



# NATURESOURCE™

Natural Angus Beef

*Where great beef starts naturally™*

## *How Do You Like Your NatureSource Natural Angus Beef?*

### ROASTING

- Heat oven to temperature specified in chart.
- Place beef, fat side up, on rack in shallow roasting pan. Season, if desired. Insert oven-proof meat thermometer so tip is centered in thickest part of the roast, not resting in fat or touching bone. Do not add water. Do not cover.
- Roast 5° to 10°F below desired degree of doneness. Allow roast to stand 15-20 minutes before serving. Temperature will continue to rise 5° to 10°F to reach desired doneness. In addition, the roast will be easier to carve.

### BROILING

- Set oven regulator for broiling: preheat for 10 minutes. During broiling, the oven door for electric ranges should be left ajar; the oven door for gas ranges should remain closed. (consult your owner's manual).
- Place beef on rack in broiler pan. Use seasonings as desired. Position broiler pan so that surface of beef is within specified distance from the heat as indicted in chart.
- Broil according to chart, turning once. After cooking, season beef with salt, if desired.

### PAN-BROILING

- Heat heavy nonstick skillet over medium heat for 5 minutes.
- Place beef in preheated skillet (do not overcrowd). Do not add oil or water. Do not cover.
- Pan-broil to desired doneness, turning once. Remove excess drippings from skillet as they accumulate. Season, if desired.

### PAN-FRYING/STIR-FRYING

- Place beef in small amount of heated oil. Do not cover.
- Cook at medium to medium-high temperature. Brown on both sides for pan-frying: turn meat pieces over continuously for stir-frying.
- Season, as desired.

### GRILLING

- Prepare charcoal for grilling. When coals have become ash-covered (approximately 30 minutes), spread in single layer and check cooking temperature. (To check temperature, cautiously hold the palm of your hand above the coals at cooking height. Count the number of seconds you can hold your hand in that position before the heat forces you to pull it away: approximately 4 seconds for medium heat).
- Use seasonings as desired. Place on cooking grid directly over coals.
- Grill according to chart, turning occasionally. (Because gas grill brands vary greatly, consult your owner's manual).
- After cooking, season beef with salt, if desired.

### BRAISING

- Slowly brown beef on all sides in small amount of oil in heavy pan. Pour off excess drippings. Season, if desired.
- Add a small amount (1/2 to 2 cups) of liquid.
- Cover tightly and simmer gently over low heat on top of range or in a 325°F oven until beef is fork-tender.

### COOKING IN LIQUID

- Coat beef with seasoned flour, if desired. Slowly brown beef on all sides in small amount of oil in heavy pan. Pour off excess drippings.
- Cover beef with liquid. Season, if desired. Bring liquid to boil: reduce heat to low.
- Cover tightly and gently simmer on top of range or in 325°F oven until beef is fork-tender.