MYLAR® COOK

Beef
Prime Rib Roast

1. Use a fresh, enhanced prime rib roast
2. Topically Season
3. Place in formed pocket with fat cap side up
4. Pack with 15-20 mm of headspace and pull tight vacuum
5. Cook from fresh or thawed at 325°F in a home oven or convection oven (low or reduced fan) to desired doneness
   - Optional instructions: cook for 15 min at 425°F and then reduce temperature to 325°F
6. Allow roast to rest 5-10 min before slicing
   - Note: Carry-over cooking will occur during rest period
Corned Beef Brisket

1. Use a commercially available corned beef brisket

2. Topically season with seasoning packet provided

3. Place in formed pocket with fat cap side up

4. Pack with a minimum of 20 mm of headspace and pull a tight vacuum

5. Cook from fresh or thawed at 300-325°F in a home oven or convection oven (low fan) until fork tender

6. Allow brisket to rest 10 min before slicing
Pot Roast with Gravy

1. Use a fresh, minimally processed chuck roast
2. Inject with marinade and vacuum tumble
3. Topically season
4. Fill formed pocket with frozen pucks of au jus or gravy under and on top of the chuck roast
5. Pack with 15-20 mm of headspace and pull a tight vacuum
6. Cook from fresh or thawed at 300-325°F in a home oven or convection oven (low fan) until fork tender
   – about 3-3.5 hrs for a 2 lb chuck roast
7. Allow roast to rest 10 min before shredding with forks
Pot Roast with Root Vegetables

1. Use a fresh, minimally processed chuck roast
2. Inject with marinade and vacuum tumble
3. Topically season chuck roast
4. Blanch red and gold (baby or quartered) potatoes, onions and baby carrots
5. Fill the bottom of the formed pocket with 3-4 frozen au jus or gravy pucks, next place the chuck roast in the center of the pocket, and then cover with 3-4 more pucks and blanch root vegetables
6. Pack with 15-20 mm of headspace and pull a tight vacuum
7. Cook from fresh or thawed at 300-325°F in a home oven or convection oven (low fan) until fork tender
8. Allow roast to rest 10 min before shredding with forks
Family Size Meatloaf

1. Use fresh ground chuck and ground pork shoulder (optional)

2. Prepare meatloaf as desired by adding seasoning, eggs, breadcrumbs, grated cheese, blanched diced onions, or a complete seasoning mix, etc.

3. Form into loaf shape and freeze

4. Pack frozen loaf with 10 mm of headspace and pull a tight vacuum

5. Cook from thawed in a convection oven at 350°F with medium fan or in a home oven at 375°F to an IT of 160°F

6. Rest 5 min and then slice and serve with ketchup
Meatloaf with Root Vegetables for Two

1. Use fresh ground chuck and ground pork shoulder (optional)
2. Prepare meatloaf as desired by adding seasoning, eggs, breadcrumbs, grated cheese, blanched diced onions, a complete seasoning mix, etc.
3. Form into loaf shape and freeze
4. Blanch red and gold (quartered or baby) potatoes, onions, and baby carrots
5. Center frozen meatloaf in formed pocket and surround edges with blanched root vegetables
6. Pack with 15-20 mm of headspace and pull a tight vacuum
7. Cook from thawed in a convection oven at 350°F with medium fan or in a home oven at 375°F to an IT of 160°F
8. Rest 5 min and then slice and serve with ketchup
Personal Size Meatloaf

1. Use fresh ground chuck and ground pork shoulder (optional)

2. Prepare meatloaf as desired by adding seasoning, eggs, breadcrumbs, grated cheese, blanched diced onions, or a complete seasoning mix, etc.

3. Form into small personal size loaf or slice shape and then freeze

4. Pack frozen with 5 mm of headspace and pull a tight vacuum

5. Cook from thawed in a convection oven at 350°F with medium fan or in a home oven at 375°F to an IT of 160°F

6. Rest 1 min and then serve with ketchup
Cooking Guidelines: Fresh/Thawed Beef

- **Electric Home Oven**
  - 300 - 325°F – corned beef, pot roast, prime rib roast
  - 375°F – meatloaf

- **Convection Oven**
  - 300 - 325°F – corned beef, pot roast, prime rib roast
  - 350 - 375°F – meatloaf

- We do not recommend cooking raw beef in the microwave

- If using a clam shell grill (such as George Foremen grills), be sure grill does not exceed 425°F

- **USDA recommends a minimum safe internal temperature (IT) of 160°F for ground beef**
MYLAR® COOK Notes

• Allow packaged product a minimum of 24 hours before cooking to maximize the flavor.

• Measure internal temperature and follow USDA’s recommended safe minimum internal temperature guidelines.

• Allow products to rest after they are removed from the oven.
  
  o Note: A product can be pulled early and rested to allow carry-over cooking to bring the product to its safe internal temperature (IT).

USDA Recommended - Safe Minimum Internal Temperatures for Cooking

• Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145°F.

• Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160°F.

• Cook all poultry (whole or ground) to an internal temperature of 165°F.

• Cook raw intact fish and shellfish to 145°F or above for 15 seconds.

• Cook items such as crab cakes or stuffed fish to 165°F.
Disclaimer

• The information provided herein is offered as a possible helpful suggestion in experimentation you may care to undertake along these lines. It is subject to revision as additional knowledge and experience is gained. DuPont Teijin Films makes no guarantee of results and assumes no obligation or liability whatsoever in connection with this information.

• Note: the cooking instructions provided herein are based off electric home ovens and combi-convection ovens, oven temperatures and performance may vary.

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