



**Performance
Food Group**

COOKING GUIDE

PFG Steaks are aged for 21 days at 38 degrees Fahrenheit in a specially designed humidity controlled cooler. Every *PFG Steak* is individually hand trimmed by an experience journeyman or meat cutters. Then the steaks are frozen and vacuum-sealed individually in a thick plastic film. This form of packaging locks out the oxygen and seals in flavor of freshness, allowing the steaks to remain flavorful for up to 12 months in the freezer.

Color of Meat

Beef muscle meat not exposed to oxygen (in vacuum packaging, for example) is a burgundy or purplish color. After exposure to the air for 15 minutes or so, the steak receives oxygen and the meat turns bright, cherry red.

Food Safety

Be sure to follow food safety cooking procedures.

- **Clean**—Wash hands and surfaces often.
- **Separate**—Do not cross-contaminate.
- **Cook**—Cook to proper temperatures, checking with a food thermometer.
- **Chill**—refrigerate promptly.

Storing Leftovers

Place all leftovers directly into the refrigeration immediately. Do not let cooked meats to stand at room temperature. Bacterial growth is possible if cooked meat temperatures drop into the danger zone. (41°F-135°F). One of the most common causes of food borne illness is improper cooling of cooked foods. Because bacteria are everywhere, even after food is cooked to a safe internal temperature, they can be reintroduced to the food and then reproduce. For this reason leftovers must be put in shallow containers, for quick cooling and refrigerated within 2 hours.

Reheating

Foods should be reheated thoroughly to an internal temperature of 165 °F or until hot and steaming. In the microwave oven, cover food and rotate so it heats evenly. Follow manufacturer's instructions for stand time for more thorough heating. In the absence of manufacturer's instructions, at least a two-minute stand time should be allowed.

Refreezing

Steaks that are thawed but cool to the touch can be refrozen with the assurance that all the natural juices and flavor will be retained. Meat that is at refrigerated temperatures (36°F to 40°F) can be refrozen. Refreeze defrosted meat within 1-2 days of holding at refrigerated temperatures. Do not refreeze defrosted meat that is held at room temperature for more than 2 hours. If the vacuum wrap has been removed, rewrap the steaks or chops in a wrapper suitable for frozen product.

www.pfgsteaks.com

Performance Food Group, 3737 N Broadway, St Louis, Mo 63147
Phone 314-345-8249. Fax 314-345-8299

Thawing

For best results always, thaw your product in the refrigerator for 8-12 hours. *Never thaw product at room temperature.* The plastic film on the steaks should remain on while thawing.

- **Refrigerator**—The refrigerator allows slow, safe thawing. Make sure thawing meat juices do not drip onto other food. (Steaks for 8-12 hours)
- **Cold Water**—For faster thawing, place food in a leak-proof plastic bag. Submerge in cold tap water. Change the water every 30 minutes. Cook immediately after thawing.
- **Microwave**—Cook meat and poultry immediately after microwave thawing.

Cooking

For best results cook steaks that are thaw and not frozen. For Juicer, more flavorful steaks use tongs when handling and turning. Piercing the steak with a fork allows the juices to escape. Steaks should only be turned once; they are ready to turn when the meat juices start to bubble up through the meat to the top of the steak.

Grilling

When preparing steaks on a grill be sure to preheat the grill first. If you are using a charcoal grill there should be a gray ash or a red glow to let you know it is ready. There are several factors that you must consider when grilling, the size of the steak, the placement on the grill, and the temperature of the grill. The lid of the grill regulates the temperature of the grill. If the grill lid is open several times during the process, it will lower the temperature and increase the cooking time. The time it takes will depend on the degree of doneness desire.

Steak Grilling Times

Thickness	Temperature	Time per Side
1"	Rare	3 1/2 minutes
	Medium	4 1/2 minutes
	Well	6 minutes
1 1/4"	Rare	4 minutes
	Medium	5 minutes
	Well	6-7 minutes
1 1/2"	Rare	4 1/2 minutes
	Medium	6 minutes
	Well	7-8 minutes
1 3/4"	Rare	5 minutes
	Medium	7 minutes
	Well	8-9 minutes

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Broiling in the Oven

- Set oven regulator for broiling; preheat for 10 minutes. During broiling, the oven door for electric ranges should be left ajar; the oven door for gas ranges should remain closed. (However, consult owner's manual for specific broiling guidelines.)
- Place beef (straight from refrigerator) on rack or broiler pan. Season beef with herbs or spices, as desired. Position broiler pan so that surface of beef is within 2-4 inches from the heat.
- During broiling turning steaks once. After cooking, season beef with salt, if desired.

Recommended internal temperature for beef

Cooking Temperature

*Rare	140°F
Med. Rare	150°F
Medium	160°F
Med. Well	165°F
Well	170°F

** Section 3.401.11 (B)2 of the 1997 Food Code.*

The temperature of a beef roast will rise 5°F to 10°F after removing from the oven. Remove it from the oven and loosely cover with foil before it reaches the doneness you desire.

Roasting

Roasting is the recommended method for cooking tender meats. To roast, meat is placed on a rack in a shallow, uncovered pan and is cooked by the indirect dry heat of an oven. To keep the meat tender and minimize shrinkage due to the evaporation of moisture, a moderately low oven temperature of 325 °F should be used. Cooking time depends on the meat length and not weight.

Thermometer ratings should be:

Rare..... 115°F-120°F

Medium-rare.. 125°F- 130°F

Medium..... 135°F- 140°F

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