
Understanding How To Cook Meat

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Overview

Dry Rub vs. Marinade

Cooking Techniques

~Grilling

~Sauteing/Pan Frying

Meat Temperatures

Rubs vs Marinade

Dry Rub

Rubs are mixes of spices and seasoning that add flavor but don't tenderize.

Dry rubs are dry and powdery

Paste rubs are mixed with a wet ingredient to form a paste

Rubs should be patted onto the meat to form a coating or crust

Marinade

Marinades are liquids that are made of herbs, spices, and an acid

They not only add flavor to your meat, but also tenderize.

The acids breaks down connective tissues and make meat more tender.

Grilling vs Sauteing

Grilling

Can Use Both Tender and Lean Cuts of Meat

Brush the food with oil and season it, or remove from marinade, Drip off excess

Cook until the item is about one-fourth done. Turn cook to the desired doneness.

Sauteing

Use only Tender Cuts of Meat

Use clarified butter or oil or a mixture of the two for sautéing.

Do not overload the pan.

Thickness Counts

Temperature

Rare ~125

Medium Rare ~ 130-135

Medium ~ 135-140

Medium Well ~145 - 155

Well done ~ 155+



Temping the Meat

Using a Probe

Ideal for thicker cuts of meat

Need to make sure the probe is properly calibrated for accurate reading

Place the probe towards the center at an angle

Touch Test

Meat gets firmer as it cooks.

Pressing it lightly with the finger indicates its doneness.

Press the center of the lean part, not the fat

Master your cooking



3-simple steps to grill, roast or braise
<http://www.beefitswhatsfordinner.com/3simplesteps.aspx>



How to check meat temperature
<https://youtu.be/dArBb54TkEk>



No-recipe cooking
<http://www.beefitswhatsfordinner.com/tastybeefvideos.aspx>



Enjoy beef that meets Dietary Guidelines for Americans
<http://www.beefitswhatsfordinner.com/summer-recipes.aspx>



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