



3 Easy Steps to Braising and Stewing with Beef



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There's nothing like a stockpot filled with beef in broth, wine or another liquid gently simmering on the stove to evoke the comforts of home. The final result of this slow cooking method is tender beef that melts in your mouth and warms you through and through. Both braising and stewing work best when you start out by browning the beef in a little bit of oil. Braising tends to be the method of choice for large cuts of beef such as a pot roast or brisket with a small amount of liquid, while stewing tends to use cubes of beef mixed with vegetables and other ingredients with a larger quantity of liquid.

Braising and Stewing

Step 1: Remove beef from refrigerator. Lightly coat with seasoned flour (optional). Slowly brown beef on all sides in small amount of oil in heavy pan over medium heat. Pour off drippings. Season beef, if desired. (Omit dredging and browning for corned beef brisket.)

Step 2: Add liquid, such as broth, water, juice, beer and/or wine, to pan. Add herbs or seasonings, as desired. Bring to a boil; reduce heat.

- For pot roasts and other braised dishes, use small amount of liquid (1/2 to 2 cups).
- For stews and soups, use at least enough liquid to cover beef.
- Fresh brisket and corned beef brisket are 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 for sauce, as desired.

Braising Guidelines

Beef Cut	Weight/ Thickness	Approximate Total Cooking Time (Covered Over Low Heat) (hours)
CHUCK		
Chuck Pot Roast (Shoulder, Arm or Blade), <i>boneless</i>	2-1/2 to 4 pounds	2 to 3
Shoulder Steak, <i>boneless</i>	3/4 to 1 inch	1-1/4 to 1-3/4
Short Ribs	2 x 2 x 4 inches	1-1/2 to 2-1/2
ROUND		
Bottom Round, Rump Roast, <i>boneless</i>	3 to 4 pounds	2-1/2 to 3-1/4
Round Steak, (Eye or Bottom), <i>boneless</i>	3/4 to 1 inch 1 to 1-1/2 inches	1-1/4 to 1-3/4 1-3/4 to 2-1/2
<i>Note: For Top Round Steak, braising is not recommended.</i>		
SHANK & BRISKET		
Brisket, <i>fresh</i>	2-1/2 to 3-1/2 pounds	2-1/2 to 3

All cook times are based on beef removed directly from refrigerator.