

3 SIMPLE STEPS FOR SKILLET-TO-OVEN COOKING BEEF

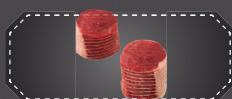
Some of the **best cuts** for skillet-to-oven cooking include:
(*indicates **lean**)



Ribeye Filets



Tenderloin Filets*



Strip Filets*



Top Sirloin Filets*

Look for
"thick-cut" filets,
1¾ to 2 INCHES
thick, for
best results.



STEP

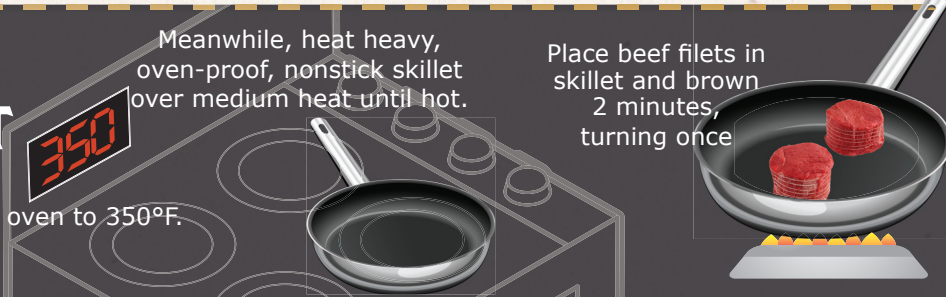
1

START IN THE SKILLET

Heat oven to 350°F.

Meanwhile, heat heavy,
oven-proof, nonstick skillet
over medium heat until hot.

Place beef filets in
skillet and brown
2 minutes,
turning once

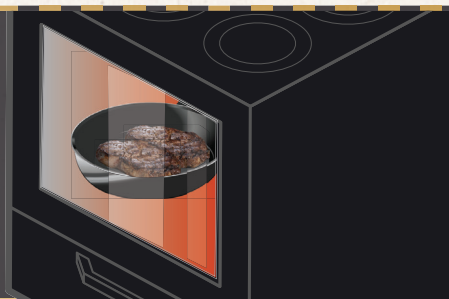


STEP

2

TRANSFER TO THE OVEN

Turn filets over
and place skillet into
preheated oven;
cook
17 to 28 minutes
(depending on
cut and desired
doneness).



STEP

3

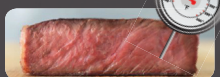
FINISH AND SERVE

135°F



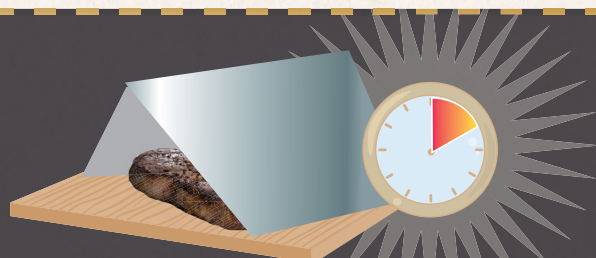
MEDIUM RARE

150°F



MEDIUM

Remove filets from oven when internal
temperature reaches 135°F for medium
rare; 150°F for medium doneness.



Remove filets from pan; tent loosely with aluminum foil. Let rest 5
to 10 minutes. Turn once. Temperature will continue to rise about
10°F to reach 145°F for medium rare; 160°F for medium doneness.

Beef Coach's Tips:

Tip N01:

Skillet-to-oven cooking is ideal for thick-cut
filets. Cooking them in a skillet alone would
lead to overdone outsides and underdone
insides. Discover perfect doneness and
sealed in juices with this cooking method.



Best Tool:
Oven-proof skillet

Tip N02:

If you don't have an oven-proof skillet,
transfer filets to a rimmed baking
sheet and cook in the oven a little (6
to 8 minutes longer for Ribeye Filets,
3 to 5 minutes longer for Top Loin and
Top Sirloin Filets).

BEEF

Funded by the Beef Checkoff.

For simple meal ideas, **nutrition** and **cookery information** visit
BeefItsWhatsForDinner.com

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