 hours. **Drain** and pat dry.
2. **Lightly coat** kidney pieces and 1 lb (500 g) beef stew pieces with a mixture of flour, salt and pepper. **Brown** pieces in batches in lightly oiled Dutch oven or stockpot using medium-high heat; set meat aside. **Add** 3 onions (chopped) and 3 cups (750 mL) sliced mushrooms to pot; cook 5 minutes until softened. **Add** 1-1/4 cups (300 mL) beef stock and 1 tsp (5 mL) EACH dried thyme and Worcestershire sauce.
3. **Return** meat to pot; bring to boil. **Reduce heat**, cover and simmer 1 hour. Uncover and simmer for 30 minutes until fork-tender; thicken sauce with flour or cornstarch, if desired. **For Pie**, transfer cooled meat mixture to shallow 10-cup (2.5 L) casserole. Cover with pie or puff pastry; cut hole in centre to vent. Brush pastry with cream or beaten egg and bake in 400°F (200°C) oven for 30 minutes until pastry is golden and filling is bubbly.



## Braised Beef Heart

1. **Wash** heart thoroughly in warm water, changing water several times; drain well. In large bowl, combine heart with 2 cups (500 mL) marinade (such as salad dressing or buttermilk); cover and refrigerate 1 hour. Discard marinade.
2. **Place** heart in Dutch oven or stockpot; cover with salted water. Simmer, covered, on stove top or in 325°F (160°C) oven for 3 to 4 hours until tender.
3. **Drain** and carve into thin slices.



# Variety Meats (cont.)

## Spiced Beef Tongue

1. **Rinse** tongue. Place in large pot and cover with hot water. Add 2 carrots (sliced), 1 EACH onion (sliced) and celery stalk (chopped), 6 whole allspice berries OR 1 tbsp (15 mL) whole pickling spice, 3 bay leaves, 3 black peppercorns and 2 tsp (10 mL) salt.
2. **Simmer**, covered, on stove-top for 3 to 4 hours until fork-tender. Remove from heat and let stand for 30 minutes. Refrigerate in cooking liquid until cool.
3. **Slit** skin on underside. Loosen skin with paring knife and peel off from thick end to tip. Slice thinly. Serve in sandwiches or with salad.



## Breaded Beef Tripe

1. **Cover** tripe with salted water in saucepan; simmer 2 hours until surface has clear, jellylike appearance. Drain and cut into 2-inch (5 cm) pieces.
2. **Coat** pieces with seasoned bread crumbs and dip into 1 beaten egg; coat with crumbs again.
3. **Melt** 2 tbsp (30 mL) butter in nonstick skillet using medium heat; brown pieces on all sides. Season with salt and pepper; serve hot.



Size: 26 3/4" W x 39" H

To order the *Beef Merchandising Guide* wall poster, visit [www.canadianbeef.info](http://www.canadianbeef.info) or contact your local BIC Retail Team representative (see page 1 for contact information)