



Panbroiling and Panfrying Meats

To panbroil heat a heavy skillet using the high heat setting, place the meat into the skillet uncovered and without any liquids or fats. Turn the temperature setting to medium and cook. Turn the meat frequently and remove any juices or liquids the meat might release. If meat browns too quickly put the temperature at the "medium-low" setting. To panfry meats place 1 to 2 tablespoons of butter, fat, or oil into a heavy skillet and turn on the medium heat setting. Cook and turn your meat halfway through its cooking time. Cook until done or until the time specified below.

THAW MEATS TO ROOM TEMPERATURE AND USE A MEAT THERMOMETER FOR BEST RESULTS

<u>Beef</u>				
<u>Cut</u>	<u>Thickness</u>	<u>Doneness</u>	<u>Panbroiling Time</u>	<u>Panfrying Time</u>
Cubed Steaks	1/2 inch	Well Done	5 to 8 minutes	6 to 8 minutes
Steaks (rib eye, sirloin, top loin)	1 inch	Medium Rare Medium	6 to 8 minutes 9 to 12 minutes	8 to 11 minutes 12 to 14 minutes

<u>Veal</u>				
<u>Cut</u>	<u>Thickness</u>	<u>Doneness</u>	<u>Panbroiling Time</u>	<u>Panfrying Time</u>
Cutlets	1/8 inch	Medium	2 to 3 minutes	3 to 4 minutes
	1/4 inch	Medium	3 to 5 minutes	4 to 6 minutes

<u>Lamb</u>				
<u>Cut</u>	<u>Thickness</u>	<u>Doneness</u>	<u>Panbroiling Time</u>	<u>Panfrying Time</u>
Chops	1 inch	Medium	8 to 10 minutes	7 to 9 minutes

<u>Pork</u>				
<u>Cut</u>	<u>Thickness</u>	<u>Doneness</u>	<u>Panbroiling Time</u>	<u>Panfrying Time</u>
Chops	3/4 inch	Medium	7 to 9 minutes	8 to 10 minutes
		Well Done	9 to 11 minutes	11 to 13 minutes

To panbroil the following meats place them in a cool skillet, heat to medium-high, and turn the meat halfway through its cooking time. (Turn bacon frequently.)

<u>Pork</u>			
<u>Cut</u>	<u>Thickness</u>	<u>Doneness</u>	<u>Panbroiling Time</u>
Bacon Slices		Well Done	8 to 10 minutes
Canadian-Style Bacon	1/4 inch	Heated	3 to 5 minutes
Ham Slices	1 inch	Heated	14 to 16 minutes

<u>Ground Meat</u>			
<u>Cut</u>	<u>Thickness</u>	<u>Doneness</u>	<u>Panbroiling Time</u>
Ground Meat Patties	3/4 inch (4 to a pound)	Medium-to-Well Done	10 to 12 minutes