Beef Cooking Methods Chart

A beef cooking methods chart that matches cuts of beef to dry heat and moist heat cooking methods, with safety reminders. Print it and keep it handy where the work gets done.

Farm / unit: _____ Date: _____ By: _____

1. Identify the cut you are cooking
2. Choose dry heat or moist heat
3. Prepare and season the meat
4. Bring to the right cooking setup
5. Use a food thermometer
6. Rest meat after cooking
7. Store leftovers safely
8. Note results for next time

YOUR NOTES

TIP Cook to the safe internal temperature given by USDA food safety guidance and always use a food thermometer.