



# JACK & PAT'S

## Old Fashioned Butcher Shop

Specializing in Custom Cuts and Customer Service

### Slow Cooking Beef—Stewing

Coat beef lightly with seasoned flour. Slowly brown beef in batches on all sides in small amount of oil in heavy pan over medium heat. Pour off drippings. Cover beef with liquid (such as broth, water, juice, beer, wine). Add seasonings as desired. Bring to a boil; reduce heat to low. Cover tightly and simmer gently over low heat on top of the range according to chart or until beef is fork tender.

<u>BEEF CUT</u>	<u>WEIGHT /THICKNESS</u>	<u>TIME/HOURS</u>
<u>Shank Cross Cuts</u>	1 to 1 ½ inches	2-3
<u>Brisket</u>	2 ½ to 3 ½ lbs.	2 ½ to 3
<u>Beef for stewing</u>	1 to 1 ½ inches	1 ¾ to 2 ¼

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