



# BEEF

Check out [beefitswhatsfordinner.com](http://beefitswhatsfordinner.com) for a variety of great educational resources and recipes.

## STORING

Beef University, developed by Beef Foodservice, provides in-depth modules and fact sheets according to topic. Check out Section 3 on handling and storage

- [Beef University](#)

This chart easily identifies proper thawing and storage methods specific to your beef cut

- [Refrigerator and Freezer Storage](#)



## PREPARING

Many cuts of beef, especially lean cuts, can benefit from the use of rubs or marinades for flavor or tenderizing.

Check out this video to learn about marinades and rubs from a National Cattleman's Association executive chef. See which cuts generally need marinating and learn the basics of making them.

- [Marinades and Rubs](#)

This online booklet also provides great recipes and tips for marinades and rubs

- [Recipes and Tips](#)



## COOKING

Knowing the best way to cook a cut of beef is half the battle. Check on this helpful chart.

- [Matching Cooking Methods](#)

Once you know the basic cooking method for your cut, consider your menuing options

- [Cut Finder](#)

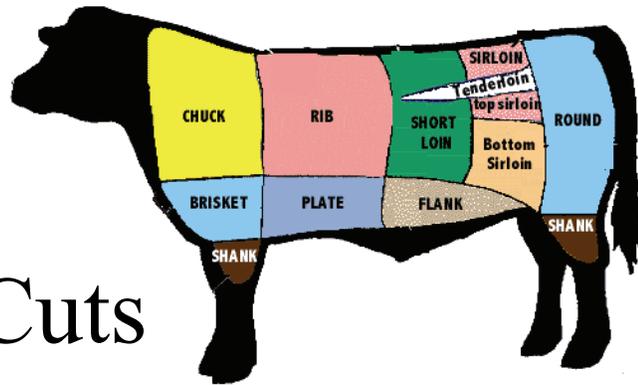
Be sure to use your thermometer to determine doneness. Roasts will continue to cook after they are removed from the oven (internal temperature may rise as much as 5°F.)

- [Determine Doneness](#)



# BEEF:

## Round Roast Cuts



The round is the rear leg of the beef animal around the hip. It can be separated further into bottom (or outside) round, inside (or top) round, and eye of (or middle) according to section. These can also be categorized into roast or steak according to how they are sliced.

A frequently used muscle, the meat from this area is lean but the lack of fat and marbling also makes it relatively tough. This is also what causes it to dry out when cooked with dry-heat cooking methods like grilling or dry roasting. However, using proper moist-heat methods during preparation will give you moist and tender meat.

### Moist Heat Methods:

*Appropriate moist heat methods include [braising](#) and [roasting](#).*

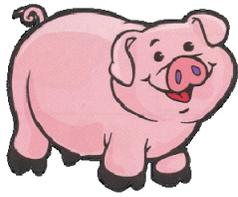
The bottom round and eye of round are well suited for both braising and roasting.

The inside round, which is taken from the highest part of the round, is generally considered the most tender of the three cuts and is best suited for roasting.

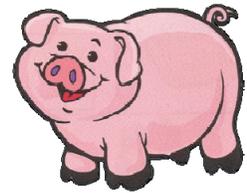
### Slicing Roast:

After your roast has cooked, allow it to set in a warm place for 15 to 20 minutes before it is sliced. This allows it to become more firm & makes it easier to slice. Refrigerating a roast for an extended period of time before slicing will result in a flavor loss.

Slice across the grain for a tender slice. Serve as soon as possible after cooking and slicing for best quality.



# PORK



*Go to [porkbeinspired.com](http://porkbeinspired.com) to discover a myriad of recipes, videos, and tips for cooking pork.*

## **HANDLING & STORAGE:**

Check out the National Pork Board's answers to common questions regarding [Buying, Handling, and Storing Pork](#)

## **PREPARATION:**

If you are cooking large lean cuts consider [Brining](#) to prevent drying out

## **COOKING**

Look through [The Cuts](#) and click on each one for a helpful description and a listing of appropriate cooking methods

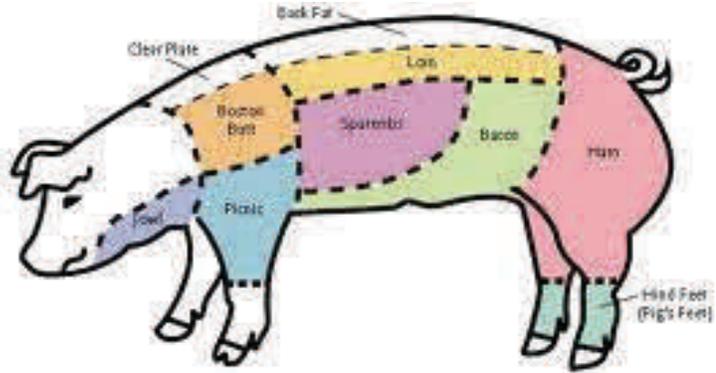
Pork today is actually very lean and caution should be taken against overcooking it. Use these as a guideline for cooking times.

- [Cooking Time-Chart](#)
- [Cooking Time-Video](#)

Also, freshen up on the proper use of [Meat Thermometers](#) with this video



# PORK: Boneless Loin & Ham Roasts



The **loin roast** comes from the area of the pig between the shoulder and the beginning of the leg. It is sold either bone-in or deboned.

Loin roasts are delicious when brined or rubbed with a spice mixture and barbecued over indirect heat. Pork loin roasts should not be braised or stewed as they have a tendency to lose tenderness and fall apart when cooked using moist heat.

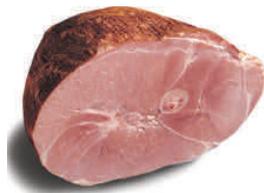
### *Cooking:*

When cooking, choose from either [roasting](#) or [barbecuing](#) techniques. If you want to get creative, consider [butterflying](#) your boneless pork roast.

### *Tips:*

- Cutting pork across the grain will produce slices with shorter fibers, resulting in more tender pieces.
- For a crisp surface on your roast, be sure the oven is fully preheated before place the roast in it and do not cover the meat while roasting.

The most tender cuts of pork are from the rib and loin. It's where we get the expression "high on the hog" — the most desirable cuts of meat come from higher up on the animal. By contrast, the shank and shoulder muscles give us the toughest cuts.



Cured **ham roast** is leg meat that has been dry- or wet-cured. Hams are labeled according to the amount of water added to the ham during the curing process. Because the leg muscle is a well-exercised part of the hog, ham is surprisingly low in fat.

Most hams are fully cooked, as noted on the label. Cooked hams can be served cold or after warming in the oven.

### *Cooking:*

[Roasting](#) will result in the best quality ham.

### *Tips:*

- Leftover ham is a delicious way to add instant flavor to lots of standby dishes.
- When serving a bone-in ham, plan on two to three servings per pound.

# Whole Turkey



## STORAGE & PREPARATION

Properly storing turkey, like any product, will result in high quality meat later.

- [Receiving and Storing](#)

Thawing whole turkeys both safely and timely takes a little planning and know-how. Check out this USDA video to ensure you are taking all the necessary safety precautions

- [Thawing](#)

Although not necessary, many cooks find that brining their turkey creates a moister product. Here are the USDA's step-by-step instructions for safely brining your turkey.

- [Brining](#)

## COOKING

This guide from the National Turkey Federation can help you determine roasting time and provides some helpful tips.

- [Roasting Whole Turkeys](#)

Watch this USDA video for basic cooking instructions and safety tips

- [Let's Talk About Cooking a Turkey](#)

For alternatives to roasting, consider smoking or grilling your turkey

- [Prepare a Smoked or Grilled Turkey](#)

Once cooked, consider deboning for easier serving

- [Deboning](#)

