

# 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, **1<sup>3</sup>/<sub>4</sub> 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

350



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](http://BeefItsWhatsForDinner.com)

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