Beef that Satisfies

THE MICROWAVE WAY
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The Microwave Way

Whether you’re preparing a beef roast for company or beefburgers for the family, your microwave oven can help you save time, effort and energy. Fortunately for today’s busy cooks, techniques have been developed that enable them to microwave a wide variety of favorite beef entrees quickly and conveniently with delicious and satisfying results.

This booklet has been prepared to help you attain beef’s full potential when cooking in the microwave oven. Sure to delight diners are 13 tasty beef recipes created especially for microwave cookery. In addition there are handy step-by-step instructions for microwaving such all-time beef favorites as roasts, pot-roasts and beefburgers.

Beef Cuts For Microwaving

You’ll find it easy to keep menu interest high as you explore the many beef cuts that can be successfully cooked in the microwave oven.

**Boneless Beef Rib Eye, Top Round, Top Loin, Tip (Cap Off), Rump and Cross Rib Roasts** can be microwaved to juicy, flavorful perfection following the recommendations on page 4. Appropriate for microwave roasting are naturally tender, boneless beef roasts of compact, uniform shape, weighing 3 to 4 pounds. **Beef Rib Roasts**, cut from the small end, also are a good choice.

**Boneless Beef Chuck Pot-Roasts** are tender and tasty when microwaved in cooking bags as described on page 5. Frozen or fresh boneless or bone-in arm pot-roasts and boneless blade, shoulder and underblade pot-roasts, cut approximately 1½ to 2 inches thick and weighing approximately 2 to 3½ pounds, are recommended for braising in the microwave oven. If boneless cuts are not available, the bone-in cut can be purchased, then boned and tied.

**Fresh Beef Brisket, Corned Beef Brisket** and **Flank Steak** are additional popular beef choices that can be successfully braised in the microwave oven.

**Beef Chuck and Round Steaks** can be cut into strips or pieces and braised to savory tenderness, often in combination with vegetables. Recipes for these cuts can be found on the following pages.

**Ground Beef**, always an economical and versatile favorite, is especially suited to microwave cookery. You can serve appetizing burgers every time by following the recommendations on page 8. Or satisfy hearty appetites in minutes by microwaving meat loaves, stuffed peppers, meat balls and ground beef casseroles.

**Beef Frankfurters, Beef Bacon** and **Liver** are easy-to-do items that microwave quickly to satisfaction.
Lower Power For Higher Satisfaction

A key to the success of microwaving beef roasts and pot-roasts is a medium low power setting of 30 percent (approximately 200 watts). The rapid heat penetration of microwave cooking on high does not allow adequate time for the development of tenderness and flavor in many beef cuts. However, at a lower power setting, the heat penetration is slowed and more tender, flavorful beef results. While cooking at a lower power setting will increase cooking time, the improvement in overall eating quality is worth the extra minutes. It should be noted that even when roasts are cooked at medium low power, there is a substantial savings of time over conventional cooking.

The recipes in this booklet are based on use of microwave ovens with a full power output of approximately 650 watts. The different power levels are described as follows:

- **HIGH** 100 % power 650 watts
- **MEDIUM** 50 % power 325 watts
- **MEDIUM LOW** 30 % power 200 watts

Since the full power wattage of all microwave ovens is not the same, the cooking times specified in the recipes are approximations to be used only as a guide.

Microwaving Memos

- Even cooking is assured when foods are inverted or stirred several times during the cooking period and the dish or rack is rotated ¼ to ½ turn at intervals.
- Standing time is usually called for since foods continue to cook when removed from the microwave oven. To allow for this, remove foods when slightly undercooked.
- A meat thermometer or temperature probe should be used to accurately determine the doneness of a beef roast.
- Ground beef can be easily browned for inclusion in a recipe by forming it in a ring in an all-plastic sieve or small colander set over a microwave-safe bowl. Microwave on high, stirring at least once during the cooking period. This method eliminates the necessity of pouring off drippings as the drippings collect in the bowl as the beef cooks.
- Tender beef steaks such as top loin, rib eye, Porterhouse and sirloin can be cooked quickly in the microwave oven; however, they do not have the characteristic flavor and browned appearance associated with steaks broiled conventionally. For more satisfactory results, steaks can be pre-browned using a microwave browning skillet or other special cookware designed for browning.
- When estimating cooking times, remember that the larger the quantity of food cooked, the longer the cooking will take. The temperature of food also affects cooking time.
- Cooked beef will retain its flavor and high eating quality when reheated in the microwave oven. Leftover beef can be the start of many speedy, budget-stretching meals.
- Plan ahead for fuss-free meals by making family beef favorites such as stews, chili, Swiss steak and spaghetti sauce in quantity, freezing in meal-size portions and reheating in the microwave oven as needed.
Microwaving Beef Roasts

1 Place 3 to 4-pound beef roast,* fat side down, on rack in microwave-safe dish. (Do not add liquid.)

2 Place waxed paper over top of roast; microwave at MEDIUM LOW (200 watts or approximately 30 percent power). To estimate cooking time, allow 18 to 22 minutes per pound for rare to medium. (Specific time varies with weight, shape and composition of roast.)

3 Rotate dish ¼ turn every 20 minutes during cooking. Invert roast to fat side up at midpoint of cooking time.

4 Shield edges that appear to be overcooking with small pieces of foil during cooking.

5 When roast is 5 degrees below doneness desired, remove from oven, tent with foil and allow to stand 15 to 20 minutes. To determine doneness, use a microwave thermometer or sensor probe during cooking or a quick recovery or regular meat thermometer after roast has been removed from the microwave oven.

6 Cook roasts from beef round and chuck only to rare or medium rare. Carve into thin slices. (If well-done beef is desired, cook as a pot roast.) More tender roasts from the rib and loin can be cooked to rare, medium or well done.

*Appropriate roasts include rib eye; boneless top round, top loin, tip (cap off), rump and cross rib; rib roast cut from small end.
Braising Beef Pot-Roasts

1. Prepare Pot-Roast Seasoning Mix by thoroughly combining ¼ cup crushed instant beef bouillon granules, 2 tablespoons flour, 1 teaspoon paprika and ½ teaspoon pepper. Sprinkle both sides of beef pot-roast* with seasoning mix, using 1 tablespoon per side. Rub in gently.

2. Place pot-roast (frozen or fresh) in a cooking bag; place in microwave-safe utility dish.

3. Add ¼ cup water and 1 sliced onion, if desired. Close bag by tying loosely with a ½-inch strip cut from open end of bag, leaving opening for venting at closure.

4. Place in microwave oven; cook at MEDIUM LOW (30 percent power or approximately 200 watts). Allow 33 to 39 minutes per pound for frozen arm pot-roasts, 29 to 35 for frozen bone-in blade roasts, 38 to 45 for frozen boneless blade roasts and 47 to 54 for frozen boneless shoulder pot-roasts. Subtract 5 to 7 minutes per pound to make estimate for cooking fresh pot-roasts.

5. Invert pot-roast and rotate dish 2 or 3 times during cooking.

6. Allow 10 to 15 minutes standing time in bag before removing from bag and carving. Carve pot-roast across grain of meat. Serve cooking liquid with pot-roast; thicken first if desired.

*Appropriate pot-roasts include frozen or fresh beef chuck bone-in arm or blade pot-roast or boneless blade or shoulder pot-roast, cut 1½ to 2 inches thick, weighing 2 to 3½ pounds.
Slice top round steak in strips \( \frac{1}{8} \) inch or less thick and 2 to 2\( \frac{1}{2} \) inches long. Break up tomatoes; drain into 1\( \frac{1}{2} \)-quart microwave-safe bowl. Add carrots, onion, basil and oregano to liquid; cover and microwave at HIGH 4 minutes, stirring after 2 minutes. Combine flour, salt, cumin and pepper; dredge steak strips. Add oil to 11\( \frac{3}{4} \) x 7\( \frac{3}{4} \)-inch or 8 x 8-inch microwave-safe baking dish or casserole; spread steak strips in layer over bottom. Cover and cook at MEDIUM 6 minutes, stirring every 3 minutes. Stir in carrot mixture, tomatoes and zucchini. Cover and continue cooking at MEDIUM 12 minutes, stirring every 3 minutes. Cover and let stand 3 minutes. 4 servings.

Note: Partially freeze steak to facilitate slicing into thin strips.
**Cheddar Beef Strips**

1½-pound beef round steak, cut
¾ to 1 inch thick
1 tablespoon cooking fat
1 medium onion, finely chopped
3 tablespoons flour
1 teaspoon instant beef bouillon granules
½ teaspoon salt
¼ teaspoon celery seed
1 can (8 ounces) tomato sauce
1 tablespoon brown sugar
1 can (4 ounces) mushroom stems and pieces
½ cup (2 ounces) shredded Cheddar cheese
2 tablespoons chopped parsley
Hot cooked egg noodles

Slice round steak in strips ⅛ inch thick and about 2 to 2½ inches long. Place cooking fat and onion in 11½ x 7½-inch microwave-safe baking dish. Cover with waxed paper and microwave at MEDIUM 2 minutes. Combine flour, bouillon, salt and celery seed; dredge steak strips. Add to baking dish, stirring to coat strips. Cover and microwave at MEDIUM 4 minutes; stir. Continue cooking, covered, 6 minutes, stirring every 3 minutes. Stir in tomato sauce, brown sugar and mushrooms, including liquid. Microwave covered, 2 minutes; stir and continue cooking 2 minutes. Stir in cheese and microwave, uncovered, 1 minute. Sprinkle with parsley and serve with noodles. 6 servings.

*Note:* Partially freeze steak to facilitate slicing into thin strips.

**Gold Nugget Beef Loaf**

1 ½ pounds ground beef
½ cup applesauce
1¼ teaspoons salt
¼ teaspoon nutmeg
½ teaspoon pepper
1 cup coarse soft bread crumbs
1 small onion, finely chopped
1 egg
4 ounces Cheddar cheese

Combine applesauce, salt, nutmeg and pepper. Add ground beef, bread crumbs, onion and egg, mixing lightly but thoroughly. Cut cheese into ½-inch cubes (approximately 20) and fold into meat mixture. Place in 9-inch round microwave-safe baking dish, pressing lightly to flatten top. Form a hole about 1 inch in diameter in center of loaf. Place in 9-inch round microwave-safe baking dish, pressing lightly to flatten top. Form a hole about 1 inch in diameter in center of loaf. Cover with waxed paper; microwave at HIGH 8 minutes (or at MEDIUM 12 minutes). Rotate dish ½ turn and continue cooking at HIGH 6½ minutes (or at MEDIUM 12 minutes). Let stand 10 minutes before serving. Cut into wedges. 6 servings.
How to Microwave Beefburgers

Ground beef patties will come to the table evenly browned and uniformly cooked when formed into a doughnut shape and topped with a special seasoning mix before they are microwaved.

1. Shape 1 pound ground beef into 3 to 4 patties approximately ½ inch thick and 4 to 4 1/2 inches in diameter. Form a ¾-inch hole in the center of each patty. Place in 8x8-inch microwave-safe baking dish.

2. Sprinkle each patty with 3/16 to ¼ teaspoon Burger Seasoning Mix*; lightly rub over surface. Cover with waxed paper. Microwave at HIGH power, rotating patties during cooking.

3. Continue microwaving, following directions provided in chart below. (Patties continue to cook during standing time.)

<table>
<thead>
<tr>
<th>Size of Patties</th>
<th>Patties Cooked at Once</th>
<th>Total Cook Time</th>
<th>Total Stand Time</th>
<th>Special Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 oz.</td>
<td>1</td>
<td>1 min &amp; 15 sec.</td>
<td>1 min.</td>
<td>Invert after 45 sec. cook time; invert to original position before stand time</td>
</tr>
<tr>
<td>4 oz.</td>
<td>2</td>
<td>2 min. &amp; 30 sec.</td>
<td>1 min.</td>
<td>Rotate patties after 1 min. cook time</td>
</tr>
<tr>
<td>4 oz.</td>
<td>4</td>
<td>3 min. &amp; 30 sec.</td>
<td>1 min.</td>
<td>Rotate patties after 2 min. cook time</td>
</tr>
<tr>
<td>5 1/2 oz.</td>
<td>1</td>
<td>1 min. &amp; 45 sec.</td>
<td>2 min.</td>
<td>Invert after 1 min. cook time; invert to original position before stand time</td>
</tr>
<tr>
<td>5 1/2 oz.</td>
<td>2</td>
<td>3 min.</td>
<td>2 min.</td>
<td>Rotate patties after 1 1/2 min. cook time</td>
</tr>
<tr>
<td>5 1/2 oz.</td>
<td>3</td>
<td>4 min.</td>
<td>2 min.</td>
<td>Rotate patties after 2 min. cook time</td>
</tr>
</tbody>
</table>

*Burger Seasoning Mix

2 tablespoons salt
2 teaspoons flour
1 teaspoon paprika
1/4 teaspoon pepper

Thoroughly combine salt, flour, paprika and pepper in a salt shaker.

Yield: seasoning for 36 to 45 beef patties.
Sprinkle sage and thyme over ground beef; mix lightly but thoroughly. Divide meat into 8 equal portions and form into patties 4 inches in diameter. Cut each slice cheese into quarters. Place 1 piece cheese on each of 4 patties. Place 1 rounded tablespoon mushrooms on each piece of cheese and top with remaining pieces of cheese. Cover with remaining patties. Press edges together securely to seal. Place patties in 8-inch square microwave-safe baking dish. Cover with waxed paper and microwave at HIGH 4 minutes. Invert patties and rotate each, placing outer edges toward center of dish. Sprinkle ¼ teaspoon Burger Seasoning Mix (See Page 8) over each patty. Lightly brush surface of patties to distribute seasoning mix. Rotate dish ½ turn. Continue cooking, covered, at HIGH approximately 3 minutes. Let stand 3 minutes. 4 servings.

Alpine Burgers

1½ pounds ground beef
½ teaspoon rubbed sage
¼ teaspoon thyme leaves
2 slices (4 x 4 inches) Swiss cheese
1 jar (2½ ounces) sliced drained mushrooms,
1 teaspoon Burger Seasoning Mix*
Combine barbecue sauce, brown sugar and cider vinegar. Combine \( \frac{1}{4} \) cup barbecue sauce mixture with flour. Cover and refrigerate remaining sauce. Place brisket in large cooking bag; brush sauce-flour mixture over both sides. Sprinkle chopped onion on top. Close bag loosely, tying with \( \frac{1}{2} \)-inch strip cut from open end of bag and leaving small opening for venting at closure. Place brisket in a microwave-safe baking dish. Microwave at MEDIUM LOW (30 percent power or 200 watts) 2 hours or until tender, inverting bag and rotating dish \( \frac{1}{4} \) turn every 30 minutes. Let brisket stand 10 minutes upon removal from oven. Pour off drippings into 4-cup glass measure; add reserved sauce and microwave at HIGH 1\( \frac{1}{2} \) minutes, stirring every 30 seconds. Carve in thin slices diagonally across the grain. Serve sauce with slices of brisket. 8 servings.

**Snappy Beef Brisket**

3-pound boneless beef brisket  
1 cup barbecue sauce  
\( \frac{1}{4} \) cup brown sugar  
1 tablespoon cider vinegar  
2 tablespoons flour  
1 medium onion, chopped

**Note:** For Corned Beef Brisket, omit sauce ingredients. Add only 2 sliced onions, \( \frac{1}{2} \) cup water and 4 peppercorns to bag with corned beef brisket. Follow microwaving directions for fresh brisket.
Curried Meatballs

Pinch off 1 1/2-inch pieces of ground beef to make approximately 16 free-form meatballs. Place around the sides of a 11 3/4 x 7 1/2-inch microwave-safe baking dish. Place onion in center of baking dish. Cover with waxed paper and microwave at HIGH 2 minutes. Rotate dish 1/4 turn and continue cooking at HIGH 1 minute. Pour off drippings. Combine cornstarch, curry, salt and ginger; sprinkle over meat and stir. Drain pineapple juice into 1-cup measure; add enough water to equal 3/4 cup. Stir liquid and pineapple chunks into meat mixture; continue cooking at HIGH, covered, 7 minutes, stirring every 2 minutes. Serve with rice. 4 servings.

Beef Jerky

Remove visible fat from steak; cut lengthwise (with the grain) into thin strips (1/8 inch or less).* Combine salt, garlic salt and pepper; sprinkle over strips and mix to distribute evenly. Arrange 1/2 the strips, flat and close together, on microwave-safe bacon rack. Cover with waxed paper and microwave at MEDIUM LOW 21 minutes; invert strips, placing drier strips in center of rack, rotate rack 1/2 turn and continue microwaving at MEDIUM LOW 21 minutes until dry but slightly pliable. Remove to absorbent paper. Repeat with remaining strips. Cover with absorbent paper and let stand 24 hours. Store in a covered container.

*Partially freeze steak to facilitate slicing. 

Note: The strips can be microwaved at MEDIUM 24 minutes or at HIGH 12 minutes. Keeping quality is improved and strips are cooked more evenly on MEDIUM LOW power.
Cut beef into 1½ x 1½ x ½-inch pieces. Combine 2 tablespoons flour, salt and pepper; dredge beef. Place beef and fat in 11¼ x 7½-inch microwave-safe baking dish. Cover with plastic wrap, venting one corner; microwave at MEDIUM LOW 20 minutes, stirring after 10 minutes. Add carrots and onions. Combine wine, catsup, garlic, marjoram and thyme; pour over beef and vegetables. Cover with plastic wrap, vent and microwave at MEDIUM LOW 45 minutes, stirring every 15 minutes. Add mushrooms and continue cooking 15 to 25 minutes or until tender. Combine 1 tablespoon flour and water; stir into beef and vegetables and sprinkle with parsley. Cover with plastic wrap and microwave at MEDIUM LOW 3 minutes, stirring after 1½ minutes. 4 servings.
**Nacho Beef Casserole**

2½ cups (approximately ¾ pound) coarsely chopped cooked beef
3 cups coarsely crushed tortilla chips
1 jar (12 ounces) mild salsa
1 can (8 ounces) tomato sauce
1 cup (4 ounces) shredded Monterey Jack cheese
⅛ teaspoon hot pepper sauce, if desired

Spread 2 cups crushed tortilla chips on bottom of 8 or 9-inch round microwave-safe dish. Combine beef, salsa, tomato sauce, ⅛ cup cheese and hot pepper sauce; spread over tortilla chips. Cover with waxed paper and microwave at HIGH 9 minutes, rotating dish ¼ turn after every 3 minutes. Place remaining chips in circle around top of casserole; sprinkle remaining cheese over chips. Microwave, uncovered, at HIGH 1 minute. 4 servings.

**Savory Stuffed Steak Roll**

1½-pound flank steak
2 tablespoons butter or margarine
⅓ cup shredded sweet potato
⅓ cup coarsely sliced celery
⅓ cup chopped onion
1 teaspoon salt
½ teaspoon ground savory
3 slices bread, toasted, cut into ¼-inch cubes
½ cup water
1 tablespoon flour

Microwave butter or margarine at HIGH 1 minute in microwave-safe dish. Stir in sweet potato, celery and onion; cover and cook at HIGH 4 minutes, stirring after 2 minutes. Sprinkle salt and savory over vegetables. Add bread cubes, mixing lightly to combine; let stand 5 minutes. Place stuffing lengthwise down center of steak. Bring long sides of steak up to overlap on top, enclosing stuffing. Secure with wooden picks. Fasten with string by lacing around picks down length of steak roll; tie securely. Place, laced side up, in 11¾ x 7½-inch microwave-safe dish; add water and cover with plastic wrap, venting one corner. Microwave at MEDIUM 15 minutes, rotating dish ¼ turn every 5 minutes. Remove wrap, invert steak roll, rotate dish ¼ turn and continue cooking at MEDIUM 10 minutes, turning steak roll after 5 minutes. Let stand 5 minutes; remove to warm platter. Add water to drippings, if necessary, to make 1 cup liquid. Combine with flour, stirring until smooth. Microwave at HIGH 3 minutes, stirring every 30 seconds. 4 servings.
Beefed-Up Peppers

1 1/2 pounds ground beef
4 green peppers
1/2 cup chopped onion
1 teaspoon salt
1/8 teaspoon pepper
1 cup cooked rice
1 can (11 ounces) condensed Cheddar cheese soup
1 egg
1/3 teaspoon dill weed
1/4 cup milk
1/2 teaspoon Worcestershire sauce

Cut peppers lengthwise in half; remove seeds and membrane. Place pepper cups on large microwave-safe plate, cut side down; cover with waxed paper and microwave at HIGH 3 minutes. Rotate plate 1/2 turn and continue cooking at HIGH 2 minutes. Combine ground beef and onion; arrange in a ring in all-plastic sieve or small colander. Place sieve in bowl; microwave at HIGH 3 minutes. Stir to break up beef. Continue cooking at HIGH 3 minutes; stir after removing from oven. Sprinkle salt and pepper over beef; combine with rice, 1/3 cup soup, egg and dill weed. Combine remaining soup with milk and Worcestershire sauce in glass custard cup and place in center of plate. Divide beef mixture into 8 portions, press one portion in each pepper cup, rounding the top; place in circle on plate. Microwave at HIGH 6 minutes, rotating 1/4 turn every 2 minutes. 4 to 6 servings.
**Beef Franks 'n Beans**

1 pound (8 to 10) beef frankfurters  
½ pound ground beef  
¼ cup chopped green pepper  
1 can (8 ounces) beans in tomato sauce  
½ cup chili sauce  
¼ teaspoon hot pepper sauce  
Dash pepper  
8 to 10 taco shells  
½ cup (2 ounces) shredded Colby cheese, if desired

Combine ground beef and green pepper and arrange in a ring in an all-plastic sieve or small colander. Place sieve in bowl; microwave at HIGH 1½ minutes. Stir to break up beef. Continue cooking at HIGH 1½ minutes; stir after removing from oven. Place beef and green pepper in 8-inch square microwave-safe baking dish; stir in beans, chili sauce, hot pepper sauce and pepper. Place frankfurters on top of beef and bean mixture. Cover with waxed paper and microwave at MEDIUM 10 minutes, rotating dish ¼ turn after 5 minutes. Let stand, covered, 3 minutes. Place frankfurters in taco shells and top with beef and bean mixture. Sprinkle cheese on top, if desired. 4 to 5 servings.

**Liver Italiano**

1 pound beef liver, sliced ½ to ¾ inch thick  
1 medium onion, sliced  
1 tablespoon butter or margarine  
1 medium green pepper, cut into thin strips  
¾ teaspoon salt  
½ teaspoon pepper  
1 can (10 ounces) tomatoes  
1 tablespoon flour  
1 clove garlic, minced  
½ teaspoon basil leaves  
½ teaspoon thyme leaves

Place onion and butter in 11¼ x 7¼-inch microwave-safe baking dish; cover with waxed paper and microwave at HIGH 2 minutes. Add liver; cover with waxed paper and microwave at HIGH 3 minutes. Invert liver; place outer slices in center of dish. Add green pepper and continue cooking at HIGH, covered, 3 minutes. Remove liver to warm platter; cover. Break up tomatoes and drain, reserving liquid. Blend flour with liquid; add to onion and green pepper. Add tomatoes, garlic, basil and thyme. Cover with waxed paper and microwave at HIGH 3 minutes, stirring every minute. Pour sauce over liver. 4 servings.
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