

Meat Cookery

THREE EASY STEPS

ROASTING



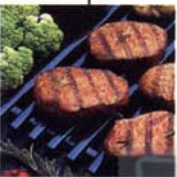
1. Heat oven to desired temperature (325° to 350°F for most cuts; 425°F for tenderloin cuts).
2. Place roast (directly from refrigerator), fat side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of roast, not resting in fat or touching bone. Do not add water. Do not cover.
3. Remove roast 5° to 10°F below desired degree of doneness. Transfer roast to carving board; tent loosely with aluminum foil (temperature will continue to rise 5° to 10°F to reach desired doneness and roast will be easier to carve).

BROILING



1. Set oven regulator for broiling; preheat for 10 minutes.
2. Place meat (directly from refrigerator) on rack of broiler pan. Season as desired. Position broiler pan so that surface of meat is within desired distance from the heat source (about 2 to 3 inches for thinner cuts (3/4" to 1"); 3 to 4 inches for thicker cuts).
3. Broil to desired degree of doneness, turning once. After cooking, season with salt, if desired.

GRILLING



1. Prepare charcoal (because gas grill brands vary, consult owner's manual for guidelines). When coals are medium, ash-covered (approx. 30 minutes), spread in single layer. Position cooking grid.
2. Season meat (directly from refrigerator), as desired. Place on cooking grid directly over coals.
3. Grill to desired degree of doneness, turning occasionally. After cooking, season with salt, if desired.

PAN-BROILING



1. Heat heavy nonstick skillet 5 minutes over medium heat.
2. Season meat (directly from refrigerator), as desired. Place in preheated skillet (do not overcrowd). Do not add water or oil. Do not cover.
3. Pan-broil to desired degree of doneness, turning once. Remove excess drippings from skillet as they accumulate. After cooking, season with salt, if desired.

PAN-FRYING



1. Heat small amount of oil in heavy nonstick skillet over medium heat until hot.
2. Season meat (directly from refrigerator), as desired. Place meat in preheated skillet (do not overcrowd). Do not add water or cover.
3. Pan-fry to desired doneness, turning occasionally. After cooking, season with salt, if desired.

STIR-FRYING



1. Partially freeze meat for easier slicing. Cut into thin, uniform strips or pieces. Marinate to add flavor or tenderize, if desired.
2. Heat small amount of oil in wok or heavy nonstick skillet over medium-high heat until hot.
3. Stir-fry meat in half-pound batches, continually turning with scooping motion, until outside surface of meat is no longer pink (Cook meat and vegetables separately, and then combine and heat through.)

BRAISING



1. Slowly brown meat on all sides in small amount of oil in heavy pan. Pour off drippings. Season, as desired.
2. Add small amount (1/2 to 2 cups) of liquid (e.g., broth, water, juice, etc.).
3. Cover tightly and simmer gently over low heat on top of the range or in a 325°F oven, until meat is fork-tender.

HOW DONE IS "DONE"?



Each of us has a preference for the degree of doneness we desire for cooked meat. The following table provides temperature guidelines to determine the degree of doneness for beef, pork, lamb and veal. Remember, an accurate meat thermometer is the best tool to use to check the internal temperature of cooked meats, both for degree of doneness and for food safety.

Recommended Degrees of Doneness

	Medium-Rare	Medium	Well Done
Beef	145°F	160°F	170°F
Veal	*	160°F	170°F
Lamb	145°F	160°F	170°F
Pork	*	160°F	170°F
Ground Meats	*	160°F	170°F

*Not recommended for less than medium degree of doneness.