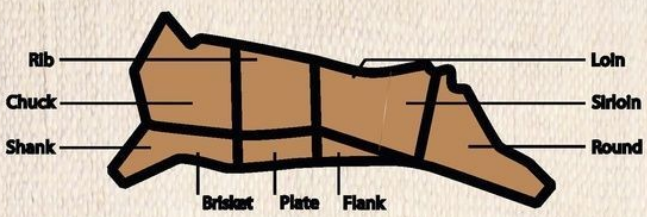
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POT ROASTING

There's nothing like a stockpot filled with beef in broth, wine or another liquid gently simmering on the stove to evoke the comforts of home. The result of this slow cooking method is tender beef that melts in your mouth and warms you through and through.



Braising: Large cuts of beef such as a roast or brisket with a small amount of liquid.

CHUCK


CHUCK 7-BONE POT ROAST


CHUCK POT ROAST Boneless


CHUCK STEAK Boneless


SHOULDER POT ROAST Boneless


SHOULDER STEAK Boneless


BONELESS SHORT RIBS

ROUND


BOTTOM ROUND ROAST


BOTTOM ROUND STEAK


EYE ROUND STEAK

SHANK & BRISKET


SHANK CROSS CUT


BRISKET FLAT CUT

OTHER


BEEF FOR STEW

Pot Roasting Beef Cuts

3 Easy Steps to Braising & Stewing

Step 1: Slowly brown beef on all sides in small amount of oil in heavy pan over medium heat. Pour off drippings. Season beef, if desired.

Step 2: Add liquid, such as broth, water, juice, beer and/or wine, to pan. Add herbs or seasonings, as desired. Bring to a boil; reduce heat.

Step 3: Cover tightly and simmer gently over low heat on top of the range, or in a preheated 325°F oven, according to timetable or until beef is fork-tender.

Stewing: Cubes of beef mixed with vegetables and other ingredients with a larger quantity of liquid.

Sun Fed RANCH

www.SunFedRanch.com

Information compiled from the Beef Checkoff Program.