

3 SIMPLE STEPS FOR BRAISING/POT ROASTING BEEF

STEP 1

CHOOSE YOUR CUT

Some of the best cuts for oven braising/pot roasting include: (*Indicates lean)



STEP 2

PREPARE YOUR BEEF



Slowly brown beef on all sides in a small amount of oil in heavy pan over medium heat. Pour off drippings.

Season beef with herbs and seasonings, as desired.

Add small amount (1/2 to 2 cups) of liquid, such as broth, water, juice, beer or wine.

STEP 3

COOK YOUR BEEF

Cover tightly and simmer gently over low heat on top of the range or in a preheated 325°F oven according to [guidelines](#) or until beef is fork-tender.



OR



BEEF COACH'S TIP:

The cooking liquid may be thickened or reduced for a sauce, as desired.



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Funded by the Beef Checkoff.

For simple meal ideas, [nutrition](#) and [cookery information](#) as well as other great cuts for [braising](#), visit BeefItsWhatsForDinner.com

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