

Cooking Times for beef

STEAKS

Fry: minute steak	1-2mins each side
Grill or Fry: fillet 2-3cm (3/4-1 1/4") thick	For each side allow: rare 3-4mins; medium 4-5mins; well done 6-7mins
Grill or Fry: sirloin, rump, rib eye 2cm (3/4") thick	For each side allow: rare 2 1/2mins; medium 4mins; well done 6mins
Stir-fry: sirloin, rump, rib eye cut into strips	2-4mins+2mins with vegetables

JOINTS

Oven Roast: topside, brisket, rib, mini joints	Oven: gas mark 4-5, 180-190°C, 350-375°F rare 20mins per 450g/1lb + 20mins Internal temp approx 60°C, medium 25mins per 450g/1lb + 25mins Internal temp approx 70°C, well done 30mins per 450g/1lb + 30mins Internal temp approx 80°C
Pot Roast: silverside, rib, brisket	Oven: gas mark 4-5, 180-190°C, 350-375°F 30-40mins per 450g/1lb + 30-40mins

JOINTS & STEAKS

Casserole, Stew & Braise: topside/braising steak, dice and daubes, shin and leg	Oven: gas mark 3, 170°C, 325°F Stew: 2-3 hours Braise: braising steak (shin, leg, neck) 1 1/2-2 1/2 hours
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MINCE

Fry, Dry Fry:	To use mince that is then cooked with other ingredients, such as Bolognese, start by browning the mince. In a good-sized hot frying pan, fry, either dry or with just a little oil, for 4-6 mins. Don't put too much mince in the frying pan, or it will steam! Batch fry instead.
Burgers, about 1-2cm (1/4-3/4") thick:	Shape the raw mince into burgers. Fry/Grill: 4-6mins each side. Roast in the oven: gas mark 4-5, 180-190°C, 350-375°F 15-20mins.

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