MYLAR® COOK

Meals: Protein with Sides
Half Chicken with Brown Rice

1. Cut a fresh, minimally processed chicken in half lengthwise
2. Inject with marinade (optional) and topically season
3. Pack with a par-cooked brown rice such as Uncle Ben’s® Ready Rice®
4. Pack with 5-10 mm of headspace, pull tight vacuum
5. From fresh or thawed, bake at 425°F in a convection or home oven to an IT of 165°F
Turkey Bratwurst with Peppers & Onions

1. Purchase raw turkey bratwursts (such as Jenni-O brand)
2. Package sausages in spoon fashion with a blanched onion and peppers mixture
3. Pack with 5-10 mm of headspace, pull tight vacuum
4. From fresh or thawed, bake at 400-425°F in a convection or home oven to an IT of 165°F
Salmon with Fettuccini Alfredo

1. Use fresh, thawed or frozen salmon filets
   – Skin-on or skinless
   – If using frozen, rinse off ice from exterior of filet. Pat dry.

2. Topically season

3. Cook fettuccini noodles to al dente

4. Mix noodles with prepared alfredo sauce

5. Fill pocket on one side with fettuccini alfredo, then place salmon, skin side up on the other side of pocket, slightly overlapping noodles

6. Pack with 5-10 mm of headspace, pull tight vacuum

7. Bake from frozen in a convection or home oven at 350-375°F to an IT of 145°F
Salmon Filet Meal

1. **Use fresh, thawed or frozen salmon filets**
   - Skin-on or skinless
   - If using frozen, rinse off ice from exterior of filet. Pat dry.

2. **Topically season**

3. **Package with blanched broccoli florets and par-cooked rice such as Uncle Ben’s® Ready Rice® rice pilaf**

4. **Bake from frozen in a convection or home oven at 350-375°F to an IT of 145°F**
Salmon Meal

1. Use skinless salmon trimmings or filets and cut into uniform chunks – Use fresh or thawed fillets

2. Topically season

3. Packaged with blanched green beans and par-cooked rice such as Uncle Ben’s® Ready Rice® brown & wild rice mix

4. Bake from frozen in a convection or home oven at 350-375°F to an IT of 145°F
Seafood Bake

1. Purchase frozen: corn on the cob halves, lobster tails, crab claws, mussels and shrimp

2. Fill formed pocket with seafood, top with butter and topically season as desired

3. Always package seafood frozen, pull vacuum (as much as possible)
   - Potential for puncturing with seafood shells, etc.

4. Bake from frozen in a convection or home oven at 350-375°F to an IT of 145°F
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 in a home oven at 300-325°F, until fork tender
8. Allow roast to rest 10 min before shredding with forks
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
Beef Bourguignon Meal

1. Purchase fresh tender beef cuts (such as strip loin and rib loin, tri-tip, flat iron)

2. Vacuum tumble cubed meat in marinade

3. Toss meat with a rub that has a Beef Bourguignon flavor profile and will allow a sauce to form during cooking

4. Package beef with blanched red skin potatoes, green beans and carrots

5. Pack with 10-15 mm of headspace and pull a tight vacuum

6. Cook from thawed in a convection oven at 350°F with medium fan or in a home oven at 375°F until potatoes are tender
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

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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