



JACK & PAT'S

Old Fashioned Butcher Shop

Specializing in Custom Cuts and Customer Service

Slow Cooking Beef—Braising

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

Add small amount of liquid (1/2- 2 cups) such as broth, water, juice, beer, wine. Cover tightly and simmer gently over low heat on top of the range, or in a preheated 325° F oven according to chart or until beef is fork tender.

<u>BEEF CUT</u>	<u>WEIGHT/THICKNESS</u>	<u>TIME(HOURS)</u>
Pot Roast	2 ½ to 4 lbs	2 to 3
Short Ribs	2 x 2 x 4 inches	1 ½ to 2 ½
Bottom Round Rump Roast	3 to 4 lbs.	2 ½ to 3 ½
Round Steak	¾ to 1 inch	1 ¼ to 1 ¾
Eye or Bottom	1 ½ inches	1 ¾ to 2 ½
Brisket	2 ½ to 3 ½ lbs.	2 ½ to 3

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