

POT ROAST CONSUMER TIPS

Pot roasts come from the more heavily exercised chuck and round sections. Consequently, they are less tender and more economical. Pot roasts require moist heat — braising — to tenderize the muscle fibers and to develop the natural beef flavors.



SMART SHOPPING WHICH CUTS?

Commonly available beef chuck pot roasts are **shoulder, chuck arm, chuck blade** and **chuck 7-Bone**. Chuck pot roasts have more fat, and therefore more flavor, than those from the round.

Beef round roasts suitable for pot roasting are **round tip, round rump, bottom round** and **eye round** roasts.

Most beef round and chuck pot roasts can be used interchangeably, with only slight adjustments in cooking time. Take advantage of this fact if the cut specified in the recipe is not available, or when certain cuts are on special in the meat department.

Beef brisket, a boneless cut available both fresh and corned, also requires moist heat. Brisket cuts include **whole brisket, point half/point cut, flat half/flat cut** and **middle cut**. The flat half is often referred to as **first cut** or **thin cut**; it is less fatty and therefore more desirable.

HOW MUCH TO BUY?

- Boneless beef chuck pot roasts will yield 3 three-ounce servings of cooked, trimmed beef per pound. Bone-in beef chuck pot roasts will yield 2 to 2-1/2 three-ounce servings of cooked, trimmed beef per pound.
- Beef round roasts will yield 3-1/2 to 4 three-ounce servings of cooked, trimmed beef per pound.
- Beef brisket and corned beef brisket will yield 2-1/2 to 3 three-ounce servings of cooked, trimmed beef per pound.



COOKING TIPS

PREPARE THE POT ROAST PROPERLY BEFORE COOKING:

- To preserve juiciness, leave a thin layer of fat on pot roast. Trim fat after cooking.
- Pat pot roast dry with paper toweling to promote browning.
- Add salt and salty seasonings *after* browning. Salt added before cooking draws out moisture and inhibits browning.
- Use flour, seasoned with salt, pepper and herbs, to lightly coat beef before cooking, if desired. The coating helps seal in flavor and moisture and is especially suitable with lean beef round roasts. (Corned beef is not usually coated with flour.)

BRAISING BASICS:

- Brown pot roast slowly, over medium heat, to develop rich color and flavor. Use a heavy pan and a small amount of oil. (Corned beef is not usually browned.)
- Use a small amount of liquid — 1/2 to 2 cups is usual. Good choices include water, broth, wine, beer, fruit or vegetable juice or a combination.
- Bring liquid to a boil, then quickly reduce heat to a level that just maintains a slow simmer.
- Cover pan tightly to retain the steam that will tenderize the beef. Don't lift the cover unnecessarily to turn the pot roast or to stir.
- Simmer gently. Low heat keeps beef moist and promotes tenderness. Boiling will dry and toughen the pot roast.
- Pot roasts may be braised on top of the stove or in a preheated 325°F oven.
- Pot roasts can be braised in oven cooking bags. Follow package directions.
- Pan juices from braising are very flavorful. Thicken them with flour or cornstarch, or cook over medium-high heat to reduce to sauce consistency, and serve with pot roast.



DETERMINING DONENESS

- Simmer until pot roast is fork-tender. To test, insert a utility fork into thickest part of the pot roast. When the fork can be inserted without resistance and then releases easily when pulled out, the pot roast is done.
- Don't overcook. Cooking beyond the fork-tender stage can result in dry, stringy beef.

CARVING CUES

- Carve chuck pot roasts into thin to medium slices.
- Carve round roasts into thin slices.
- Carve brisket and corned beef diagonally across the grain into thin slices.