

# SKILLET STEAK CONSUMER TIPS



## SMART SHOPPING WHICH CUTS?

For quick, convenient stovetop skillet cooking (sometimes called pan-broiling, pan-frying or sautéing), choose the most tender beef steaks.

Premium tender beef steaks are **ribeye, rib, T-Bone, Porterhouse, top loin (strip)** and **tenderloin**.

Family-priced tender beef steaks include **top sirloin, shoulder top blade (Flat Iron), shoulder center (Ranch Steak), chuck eye, eye round, round tip, round sirloin tip center** and **shoulder petite tender medallions**.

**Cubed steaks**, which are mechanically tenderized, are perfect for skillet cooking, too.

## HOW MUCH TO BUY?

- Lean boneless beef steaks will yield 3-1/2 to 4 three-ounce servings of cooked, trimmed beef per pound.
- Bone-in beef steaks and boneless beef steaks that need more trimming will yield 2-1/2 to 3 three-ounce servings of cooked, trimmed beef per pound.



## COOKING TIPS PREPARE THE STEAK PROPERLY BEFORE COOKING:

- To preserve juiciness, leave a thin layer of fat on steaks. Trim fat after cooking.
- Pat steaks dry with paper toweling to promote browning.
- Add salt and salty seasonings to steaks *after* cooking. Salt added before cooking draws out moisture and inhibits browning.

**MARINATING:** Marinate tender steaks only briefly, if desired, to add flavor. Fifteen minutes to 2 hours is enough.

## SKILLET KNOW-HOW:

- Use a heavy skillet. Preheat it until hot — usually about 5 minutes — before adding steaks.
- If using a nonstick skillet, no fat is needed. With other skillets, spray lightly with nonstick cooking spray or use a small amount of oil or butter.
- Use the correct cooking temperature. Too high heat can lead to overcooking and dry, flavorless steak. It may char the outside before the center has a chance to reach the desired doneness. A general rule to follow is:
  - Steaks 1/2 inch thick or thinner — use medium-high heat.
  - Steaks 3/4 inch thick or thicker — use medium heat.
- Don't crowd steaks in skillet. Overcrowding inhibits browning; it promotes steaming and uneven cooking. If necessary, cook steaks in batches.
- Don't add water to skillet or cook with the cover on.
- Turn steaks that are less than 1 inch thick *once*, midway through cooking. Turn steaks 1 inch thick or thicker *occasionally* for even cooking. Use tongs or a spatula to turn; piercing causes loss of flavorful juices.
- Remove excess drippings from skillet as they accumulate.



## DETERMINING DONENESS

- For optimal results, cook beef steaks to medium rare (145°F) or medium (160°F) doneness; cook steaks from the round only to medium rare (145°F). **Do not overcook.**
- The most accurate way to determine doneness of steaks is with an instant-read thermometer inserted horizontally from the side into the center.
- To judge doneness visually, make a small slit near the bone, or near the center for boneless cuts:
  - Medium rare* will be pink in the center and slightly brown toward the exterior.
  - Medium* will be light pink in the center and brown toward the exterior.