

# POT ROAST / BRAISING GUIDELINES

## POT ROASTING, BRAISING AND STEWING COOKING GUIDELINES

Beef Cut	Weight/ Thickness	Approximate Total Cooking Time (covered over low heat)
Chuck Pot Roast, <i>boneless</i> (Arm, Shoulder or Blade)	2-1/2 to 4 pounds	2 to 3 hours
Chuck Shoulder Steak, <i>boneless</i>	3/4 to 1 inch thick	1-1/4 to 1-3/4 hours
Boneless Round Rump Roast	3 to 3-1/4 pounds	2-3/4 to 3-1/4 hours
Round Steak, <i>boneless</i> (Eye or Bottom)	3/4 to 1 inch thick 1 to 1-1/2 inches thick	1-1/4 to 1-3/4 hours 1-3/4 to 2-1/2 hours
Brisket, <i>fresh</i>	2-1/2 to 3-1/2 pounds	2-1/2 to 3 hours
Corned Beef Brisket	2-1/2 to 3-1/2 pounds 3-1/2 to 5 pounds	2-1/2 to 3-1/2 hours 3-1/2 to 4-1/2 hours
Beef For Stew	1 to 1-1/2-inch pieces	1-3/4 to 2-1/4 hours
Shank Cross Cuts	1 to 1-1/2-inch pieces	2 to 3 hours
Beef Short Ribs	2 x 2 x 4-inch pieces	1-1/2 to 2-1/2 hours