

Cookery Time Chart

For Cooking in a Conventional Oven



DRY HEAT — Tender Cuts

Broiling — the table is based on broiling at a moderate temperature until the meat is a medium doneness.

Retail Cut	Thickness in Inches	Weight in Pounds	Cooking Time
Chuck blade steak	3/4	1 1/2 to 1 1/2	20
	1	1 1/2 to 2 1/2	25
	1 1/2	2 to 4	40
Rib eye steak	1	8 to 10 ounces	20
	1 1/2	12 to 14 ounces	30
	2	16 to 20 ounces	45
Rib steak	1	1 to 1 1/2	20
	1 1/2	1 1/2 to 2	30
	2	2 to 2 1/2	45
Porterhouse steak	1	1 1/2 to 2	25
	1 1/2	2 to 3	35
	2	2 1/2 to 3 1/2	45
Tenderloin steak	1	4 to 6 ounces	20
	1 1/2	6 to 8 ounces	22
Top loin steak	1	1 to 1 1/2	20
	1 1/2	1 1/2 to 2	30
	2	2 to 2 1/2	45
Sirloin steak	1	1 1/2 to 3	25
	1 1/2	2 1/2 to 4	35
	2	3 to 5	45
Top round steak	1	1 1/2 to 1 1/2	30
	1 1/2	1 1/2 to 2	35
Flank steak	1/2	1 to 1 1/2	14
Ground beef patties	1 x 3	4 ounces	25

Roasting — based on taking the meat directly from the refrigerator and putting into a 325° oven.

Retail Cut	Approximate weight in pounds	Cooking time (minutes per pound)
Rib roast	4 to 6 6 to 8	34 - 38 27 - 30
Rib eye roast — roast in an oven set at 350° F	4 to 6	20 - 22
Tenderloin — roast in an oven set at 425°F	2 to 3 (half) 4 to 6 (whole)	45 - 50 (total) 45 - 60 (total)
Rump, boneless	4 to 6 3½ to 4 6 to 8	25 - 30 35 - 40 30 - 35
Top round	4 to 6	25 - 35
Ground beef loaf	1½ to 2½	1 - 1½ hours (total)

MOIST HEAT — Less tender cuts and variety meats

Braising

Retail Cut	Approximate weight or thickness	Approximate total cooking time (in hours)
Blade roast Arm pot-roast Chuckeye and shoulder roasts Boneless short ribs	3 to 5 pounds 3 to 5 pounds 3 to 5 pounds Pieces (2 x 2 x 4)	2 to 2½ 2½ to 3½ 2½ to 3½ 1½ to 2½
Round steak	½ to 1 inches	1 to 1½
Cubes	1 to 1½ inches	1½ to 2½



Cooking in Liquid		
Retail Cut	Approximate weight or size	Approximate total cooking time
Fresh or corned beef	4 to 6 pounds	40 to 50 minutes/pound
Shank cross cuts	1/2 to 1 1/2 pounds	2 1/2 to 3 hours (total)
Beef for stew	1 to 1 1/2 inch cubes	1 1/2 to 2 1/2 hours (total)

Other			
Cut	Broiled or fried	Braised	Cooked in liquid
Beef Liver 3 to 4 pounds Sliced		2 to 2 1/2 hours 20 to 25 minutes	
Calf Sliced	6 minutes		
Kidney	10 minutes	1 hour	1 hour
Heart Whole Sliced		3 to 3 1/2 hours 1 1/2 to 2 hours	3 to 3 1/2 hours
Tongue			3 to 4 hours

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