

NEW-MEAT* COOKING GUIDE

REDEFINE BEEF FLANK



GENERAL GUIDELINES

Handling

- This product is only suitable for consumption after cooking. Follow the suggested preparation method.
- Do not eat or serve raw.

Freezing/Defrosting:

- Before using, defrost the desired amount needed, under refrigeration, for 8 hours.
- After defrosting, the product must be stored in the refrigerator for no longer than 48 hours before cooking.
- DO NOT REFREEZE!

Storage

- Keep frozen at or below (-18°C) before defrosting.
- The Best Before Date is marked on the package.

Serve

- For best results serve hot.

Note

- For the most up to date product information including ingredients and allergens, please refer to the printed material on the packaging.

PREPARATION

Remove the product from the refrigerator.



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 centre of the product should read 72°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.



* Redefine Meat Ltd. products are plant-based, made with non-GMO ingredients and do not contain any animal-based ingredients or by-products.



SERVING RECOMMENDATIONS



Redefine Beef Flank Brochettes



Redefine Beef Flank "Brisket" Sandwich



Redefine Beef Flank, Seared King of the Forest Mushrooms, Portobello Mushroom Sauce

Visit our [recipe page](#) for inspiration and share your creations with us on social media [@redefinemeat](#)

TIPS

- This product is best when served with a sauce, check our web resources for recipes.
- 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 till fully cooked.
- 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.
- Prior to cooking, slice the whole cut against the grain into three 3 cm wide pieces. After searing, slice each piece, along the grain, into 1-1 ½ cm thick slices (about 5).
- Remember success in the kitchen, to paraphrase Thomas Edison, is "1% inspiration and 99% perspiration". Be creative!

FIND INSPIRATION FROM OUR PARTNERS



New-meat Flank Steak, Pumpkin, Sage



Flank Steak Tataki Style



Leafbar's Signature Cut

For more information, contact your REDEFINE MEAT™ sales rep or drop us a line at partners@redefinemeat.com



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HOW TO COOK?
www.redefinemeat.com

