

PORK INSTRUCTIONS

***CAUTION: For maximum flavor and tenderness, the leaner cuts of pork available today should not be overcooked.**

Grilling Out-of-Doors

- (1) After charcoal fire has burned 20-30 minutes, spread coals into a single layer.
- (2) Place chops on covered grill and leave air vents open.
- (3) Coal temperature should be medium to hot.
- (4) Turn chops frequently during cooking. Cook to desired taste.

***NOTE: During cooking, a few drops of water placed on the top of meat after it is turned will keep them moist and flavorful.**

Stuffed Pork Chops

- (1) Split pork chops in middle.
- (2) Brown pork chops in heavy skillet with a small amount of shortening.
- (3) Remove from skillet and stuff with your favorite dressing or use the following to stuff four pork chops:
2 cups dry bread cubes, 1/2 cup chopped celery, 1/4 cup chopped onions, 3/4 teaspoon sage, 3/4 teaspoon salt, and 1/8 teaspoon pepper. Melt 1/3 cup butter in sauce pan, add celery and onion, cook until tender. Combine all ingredients, add just enough hot water to moisten. Mix lightly and place stuffing into center of split chop.
- (4) Place chops in covered baking dish.
- (5) Bake at 350° for approximately 1 hour or until pork is done.

Baked Pork Chops

- (1) Heat shortening or oil in heavy skillet to medium hot.
- (2) Place pork chops in skillet and brown.
- (3) Season with salt and pepper. (Option: May dredge pork chops in flour before browning, if desired.)
- (4) Place browned pork chops in baking dish. Cover with chopped celery, chopped onion and a small amount of chopped apple.
- (5) Add small amount of water. Cover tightly.
- (6) Bake at 325° for approximately 1-1/2 hours or until chops are done.

Steamed Pork Chops

- (1) Roll pork chops in flour. Season with salt and pepper.
- (2) Brown in heavy skillet with shortening or oil.
- (3) After browning, add water. Place lid on skillet and simmer approximately one hour or until done.

***NOTE: After pork chops have been removed from skillet, reserve fryings left in skillet to make favorite milk gravy.**

To Broil

- (1) Preheat broiler, use a two part pan and on electric oven leave the door slightly ajar.
- (2) Place pork 3 to 5 inches from heat.
- (3) Broil until pork is brown on one side.
- (4) Turn and broil second side until done.
- (5) Season each side after browning if desired.

Marinated Boneless Pork Chops

These chops are best when charcoaled slowly on a barbecue grill.

PORK INFORMATION

Pork is an important food and contains many essential nutrients. It's high quality protein contains all the essential amino acids needed to build, maintain, and repair body tissue and to help fight infection and disease. Because the body requires protein, but stores little, protein should be included in every meal. Pork is an excellent protein source.

Pork is also a good source of vitamins. Pork is the best food source of Thiamin, supplying three times as much as any other food. Pork is also an excellent source of Riboflavin, Niacin, Vitamin B-6 and Vitamin B-12.

Pork makes major nutritive contributions to the daily diet in the form of high quality protein, minerals and vitamins. For a normal diet, a 3 ounce serving of cooked lean pork provides 24 grams of protein, 11 grams of fat with 206 calories.

All steak instructions furnished by National Livestock and Meat Board and the Beef Industry Council.

Pork data furnished by Pork Industry Group National Live Stock and Meat Board.

FOR YOUR INFORMATION

**A GUIDE TO
HELP YOU GET
THE MOST
ENJOYMENT
FROM YOUR
SMOKEHOUSE TENDER
STEAKS AND FARM
FRESH PORK PRODUCTS**

**BURGERS,
SMOKEHOUSE**

SIMPLE TRADITIONS SINCE 1952

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1-800-705-2323

**32819 Highway 87 • California, MO 65018
www.smokehouse.com**

It's possible that there was no dry ice remaining in the insulated cooler when your steaks and chops arrived. If so, you need not be concerned. As long as your steaks still feel cool to the touch, you may either refreeze them or refrigerate them and serve them with confidence.

CARE AND STORAGE

Your fresh meat should be refrigerated or frozen on arrival. All fresh meat should be stored in the coldest part of the refrigerator (temperature as low as possible without actually freezing the meat). Fresh meat should not be stored any longer than 2 to 3 days in the refrigerator.

Our fresh meat comes to you packaged for refrigerator or freezer storage. For freezer storage place in freezer at 0° or lower until you are ready to use. Do not leave your fresh meat products in the freezer for months, but use as quickly as possible for ultimate flavor. When you are ready to use, please follow thawing instructions as outlined below.

THAWING INSTRUCTIONS

Please don't:

DON'T use a microwave or soak your Smokehouse tender steaks or farm fresh pork chops in water to hasten thawing. Doing so will impair the rich flavor and affect the tenderness that makes these premium meats so special.

Please do:

DO thaw your Smokehouse tender steaks and farm fresh pork chops **ONLY** in the refrigerator. It will take about 18 to 24 hours. We know it's hard to wait to enjoy your delicious steaks and chops, but refrigerator thawing actually enhances the flavor by preserving the natural tenderness of the meat.

The slow thawing process brings the steaks back to their natural reddish-brown color. As you will notice, the color will be darker than the red meat you are accustomed to seeing in your supermarket. This color change is the natural result of the careful aging process—experts look for the rich, reddish-brown color to identify a truly fine cut of meat.

To receive our mailings or to order any of our quality meat products, call us anytime at 1-800-705-2323 or write to:

**BURGERS,
SMOKEHOUSE**

Highway 87 South
California, Missouri 65018

BEEF INSTRUCTIONS

Tips for flavorful grilled beef

1. Use a liquid marinade to add unique flavors to the beef and to further tenderize it. Liquids such as wine, vinegar or lemon juice are good marinade ingredients because they contain acid which penetrates the meat fibers to help tenderize them. Marinate beef for at least 6 to 8 hours before cooking, turning at least once to let the flavors penetrate. Brush remaining marinade on the beef during grilling, if desired. Sauces or marinades high in sugar or other ingredients that burn easily should be brushed on only during the last few minutes of cooking time. If you wish to have us marinate your steaks, look for the Honey Basted Beef Filets in your catalog.
2. When preparing our Smokehouse tender steaks to be placed on the grill, don't cut indentations into them or poke them with a fork in an attempt to tenderize them. This will cause a loss of the natural juices that enhance the flavor. To determine doneness during cooking, make only a small slit to check color.
3. Cook all steaks at a moderate to high temperature. When steak juice begins to bubble on top, turn steak (best if turned only once during cooking). Steaks will continue to cook a little after removing from heat, so remove a little prior to desired doneness.
4. Watch the steaks carefully during grilling. Total time will vary with the type of steak, position of the grill, weather, temperature of the coals and the degree of doneness desired. The recommended doneness for this type of steak is rare to medium as this takes full advantage of the tenderness and flavor of the meat.

Building and lighting the fire

Make sure the grill is in a well ventilated area. Stack briquets in a pyramid-shaped pile in the center of the grill. Coals should touch each other. Use liquid or electric starter to ignite coals. Let liquid starter soak in for 45 seconds before lighting. Insert electric starter into coals for about 8 minutes, then unplug and remove. Let fire burn for 20-30 minutes before you begin cooking to achieve proper temperature. Just before cooking, spread coals into a single layer in the grill for heat that cooks evenly.

Beef Broiling/Grilling Times

Cooking time will vary with product, weather, and different equipment used. A covered grill will cook faster than an open grill.

SMOKEHOUSE TENDER STEAKS (Times are for Medium done steaks.)

Thickness	Temperature	Minutes
3/4"	moderate to high temp	8 to 12
1"	moderate to high temp	10 to 14
1-1/4"	moderate to high temp	12 to 15
1-3/4"	moderate to high temp	15 to 17

Filets Mignons will cook in less time than other steaks. Bone-in steaks will take longer than boneless.

NOTE: Be particularly careful when grilling honey basted steak. Cook slow so they will not burn.

Other cooking instructions

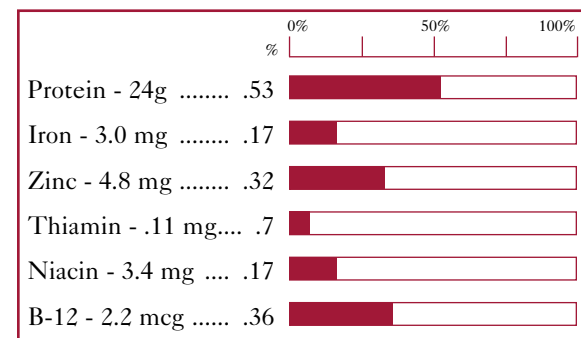
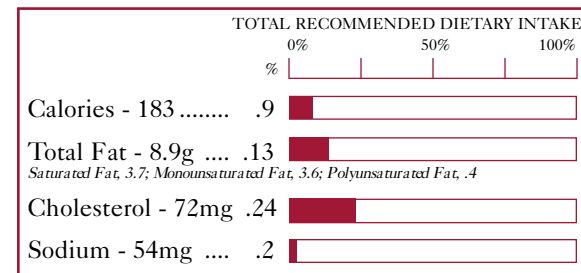
Smokehouse tender steaks can also be prepared by broiling. The same care should be taken in the preparation to protect flavor and tenderness.

BEEF INFORMATION

Smokehouse tender beef steaks are not only good, but good for you.

To start with, based on standards of comparison, a 3 oz. serving of trimmed, broiled beef has only 183 calories! And 2,000 calories per day is the midpoint of the recommendation by the National Academy of Sciences for ages 25 to 31.

In addition, your steaks are well below the American Heart Association's recommendation of not more than 30% of calories from fat and no more than 300 mg. of cholesterol per day. High in protein, your Smokehouse tender steaks also provide measurable amounts of iron and important minerals and vitamins per cooked serving to help fulfill your body's requirements (based on percent of U.S. recommended daily allowances).



Data shown in charts based on U.S.D.A. research