

BASIC COOKING INSTRUCTIONS



MEAT PRODUCTS

DEFROSTING

We recommend that all our meat products be thawed 24 hours. In the refrigerator prior to cooking. Alternatively, place the individual product in cold water while still in its original transparent wrapper allowing the juices and flavour to remain in the product. For best results your product should be at room temperature before cooking.

CAUTION: *The Meat products are extremely lean which means 20% quicker cooking time.*

CERTIFIED ANGUS BEEF

The age of Angus certified beef is between 9 to 18 months maximum. The superior quality of Angus beef is cured a minimum of 35 days. Only one animal out of fifty obtains the Angus certification making it the summum in flavour and tenderness.

CHATEAUBRIAND (AAA or Angus)

The filet mignon being very lean; takes less cooking time. To appreciate the flavour and tenderness we suggest it be served rare. Helpful hint: baste with butter, bake in preheated oven (400°F or 250°C) for 25 minutes. Slice and serve napped with bearnaise sauce.

VEAL / CHICKEN CUTLET (Italian style)

Thaw and pound cutlet. Marinate in olive oil, wine vinegar, garlic, parsley, salt and pepper. Dip in beaten eggs, then cover in Italian bread crumbs and pan fry. This product is also great for use in Veal Parmesan, Veal Marsala, Veal Cordon Bleu etc.

PORK TENDERLOIN

Thaw, oil and roll into a mixture of dry mustard and brown sugar. Cook in the oven at 400°F for 20 min., or cook in the oven without seasoning and cover with Dijonnaise Sauce.

PORK SOUVLAKI AND BEEF KABOBS

Can be cooked frozen on the grill or in the oven at 400°F for 20 min. turn over after 10 min. If thawed, cook 5 min. per side.

ROAST (PORK, BEEF, VEAL or TURKEY)

Marinate roast or season to taste. Put in roasting pan and cook at 350°F for 40 minutes. Spread juice from pan over the top and return to the oven for 20 minutes or until the meat thermometer register 150°F.

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WILD GAME MEAT

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Large wild game meats can be prepared similar to beef. It may be cut and cooked the same way. They can substitute for beef in many receipts but reduce heat and cooking time. It is preferable to consume large game meat rare or pink to maintain the taste and tenderness. The meat must be seized at a high temperature to maintain the flavour.

BISON

COOKING: May be compared to beef, has the same cuts and cooking similarities. It is an excellent substitute but is cooked at a shorter time and a lower temperature. If it is well prepared it will reveal a rich and soft taste.

CAUTION: Bison meat is very tender with less marble effect, rich in protein and cooks more rapidly.

WILD BOAR MEAT

Wild boar meat has a burgundy colour is very tender and juicy. The wild taste of boar is somewhat delicate and maintains this when it is served with a fruit flavored sauce.

COOKING: Ideally cooked slowly without removing fat until it is rare or pinkish. It will maintain its tenderness and flavour.

REER DEER (100% nordic selection)

Reer Deer has a very delicate taste. It is a meat which is very dry with low fat level, calories and cholesterol. very rich in protein, iron and vitamin B. Leaner than beef or pork.



CARIBOU

Very delicate taste remarkably low on fat, calories and cholesterol. Preferably cooked rare or pinkish to be appreciated.

OSTRICH

Delicate taste. Low on fat, calories and cholesterol. Cook rare to pinkish results in appreciation of the meat. of birth on vegetable grain without any animal by products and is matured longer

CHICKEN PRODUCTS

Our chicken meets the standards of the Canadian Food Inspection Agency. Feed from time of birth on vegetable grain without any animal by products and is matured longer than commercially grown chickens. Our chicken is cooled by air process therefore eliminating any contact with water and any risk of contamination.

DEFROSTING: (See defrosting instructions as per meat products)

BONELESS CHICKEN BREASTS (Marinated and plain)

Super BBQed or boiled. Can be cooked from frozen 6-8 min. per side, brush with preferred sauce of your choice. Super for the wok. Very lean so do not overcook.

CHICKEN SOUVLAKI OR KABOBS

Can be cooked frozen on the grill or in the oven at 400°F for 20 min. turn over after 10 min. If thawed, cook 5 min. per side.

COQ "O" PORK

B.B.Q.: 30-35 min. medium, wrapped in aluminium paper, covered first 25 minutes, last 10 min. uncover with sauce.

Oven: Add 1/4" water and chicken broth. Cook 1 hour 350°F covered in casserole dish with preferred vegetables. Then 10-20 minutes uncovered, serve with preferred sauce.

CORNISH HENS

Preheat oven to 375°F (190°C). Cook 45 minutes.

DUCK / GUINEA FOWL

Preheat oven to 350°F (190°C). Cook 25 minutes.

QUAILS

Preheat oven to 350°F (190°C). Cook 30 to 40 minutes.

CHICKEN WINGS

If frozen then cook at 425°F. If thawed cook for 15 min. Product is already fully cooked.

CHICKEN FINGERS OR BURGERS

If frozen bake at 375°-400°F for 20 min., turning once.



SEAFOOD PRODUCTS

Since fish is naturally tender it should be cooked just to firm the flesh. Fish, whether it be filets, steaks or whole fish, should be cooked as follows: measure the fish at its thickest point - depth - and cook it exactly 10 min. per inch. This applies to all sorts of preparation-baking, broiling, braising, sauteeing, frying, poaching and steaming. If the fish is still frozen, double the time to 20 min. per inch of thickness plus or minus any fraction thereof. Note: The preceding does not apply to seafood.

COOKED JUMBO SHRIMP

Thaw and serve with your preferred sauce.

LOBSTER TAILS

Thaw, split back with scissors, pull meat free from shell, place butter and seasoning on meat over shell, cover with foil, broil for 8-10 min., serve with hot garlic butter.

SCAMPI TAILS

Thaw, cut back of scampi tail and take out the vein. Sprinkle with bread crumbs and garlic butter. Cook in the oven for 5 min. at 425°F. Or prepare as per lobster tails.

ALASKA KING CRAB LEGS

Boil water, place crab in water with a touch of salt and garlic for 3 min., remove and rinse with fresh water. King crab can be eaten cold, simply thaw. It has been fully cooked already. Can be microwaved.



SCALLOPS

Thaw and steam. Use in a sauce such as Coquille or Newburg. Wrap with bacon, put a toothpick through and broil for 5 or 6 min. Super as Hors d'oeuvres and in the wok.

FROG LEGS

Let stand in a mixture of half milk/half water for a few hours. Dry and roll in flour. Cook in a frying pan with butter and oil. add garlic butter at the end.

CRAB-AU-VIN

Preheat oven to 400°F, from frozen 20-25 min., until golden brown. From thawed, 15-20 min., until golden brown.

CREPES (Seafood)

Preheat oven 375°F (190°C). Place on pastry sheet covering with aluminium foil and cook for 15 to 20 min. If frozen allow 5 to 10 min. longer.

ORANGE ROUGHY, SOLE DORE

Pan fry in garlic butter. For something different, try sauteeing in Grand Marnier or white wine.

SALMON HALIBUT

Thaw, BBQ, broil or poach with butter. Our salmon is very lean and should be cooked/BBQ no more than 4 min. per side, while being basted.

ROLLS (Seafood)

Preheat oven 375°F (190°C). Place on pastry sheet covering with aluminium foil and cook for 30 to 40 min.

SALMON CHATEAUBRIAND

Preheat oven to 400°F. Bake from frozen 18 min. and serve.

COQUILLE ST. JACQUES

From frozen, bake at 375-400°F for 20 min. or microwave 3-4 min. on high.

STUFFED: TROUT, SOLE, ROUGHY

Place a few slices of onion on a sheet, add Trout, Sole or Roughy. Add white wine, garlic butter, lemon juice, salt and pepper. Cook in the oven at 350°F for 30 min. can also be cooked in the microwave.

GOURMET SPECIALITIES

BEEF OR CHICKEN WELLINGTON

From frozen, bake at 375°-400°F for 30-35 min. until pastry is golden brown. Beef Wellington will vary according to preference, rare to well done, and according to oven.

VEAL OR TURKEY PAUPIETTES

Preheat oven to 375°F (190°C). Place on pastry sheet and cook for 20 to 25 min. BBQ.: Cook on medium heat rotating often.

HORS D'OEUVRES (frozen)

Preheat oven to 350°F (190°C). Cook 15 to 20 min.

ONION SOUP

Preheat oven to 400°F (200°C). Cook 40 min.

ESCARGOT

From frozen, bake at 375-400°F for 20 min. or microwave 3-4 min. on high.

CHICKEN OR PIZZA FINGERS

From frozen, bake at 375-400°F for 20 min. turning once.

COOKIES (frozen)

Preheat oven to 375°F (190°C). Cook 12 to 15 min.



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