

Cooking Guide



SIRLOIN SUPREME

Filet Mignon
Rib Eyes
Top Sirloin

} Please see our Steak Preparation Guide.

Sirloin Burgers: Cook as desired from frozen or thawed.

PREMIUM POULTRY

Organic Chicken Cutlets: Cook as desired to taste.

Stuffed Chicken Breasts: From frozen bake 30-35 minutes at 375° or microwave on high from 3-4 minutes.

Lemon Herb Chicken Cutlets: From frozen bake 20-25 minutes at 400°. Broil 4-6 minutes per side, or Pan Sauté 4-6 minutes per side.

Chicken Pot Pies: From frozen bake in preheated oven 30-35 minutes at 375° until golden brown.

Chicken burgers: From frozen, broil, barbeque or pan fry.

SEAFOOD LOVERS

Jumbo Shrimp: Shrimp cocktail: Place frozen shrimp in boiling water, when water reboils, cook 1 1/2 minutes, remove, chill and serve. Other dishes; Rinse frozen with cold water, bake, broil or sauté as desired.

Sea Bass Fillets: Defrost completely. Bake in preheated oven at 350° for approximately 20 minutes. Broil: in preheated oven, cook 8-10 minutes.

Salmon Fillets: Bake in preheated oven at 350° for approximately 20 minutes. Broil in preheated oven for 8-10 minutes. Can also be steamed, poached or grilled.

Stuffed Sole: From frozen bake 35-40 minutes at 375° or microwave on high 3-4 minutes.

ALL AMERICAN FAMILY

Sirloin Burgers: Cook as desired from frozen or thawed.

Chicken fingers, Haddock, Pizza: From frozen, bake in preheated oven at 375° for approximately 20 minutes.

Meatballs are precooked. Heat and serve - bake at 375° for 12-14 minutes or microwave on high for 2-3 minutes.

cooking times are approximate - all ovens vary.

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Steak Preparation Guide

All *New York Steak and Seafood* meats are vacuum sealed to keep them fresh and flavorful for up to 1 year in your freezer. While storing, they should be kept as close as possible to 0° Fahrenheit.

THAWING: For best results and ease of cooking, all meats should be completely thawed in their original wrapper in the refrigerator. Allow 8-10 hours per pound for all our products to defrost. Steaks can also be cooked from frozen. Allow approximately 2 minutes additional cooking time per side. You can also carefully defrost in a microwave. Be careful not to overdefrost.

COOKING: When cooking, follow the chart below. If possible, turn your steaks just once. They will be ready to turn when the meat juices start to bubble up through the meat to the top of the steak.

To test for doneness, press the meat with your finger. Rare meat will be soft and very tender, medium will have a springy firmness, well done will feel very firm. A steak will continue to cook for a short time after it is removed from the grill or oven, so stop broiling when the steak tests slightly less done than desired, the cooking times below are for fully thawed steaks. Filet mignon steaks will take one to two minutes less time to cook in each category. Cooking times may vary considerably depending on cooking equipment.

Thickness	Taste	BBQ/GRILLING 2 3/4" from heat source		PREHEATED OVEN BROILER 2" from heat source	
		First Side	After Turning	First Side	After Turning
3/4"	Rare	4 minutes	2 minutes	5 minutes	4 minutes
	Medium	5 minutes	3 minutes	7 minutes	5 minutes
	Well	7 minutes	5 minutes	10 minutes	8 minutes
1"	Rare	5 minutes	3 minutes	6 minutes	5 minutes
	Medium	6 minutes	4 minutes	8 minutes	6 minutes
	Well	8 minutes	6 minutes	11 minutes	9 minutes
1 1/4"	Rare	5 minutes	4 minutes	7 minutes	5 minutes
	Medium	7 minutes	5 minutes	8 minutes	7 minutes
	Well	9 minutes	7 minutes	12 minutes	10 minutes
1 1/2"	Rare	6 minutes	4 minutes	7 minutes	6 minutes
	Medium	7 minutes	6 minutes	9 minutes	7 minutes
	Well	10 minutes	8 minutes	13 minutes	11 minutes

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