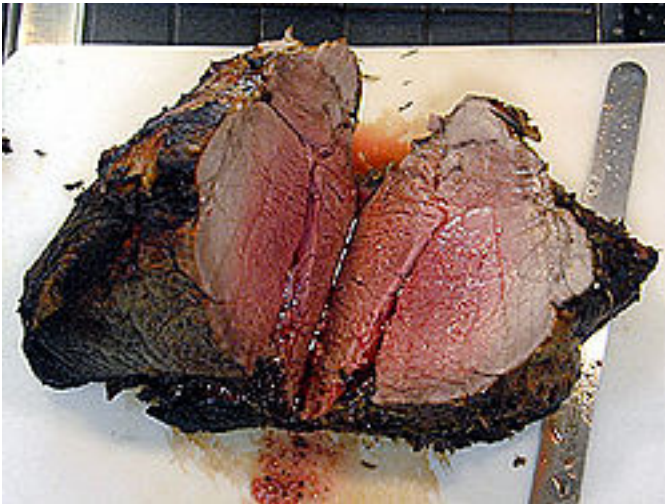



LAMB COOKING GUIDE

Cooking and preparing beef

The method of cooking beef is largely determined by the cut of beef to be cooked. For example, tender (and generally more expensive) cuts of meat benefit from fast, high-heat cooking while tough cuts benefit from a slower and longer cooking method.

Cooking with dry heat



 Roast beef cooked under high heat

Tender cuts of beef from the loin and rib are best cooked via dry cooking methods, such as charcoal grilling, broiling, roasting, and sautéing

- **Grilling** is cooking the beef over or under a high radiant heat source, generally in excess of 650 °F (343 °C). This leads to searing of the surface of the beef, which creates a flavorful crust. In the U.S.A., Australia, Canada, and the UK grilling, particularly over charcoal, is sometimes known as "barbecuing", often shortened to "BBQ."
- **Broiling** is similar to grilling, but specifically with the heat source *above* the meat.
- **Roasting** is a particularly British way of cooking meat in a hot [oven](#), producing [roast beef](#). Liquid is not usually added; the beef may be [basted](#) by fat on the top, or by spooning hot fat from the oven pan over the top. A [gravy](#) may be made from the cooking juices, after skimming off excess fat.

- [Stirfrying](#) is a Chinese and oriental way of cooking. Cooking oil with flavourings such as garlic, ginger and onions are put in a very hot [wok](#). Then slices of meat are added, followed by ingredients which cook quicker: mixed vegetables, etc. The dish is ready when the ingredients are 'just cooked'.

Internal temperature

Grilled or roast beef can be cooked to various degrees, from very rare to well done. The degree of cooking corresponds to the temperature in the approximate center of the meat, which can be measured with a [meat thermometer](#).

Cooked:	Temperature	Description
Very rare	115 – 125°F (46 – 52°C)	Blood-red meat, soft, very juicy
Rare	125 – 130°F (52 – 54°C)	Red center, gray surface, soft, juicy
Medium rare	130 – 140°F (54 – 60°C)	Pink throughout, gray-brown surface, often remains juicy
Medium	140 – 150°F (60 – 66°C)	Pink center, becomes gray-brown towards surface
Medium well	150 – 160°F (66 – 71°C)	Thin line of pink, firm texture.
Well done	>160°F (>71°C)	Gray-brown throughout, tough texture.

Cooking with moist heat

Tougher cuts of beef from the round, brisket, flank, plate, shank, shin, leg, and chuck are best cooked by moist heat cooking methods, such as [braising](#), [pot roasting](#), and [stewing](#). Some of the tougher cuts may be prepared with dry heat if they are first tenderized with a [marinade](#), or cooked for a long time at a low temperature.

- [Stewing](#) is simmering meat, whole or cut into bite-size pieces, in a water-based liquid with flavourings.
- [Braising](#) is cooking meats, in a covered container, with small amounts of liquids (usually seasoned or flavored). Unlike stewing, braised meat is not fully immersed in liquid.

Meat has usually been cooked in water which is just [simmering](#); higher temperatures make meat tougher. Since [thermostatic](#) temperature control became available, cooking at temperatures well below boiling, 65 °C (149 °F) to 90 °C (194 °F), for prolonged periods has become possible; this is just hot enough to dissolve connective tissue and kill [bacteria](#), with minimal toughening.