

3 SIMPLE STEPS FOR PAN-FRYING BEEF

STEP 1

CHOOSE YOUR CUT

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



Cubed steak



Sirloin Tip steak*



Shoulder Top Blade steak (Flat Iron steak)

STEP 2

PREPARE YOUR BEEF



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



Season beef (directly from refrigerator), as desired.

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

STEP 3

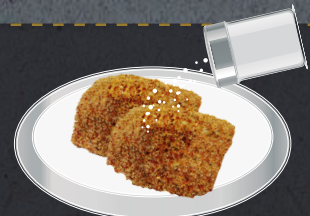
COOK YOUR BEEF



Place beef in preheated skillet (do not overcrowd).



Pan-fry to desired doneness, turning occasionally.

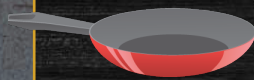


After cooking, season beef with salt if desired.

GIVE IT A TRY

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

Best tool:



12-inch nonstick skillet

HOT FACTS ABOUT PAN-FRYING

Fact No 1:

Pan-frying is best for thin, tender beef cuts, ½ inch thick or less. Cubed steak or other cuts that are floured or breaded, may require additional oil to prevent sticking.

Fact No 2:

Thin cuts should cook in 3 to 4 minutes until beef is medium rare (145°F) to medium (160°F).

Beef Coach's Tips:

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



DO



DON'T

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

BEEF

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