



Pot Roast / Braising Guidelines

POT ROASTING, BRAISING AND STEWING COOKING GUIDELINES		
Beef Cut	Weight / Thickness	Approx. Total Cooking Time (covered over low heat)
Chuck Pot Roast, <i>boneless</i> (Arm, Shoulder or Blade)	2-1/2 to 4 pounds	2 to 3 hours
Chuck Shoulder Steak, <i>boneless</i>	3/4 to 1 inch thick	1-1/4 to 1-3/4 hours
Boneless Round Rump Roast	3 to 3-1/4 pounds	2-3/4 to 3-1/4 hours
Round Steak, <i>boneless</i> (Eye or Bottom)	3/4 to 1 inch thick 1 to 1-1/2 inches thick	1-1/4 to 1-3/4 hours 1-3/4 to 2-1/2 hours
Brisket, <i>fresh</i>	2-1/2 to 3-1/2 pounds	2-1/2 to 3 hours
Corned Beef Brisket	2-1/2 to 3-1/2 pounds 3-1/2 to 5 pounds	2-1/2 to 3-1/2 hours 3-1/2 to 4-1/2 hours
Beef For Stew	1 to 1-1/2-inch pieces	1-3/4 to 2-1/4 hours
Shank Cross Cuts	1 to 1-1/2-inch pieces	2 to 3 hours
Beef Short Ribs	2 x 2 x 4-inch pieces	1-1/2 to 2-1/2 hours



Three Easy Steps to Pot Roasting / Braising

Step 1:

Remove beef from refrigerator. Lightly coat with seasoned flour, if desired.

Slowly brown beef on all sides in small amount of oil in heavy pan. Pour off drippings. Season beef, as desired. (*Omit dredging and browning for corned beef brisket.*)

Step 2:

Add liquid, such as broth, water, juice, beer and/or wine, to pan. Bring to a boil; reduce heat.

- For pot roasts and other braised dishes, such as Swiss steak, chilis and shredded beef, use small amount of liquid (1/2 to 2 cups).
- For stews and soups, use at least enough liquid to cover beef.
- Corned beef brisket is cooked in liquid to cover beef.

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. (*It is not necessary to turn pot roast or steak over during cooking.*) When the beef is done, it can be removed from the pan and kept warm while the cooking liquid may be thickened or reduced, as desired.