

Cooking Beef Is As Easy As 1, 2, 3

What is the key to successful beef cookery? First, choose an appropriate method for the cut you've selected. For tender cuts, dry heat methods such as broiling, roasting, pan-broiling, sauteing/pan-frying, and grilling are best. Moist heat methods, such as braising and cooking in liquid, are better choices for less tender cuts. The following tips help make cooking beef by any method as easy as 1, 2, 3.

Pan-Broiling Beef

1. Heat heavy nonstick skillet five minutes over medium heat.
2. Season beef (straight from refrigerator), as desired. Place beef in preheated skillet (do not overcrowd). Do not add oil or water. Do not cover.
3. Pan broil according to recipe, turning once. (For cuts one inch thick, turn occasionally) Remove excess drippings from skillet as they accumulate. After cooking, season beef with salt, if desired.

Pan-Frying Beef

This cooking method is best for thin, tender beef cuts. Lean cuts, such as cubed steaks or floured and breaded cuts, may require additional oil to prevent sticking.

1. Heat small amount of oil in heavy nonstick skillet over medium heat until hot.
2. Season beef (straight from refrigerator), as desired. Place beef in preheated skillet (do not overcrowd). Do not add water. Do not cover.
3. Pan-fry to desired doneness, turning occasionally. After cooking, season beef with salt, if desired.

Broiling Beef

1. Set oven regulator for broiling; preheat for 40 minutes. During broiling, the oven door for electric ranges should be left ajar; the oven door for gas ranges should remain closed. (However, consult you owner's manual for specific broiling guidelines.)

2. Place beef (straight from refrigerator) on rack of broiler pan. Season beef, as desired. Position broiler pan so that surface of beef is within specified distance from the heat as indicated in chart.

3. Broil according to recipe, turning once. After cooking, season beef with salt, if desired.

Stir-Frying Beef

Cook beef and vegetables separately, then combine and heat through. The cooking liquid may be thickened with cornstarch dissolved in water, if desired.

1. Partially freeze beef for easier slicing. Cut into thin, uniform strips or pieces. Marinate to add flavor or tenderize while preparing other ingredients, if desired.

2. Heat small amount of oil in wok or large heavy nonstick skillet over medium-high heat until hot.

3. Stir-fry beef in half-pound batches (do not overcrowd), continuously turning with a scooping motion, until outside surface of beef is no longer pink. Add additional oil for each batch, if necessary.

Roasting Beef

1. Heat oven to temperature specified in chart.

2. Place roast (straight from refrigerator), fat side up, on rack in shallow roasting pan. Season roast, as desired. Insert oven-

proof meat thermometer so tip is centered in thickest part of roast, not resting in fat or touching bone. Do not add water. Do not cover.

3. Roast according to recipe. Transfer roast to carving board; tent loosely with aluminum foil. Let roast stand 15 minutes. (Temperature will continue to rise 5 to 10°F to reach desired doneness and roast will be easier to carve.)

Grilling

1. Prepare charcoal for grilling. When coals are medium, ash-colored (approximately 30 minutes), spread in single layer and check cooking temperature. Position cooking grid. (To check temperature, cautiously hold the palm of your hand above the coals at cooking height. Count the number of seconds you can hold your hand in that position

before the heat forces you to pull it away; approximately four seconds for medium heat.)

2. Season beef (straight from refrigerator), as desired. Place on cooking grid directly over coals.

3. Grill according to recipe, turning occasionally. After cooking, season beef with salt, if desired. (Because gas grill brands vary greatly, consult your owner's manual for grilling guidelines.)

Cooking In Liquid

The cooking liquid may be reduced or thickened for a sauce, as desired.

1. Coat beef lightly with seasoned flour, if desired. Slowly brown on all sides in small amount of oil in heating pan. Pour off drippings. Omit browning step for corned beef brisket.

2. Cover beef with liquid (e.g.

broth, water, juice, beer or wine). Add seasoning, as desired. Bring liquid to boil; reduce heat to low.

3. Cover tightly and simmer gently over low heat on top of the range according to recipe or until beef is fork-tender.

Braising Beef

The cooking liquid may be reduced or thickened for a sauce, as desired.

1. Slowly brown beef on all sides in small amount of oil in heavy pan. Pour off drippings. Season beef, as desired.

2. Add small amount (1/2 to 2 cups) of liquid (e.g. broth, water, juice, beer or wine).

3. Cover tightly and simmer gently over low heat on top of the range or in a 325°F oven according to recipe or until beef is fork-tender.



Adams 4-H Presentation Night
Adams County 4-H Presentation Night was conducted at Gettysburg Middle School April 27.

Fifteen junior and four senior 4-H illustrated presentations were given. Five senior and three junior prepared speeches were presented. Three junior and four senior 4-H members presented impromptu speeches.

The objective of 4-H Presentation Night is to provide an opportunity for 4-H members to

practice organizing and presenting an idea in front of a group. They are able to demonstrate their communication skills in a competitive format and receive constructive comments from judges. 4-H leaders and parents were judges for the evening.

Junior presenters were Joel Gilbert, York Springs; Charlotte Battersby, Fairfield; Braeden Eastman, Biglerville; Sara Oyler, Biglerville; Corbin Wood, Littlestown; Zach Nell, Gettysburg; Anna Rebman, Gettysburg; Luke Reichart, Littlestown; Lee Wilkinson, Aspers; Hanna Barra, New Oxford; Steph Barra, New Oxford; Adam Smelser, Arendtsville; Jacob Oyler, Biglerville; Taylor Diaz, Orrtanna; Cassie Bishop, Biglerville.

Senior presenters were Jessi

Leister, Biglerville; Missy Jeffcoat, Littlestown; Steve Norris, Emmitsburg; Christina Dille, Fairfield.

The following 4-H members presented senior division prepared speeches: Vincent Gilbert, York Springs; April Smelser, Arendtsville; Carl Wilkinson, Aspers; Detra Deatrick, New Oxford; and Chris Jeffcoat, Littlestown.

Junior impromptu speeches were given by Alyssa Biesecker, Biglerville; Meagan Cole, Biglerville; Anna Coibert, Biglerville; Clayton Wood, Littlestown; Laura Bishop, Biglerville; and Katy Baldwin, Biglerville.

Senior impromptu 4-H speakers were Meaghan Rudolph, Hanover; Erin Davis, Orrtanna; Jonathan Reinecker, York Springs; and Andrew Reinecker, York Springs.

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- I suffer from allergies
- I frequently feel tense and on edge
- I am frequently constipated
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