

Cookery Methods

Dry Heat Methods

(Tender cuts)

Panbroiling

1. Place beef in heavy frying-pan.
2. Do not add fat or water. Do not cover.
3. Cook slowly, turning occasionally.
4. Pour off fat as it accumulates.
5. Brown meat on both sides.
6. Season.



Panfrying

1. Place beef in a small amount of fat in frying-pan.
2. Brown on both sides.
3. Season with salt and pepper.
4. Do not cover.
5. Cook at moderate temperature until done, turning occasionally.

