3 SIMPLE STEPS FOR PAN-FRYING BEEF



CHOOSE YOUR CUT

Some of the best cuts for grilling include: (*indicates lean)



Cubed Steak



Sirloin Tip Steak*



Flat Iron



PREPARE YOUR BEEF



Heat small amount of oil in heavy, nonstick skillet over medium heat until hot.



This step is where you flour or bread cuts such as Cubed steak.

Season beef (directly from refrigerator), as desired.



COOK YOUR BEEF



Place beef in preheated skillet (do not overcrowd).



Pan-fry to desired doneness, turning occasionally.



After cooking, season beef with salt if desired.

GIVE ITA TRY

Feeling inspired? Put your new-found skillet skills to the test with these quick and delicious pan-frying on

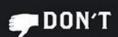
Best tool:



Beef Coach's Tips:

The Do's and Don'ts of Pan-Frying Beef



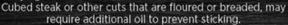


Season before and after cooking, as desired

Overcrowd your pan

Use a small amount of oil Add water

Select tender beef cuts ½ inch thick or less Cover your beef while cooking



Fact Nº 2:
Thin cuts should cook in 3 to 4 minutes until beef is medium rare (145°F) to medium (160°F).

HOT FACTS ABOUT PAN-FRYING

Fact N9 1: Pan-frying is best for thin, tender beef cuts, ½ inch thick or less.



For simple meal ideas, *** and **** and **** and **** as well as other great cuts for ***********, visit

BeefltsWhatsForDinner.com

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