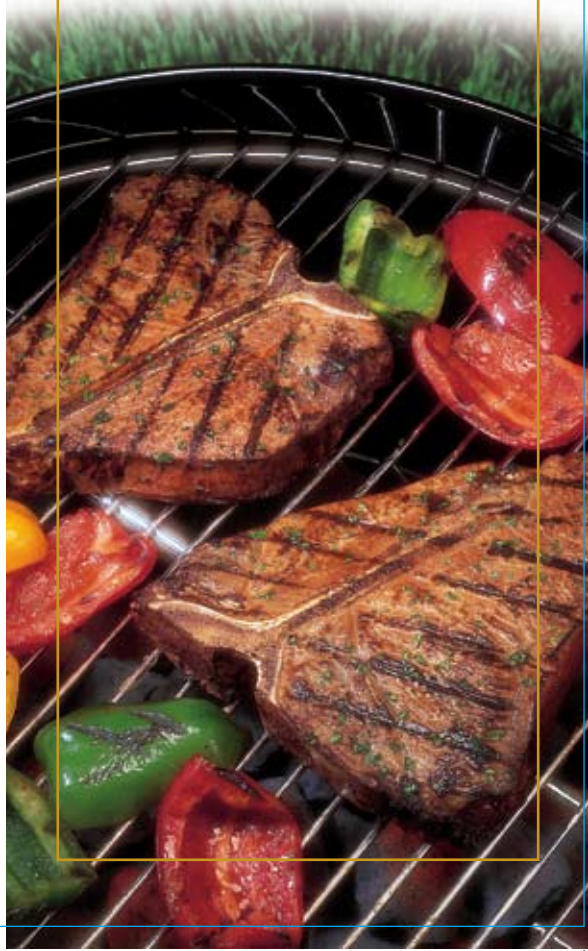




EXPERIENCE
THE ANGUS DIFFERENCE.

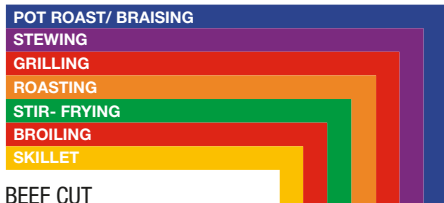


*Your
Guide to Cooking
Fresh Beef.*





HOW TO COOK TODAY'S BEEF



BEEF CUT

BEEF CUT	POT ROAST/ BRAISING	STEWING	GRILLING	ROASTING	STIR-FRYING	BROILING	SKILLET
CHUCK							
Chuck, Top Blade Steak	●	●	●	●	●	●	●
Chuck Eye Steak, <i>boneless</i>	●	●	●	●	●	●	●
Chuck Shoulder Steak, <i>boneless</i>	▲	▲				●	●
Chuck Arm Steak						●	●
Chuck 7-Bone Steak		▲		▲		●	●
Chuck Pot Roast, <i>such as Arm, Blade, Shoulder</i>							●
Short Ribs							●
RIB							
Rib Steak, Ribeye Steak	●	●	●	●	●	●	●
Rib Roast, Ribeye Roast				●	●	●	●
SHORT LOIN							
T-Bone/Porterhouse Steak	●	●	●	●	●	●	●
Tenderloin Steak	●	●	●	●	●	●	●
Top Loin Steak	●	●	●	●	●	●	●
Tenderloin Roast				●	●	●	●
Top Loin Roast				●	●	●	●
SIRLOIN							
Sirloin Steak	●	●	●	●	●	●	●
Tri-Tip Steak	●	●	●	●	●	●	●
Top Sirloin Steak, <i>boneless</i>	●	●	●	●	●	●	●
Tri-Tip Roast				●	●	●	●
ROUND							
Round Tip Steak, <i>thin cut</i>	●	●	●	●	●	●	●
Round Steak						●	●
Top Round Steak	▲	▲	●	▲		●	●
Eye Round Steak	▲					●	●
Eye Round Roast				●		●	●
Round Tip Roast				●		●	●
Top Round Roast				●		●	●
OTHER CUTS							
Brisket, <i>fresh or corned</i>							●
Skirt Steak	▲	▲				▲	
Flank Steak		●	●			▲	
Cubed Steak	●	●	●				

▲ Requires marinating.



Source: National Cattlemen's Beef Association

OVEN ROASTS



OVEN ROASTS

- Heat oven to temperature on chart. Place roast, fat side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of roast. Do not add water or cover.
- Roast according to chart. Remove when meat thermometer registers 135° to 140°F for medium rare, 150° to 155°F for medium. Let the roast stand 15 minutes. (Temperature will continue to rise 5° to 10°F to reach desired doneness and roast will be easier to carve.)

BEEF CUT	OVEN TEMP. (preheated)	WEIGHT	TOTAL COOKING TIME
Tri-Tip Roast	425°F	1-1/2 to 2 lbs.	Med. rare: 30 to 40 min. Med.: 40 to 45 minutes
Eye Round Roast	325°F	2 to 3 lbs.	Med. rare: 1-1/2 to 1-3/4 hrs. Med.: 3 to 3-1/2 hrs.
Round Tip Roast	325°F	3 to 4 lbs.	Med. rare: 1-3/4 to 2 hrs. Med.: 2-1/4 to 2-1/2 hrs.
		4 to 6 lbs.	Med. rare: 2 to 2-1/2 hrs. Med.: 2-1/2 to 3 hrs.
		6 to 8 lbs.	Med. rare: 2-1/2 to 3 hrs. Med.: 3 to 3-1/2 hrs.

POT ROASTS



POT ROASTS

- Slowly brown beef in oil in heavy pan. Drain. Season, as desired.
- Add small amount of liquid. Cover tightly; simmer gently over low heat on stovetop or in 325°F oven per chart or until fork-tender.

BEEF CUT	WEIGHT	TOTAL COOKING TIME
Chuck Pot Roast	2-1/2 to 4 pounds	2 to 3 hours
Brisket, fresh	2-1/2 to 3-1/2 pounds	2-1/2 to 3 hours
Brisket, corned	2-1/2 to 3-1/2 pounds	2-1/2 to 3-1/2 hours
	3-1/2 to 5 pounds	3-1/2 to 4-1/2 hours

IS IT READY YET?

Determining doneness is easy, once you know how.

- For roasts, use either an ovenproof or instant-read meat thermometer. An ovenproof meat thermometer is inserted prior to roasting and left in for the entire time. An instant-read thermometer is not ovenproof; use it toward the end of the recommended cooking time. Insert it long enough to get a temperature reading, about 10 to 15 seconds, then remove it.
- Roasts should be removed from the oven when the thermometer registers 5° to 10°F below the desired doneness and allowed to stand for at least 15 minutes. The temperature will continue to rise and reach the desired doneness.
- Determine the doneness of steaks by making a small slit near the bone and checking for color. For boneless steaks, make a slit near the center.
- For steaks thicker than 1-1/2 inches, use an instant-read thermometer to accurately gauge doneness.
- Beef cooked by moist heat methods, such as braising and stewing, should be fork-tender. Meats cooked by this method are always well done.

STEAKS FOR MARINATING

BEEF MARINATING TIPS

- Always marinate in the refrigerator, *never* at room temperature.
- Less tender cuts should be marinated at least 6 hours in a tenderizing marinade such as Italian dressing or salsa. Marinating longer than 24 hours may result in a mushy texture.
- If a marinade is to be used for basting or served as a sauce, reserve a portion of it before adding the beef. *Marinade that has been in contact with uncooked meat must be brought to a full rolling boil before it can be used as a sauce. Never save and reuse a marinade.*



MARINATE & GRILL STEAKS

- 1 Marinate in tenderizing marinade (that contains salsa, Italian dressing, lemon juice, etc.) 6 to 24 hours.
- 2 Grill, uncovered, over medium, ash-covered coals per chart for medium rare to medium, turning occasionally.

BEEF STEAK	THICKNESS/WEIGHT	TOTAL COOKING TIME
Top Round	3/4 inch	8 to 9 minutes
Recommended cooking to medium rare (145°F) doneness only.	1 inch	16 to 18 minutes
	1-1/2 inches	25 to 28 minutes (covered)
Chuck Shoulder	3/4 inch	14 to 17 minutes
	1 inch	16 to 20 minutes
Chuck Blade	3/4 to 1 inch	15 to 18 minutes
Flank	1-1/2 to 2 pounds	17 to 21 minutes

MARINATE & BROIL STEAKS

- 1 Marinate in tenderizing marinade (that contains salsa, Italian dressing, lemon juice, etc.) 6 to 24 hours.
- 2 Broil on rack of broiler pan so surface of beef is within specified distance from heat as indicated in chart. Broil per chart for medium rare to medium, turning occasionally.

BEEF STEAK	THICKNESS/WEIGHT	DISTANCE FROM HEAT	TOTAL COOKING TIME
Top Round	3/4 in.	2 to 3 in.	12 to 13 min.
Recommended cooking to medium rare (145°F) doneness only.	1 in.	2 to 3 in.	17 to 18 min.
	1-1/2 in.	3 to 4 in.	27 to 29 min.
Chuck Shoulder	3/4 inch	2 to 3 in.	10 to 13 min.
	1 in.	3 to 4 in.	16 to 21 min.
Flank	1-1/2 to 2 lbs.	2 to 3 in.	13 to 18 min.



STEAKS FOR BRAISING

- 1 Slowly brown beef in oil in heavy pan. Drain. Season, as desired.
- 2 Add small amount of liquid. Cover tightly; simmer gently over low heat on stovetop or in 325°F oven per chart or until fork-tender.

BEEF STEAK	THICKNESS	TOTAL COOKING TIME
Chuck Shoulder	3/4 to 1 inch	1-1/4 to 1-3/4 hrs.
Bottom Round	3/4 to 1 inch	1-1/4 to 1-3/4 hrs.
Eye Round	1 to 1-1/2 inches	1-3/4 to 2-1/2 hrs.

SKILLET STEAKS



- 1 Heat nonstick skillet over medium heat (steaks 3/4" or thicker), medium-high heat (steaks 1/2" or thinner) until hot.
- 2 Place steaks in preheated skillet (do not overcrowd). Do not add water or cover. Cook steaks according to chart, turning once.

BEEF STEAK	THICKNESS	TOTAL COOKING TIME
Eye Round	1/2 inch	2 to 4 minutes
Round Tip	1/8 to 1/4 inch	1 to 2 minutes
Cubed Steak	-	3 to 4 minutes
Tenderloin	3/4 inch	7 to 9 minutes
	1 inch	10 to 13 minutes
Ribeye	3/4 inch	8 to 10 minutes
	1 inch	12 to 15 minutes
Top Loin (Strip), boneless	3/4 inch	10 to 12 minutes
	1 inch	12 to 15 minutes
Top Sirloin, boneless	3/4 inch	10 to 13 minutes
	1 inch	15 to 20 minutes
T-Bone/Porterhouse	3/4 inch	11 to 13 minutes
	1 inch	14 to 17 minutes
Chuck Eye, boneless	3/4 inch	9 to 11 minutes
	1 inch	12 to 15 minutes
Chuck Top Blade	1/2 inch	3 to 4 minutes
	3/4 inch	10 to 12 minutes
	1 inch	13 to 17 minutes

BEEF FOR STIR-FRYING



- 1 Heat small amount of oil in wok or skillet over medium-high heat until hot.
- 2 Stir-fry beef strips* in 1/2 lb batches, continuously tossing, until outside surface is no longer pink (do not overcook). Add additional oil for each batch. Cook beef and vegetables separately; combine and heat through.

*To cut your own strips (top sirloin, top round, round tip and flank steaks), partially freeze beef for easier slicing. Cut into thin uniform strips. Marinate to add flavor or tenderize while preparing other ingredients.

BEEF FOR STEWING



- 1 Coat beef lightly with seasoned flour, if desired. Slowly brown beef in oil in heavy pan. Drain.
- 2 Cover beef with liquid; cover and simmer over low heat on stovetop or in 325°F oven per chart or until fork-tender.

BEEF CUT	THICKNESS	TOTAL COOKING TIME
Beef for Stew	1 to 1-1/2 inch pieces	1-3/4 to 2-1/4 hrs.
Short Ribs	2 x 2 x 4 inches	1-1/2 to 2-1/2 hrs.
Shank Cross Cuts	1 to 1-1/2 inches	2 to 3 hrs.

EXPERIENCE THE ANGUS DIFFERENCE

PREMIUM OVEN ROASTS



Helpful Cooking Tips.

The aroma that permeates the air when Star Ranch Angus Beef is cooking creates a euphoria of anticipation for that first bite. It attracts the neighbors and even makes children arrive at the dinner table early. Star Ranch Angus Beef guarantees you will always enjoy an eating experience filled with the tender and juicy, rich, beefy flavor you expect.

STEAKS FOR GRILLING/BROILING



STEAKS FOR GRILLING

- 1 Grill, uncovered, over medium, ash-covered coals per chart for medium rare to medium, turning occasionally.

BEEF STEAK	THICKNESS	TOTAL COOKING TIME
Tenderloin	1 inch	13 to 15 minutes
Ribeye	3/4 inch	6 to 8 minutes
	1 inch	11 to 14 minutes
Rib, small end	3/4 inch	6 to 8 minutes
	1 inch	9 to 12 minutes
T-Bone/Porterhouse	3/4 inch	10 to 12 minutes
	1 inch	14 to 16 minutes
Top Loin (Strip), boneless	3/4 inch	10 to 12 minutes
	1 inch	15 to 18 minutes
Top Sirloin, boneless	3/4 inch	13 to 16 minutes
	1 inch	17 to 21 minutes

STEAKS FOR BROILING

- 1 Broil on rack of broiler pan so surface of beef is within specified distance from heat as indicated in chart.
- 2 Broil per chart for medium rare to medium, turning occasionally.

BEEF STEAK	THICKNESS	DISTANCE FROM HEAT	TOTAL COOK TIME
Tenderloin	1 in.	2 to 3 in.	13 to 16 min.
Ribeye	3/4 in	2 to 3 in.	8 to 10 min.
	1 in.	3 to 4 in.	14 to 18 min.
Rib, small end	3/4 in.	2 to 3 in.	9 to 12 min.
	1 in.	3 to 4 in.	13 to 17 min.
T-Bone/Porterhouse	3/4 in.	2 to 3 in.	10 to 13 min.
	1 in.	3 to 4 in.	15 to 20 min.
Top Loin (Strip), boneless	3/4 in	2 to 3 in.	9 to 11 min.
	1 in.	3 to 4 in.	13 to 17 min.
Top Sirloin, boneless	3/4 in.	2 to 3 in.	9 to 12 min.
	1 in.	3 to 4 in.	16 to 21 min.

TENDERLOIN ROAST



- 1 Heat oven to 425°F. Place roast, fat side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer in thickest part of roast. Do not add water or cover.

- 2 Roast according to chart. Remove when meat thermometer registers 135°F for medium rare, 150°F for medium. Let the roast stand 15 minutes.

(Temperature will continue to rise 10°F to reach desired doneness and roast will be easier to carve.)

BEEF	CUT WEIGHT	TOTAL COOKING TIME
Tenderloin Roast	2 to 3 lbs.	Medium rare: 35 to 40 min.
	(center cut)	Medium: 45 to 50 min.
	4 to 5 lbs. (whole)	Medium rare: 50 to 60 min. Medium: 60 to 70 min.

STANDING RIB ROAST



- 1 Heat oven to 350°F. Place roast, fat side up, in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part, not resting in fat or touching bone. Do not add water or cover.

- 2 Roast according to chart. Remove when meat thermometer registers 135°F for medium rare, 150°F for medium. Let the roast stand 15 minutes.

(Temperature will continue to rise 10°F to reach desired doneness and roast will be easier to carve.)

BEEF	CUT WEIGHT	TOTAL COOKING TIME
Standing Rib Roast, <i>chine bone removed</i>	4 to 6 lbs. (2 ribs)	Med. rare: 1-3/4 to 2-1/4 hrs. Med.: 2-1/4 to 2-3/4 hrs.
	6 to 8 lbs. (2 to 4 ribs)	Med. rare: 2-1/4 to 2-1/2 hrs. Med.: 2-3/4 to 3 hrs.
	8 to 10 lbs. (4 to 5 ribs)	Med. rare: 2-1/2 to 3 hrs. Med.: 3 to 3-1/2 hrs.

RIBEYE ROAST



- 1 Heat oven to 350°F. Place roast, fat side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer in thickest part of roast, not resting in fat. Do not add water or cover.

- 2 Roast according to chart. Remove when meat thermometer registers 135°F for medium rare, 150°F for medium. Let the roast stand 15 minutes. (Temperature will continue to rise 10°F to reach desired doneness and roast will be easier to carve.)

(Temperature will continue to rise 10°F to reach desired doneness and roast will be easier to carve.)

BEEF	CUT WEIGHT	TOTAL COOKING TIME
Ribeye Roast, <i>small end</i>	3 to 4 lbs.	Med. rare: 1-1/2 to 1-3/4 hrs. Med.: 1-3/4 to 2 hrs.
	4 to 6 lbs.	Med. rare: 1-3/4 to 2 hrs. Med.: 2 to 2-1/2 hrs.
	6 to 8 lbs.	Med. rare: 2 to 2-1/4 hrs. Med.: 2-1/2 to 2-3/4 hrs.
Ribeye Roast, <i>large end</i>	3 to 4 lbs.	Med. rare: 1-3/4 to 2-1/4 hrs. Med.: 2 to 2-1/2 hrs.
	4 to 6 lbs.	Med. rare: 2 to 2-1/2 hrs. Med.: 2-1/2 to 3 hrs.
	6 to 8 lbs.	Med. rare: 2-1/4 to 2-1/2 hrs. Med.: 2-1/2 to 3 hrs.