

EAT TO GROW
.COM



**PERFORMANCE FOOD
DELIVERED**



Cooking Instructions

Eat To Grow offers the following cooking instructions as a guideline for cooking our products.
However, Eat To Grow does not accept responsibility for any injury caused by following these instructions.

GENERAL COOKING INSTRUCTIONS

The consumption of uncooked or under-cooked meat can be very dangerous. All meats have an internal temperature to which they should be cooked. We always recommend that a thermometer be used when testing for doneness. It is a quick, simple way to test that your product is properly cooked. Many new electronic thermometers have preset temperatures for specific meats or you can use the ones provided below.

Unless stated otherwise, all of our products should be removed from their packaging before being cooked.

Also, all cooking temperatures and times are estimates. Appliances vary, adjust accordingly. Cook until done.

All Safe Handling Instructions should also be followed.

GRILLING STEAKS

In our opinion, the best way for any steak to be prepared is by grilling the steak. The following chart shows preparation times and internal temperatures for certain thicknesses and doneness. Cook times are based on grilling on direct, high heat of 450° F - 550° F. Make sure to season beef before grilling. Eat to Grow recommends a generous covering of a saltless seasoning, or fresh-ground pepper medley, or a dry steak rub that can be purchased at a grocery store.

<u>Thickness</u>	<u>Doneness</u>	<u>Side 1</u>	<u>Side 2</u>	<u>Internal Temperature</u>
3/4"	Rare	3-4 Min.	1-3 Min.	120° F - 125° F
	Medium	4-5 Min.	2-3 Min.	135° F - 145° F
	Well	6-7 Min.	5-6 Min.	155° F and Up
1"	Rare	4-5 Min.	2-3 Min.	120° F - 125° F
	Medium	5-6 Min.	3-4 Min.	135° F - 145° F
	Well	7-8 Min.	5-6 Min.	155° F and Up
1 1/4"	Rare	4-5 Min.	3-4 Min.	120° F - 125° F
	Medium	6-7 Min.	4-5 Min.	135° F - 145° F
	Well	8-9 Min.	6-7 Min.	155° F and Up
1 1/2"	Rare	5-6 Min.	3-4 Min.	120° F - 125° F
	Medium	6-7 Min.	5-6 Min.	135° F - 145° F
	Well	9-10 Min.	7-8 Min.	155° F and Up
1 3/4"	Rare	6-7 Min.	4-5 Min.	120° F - 125° F
	Medium	7-8 Min.	6-7 Min.	135° F - 145° F
	Well	10-11 Min.	8-9 Min.	155° F and Up

FLANK STEAK

Our flank steaks come flash frozen in a combined vacuum sealed bag. Completely thaw and separate steaks. Marinate in your favorite marinade. Our Chef recommends extra virgin olive oil and any kind vinegar. One part oil to two parts vinegar and six parts water, then add your seasoning to the mixture and marinate at least one or two hours, or overnight if possible.

Then grill or broil in oven on high heat until desired doneness.

You can also cook in a heavy skillet or iron skillet. Coat with a Cajun or blackening seasoning and cook in skillet with a teaspoon of olive oil for incredible spicy taste.

1/2 LB. STEAK BURGERS

Thaw:

Grill on high heat 3-5 minutes on each side depending on your desired doneness.

1/2 LB. BISON BURGERS

Thaw.

Grill on high heat 2-6 minutes on each side depending on your desired doneness.

PETITE BEEF TENDERLOIN

Thaw in refrigerator. Lightly coat with olive oil, pan spray or your favorite seasoned oil to your liking. Grill or broil to a internal temp of 135° F for rare and has high as 160° F for well done. After cooking let rest for five to seven minutes for maximum tenderness. Slice against the grain and enjoy. Or you can slice into medallions steaks and grill to your liking.

ALL NATURAL BONELESS/SKINLESS CHICKEN BREAST FILETS

Thaw in refrigerator. Season as desired.

Bake for 15 minutes at 350° F.

OR

Broil for 3 ½ minutes on each side.

OR

Grill for 3 ½ minutes on each side.

Cook to an internal core temperature of at least 170° F.

SALMON FILETS

Thaw in refrigerator overnight. Season as desired.

Bake at 350° F for 12-15 min until it flakes apart with fork.

OR Sauté in butter at 325 degrees For 4-5 min on each side.

OR Poach by covering in 1 inch of simmering water for 5-7 minutes

Internal Temperature for most fish is 145° F. Please consult your recipe or kitchen thermometer for specific fish.

BARRAMUNDI SEA BASS FILETS

Thaw in refrigerator.

Preheated oven at 350° F, season to taste and bake for 15 minutes.

Preheated broiler, season to taste and broil for 12-15 minutes.

Coat with extra virgin olive oil or and grill for 5-7 min on each side until flaky.

TILAPIA FILETS

Thaw in refrigerator.

Bake at 350° F for 7-10 min. until flakes apart with fork.

Internal Temperature for most fish is 145° F. Please consult your recipe or kitchen thermometer for specific fish.

RAINBOW TROUT FILETS

Thaw in refrigerator.

Bake at 350° F for 8-12 min until flakes apart with fork.

Internal Temperature for most fish is 145° F. Please consult your recipe or kitchen thermometer for specific fish.

FLOUNDER FILETS

Thaw in refrigerator.

Bake at 350° F for 8-12 min until flakes apart with fork.

Internal Temperature for most fish is 145° F. Please consult your recipe or kitchen thermometer for specific fish.

ALL NATURAL TURKEY BREAST

The all natural turkey product provided by Eat To Grow consists of two super trimmed 3.5lb cutlets put together in a roasting net. This item can be cooked as a roast, or it can be un-netted and separated for grilling enjoyment, just like a chicken breast would be grilled. This is a one of a kind item made exclusively for Eat To Grow and its customers.

Roasting Instructions:

Season as desired. Leave netting on during cooking.

From frozen. Cook at 325° F until an internal temp of 160° F for approximately 3 hours

Thaw. Cook at 325° F until an internal temp of 160° F for approximately 1.5 hours

Grilling Instructions:

Thaw. Remove netting and pull cutlets apart. Season with your favorite seasoning and grill at medium heat approximately 40 minutes, turning every 2-3 minutes until an internal temp of 160° F.

