

AMERICAN WAGYU BEEF



BEEF ROASTING TIMETABLE

| BEEF CUT | OVEN TEMPERATURE | WEIGHT(#) | TOTAL COOKING TIME | REMOVE ROAST FROM OVEN WHEN INTERNAL TEMPERATURE REACHES |
|----------------------------|------------------|------------------------|-------------------------------------------------------|----------------------------------------------------------|
| RIBEYE ROAST, SMALL END | 350°F | 3 TO 4 | MED. RARE 1-1/2 TO 1-3/4 HRS MEDIUM 1-3/4 TO 2 HRS | 135°F 150°F |
| | 350°F | 4 TO 6 | MED. RARE 1-3/4 TO 2 HRS MEDIUM 2 TO 2-1/2 HRS | 135°F 150°F |
| | 350°F | 6 TO 8 | MED. RARE 2 TO 2-1/4 HRS MEDIUM 2-1/2 TO 2-3/4 HRS | 135°F 150°F |
| | 325°F | 8 TO 10** | MED. RARE 2-1/2 TO 3 HRS MEDIUM 3 TO 3-1/2 HRS | 135°F 145°F |
| RIBEYE ROAST, LARGE END | 350°F | 3 TO 4 | MED. RARE 1-3/4 TO 2-1/4 HRS MEDIUM 2 TO 2-1/2 HRS | 135°F 150°F |
| | 350°F | 4 TO 6 | MED. RARE 2 TO 2-1/2 HRS MEDIUM 2-1/2 TO 3 HRS | 135°F 150°F |
| | 350°F | 6 TO 8 | MED. RARE 2-1/4 TO 2-1/2 HRS MEDIUM 2-3/4 TO 3 HRS | 135°F 150°F |
| TENDERLOIN ROAST (TRIMMED) | 425°F | 2 TO 3 (CENTER CUT) | MED. RARE 35 TO 40 MIN MEDIUM 45 TO 50 MIN | 135°F 150°F |
| | 425°F | 4 TO 5 (WHOLE) | MED. RARE 50 TO 60 MIN MEDIUM 60 TO 70 MIN | 135°F 150°F |

**TENT LOOSELY WITH ALUMINUM FOIL HALFWAY THROUGH ROASTING TIME.

BEEF GRILLING TIMETABLE

| BEEF CUT | THICKNESS/WEIGHT | APPROX. COOKING TIME MED. RARE 145°F TO MEDIUM 160°F CHARCOAL GRILLING (UNCOVERED)* | APPROX. COOKING TIME MED. RARE 145°F TO MEDIUM 160°F GAS GRILLING (COVERED) |
|-----------------------|------------------|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| RIBEYE | 3/4 INCH | 6-8 MIN. | 7-9 MIN. |
| | 1 INCH | 11-14 MIN. | 9-14 MIN. |
| TENDERLOIN, FILET | 1 INCH | 13-15 MIN. | 11-15 MIN. |
| | 1-1/2 INCH | 14-16 MIN. (GRILL COVERED) | 16-20 MIN. |
| TOP SIRLOIN, BONELESS | 3/4 INCH | 13-16 MIN. | 8-13 MIN. |
| | 1 INCH | 17-21 MIN. | 13-16 MIN. |
| STRIPLOIN STEAK | 1-1/2 INCH | 22-26 MIN. (GRILL COVERED) | 24-30 MIN. |
| | 3/4 INCH | 10-12 MIN. | 7-10 MIN. |
| STRIPLOIN STEAK | 3/4 INCH | 10-12 MIN. | 7-10 MIN. |
| | 1 INCH | 15-18 MIN. | 11-15 MIN. |

SNAKE RIVER FARMS RECOMMENDS SPECIAL GRILLING INSTRUCTIONS FOR THEIR PRE-FORMED FROZEN GOURMET HAMBURGER PATTIES. PRE-HEAT BARBEQUE GRILL TO MEDIUM. COOK FROZEN PATTY FOR APPROXIMATELY 6 MINUTES ON FIRST SIDE BEFORE TURNING. TURN PATTY AND COOK FOR AN ADDITIONAL 6-7 MINUTES FOR MEDIUM DONENESS (160°F). SEASON TO TASTE. DO NOT SQUEEZE JUICES OUT OF PATTY DURING COOKING PROCESS. WATCH FOR FAT DRIPS THAT CAN CAUSE FLAME UP WHEN USING BARBECUE GRILL.

*UNLESS OTHERWISE SPECIFIED
SOURCE: BEEF COOKING TABLES ADAPTED FROM THE NATIONAL CATTLEMEN'S BEEF ASSOCIATION ON BEHALF OF THE BEEF CHECKOFF

ROASTING INSTRUCTIONS

1. Heat oven to temperature specified in chart.
2. In a small bowl, prepare recommended **SNAKE RIVER FARMS** seasoning mixture: combine 2 Tbsp. minced fresh rosemary or 2 tsp. dried rosemary, 4 cloves minced garlic, 2 tsp. cracked black pepper and sea salt to taste. Set aside.
3. Place roast (straight from refrigerator), fat side up, on rack in shallow roasting pan. Season roast with prepared mixture. Insert ovenproof 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 (unless specified in chart).
4. Roast according to chart*. Transfer roast to carving board; tent loosely with aluminum foil. Let roast stand 15 to 20 minutes. (Temperature will continue to rise 5° to 10° F to reach desired doneness and roast will be easier to carve.)

GRILLING INSTRUCTIONS

Three easy steps to grilling beef:

1. Prepare grill (gas or charcoal) according to manufacturer's directions for medium heat.
2. Remove beef directly from the refrigerator. Place on cooking grid.
3. Grill according to chart*, turning occasionally. Always use an instant-read meat thermometer, inserted horizontally into the center of steak or burger, to accurately determine doneness. Watch for fat drips that can cause flame up when using barbecue grill.

*Marbling of beef and/or cooking equipment may alter cooking time. Always use an ovenproof meat thermometer for roasting or an instant-read meat thermometer for grilling to determine appropriate doneness.