

REFRIGERATOR AND FREEZER STORAGE GUIDELINES

Recommended Storage Times for Maximum Quality

	TYPE OF BEEF	REFRIGERATOR <i>(35°F to 40°F)</i>	FREEZER <i>(0°F or below)</i>
FRESH BEEF	Steaks, Roasts	3 to 4 days	6 to 12 months
	Beef for Stew, Kabobs or Stir-Fry	2 to 3 days	6 to 12 months
	Ground Beef	1 to 2 days	3 to 4 months
LEFTOVER COOKED BEEF	All	3 to 4 days	2 to 3 months
CURED AND/OR SMOKED AND READY-TO-SERVE BEEF PRODUCTS	Corned Beef, <i>ready-to-cook</i>	1 week	2 weeks
	Frankfurters, Deli Meats	3 to 5 days	1 to 2 months
	Sausage, smoked	1 week	No
	Sausage, Dry and Semi-dry, <i>unsliced</i>	2 to 3 weeks	No

DEFROSTING GUIDELINES FOR BEEF

Always defrost beef in the refrigerator, never at room temperature. Place frozen package on a plate or tray to catch any juices and defrost in the refrigerator according to chart. (Cook ground beef as soon as possible after defrosting.)

TYPE OF BEEF	THICKNESS	<i>Approximate</i> REFRIGERATION TIME <i>(at 35°F to 40°F)</i>
Steaks	1/2 to 3/4-inch	12 hours
Ground Beef		
Beef for Stew, Kabob or Stir-Fry	1 to 1-1/2 inch	24 hours
Small Roasts	Varies	3 to 5 hours per pound
Thin Pot Roasts		
Large Roasts	Varies	4 to 7 hours per pound
Thick Pot Roasts		