

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:

- Slice the Redefine Beef Flank, against the grain, into
 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.







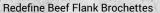


^{*} Redefine Meat Ltd. products are plant-based, made with non-GMO ingredients and do not contain any animal-based ingredients or by-products.



SERVING RECOMMENDATIONS







Redefine Beef Flank "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 1-1½ 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

LE-PETHI

beefbar

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



Watch Video: **HOW TO COOK?** www.redefinemeat.com

