

MEAT COOKING
INSTRUCTIONS

ZUPAN'S
— MARKETS —



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SAUSAGES

Oven:

- Heat oven to 375°.
- Heat an oven-safe skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Place sausages in the pan and let cook for 2 minutes.
- Turn sausages over and place the pan in the oven for 10 minutes or until sausages are done.

Stove Top:

- Heat a skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Place the sausages in the pan, reduce heat to medium low and let cook until browned on the first side (about 5 minutes.)
- Turn the sausages over and continue to cook until the bottom is nicely browned, and the sausages are done.

Grill:

- Heat grill to medium-low (300°)
- Place sausages on grill and cook until nicely browned (about 5 minutes.)
- Turn sausages over and continue to cook until nicely browned, and the sausages are done (about 7 minutes.)

Temperature Guide:

Always use thermometer to check for doneness.

160° - Pork Sausage

165° - Chicken Sausage

MARINATED KABOBS

CHICKEN & PORK

Grill:

- Grill over medium heat, turning once, until cooked through (about 10 minutes).

Oven:

- Preheat oven to 400°.
- Place kabobs on a rack over a sheet pan (or in an otherwise low-sided oven-safe dish or pan) and place on the middle rack of the oven.
- Cook for 5 minutes, turn the kabobs over, and cook for about another 5 minutes until just cooked through.

Stove-Top:

- Heat a skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Remove meat from sticks, place meat in the pan, reduce heat to medium low and let cook until browned on the first side (about 5 minutes.)
- Turn the kabobs over and continue to cook until all sides are browned and just cooked through (about 7 minutes).

BEEF & LAMB

Grill:

- Grill over high heat, turning once, until nicely browned and just cooked through (about 7 minutes).

Oven:

- Preheat broiler.
- Place kabobs on a rack over a sheet pan (or in an otherwise low-sided oven-safe dish or pan) and place on the top rack of the oven.
- Cook, turning once and watching closely, until nicely browned (about 7 minutes).

Stove-Top:

- Heat a heavy skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Remove meat from sticks, place in the pan, reduce heat to medium low and let cook until browned on the first side (about 4 minutes.)
- Turn the kabobs over and continue to cook until all sides are browned (about 4 minutes).

Temperature Guide:

Always use thermometer to check for doneness.

165° - Chicken Kabobs

140° - Pork Kabobs

135° - Beef Kabobs (medium-rare)

140° - Lamb Kabobs (medium)

BEEF

MARINATED TRI-TIP

Grill:

- Over high heat, sear both sides of the Tri Tip until well browned (about 8 minutes per side).
- Reduce heat to medium-high and cook, flipping once, for another 8 to 10 minutes, until the Tri Tip registers an internal temperature of 130°.
- Rest the Tri Tip for 20 minutes and slice thinly against the grain.

Oven:

- Preheat oven to 350°.
- Heat a heavy skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Reduce heat to medium-high and sear Tri Tip on one side until well browned.
- Turn the Tri Tip over, place in an ovenproof pan, and place in the oven.
- Roast for about 15 to 20 minutes, until the Tri Tip registers an internal temperature of 130°.
- Rest the Tri Tip for 20 minutes and slice thinly against the grain.

MARINATED BAVETTE STEAK

Grill:

- Grill over high heat, turning once, until nicely browned and the Bavette registers an internal temperature of 135° (for medium-rare) (about 7 minutes).

Oven:

- Preheat broiler.
- Place Bavette on a rack over a sheet pan (or in an otherwise low-sided oven-safe dish or pan) and place on the top rack of the oven.
- Cook, turning once and watching closely, until nicely browned and the Bavette registers an internal temperature of 135° (for medium-rare) (about 7 minutes).

Stove-Top:

- Heat a heavy skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Place the Bavette in the pan, reduce heat to medium high and let cook until browned on the first side (about 4 minutes).
- Turn the Bavette over and continue to cook until the second side of the Bavette is nicely browned and it registers an internal temperature of 135° (for medium-rare) (about 4 minutes).

BEEF

KOREAN BBQ FLANKEN RIBS

Grill:

- Grill over high heat, turning once, until nicely browned and the Ribs register your desired temperature (about 7 minutes).

Oven:

- Preheat broiler.
- Place Ribs on a rack over a sheet pan (or in an otherwise low-sided oven-safe dish or pan) and place on the top rack of the oven.
- Cook, turning once and watching closely, until nicely browned and the Ribs registers your desired temperature (about 7minutes).

Stove-Top:

- Heat a heavy skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Place the in the pan, reduce heat to medium high and let cook until browned on the first side (about 4 minutes.)
- Turn the Ribs over and continue to cook until nicely browned and meat registers your desired temperature (about 4 minutes). (about 4 minutes).

Temperature Guide:

Always use thermometer to check for doneness.

135° - Beef (medium-rare)

BURGER PATTIES

BEEF, CHICKEN & TURKEY

- Generously season with salt and, if desired, black pepper.

Grill:

- Grill over high heat until nicely browned (about 4 minutes), flip over and continue to grill until the patties register your desired temperature (about 3-5 minutes).

Stove-Top:

- Heat a heavy skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Place the Patties in the pan cook until nicely browned on the first side (about 4 minutes).
- Turn the Patties over and continue to cook until the second sides have browned and register your desired temperature (about 3-5 minutes).

Temperature Guide:

Always use thermometer to check for doneness.

135° - Beef Patties (medium-rare)

160° - Beef Patties (well done)

165° - Chicken & Turkey patties

PORK

PORK SCHNITZEL

- Heat a pan on the stove over high heat.
- Add two tablespoons of neutral cooking oil to the pan, swirl to coat, and reduce heat to medium high.
- Place the schnitzel in the pan and cook until the breading has turned a rich golden brown.
- Turn the schnitzel over, drizzle in an additional tablespoon of oil, and reduce the heat to medium.
- Continue to cook until the second side has browned and the schnitzel registers an internal temperature of 140°.

STUFFED PORK CHOPS

- Preheat oven to 375°.
- Heat an oven-safe skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Place the Pork Chops in the pan, presentation side up, reduce heat to medium low and let cook until browned on the first side (about 5 minutes).
- Turn the Pork Chops over and continue to cook until the second sides of the Pork Chops are nicely browned (about 5 minutes).
- Turn the Pork Chops presentation side up and place pan in the oven. Cook the Pork Chops in the oven until they register an internal temperature of 140° (about 10 minutes).

PORK

MARINATED PORK TENDERLOIN

Grill:

- Grill over medium heat, turning once, until cooked through and the tenderloin registers an internal temperature of 140° (about 14 minutes).

Oven:

- Preheat oven to 400°.
- Place pork tenderloin on a rack over a sheet pan (or in an otherwise low-sided oven-safe dish or pan) and place on the middle rack of the oven.
- Cook for 7 minutes, turn the tenderloin over, and cook for about another 7 minutes until just cooked through and the tenderloin registers an internal temperature of 140°.

Stove-Top:

- Heat a skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Place pork tenderloin in the pan, reduce heat to medium low and let cook until browned on the first side (about 7 minutes).
- Turn the pork tenderloin over and continue to cook until all sides are browned and just cooked through and the tenderloin registers an internal temperature of 140°. (about 9 minutes).

COCHINITA PIBIL

Oven or Smoker:

- Preheat oven or smoker to 325°.
- Wrap cochinita pibil in foil and cook:

For Oven:

- Place cochinita pibil on a rack over a sheet pan (or in an otherwise low-sided oven-safe dish or pan) and place on the middle rack of the oven.

For Smoker:

- Place cochinita pibil in smoker on middle rack, or in the center of smoker.
- Cook until cochinita pibil registers an internal temperature of 185°, about 3½ hours.

PORK

THIN-CUT MARINATED PORK CHOPS

Grill:

- Grill over high heat, turning once, until nicely browned and the Pork Chops register an internal temperature of 140° (for medium) (about 7 minutes).

Oven:

- Preheat broiler.
- Place Pork Chops on a rack over a sheet pan (or in an otherwise low-sided oven-safe dish or pan) and place on the top rack of the oven.
- Cook, turning once and watching closely, until nicely browned and the Pork Chops register an internal temperature of 140° (for medium) (about 7 minutes).

Stove-Top:

- Heat a heavy skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Place the Pork Chops in the pan, reduce heat to medium high and let cook until browned on the first side (about 4 minutes).
- Turn the Pork Chops over and continue to cook until the second side is nicely browned and they register an internal temperature of 140° (for medium) (about 4 minutes).

SAGE BRINED PORK CHOPS

Grill:

- Grill over medium heat, turning once, until just cooked through and the Pork Chops register an internal temperature of 140° (about 12 minutes).

Oven:

- Preheat oven to 400°.
- Place Pork Chops on a rack over a sheet pan (or in an otherwise low-sided oven-safe dish or pan) and place on the middle rack of the oven.
- Cook for 8 minutes, turn the Pork Chops over, and cook for about another 5 minutes until just cooked through and the Pork Chops register an internal temperature of 140°.

Stove-Top:

- Heat a skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Place the Pork Chops in the pan, reduce heat to medium low and let cook until browned on the first side (about 5 minutes.)
- Turn the Pork Chops over and continue to cook until the second sides of the Pork Chops are nicely browned and they register an internal temperature of 140° (about 7 minutes).

PORK

MARINATED PORK SHOULDER ROAST

Oven/Smoker:

- Preheat to 425°.
- Place Pork Shoulder Roast in an ovenproof pan and roast for twenty minutes.
- Reduce heat to 325° and continue to roast until the Pork Shoulder Roast registers an internal temperature of 185° (about 3.5 hours).

RUSTIC FRENCH DUCK & PORK CREPINETTE

Oven:

- Preheat oven to 375°.
- Heat an oven-safe skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Place the Crepinettes in the pan and let cook for 2 minutes.
- Turn the Crepinettes over and place the pan in the oven for 10 minutes or until Crepinettes register an internal temperature of 160° (about 7 minutes).

Stove Top:

- Heat a skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Place the Crepinettes in the pan, reduce heat to medium low and let cook until browned on the first side (about 5 minutes).
- Turn the Crepinettes over and continue to cook until the bottom is nicely browned and the sausages register an internal temperature of 160° (about 7 minutes).

Grill:

- Place Crepinettes over medium low heat and cook until nicely browned (about 5 minutes).
- Turn the Crepinettes over and continue to cook until the bottom is nicely browned and the Crepinettes register an internal temperature of 160° (about 7 minutes).

STUFFED JALAPEÑOS

Oven:

- Preheat oven to 375°.
- Place the Stuffed Jalapeños, standing upright to the greatest extent possible, on a rack over a sheet pan (or in an otherwise low-sided oven-safe dish or pan) and place on the middle rack of the oven.
- Cook for about 10 minutes, until the bacon has browned and the chorizo stuffing registers an internal temperature of 160°.

CHICKEN

CHICKEN CORDON BLUE

Oven:

- Preheat oven to 350°.
- Place the Chicken Cordon Blue in a lightly oiled, low-sided oven-safe dish and place on the middle rack of the oven.
- Cook until golden brown and the thickest part of the Chicken registers an internal temperature of 165° (about 40 minutes).

CHICKEN PARMESAN

Stove-Top:

- Heat a pan on the stove over high heat.
- Add two tablespoons of neutral cooking oil to the pan, swirl to coat, and reduce heat to medium high.
- Place the Chicken in the pan and cook until the breading has turned a rich golden brown.
- Turn the Chicken over, drizzle in an additional tablespoon of oil, and reduce the heat to medium.
- Continue to cook until the second side has browned and the Chicken registers an internal temperature of 165°.

Oven:

- Preheat oven to 400°.
- Place the Chicken in a lightly oiled, low-sided oven-safe dish and place on the middle rack of the oven.
- Cook until golden brown and the thickest part of the Chicken registers an internal temperature of 165° (about 15 minutes).

CHICKEN

CHICKEN FAJITA MIX

Stove-Top:

- Heat a heavy skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Add Chicken Fajita Mix to pan, spread in a single layer, and let cook undisturbed until browned a bit (about 4 minutes).
- Stir Chicken Fajita and continue to cook, stirring occasionally, until chicken is cooked through or registers an internal temperature of 165° (about 4 minutes).

Oven:

- Preheat broiler.
- Spread Chicken Fajita Mix in a single layer on a sheet pan and place on top rack of oven.
- Broil until browned and cooked through or meat registers an internal temperature of 165° (about 7 minutes).

PROSCIUTTO WRAPPED CHICKEN BREAST

Oven:

- Preheat oven to 350°.
- Place the Prosciutto Wrapped Chicken Breast in a lightly oiled, low-sided oven-safe dish and place on the middle rack of the oven.
- Cook until golden brown and the thickest part of the Chicken registers an internal temperature of 165° (about 20 minutes).

CHICKEN

MARINATED CHICKEN BREASTS

Grill:

- Grill over medium-low heat, turning once, until just cooked through and the Chicken Breasts register an internal temperature of 165° (about 15 minutes).

Oven:

- Preheat oven to 350°.
- Place Chicken Breasts on a rack over a sheet pan (or in an otherwise low-sided oven-safe dish or pan) and place on the middle rack of the oven.
- Cook until just cooked through and the Chicken Breasts register an internal temperature of 165° (about 20 minutes).

Stove-Top:

- Heat a skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Place the Chicken Breasts in the pan, reduce heat to low-medium and let cook until browned on the first side (about 7 minutes.)
- Turn the Chicken Breasts over and continue to cook until the second sides of the Chicken Breasts are nicely browned and they register an internal temperature of 165° (about 7 minutes).

MARINATED CHICKEN WINGS

Grill:

- Grill over medium heat, turning occasionally, until just cooked through and the Chicken Wings register an internal temperature of 165° (about 10 minutes).

Oven:

- Preheat oven to 450°.
- Place Chicken Wings on a rack over a sheet pan (or in an otherwise low-sided oven-safe dish or pan) and place on the middle rack of the oven.
- Cook for about 15 minutes, turning occasionally until just cooked through and the Chicken Wings register an internal temperature of 165°.

Stove-Top:

- Heat a skillet on the stove until hot.
- Add 1-2 tablespoons of neutral cooking oil to the skillet and swirl pan to coat.
- Place the Chicken Wings in the pan, reduce heat to medium and cook until browned on the first side (about five minutes).
- Turn the Chicken Wings over and continue to cook turning occasionally until they are nicely browned, cooked through and register an internal temperature of 165° (about 10 minutes).

CHICKEN

MARINATED FLAT CHICKENS

Grill:

- Grill skin-side up over indirect medium heat, covered, until the thigh joint is almost cooked through and registers an internal temperature of 150° (about 50 minutes).
- Turn over and grill skin-side down over high heat until the skin is crisped and brown and the thigh joint registers an internal temperature of 165° (about 4 minutes).
- Remove from heat and rest for 15 minutes before serving.

Oven:

- Preheat oven to 450°.
- Place Chicken on a sheet pan skin-side up (or in an otherwise low-sided oven-safe dish or pan) and place on the middle rack of the oven.
- Cook until nicely browned and the Chicken registers an internal temperature of 165° at the thigh joint (about 40 minutes).
- Remove from heat and rest for 15 minutes before serving.

BONELESS WHOLE STUFFED CHICKEN

Oven:

- Preheat oven to 350°.
- Place Boneless Whole Stuffed Chicken on a sheet pan (or in an otherwise low-sided oven-safe dish or pan) and place on the middle rack of the oven.
- Cook until nicely browned and the Chicken registers an internal temperature of 165° (about 1 ½ hours).
- Remove from heat and rest for 15 minutes before serving.