



MEDITERRANEAN BRASSERIE

STORAGE AND COOKING TIPS

Your meats have been vacuum-packed in order to prolong the healthy transit time of the meats, however, it is not a replacement for proper refrigeration. *Please refrigerate all meats as soon as possible and consume within 3 days of the date indicated on the packaging. Consuming expired, improperly stored, raw or uncooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.*

We recommend grilling our meats to your desired temperature over a charcoal or gas barbeque grill in true summer style, however, equally pleasant results can be achieved over a stovetop in a large sauté pan or in a broiler oven.

Prior to placing any of the meats or vegetables on the cooking surface, please make sure to thinly coat the surface with a light cooking oil (e.g. Canola) or non-stick cooking spray (e.g. PAM).

To fine tune to taste, always use coarse- or fine-ground sea salt.

HAND-GROUND LAMB "ADANA", CHICKEN AND BEEF

Place skewer directly on pre-heated cooking surface and cook approximately 3 – 4 minutes per side for recommended Medium-Well doneness. Use a cooking/grilling spatula to turn the meat over. For chicken, increase cooking time to approximately 5 minutes per side or until thoroughly cooked. De-skewer by placing on plate, applying light pressure on the meat with one hand (using flatbread or tablecloth) and pulling the skewer out with the other hand.

LAMB BROCHETTE / MARINATED LAMB TENDERLOIN / CHICKEN BROCHETTE

Place skewer directly on pre-heated cooking surface and cook approximately 3 – 4 minutes per side for recommended Medium doneness. For chicken, increase cooking time to approximately 5 minutes per side or until thoroughly cooked. De-skewer by placing on plate, applying light pressure on the meat with one hand (using flatbread or tablecloth) and pulling the skewer out with the other hand.

THE LAMBURGER

Using a spatula, place patty on pre-heated cooking surface and allow to cook 4 – 5 minutes per side for Medium doneness. Always use a spatula when turning the meat over. For more thorough cooking, finish off in 350F oven for 3 minutes before serving.

MEDITERRANEAN BEEF SOUJOUK

The beef soujouk only requires light browning prior to service. Place skewer directly on pre-heated surface and brown for 1 minute per side. Avoid oven cooking where possible. You can also enjoy soujouk as the meat ingredient in your favorite omelette recipe.

BABY LAMB CHOPS / SEASONED LAMB RIBLETS

Place lamb chops and/or riblets directly on pre-heated cooking surface and cook approximately 3 minutes per side for recommended Medium doneness. Don't be shy to use your hands while eating!!!

PASTIRMA-WRAPPED FILET MIGNON MEDALLIONS

Place medallion directly on cooking surface and cook for 3 minutes per side for recommended Medium-Rare doneness.

MARINATED VEGETABLES / SHARP SUMMER PEPPERS

Place vegetables and/or peppers directly on cooking surface and cook for 2 - 3 minutes per side. You can also enjoy the vegetables and peppers by cutting them into smaller pieces and stir-frying with a light cooking oil.

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