

Doneness Temperature For Beef

Gradations, their descriptions, and their associated temperatures vary regionally, with different cuisines using different cooking procedures and terminology. For steaks, common gradations include rare, medium rare, medium, medium well, and well done.

Beef be cooked to varying degrees of doneness, while trimmings are often ground or minced, as found in most hamburgers. Along with other kinds of red meat, high consumption is associated with an increased risk of colorectal cancer and cardiovascular disease, especially when processed. Beef contains protein, iron, and vitamin B12. Beef is the culinary name for meat from cattle (*Bos taurus*). Beef has a high environmental impact, being a primary driver of deforestation with the highest greenhouse gas emissions of any agricultural product. Beef can be prepared in various ways; cuts are often used for steak, which can be cooked to varying degrees of doneness, while trimmings are often ground or minced, as found in most hamburgers

Meat thermometers are usually designed to have the probe in the meat during cooking. Some use a bimetallic strip which rotates a needle which shows the temperature on a dial; the whole thermometer can be left inside the oven during... Low-temperature cooking has been used for a long time; evidence of its use can be found in indigenous cultures. Samoans and Tongans slow-cook meat in large pits for celebrations and ceremonies. However, the technique was not scientifically examined until the 18th century, when Benjamin Thompson "described how he had left a joint of meat in a drying oven overnight and was amazed when, the next morning, he found that the meat was tender and fully cooked." Professor Nicholas Kurti from the University... The sandwich is made from beef that has been roasted in beef stock and other seasonings. A 1962 recipe calls for bay leaves, garlic powder, tomato paste, and crushed dried red pepper. The choice of beef cut varies. Inside round is commonly used due to its ease of preparation, but some restaurants use top sirloin. The meat is cooked until it is not pink in the middle. When it is done, it is sliced as thinly as possible, usually thinner... Preparation The beef on weck sandwich is a tradition in western New York dating back to the late 1800s. Roast beef is sometimes served with horseradish or horseradish sauce. In Denmark, it is mostly used in open sandwiches, called smørrebrød. The main

ingredient of this dish is hor fun noodles, which is also known as shahe fen, originating in the town of Shahe in Guangzhou. It is a wide, flat noodle that is cut into shape (qiefen). The most common methods of cooking hor fun are in soup or stir fried. Hor fun can be dry-fried (fried only with condiments such as soy sauce) or wet-fried (fried with a thickening sauce). Today, the dry-fried variant is much more common, to the extent that the method is usually not specified—"hor fun" on a restaurant menu would refer to dry-fried hor fun. Further, wet-fried hor fun usually includes... d6b4ab34cf A meat thermometer is a unit which will measure core temperature of meats while cooking. It will have a metal probe with a sharp point which is pushed into the meat, and a dial or digital display. Some show the temperature only; others also have markings to indicate when different kinds of meat are done to a specified degree (e.g., "beef medium rare"). d6b4ab34cf == Characteristics == d6b4ab34cf In the US, where it is also known as Yankee pot roast, the dish is often served with vegetables such as carrots, potatoes and onions simmered in the cooking liquid. Pot roast takes influences from the French dish boeuf à la mode and German dish sauerbraten... d6b4ab34cf Some religions and cultures prohibit beef consumption, especially Indian religions like Hinduism. Buddhists are also against animal slaughtering, but they do not have a wrongful eating doctrine. d6b4ab34cf == Culinary arts == d6b4ab34cf

Low-temperature cooking Low-temperature cooking methods include sous vide cooking, slow cooking using a slow cooker, cooking in a normal oven which has a minimal setting of about 70 °C (158 °F), and using a combi steamer providing precise temperature control. Cooking portal Food portal Black garlic Doneness Molecular gastronomy Food safety Critical control point "Low-temperature meat cooking in your oven". Haier Low-temperature cooking is a cooking technique that uses temperatures in the range of about 60 to 90 °C (140 to 194 °F) for a prolonged time to cook food. The traditional cooking pit also cooks food at low temperature d6b4ab34cf

The word beef... d6b4ab34cf Cooking food by a low-temperature method does not necessarily imply that the internal temperature of the food is lower than by traditional cooking. d6b4ab34cf Browning the roast before adding liquid is an optional step to improve the flavor. Browning can occur at lower temperatures with a longer cooking time, but the result is less intense than a high-temperature sear. Either technique can be used when making pot roast. The result is tender, succulent meat and a rich liquid that lends itself to making gravy. d6b4ab34cf The sandwich traces back to Italian-American immigrants in Chicago as early as the 1930s, but the exact origin is unknown. The sandwich gradually grew in popularity and was widely eaten in the city by the 1970s and 1980s. The sandwich saw a

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substantial rise in popularity with the 2020s television show *The Bear*, set in a fictional Chicago restaurant that specializes in the sandwich. d6b4ab34cf

Italian beef The entire sandwich may be dipped in the juice the meat is cooked in before serving with a side of French fries. **Common toppings** An Italian beef is a sandwich of Chicago origin made from thin slices of roast beef simmered and served with a thin gravy on French bread. Common toppings are a choice between spicy giardiniera (called "hot") or mild bell peppers (called "sweet"). An Italian beef is a sandwich of Chicago origin made from thin slices of roast beef simmered and served with a thin gravy on French bread d6b4ab34cf

== Regional variations == d6b4ab34cf

Beefsteak In common restaurant service a single serving has a raw mass ranging from 120 to 600 grams (4 to 21 oz). Wikibooks Cookbook has a recipe/module on *Steak* Pictures and diagrams of beef cuts USDA recommended temperatures for beef A beefsteak, often called just steak, is a flat cut of beef with parallel faces, usually cut perpendicular to the muscle fibers. The more tender cuts from the loin and rib are cooked quickly, using dry heat, and served whole. Beef steaks are usually pan-seared, grilled, broiled, or cooked sous vide. media related to Beef steaks. Less tender cuts from the chuck or round are cooked with moist heat or are mechanically tenderized (as with, for example, cube steak) d6b4ab34cf

Roast beef Sliced roast beef is also sold as a cold cut, and used as a sandwich filling. Leftover roast beef may be minced and made into hash. Roast beef is a dish of beef that is roasted, generally served as the main dish of a meal. Yorkshire pudding is a standard side dish. In the Anglosphere, roast beef is one of the meats often served Roast beef is a dish of beef that is roasted, generally served as the main dish of a meal. In the Anglosphere, roast beef is one of the meats often served at Sunday lunch or dinner d6b4ab34cf

Roast beef is a characteristic national dish of England and holds cultural meaning for the English dating back to the 1731 ballad "The Roast Beef of Old England". The dish is so synonymous with England and its cooking methods from the 18th century that a French nickname for the English is *les rosbifs*. d6b4ab34cf Cuts such as chuck steak, bottom round, short ribs and 7-bone roast are preferred for this technique. (These are American terms for the cuts; different terms and butchering styles are used in other parts of the world.) While the toughness of their fibers makes such cuts of meat unsuitable for oven roasting, slow cooking tenderize them, while the beef imparts some of its flavor to the cooking liquid. d6b4ab34cf

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Doneness The gradations are most often used Doneness is a gauge of how thoroughly cooked a cut of meat is based on its color, juiciness, and internal temperature. The gradations are most often used in reference to beef (especially steaks and roasts) but are also applicable to other types of meat. Doneness is a gauge of how thoroughly cooked a cut of meat is based on its color, juiciness, and internal temperature d6b4ab34cf

In prehistoric times, humans hunted aurochs and later domesticated them. Since that time, numerous breeds of cattle have been bred specifically for the quality or quantity of their meat. Today, beef is the third most widely consumed meat in the world, after pork and poultry. As of 2018, the United States, Brazil, and China were the largest producers of beef. d6b4ab34cf

Beef aging Dry-aged Beef aging or beef ageing is a process of preparing beef for consumption by aging it, in order to break down the connective tissue within the meat. Beef aging or beef ageing is a process of preparing beef for consumption by aging it, in order to break down the connective tissue within the meat d6b4ab34cf

Beef chow fun It is commonly found in yum cha restaurants in Guangdong Province of China, Hong Kong, and overseas, as well as in cha chaan tengs. Beef chow fun, also known as beef ho fun, gōn cháau ngàuh hó, or gānchǎo níuhé in Chinese (干炒牛河) meaning "dry fried beef Shahe noodles", is a staple Cantonese Beef chow fun, also known as beef ho fun, gōn cháau ngàuh hó, or gānchǎo níuhé in Chinese (干炒牛河) meaning "dry fried beef Shahe noodles", is a staple Cantonese dish made from stir-frying beef, hor fun (wide rice noodles) and bean sprouts. Chow fun, or stir-fried hor fun (shahe fen) noodles, is any number of different individual preparations (and could be compared to the number of pizza varieties in United States cuisine). In the Philippines, it is called "beef hofan" (牛肉粉) d6b4ab34cf

Meat thermometer When cooking, food should always be cooked so that the interior reaches a temperature sufficient, that in the case of meat is enough to kill pathogens that may cause foodborne illness or, in the case of bread, that is done baking; the thermometer helps to ensure this. The degree of "doneness" of meat or bread correlates A meat thermometer or cooking thermometer is a thermometer used to measure the internal temperature of meat, especially roasts and steaks, and other cooked foods. The degree of "doneness" of meat or bread correlates closely with the internal temperature, so that a thermometer reading indicates when it is cooked as desired. used to measure the internal temperature of meat, especially roasts and steaks, and other cooked foods d6b4ab34cf

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== Etymology == d6b4ab34cf In the American South, this style of cooking is sometimes referred to as "low and slow". d6b4ab34cf == History == d6b4ab34cf

Pot roast Pot roast is a beef dish made by slow-cooking a (usually tough) cut of beef in moist heat, on a kitchen stove top with a covered vessel or pressure cooker Pot roast is a beef dish made by slow-cooking a (usually tough) cut of beef in moist heat, on a kitchen stove top with a covered vessel or pressure cooker, or in an oven or slow cooker d6b4ab34cf

== Dry-aged beef == d6b4ab34cf

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