

CAPITAL MEATS INCORPORATED



SINCE 1997

Over 10 Years of Excellence!

Cooking Instructions

Capital Meats, Incorporated (CMI) offers the following cooking instructions as a guideline for cooking our products. However, CMI 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. And the best grills to use are Char-Broil Grills. 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. CMI recommends a generous covering of salt and fresh-ground pepper 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

BONELESS/SKINLESS CHICKEN BREAST FILETS - Flavored or Plain

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.

CHICKEN CORDON BLEU

Do NOT Thaw.

Preheat oven to 350° F

Place frozen portion on lined cookie sheet.

If using a conventional oven, cook approximately 30 minutes;

If using a convection oven, cook approximately 20 minutes.

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

CHICKEN TENDERLOIN FRITTERS

Do NOT Thaw.

Preheat oven to 350° F

Place frozen portion on lined cookie sheet.

If using a conventional oven, cook approximately 15 minutes;

If using a convection oven, cook approximately 10 minutes.

OR

Deep fry for 4 minutes.

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

BAY SCALLOPS

Thaw in refrigerator.

Sauté on high heat in butter for 2-4 minutes, stirring occasionally until desired consistency.

OR Broil in butter for 3-5 min. - flipping once.

SNOW CRAB LEG CLUSTERS

DO NOT THAW.

Reheat in ½ inch of boiling water for 5-7 minutes. OR Bake in oven at 325° F for 7-10 minutes.

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.

TILAPIA FILETS

Thaw in refrigerator.

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

OR Bread and fry in 350° F oil 2-3min on each side until golden brown.

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.

OR Bread and fry in 350° F oil 3-5 minutes on each side until golden brown.

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

COOKED EZ PEEL SHRIMP

Thaw in refrigerator overnight – allowing up to 18 hours.

Rinse in cold water and serve.

For faster thawing, place shrimp in strainer and rinse under cold, running water for 3-5 minutes.

Use within 24 hours of thawing. Never thaw in hot water or at room temperature. Never re-freeze shrimp.

JUMBO COOKED & CLEANED SHRIMP

Thaw in refrigerator overnight – allowing up to 18 hours.

OR

Thaw shrimp in large bowl of cold water – allowing one to two hours per pound.

Rinse shrimp well and drain. Refrigerate if not using immediately.

Use within 24 hours of thawing.

NEVER THAW IN HOT WATER OR AT ROOM TEMPERATURE!

NEVER RE-FREEZE SHRIMP!

UNCOOKED EZ PEEL SHRIMP

Shrimp should always be cooked quickly in order to preserve their sweet, delicate flavors. Most shrimp cook in as little as 3 minutes - when they're pink, they are done.

To cook, place a pound of shrimp in a quart of rapidly boiling water with three (3) tablespoons of salt. Cover and return to a boil, then simmer until the flesh has lost its glossy appearance and is opaque in center (cut to test).

Shrimp are very quick to cook, and the flavor can be easily ruined by overcooking. Jumbo shrimp take about 7 to 8 minutes, large shrimp take about 5 to 7 minutes, and medium size are done in about 3 to 4 minutes.

Once shrimp are cooked, they should be plunged into cold water to stop the cooking process. (Do not let them cool in the cooking liquid. They will continue to cook and get tough).

ALASKAN KING CRAB LEGS

Do NOT Thaw.

Preheat oven to 400° F.

Place desired number of Alaskan King Crab Legs on baking sheet. Bake for 8-10 minutes.

Remove from oven and serve warm or place in bowl of ice to serve chilled.

Crab legs should be used within 24 hours after cooking.

DO NOT RE-FREEZE CRAB LEGS after cooking!

COCONUT OR BREADED SHRIMP

Do NOT Thaw.

Preheat oven to 400° F.

Place desired number of shrimp on baking sheet. Bake for 14-16 minutes.

Remove from oven and serve.

To Deep Fry:

Place desired number of shrimp in heated deep fryer until Coconut Shrimp are golden brown.

You can also heat oil to 350° F in deep pan and cook on stove top until golden brown. This will only take a few minutes.

SHRIMP ROLLS

Do NOT Thaw.

The Shrimp Rolls are wrapped in a seaweed wrap that remains on during cooking and is edible. To Bake: Preheat oven to 325° F. Place desired number of shrimp rolls on baking sheet. Bake for 12-15 minutes. Remove from oven and serve.

To Deep Fry: Heat Oil to 375° F. Carefully place Shrimp Rolls into heated oil for 4-5 minutes or until they float to the top of the oil. Serve with Sweet & Sour Sauce.

MARYLAND STYLE CRAB CAKES

Pan Saute: Thaw completely under refrigeration. Then saute at medium temperature in a skillet for approximately 6-8 minutes per side with lid on.

OR

Bake: Preheat oven to 350° F. Brush with either melted butter or mayonnaise and cook for 20-25 minutes. Cakes should be hot and bubbly.

OR

Deep Fry: 5 minutes at 350° F and let stand for several minutes

OR

Best Method: Deep fry at 350° F degrees for 3 1/2 minutes, then microwave on high for 30 seconds.

Cook crab cakes until internal temperature is 165° F for at least 30 seconds

PORK GENERAL COOKING INSTRUCTIONS

[Many people fear under-cooked pork because of the possibility of trichinosis.] "Cooking [any pork product] to an internal temperature of 137° F will kill any trichinae. However, allowing for a safety margin for thermometer inaccuracy, most experts recommend an internal temperature of from 150 degrees to 165 degrees F, which will still produce a juicy, tender result. The 170 degrees to 185 degrees F temperature recommended in many cookbooks produces overcooked meat."

-From the FOOD NETWORK KITCHENS

BONELESS PORK LOIN CUTLETS

Thaw overnight in refrigerator.

If using a conventional oven, bake for 25-30 minutes at 350° F. Turn once during cooking.

If using a convection oven, bake for 10-11 minutes on a rack at 350° F. Turn once during cooking.

OR

Grill each side for 6-7 minutes.

PORK TENDERLOIN AND PORK ROAST

Thaw in refrigerator overnight.

Add marinade and seasoning if desired.

Preheat oven to 450° F and start Tenderloin or Roast for about 15 minutes.

Turn the oven down to 350° F and continue to cook for 45 more minutes.

ITALIAN SAUSAGES

Thaw in refrigerator overnight.

Place sausage in pan and cover with approximately 1" of water.

Heat sausage until thoroughly warm.

Once warm, remove water and add butter or oil to pan.

Fry sausage to desired crispness.

OR

After cooking, place sausage on grill for desired crispness and flavor.

CMI recommends always using tongs for sausages. By piercing the casing with a fork, it allows juices to escape, leaving the sausages dry.

BONELESS PORK CHOPS

Do NOT Thaw.

From Frozen:

Bake Pork Chops in pre-heated oven at 350° F for 60-70 minutes – turning once during cooking.

OR

Thaw in refrigerator.

If using a Grill: Pat dry and season as desired.

Cook over medium heat for 4-8 minutes per side.

OR

If using a Broiler: Pat dry and season as desired.

Place on broiler pan 3-4 inches from heat source. Broil for 4-7 minutes per side.

Cook Pork Chops to an Internal Temperature of 160°F.

BONE-IN PORK CHOPS

Thaw in refrigerator.

Grill:

Preheat grill to high.

Pat dry and season as desired.

Grill over high heat 7-10 minutes per side.

OR

Broil: Preheat broiler.

Pat dry pork chops and season as desired.

Place on broiler pan 3-4 inches from heat source. Broil for 7-10 minutes per side.

OR

Pan-Fry: Preheat 1-2 Tbsp. of olive oil in pan over low-medium heat.

Pat dry pork chops, season as desired.

Place in hot oil. Cook covered for 10-12 minutes on each side.

Cook Pork Chops to an Internal Temperature of 160°F.