



NEW-MEAT* COOKING GUIDE

REDEFINE BEEF FLANK



PREPARATION

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

IN A SAUTÉ PAN OR ON A GRILL:

1. Slice the Redefine Beef Flank, against the grain, into 3 cm thick pieces.
2. Pan sear or grill the pieces, over medium/high heat, on a generously oiled sauté pan/grill, for 4 minutes per side.
3. When done the measured internal temperature taken at the center of the product should read 162°C.
4. Remove from heat and cut each piece, along the grain, into ½ cm thick slices.
5. Before serving, season with coarse salt, crushed black pepper and olive oil.

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.
- For best cooking results cook the product when it is in room temperature and not directly from refrigeration.
- 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 Meat Ltd. products are plant-based, made with non-GMO ingredients and do not contain any animal-based ingredients or by-products.

ANY DISH. ANY CUISINE. ACCROSS THE DINING SPECTRUM.

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