

3 SIMPLE STEPS FOR BRAISING/POT ROASTING BEEF

STEP 1

CHOOSE YOUR CUT

Some of the best cuts for oven braising/pot roasting include: (*indicates lean)

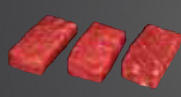
— Chuck — Round — Shank/Brisket —



Chuck Pot Roast
(Shoulder, Arm or Blade)
boneless



Shoulder steak
boneless*



Short Ribs



Bottom Round Rump Roast
boneless*



Round steak
(Eye or Bottom)
boneless*



Brisket
fresh*

STEP 2

PREPARE YOUR BEEF



Slowly brown beef on all sides in a small amount of oil in heavy pan over medium heat. Pour off drippings.



Season beef with herbs and seasonings, as desired.



Add small amount (1/2 to 2 cups) of liquid, such as broth, water, juice, beer or wine.

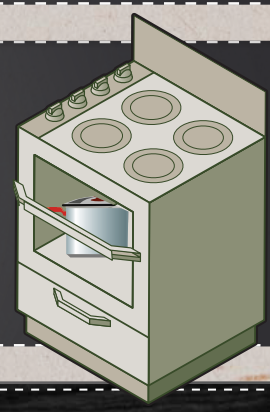
STEP 3

COOK YOUR BEEF

Cover tightly and simmer gently over low heat on top of the range or in a preheated 325°F oven according to guidelines (reverse) or until beef is fork-tender.



OR



BEEF COACH'S TIP:

The cooking liquid may be thickened or reduced for a sauce, as desired.



Funded by the Beef Checkoff.

For simple meal ideas, **nutrition** and **cookery information** as well as other great cuts for broiling, visit BeefItsWhatsForDinner.com

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