

## COOKING DIRECTIONS

Ovens Vary

Be sure to plan for the rise in temperature of the piece of meat and remove the meat from the heat before hitting your desired doneness- see internal temperature chart below\*\*\*\*

**Marinated Beef Brisket:** Pierce cooking bag with tines of fork to make a few perforations in the top of the bag. Place pan in preheated 325° F oven. Roast for about 45 minutes per pound or until meat is very tender when pierced with fork. Rest for 15 minutes before carefully opening bag and removing from liquid. Slice across the grain of the meat.

**Beef Tenderloin / Chateaubriand:** 1-1/2 hours total time for cooking and resting. Roast uncovered in preheated 425° F oven for 15-20 minutes for browning, reduce to 325° F and cook to desired doneness, about 10-15 minutes per pound. Rest for 10-15 minutes before slicing.

## GENERAL GUIDELINES

Meat should be taken out of refrigerator 30 minutes and let rest on table before cooking\*\*

**Preheating:** Always pre-heat the oven, grill or broiler prior to cooking (it usually takes 10-15 minutes to reach designated temperature).

**Oven Baking/Roasting:** When possible, bake items on the center rack; otherwise, rotate items every 30-45 minutes to ensure even cooking.

**Use a Thermometer!** We recommend using a probe thermometer when cooking meats. For the most reliable method of doneness, the use of an instant read thermometer is very important!

**Give It a Rest:** After cooking, lightly cover the meat with foil and allow it to rest 5-15 minutes (depending on size) before carving. During the resting time, the internal temperature will raise 5-15° (depending on size). Be sure to figure this rise in temperature and remove the meat from the heat before hitting your desired doneness (an average 5° up to 15° for large roasts). The resting period also allows the meat to reabsorb interior juices making it more tender and flavorful.

## Beef Internal Temperature Chart

	Rare	Med Rare	Medium	Medium Well	Well Done
USDA	N/R	N/R	145°	150°-155°	160°
Steakhouses	125°-130°	130°-140°	140°-150°	155°-165°	N/R