



MEAT DEPARTMENT ITEMS COOKING INSTRUCTIONS

Our dishes are designed for easy cooking on the stove or on the grill. Oven times may vary depending on the type of oven, temperature accuracy, and the quantity of food being cooked.

POULTRY	STUFFED CHICKEN BREAST	Bake at 375°F in an oven safe pan until the chicken breast reaches an internal temp of 165°F (about 25-30 minutes)
	MARINATED CHICKEN BREAST	Grill over medium-high heat for 6-8 minutes per side, until the internal temp reaches 165°F
	MARINATED BONELESS CHICKEN THIGHS	Bake at 400°F in an oven safe pan until the chicken reaches an internal temp of 165°F (about 25-30 minutes)
	CHICKEN STIR FRY	Pre-heat a skillet on medium-high heat. Place 1 tablespoon of oil in skillet. Add the stir fry mix, and cook thoroughly until the chicken reaches an internal temp of 165°F
	EZ CARVE CHICKEN	Bake at 425°F for 25-30 minutes until the chicken reaches an internal temp of 165°F
	CHICKEN WINGLETS	Bake at 400°F in an oven safe pan until the chicken reaches an internal temp of 165°F (about 40-45 minutes)
	CHICKEN KABOBS	Grill over medium-high heat for approximately 8-10 minutes, until the chicken reaches an internal temp of 165°F
	CHICKEN SATAYS	Grill over medium-high heat approximately 6-7 minutes, until the chicken reaches an internal temp of 165°F
	CHICKEN SAUSAGE LINKS	Grill over medium-high heat for 10-12 minutes, turning once, until the internal temp reaches 165°F
	TURKEY BURGERS	Grill over medium-high heat for approximately 8 minutes per side, or until the thickest part of the meat reaches an internal temp of 165°F

PORK	MARINATED PORK TENDERLOIN	Bake at 350°F in an oven safe pan until the pork reaches an internal temp of 145°F (about 25 minutes)
	STUFFED PORK TENDERLOIN	Bake at 375°F in an oven safe pan until the pork reaches an internal temp of 145°F (about 30-35 minutes)
	STUFFED BONELESS PORK ROAST	Add oil to a pan and brown on all sides. Then, in a covered baking pan, bake at 350°F for 50-60 minutes until the internal temp reaches 145°F
	STUFFED PORK LOLLI-CHOP	Bake at 400°F on a lined or oiled baking pan for approximately 22-25 minutes. Set the oven to broil and cook an additional 2-4 minutes, until the internal temperature is 145°F
	PORCHETTA	In a roasting pan, bake at 450°F for 30 minutes, then reduce the temp to 300°F and continue cooking until the internal temperature is 145°F
	STUFFED BONELESS PORK CHOPS	Bake at 350°F on a lined or oiled baking pan for approximately 30 minutes, until they reach an internal temp of 145°F
	BACON WRAPPED PORK TENDERLOIN FILET	Bake at 375°F on an oven safe pan until the pork reaches an internal temp of 145°F (about 20-25 minutes)
	PORK SAUSAGE LINKS	Grill over medium-high heat for 10-12 minutes, turning once, until the internal temp reaches 160°F
	BULK PORK SAUSAGE	Pre-heat a skillet on medium-high heat. Place 1 tablespoon of oil in skillet. Add the sausage, and cook 6-8 minutes until thoroughly browned and an internal temp of 160°F
	PORK TENDERLOIN KABOB	Grill over high heat. Sear all sides of the kabob, then move to indirect heat and continue to cook for 15 minutes or until the internal temp of the pork reaches 145°F
	PORK SAUSAGE KABOBS	Grill over high heat. Sear all sides of the kabob, then move to indirect heat and continue to cook for 15 minutes or until the internal temp of the sausage reaches 160°F



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BEEF	BEEF BURGERS	Grill for approximately 8 minutes per side, or until the thickest part of the meat reaches an internal temp of 160°F
	BEEF SMASH BURGERS	Set skillet to high heat. Add oil to pan. Sear burger for 1 minute. Using a metal spatula, smash the burger thin. Continue cooking for 2-3 minutes. Flip patty and cook for an additional 2-3 minutes, until the beef reaches an internal temp of 160°F
	BEEF STIR FRY	Pre-heat a skillet on medium-high heat. Place 1 tablespoon of oil in skillet. Add the stir fry mix, and cook thoroughly until the beef reaches an internal temp of 145°F
	BEEF ROULADEN	In a Dutch oven, brown on all sides. Add beef broth to pan to deglaze. Cover the pan and bake at 325°F for approximately 90 minutes, or until fork-tender.
	BEEF TERIYAKI SESAME SHORT RIB	Grill or broil for approximately 8-10 minutes until the beef reaches an internal temp of 145°F
	BEEF FLANK STEAK PINWHEELS	Bake at 400°F on a lined or greased baking sheet for approximately 25 minutes, until the internal temp reaches 145°F
	BEEF SATAYS	Grill or Broil for approximately 5-7 minutes, until the beef reaches an internal temp of 145°F
	BEEF STEAK TIPS	Heat 2-3 tablespoons of oil in a large skillet over high heat. Add the steak tips to the pan, reduce the heat slightly, and saute the steak tips for 6-10 minutes until they are browned on all sides.
	BEEF SIGNATURE CUPS	Bake at 425°F on a lined or oiled baking pan for approximately 22-25 minutes, until they reach an internal temp of 160°F
	BEEF KABOBS	Grill over medium-high heat for approximately 8-10 minutes, rotating them to cook evenly, until the beef reaches an internal temp of 145°F
	BEEF ASIAGO MEATBALLS	Bake at 350°F on a lined or oiled baking pan for approximately 20-30 minutes, until they reach an internal temp of 160°F
	BEEF BURGER / MEATBALL KABOBS	Grill over high heat for approximately 8-10 minutes per side, searing both sides, until beef reaches an internal temp of 160°F
	BEEF MARINATED FLAT IRON STEAKS	Grill over high heat for 3-4 minutes per side, until the beef reaches an internal temp of 145°F