

NEW-MEAT* COOKING GUIDE

REDEFINE BEEF FLANK



PREPARATION

Before using, defrost the desired amount needed, under refrigeration, for 8 hours.



IN A SAUTÉ PAN

1. Pan sear or grill the pieces, over medium/high heat, on a generously oiled sauté pan, for 3 minutes per side (total of 12 min).
2. The steak is ready when the internal temperature at the center reaches 162°F. Remove from heat and serve hot.



ON A GRILL:

1. Preheat the barbecue or grill to high heat.
2. Grill for 8 minutes, turning regularly for even browning.
3. The steak is ready when the internal temperature at the center reaches 162°F. Remove from heat and serve hot.



IN A COMBI-OVEN

1. Select program: 390°F | 15% humidity | Fan speed 4 | 15 minutes.
2. Place the steak on a baking tray and drizzle with 2 tablespoons of oil. Season to taste.
3. Roast according to the selected program.
4. The steak is ready when the internal temperature at the center reaches 162°F. Remove from oven and serve hot.

Before serving, we recommend:

- Slicing the steak along the grain into 1/8 in. – thick slices
- Seasoning with coarse salt, crushed black pepper, and olive oil

GENERAL GUIDELINES

- Product must be stored in the freezer at or below (0°F) until ready to use.
- This product is only suitable for consumption after cooking. Do not eat or serve raw.
- After thawing, the product must be stored in the refrigerator for no longer than 48 hours before cooking. DO NOT REFREEZE.

COOKING TIPS

- Continuously flipping the flank while cooking will achieve an evenly cooked, juicy result, every time.
- If browning too fast, reduce heat and continue to cook rotating the flank until fully cooked.
- Accentuate the flank flavor by searing is on a well oiled/buttered surface and add rosemary sprigs and garlic cloves.
- For shredded flank, sear the flank in one piece and then shred by hand or with a fork. Finish by cooking the shredded product in the desired sauce for about 10-15 minutes.
- It is recommended to serve the flank with a sweet sauce (BBQ, brown sauce, red wine sauce, etc.) and a creamy side (mashed potatoes, etc.).
- Prior to cooking, the product can be marinated to enhance its flavor, with the marination time varying based on the salt concentration of your brine.
- After thoroughly cooking the product according to the specified method, it can be safely frozen and reheated later.



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REDEFINE BEEF FLANK CULINARY INSPIRATION



Flank Pistachio Crusted



Grill Flank



New-Meat Tataki Beef Flank



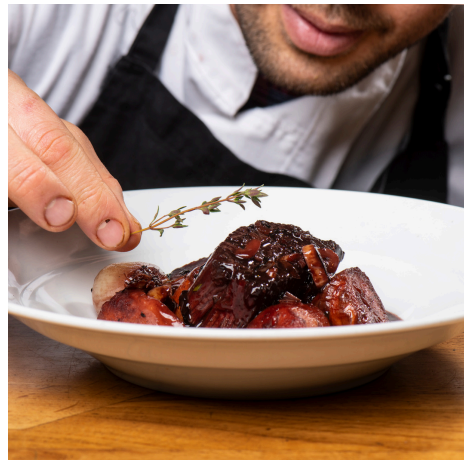
Flank Brochettes



Ruben Sandwich



Flank with Peppercorn Sauce



Beef Bourguignon



New-meat Ramen



Philly Cheesesteak

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