



- Grain-fed Beef
- USDA Inspected
- 100% Guaranteed
- Naturally Aged
- Hand Trimmed
- Vacuum Wrapped

FILET MIGNON



The Filet Mignon deserves its reputation as the most tender, elegant steak of all. Carved from the prized tenderloin, this delicate, lightly marbled cut has the mildest flavor of all our steaks.

BONELESS STRIP SIRLOIN STEAK



The Boneless Strip is a firm, well-marbled steak from the heart of the loin. The characteristic "white tail" keeps it juicy during cooking. Its full flavor and aroma come alive when grilled or broiled.

FILET OF PRIME RIB (RIB EYE)



Our Filet of Prime Rib offers the marvelous texture of a steak and the rich flavor of Prime Rib. The secret is in the "flavor kernel," a ribbon of marbling running through the steak, which melts during cooking.

TOP SIRLOIN STEAK



Our leanest, firmest, many say tastiest steak. Our expert steacutters leave just enough of the exterior fat to bring out its uniquely bold, beefy flavor. If you prefer a steak with a robust taste and texture, this one's for you!

T-BONE & PORTERHOUSE STEAK



Our mighty T-Bone & Porterhouse are two steaks in one! On one side of the bone there's a large New York Strip and on the other, a tender Filet Mignon. Known for its size, it's guaranteed to satisfy even the largest appetite!

FLAT IRON STEAK



Our Flat Iron Steak is extra tender and juicy with a robust, beefy flavor that's delicious grilled, broiled or pan fried. Big on flavor, yet completely trimmed, this popular steak is catching on with steak lovers everywhere.



Great Gathering Guide & Cookbook



What's For
Dinner Tonight?
See our quick thaw
method on page 6.

OS SalesCo, Inc.

Over **\$600** Money-Saving Coupons Inside



Karl Marsh
Omaha Steaks Chef

Greetings Friend:

Please come in! Make yourself comfortable in the new Omaha Steaks Great Gathering Guide & Cookbook!

You'll find a wealth of helpful tips. In fact, for over 90 years customers have expressed their delight at finding excellent products backed by the highest level of customer service.

Think of the Great Gathering Guide & Cookbook as your roadmap to culinary rave reviews! Here you'll find basic cooking instructions for our products plus variations you may want to try and . . . best of all . . . everything you need to know to become a steak cooking expert. (Refer to the Steak Cooking Chart on the inside back cover for your key to cooking the perfect steak every time!)

As you enjoy our delicious products, if any questions pop up about cooking or serving, please feel free to call us at 1-800-228-9872.

And there's more! Besides the extraordinary steaks and beef that made us famous, you'll find perfect pork and poultry, scrumptious seafood, awesome appetizers, delectable desserts, fast and fabulous side dishes and . . . continuing a tasty trend . . . a parade of new selections!

From traditional to trendy, quick meals to gourmet masterpieces and the ultimate in fabulous gifts, Omaha Steaks has all you need to make dining a superb experience.

Bon Appetit!

Karl Marsh, CRC
Executive Chef

P.S. Be sure to keep this someplace handy!

Welcome To Omaha Steaks!

For the store near you or to order..... 1-800-248-8786
Customer service..... 1-800-228-9872
Email us atstores@OmahaSteaks.com
Website..... www.OmahaSteaks.com/stores



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Foolproof Steak Cooking Chart	Inside Back Cover

Watch For These Symbols

NEW! These items are new in this year's Omaha Steaks Catalog. Sample and savor!



These products or recipes can be microwaved. Because microwaves vary in power and size, these instructions should serve only as a guide. By experimenting with your own unit, you can achieve favorable results. Suggestions for products or recipes were tested in an 1100-watt power microwave with turntable. If not using a turntable, rotate once during cooking.

Please use our suggestions as guidelines only.



The Omaha Steaks Story

It all began back in 1897, when my great grandfather, J.J. Simon, and his son, B.A., sailed to America from Europe. They settled in the Midwest where endless fields of golden corn and clear running streams were abundant. This, they felt, was the perfect place to raise and produce beef of the highest quality.

In 1917, they started their own company and began selling tender, flavorful meat to the most popular restaurants in the area. By the late 1940s, our company's reputation had spread from fine restaurants to the general public. Folks across the nation began writing and calling to find out how they could enjoy this exceptional beef right in their very own homes. Their interest was taken to heart.

In 1952, we began to sell our products by mail. Now thousands of people, in areas where superior quality beef is difficult to find, can have Omaha Steaks conveniently delivered right to their doors.

But the convenience doesn't stop with home delivery. You'll love the ease of shopping from the comfort of your own home, 24 hours a day, 7 days a week. Our catalog and mailers make it a breeze to find a guaranteed supply of the best quality meats you've ever tasted, backed by the skill and reputation of a world-famous family business.

You can count on our friendly steak experts to answer all of your questions and to help you find the perfect selection . . . for home dining, entertaining and gift giving. They'll have preparation tips, helpful hints and delicious recipes created especially for Omaha Steaks in our exclusive test kitchen.

You see, there really is no need to deal with the impersonal style and mediocre products you'll find in most grocery store chains. Now you have an alternative.

Welcome back to the level of personal service and quality products you deserve.

Sincerely,

Fred

Frederick J. Simon
Owner

The Omaha Steaks Difference

1. Grain-fed Beef

Superior to grazing or grass-feeding, grain feeding imparts superior marbling, flavor and tenderness.

2. USDA Inspected

All Omaha Steaks must pass a series of rigid tests--your assurance of the finest meat products.

3. Naturally Aged

An exacting process that unlocks the full flavor and tenderness of fine beef.

4. Trimmed by Hand

Our expert steak cutters carve each Omaha Steak by hand. Notice the consistency of your steaks, crowned with just the right exterior marbling to enhance the flavor of each cut.

5. Vacuum-Wrapped

Each Omaha Steak is individually packed by our air-tight vacuum process. This allows you to store Omaha Steaks much longer without freezer burn, then thaw just the number of steaks you need.

6. Flash-Frozen

Immediately after wrapping, Omaha Steaks are flash-frozen to capture freshness and flavor at their peak.

7. Friendly Expert Service

When you call or visit Omaha Steaks, you will instantly receive the attention you deserve. Our friendly Steak Experts know Omaha Steaks, and they'll be happy to answer your questions, help make selections and offer tips from their own experience.

Good News About Beef!

Nutritional Facts You Should Know:

Leading health authorities, like the American Heart Association, American Cancer Society, American Dietetic Association and the U.S. Department of Agriculture, advocate that lean meat can and should be part of a well-balanced diet.

Here Are The Facts:

- Beef is naturally low in sodium, providing less than 60 milligrams per 3 ounce serving.
- Beef is one of the best sources of iron. When eating with other iron-rich foods, the absorption of the iron from all foods in the meal increases.
- There are 21 grams of protein in 3 ounces of red meat. The protein in beef is nutritionally complete, containing all 22 of the essential amino acids.
- Beef is a major source of zinc in the diet. Zinc is essential for growth, metabolism and many other bodily functions. Beef is also a good source of vitamins B-12 and niacin.
- For a three-ounce portion of beef, start with about four ounces of raw, boneless meat.

Below is a nutritional comparison of our four main steaks and gourmet burgers.

3 oz. Cooked Portion	Calories	Cholesterol	Fat	Sodium
Filet Mignon	210	55 mg.	15g.	43 mg.
Boneless Strips	197	48 mg.	14g.	43 mg.
Filet of Prime Rib	225	58 mg.	17g.	48 mg.
Top Sirloin	180	55 mg.	13g.	45 mg.
Gourmet Burgers	180	60 mg.	13g.	56 mg.

Storing, Thawing & Cooking

Omaha Steaks are aged cuts of grain-fed beef and flash-frozen at the peak of flavor.

Our natural aging process imparts a distinct flavor and tenderness to the beef.

Here's how to care for your Omaha Steaks . . .

Handling Food Safely – Storing and Thawing

- The vacuum packaging Omaha Steaks uses keeps the products fresh and flavorful up to 3 months in a freezer.
- Do not use the same cutting board or platter for raw meats and cooked meats. Wash hands, utensils, cutting boards and counters that contact raw foods.
- Do not allow cooked meats to stand at room temperature. Always refrigerate leftovers immediately.
- Do not thaw at room temperature. This runs the risk of bacteria formation.

Refrigeration Thawing

- Thaw in refrigerator for best results. This allows for juicier, more flavorful food.
- Remove food product from the corrugated box and place in a single layer on a tray.
- Always leave vacuum packaging on while thawing.
- Approximate guidelines for thawing:

Timetable for Thawing Meats in the Refrigerator

Meat	Refrigerator (36°F-40°F)
Roast	8-15 hours per pound
Steak	16-24 hours
Whole Turkey	36-48 hours per 4-5 pounds
Poultry	24 hours per 1-2 pounds

Quick Thawing

- Place food product in cold water, still in the vacuum packaging, for 30-45 minutes.

Microwaving

- Least recommended method of thawing, because product will lose more natural juices, resulting in a final product that may be drier and less tender.
- Thaw foods in the microwave only if the food product will be cooked immediately.

Refreezing

- Meat thawed at refrigerated temperatures (36°F to 40°F) can be refrozen within 1-2 days of holding at refrigerated temperatures.
- Do not refreeze food that has been frozen and reheated.
- Do not refreeze food that has been quick thawed or microwave thawed.
- Do not refreeze food that has been removed from the vacuum sealed packaging.

Cooking

- For preferred doneness, use the following charts throughout the cookbook:

Beef.....p.20	Poultryp.36
Lamb & Veal.....p.30	Seafood.....p.26
Pork.....p.29	

Cooking from Frozen

- Cooking from frozen is not the preferred method to cook meats and roasts, but it is possible to obtain satisfactory results without thawing.
- Place meat farther from heat when broiling or grilling.
- Broil or grill 1½ to 2 times the suggested time for thawed meat.
- Roast 1½ to 1½ times the suggested time for thawed roasts.

Toaster Ovens

- Satisfactory results can be obtained using toaster ovens.
- Use temperatures and times listed for oven baking.
- Slight time adjustments may be necessary. Consult your owner's manual.

Conventional Ovens

- Times and temperatures in this guide are based on conventional ovens.
- Oven temperatures can vary 50°F either way. It is a good idea to have an oven thermometer to correctly regulate oven temperature.
- When cooking several items at the same time, allow sufficient space between foods for proper circulation. Roasting time and temperature do not need to be increased.

Broiling in the Oven

- Broiling is a rapid, high heat cooking method, used for tender cuts of meat and fish.
- Always preheat the oven. Turn oven control to "Broil". Check to make sure food is 2" to 3" away from the heat source.


Roasting

- Tender roasts are left uncovered so browning occurs.
- If a roast has a netting, leave it on while cooking.
- Kitchen thermometers are an accurate way to determine doneness in large cuts of meat.

Convection Ovens

- For convection ovens, bake at temperatures 25°F-50°F lower than a conventional oven.
- Check owner's manual regarding the type of cooking pans recommended for use in the convection oven.

Microwave Ovens

- Look for this symbol  to indicate microwave preparation method.
- Microwave times listed in the guide are based on a 1100-watt power microwave with turntable. If not using a turntable, rotate once during cooking.
- To allow for variances in microwave wattage, always check food for doneness at the minimum cooking time given in a recipe.
- Microwaving steaks and burgers does not result in optimum browning to enhance flavor.

Grilling Techniques

- Always preheat a grill or let the charcoal acquire a thin coating of gray ash and red glow.
- A grill lid regulates temperature.
Keeping the lid on will speed up cooking time and reduce flare-ups.
Raising the lid lowers the temperature.
- Refer to Steak Cooking Chart for grilling or oven broiling guidelines.


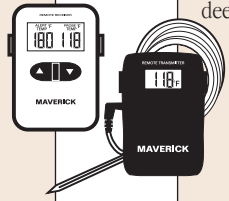
Indoor Contact Grills

- Food tends to cook in about half the time mentioned in the Omaha Steaks Great Gathering Guide & Cookbook because both surfaces cook at the same time.
- Completely thaw products in the refrigerator prior to cooking.
- Cook ground beef to 160°F internal temperature measured with thermometer.
- Since cooking conditions may vary, adjustments in cooking times may be necessary. Refer to owner's manual for specific instructions.

Choosing A Kitchen Thermometer

Use the following information* as a guide to purchasing and using a kitchen thermometer.

*Based on technical information provided by USDA Food Safety and Inspection Service (04/00).

Types of Thermometers	Speed	Placement	Usage Considerations
Bimetal (instant-read) 	15 to 20 seconds	2 to 2½ inches deep in the thickest part of the food	<ul style="list-style-type: none"> • Can be used in roasts, casseroles and soups • Use to check the internal temperature of a food at the end of cooking time • Can be calibrated • Cannot measure thin foods unless inserted sideways • Cannot be used in an oven while food is cooking • Temperature is averaged along 2-3" of probe • Readily available in stores
Remote Thermometer (digital) 	10 seconds	At least ½ inch deep in a food	<ul style="list-style-type: none"> • Can be used in most foods • Can also be used outside the oven • Designed to be left in the food while cooking in the oven or covered pot • Base unit sits on stovetop or counter • Cannot be calibrated



10 Tips For Perfect Grilling

1. Clean and preheat grill on high.
2. Lightly oil food before putting on the grill. This helps the searing process and prevents sticking.
3. Season food as desired before grilling.
4. High, direct heat from the grill sears the surface of food. Searing contributes to the ultimate flavor and juiciness of food.
5. Use tongs or a spatula to flip food on the grill, as a fork can damage the food.
6. Keep the lid on the grill as much as possible as this helps regulate the temperature and prevent flare-ups.
7. Keep a spray bottle of water handy to tame any unexpected flare-ups.
8. Use the 60/40 grilling method. Grill for 60% of the time on the first side, then flip food product and grill 40% of the time on the second side. This will evenly cook the product.
9. Place cooked food on a clean plate. Do not use the same plate for raw and cooked foods to prevent cross contamination.
10. Allow food to "rest" for 5 minutes between cooking and consuming. This will help the food to retain moisture before cutting into.

Planning A Special Event?

Omaha Steaks Great Gathering Guide & Cookbook can help! Simply visit our website and click on our links dedicated to entertaining and creating new traditions. Whether you're planning a party or looking for new ideas to spice up a holiday event, you'll find a lot of great ideas right at your fingertips! Think parties . . . think traditions . . . think Omaha Steaks!

✓ Tips for Planning the Perfect...

New Year's Party	Mother's Day	Thanksgiving Dinner
Valentine's Day Dinner	Memorial Day Cookout	Chanukah Dinner
St. Patrick's Day Dinner	Father's Day	Christmas Dinner
Easter	4th of July Cookout	Ideas for New Family Traditions
Spring Cookout	Labor Day	
Passover		

www.OmahaSteaks.com/eventguide

Beef



Beef

Filet Mignon with Mushrooms

*Recipe by the late James Beard
For: Omaha Steaks Filet Mignons*

- 6 (6 oz.) Filet Mignons, thawed
 - $\frac{3}{4}$ lb. firm, fresh mushrooms
 - 3 Tbsp. butter
 - 2 tsp. flour
 - salt and pepper
 - 1 cup heavy cream, heated
 - 6 slices French bread
 - 6 Tbsp. butter
 - $\frac{1}{2}$ cup Scotch
 - Slice mushrooms and saute in 3 Tbsp. butter.
 - Add flour and salt and pepper to taste. Blend well.
 - Stir in warm cream.
 - Keep well-heated, in a separate skillet, while you saute the filets in hot butter for $2\frac{1}{2}$ minutes per side for rare; 3-4 minutes per side for medium rare.
 - Saute bread slices in 6 Tbsp. butter, turning often to prevent butter from being absorbed.
 - Arrange bread slices in a ring on a well heated platter. Top with the filets and arrange the mushroom sauce in the center.
 - Stir Scotch into pan juices, boil up 1-2 minutes, and spoon sauce over meat.
- Additional sauce can be passed separately.
- Serves 6.

Triple-Trimmed® Filet Mignons

Thaw in refrigerator. Broil or grill using the Steak Cooking Chart on the inside back cover or sear roast using the Sear Roasted Filet Mignon method to the right.

Sauteed Filets

Thaw in refrigerator. Preheat 1 Tbsp. oil in heavy saute pan over medium-high heat. If desired, use half oil and half butter for additional flavor. Place thawed 6 oz. filet in pan. Saute approximately 3 minutes per side for a medium rare steak.

Steak Diane

For: Omaha Steaks Filet Mignons

- 2 (6 oz.) Filet Mignons, thawed
 - $\frac{1}{8}$ tsp. salt
 - $\frac{1}{8}$ tsp. freshly ground pepper
 - 2 Tbsp. butter
 - 1 tsp. dijon-style mustard
 - 2 Tbsp. shallots, minced
 - 1 Tbsp. butter
 - 1 Tbsp. lemon juice
 - $1\frac{1}{2}$ tsp. Worcestershire sauce
 - 1 Tbsp. fresh chives, minced
 - 1 tsp. brandy
 - 1 Tbsp. fresh parsley, minced
 - Season both sides of steak with salt and pepper.
 - Melt 2 Tbsp. butter in a heavy skillet; add mustard and shallots.
 - Saute over medium heat 1 minute.
 - Add steaks and cook approximately 3 minutes on each side for medium rare.
 - Remove steaks to serving plate and keep warm.
 - Add into pan drippings, 1 Tbsp. butter, lemon juice, Worcestershire sauce and chives. Cook for 2 minutes.
 - Add brandy; pour sauce over steaks.
 - Sprinkle parsley over the top.
- Serves 2.

Sear Roasted Filet Mignon

Thaw 5 oz. or 6 oz. Omaha Steaks Filet Mignons overnight in the refrigerator or use the quick thaw method of placing steaks in their vacuum packaging in a sink with cold water for approximately 30 minutes.

- Preheat oven to 450°F.
- Remove steaks from vacuum packaging and season.
- Heat 1 tablespoon olive oil over medium heat in a large ovenproof* saute pan.
- When the oil is hot, add filets to the pan and sear until nicely browned, about 2 minutes on each side.
- Place the saute pan into the oven and roast 4-5 minutes for medium doneness.
- Carefully remove the hot pan from the oven, using a heavy duty hot pad.

**An ovenproof skillet would be oven safe up to 500°F and would not have plastic or wooden handles. A cast iron skillet works well.*

T-Bone Steaks and Porterhouse Steaks

These steaks can be broiled or grilled, using the Steak Cooking Chart on the inside back cover or sauteed in a small amount of oil over medium heat. Turn once or twice, until the meat is done to your taste.

Filet of Prime Rib (Rib Eyes)

Prepare steaks by broiling, grilling or pan-sautéing using the Steak Cooking Chart on the inside back cover as a guide. Try with Mushroom Demi Glacé, page 43, spooned over the top.

Bone-In Rib Eyes

The bone has been left in to hold in all the juiciness and flavor of this bigger, thicker Rib Eye as it cooks.

Refer to the Steak Cooking Chart on the inside back cover for cooking times. Do allow a little extra time to cook these extra-generous Rib Eyes.

Top Sirloins

Broil, grill or pan fry. Refer to the Steak Cooking Chart on the inside back cover.

Whiskey BBQ Marinated Top Sirloins

Thaw in refrigerator.
Broil, grill or pan-sautéing. Refer to the Steak Cooking Chart on the inside back cover.

Bacon-Wrapped Filet Mignons and Top Sirloins

Thaw in refrigerator.

Contains metal skewer. Do not microwave.
Refer to the Steak Cooking Chart on the inside back cover for timing. If desired, side sear steaks by using tongs to hold cooked steaks on side over heat source to crisp bacon. Remove skewer prior to serving.

NEW! Caesar Top Sirloins

Prepare steaks by broiling, grilling or pan sauteing using the Steak Cooking Chart on the inside back cover as a guide.

Individually Wrapped Prime Rib Slices (Precooked)

Thaw in refrigerator.

Grill:

- Preheat grill.
- Brush Rib Eyes lightly with olive oil.
- Grill for approximately:
 $2\frac{1}{2}$ -3 minutes each side for medium rare;
 $3\frac{1}{2}$ minutes each side for medium;
5-6 minutes each side for well-done.

Oven Broiler:

- Preheat broiler with pan, positioning top rack 3-4 inches from heat source.
- Brush Rib Eyes lightly with olive oil.
- Broil for approximately:
 $2\frac{1}{2}$ minutes each side for medium rare;
 $3\frac{1}{2}$ minutes each side for medium;
5-6 minutes each side for well-done.

Microwave:

- Place vacuum packaged slice on a microwave safe plate.
- Cut two slits in top of package.
- Cook 1 slice for:
60-75 seconds on high for medium rare;
75-90 seconds for medium;
2 minutes for well-done.

Blackened Rib Eye Steak with Creamy Horseradish Sauce

- 4 each, Omaha Steaks Rib Eye Steaks, thawed
- 2 Tbsp. cooking oil
- 6 tsp. Omaha Steaks Blackened Seasoning
- $\frac{1}{2}$ cup Omaha Steaks Creamy Horseradish Sauce

- Preheat cast iron skillet on high until hot about 10 minutes, in a well-ventilated area.
- Brush each side of the steaks with cooking oil.
- Coat each side of the steaks with $\frac{3}{4}$ tsp. of Blackened Seasoning.
- Place in the skillet, flipping once and cooking to desired doneness.

For a 1 inch thick steak, cook 4 minutes on first side, flip, and then cook 3 minutes for medium rare doneness.

- Spoon 2 Tbsp. of Creamy Horseradish Sauce on each plate, plate steak over sauce.
- Serves 4.

Omaha Strips

Prepare steaks by broiling, grilling or pan sauteing using the Steak Cooking Chart on the inside back cover as a guide.

Steak Au Poivre

*Recipe by the late James Beard
For: Boneless Strip Sirloins*

- 2 Boneless Strip Sirloins, thawed
- 1 Tbsp. coarsely ground pepper
- Oil
- 1/3 cup Armagnac, Cognac or Bourbon, warmed

Although it can be grilled with success, traditionally steak au poivre is panbroiled or sauteed. The pepper for steak au poivre must be crushed in a mortar, cracked with a rolling pin or whirled in a blender to make rather coarse pieces. Do not be afraid to use a generous amount as freshly crushed pepper is not hot.

- About 30 minutes before cooking, press the crushed peppercorns into both sides of the steaks, using the heel of your hand. Gauge about 1/2 Tbsp. per steak.
- In a heavy skillet, heat 1 tsp. oil.
- Sear steaks on both sides very quickly over high heat.
- Reduce heat and cook to desired doneness.
- Quickly flame steaks with the warm liquor.
- Remove steaks to a hot platter, rinse pan with 1 tsp. of the same liquor and pour over steaks.

Serves 2.

Omaha Strips

(Bone-In)

Thaw in refrigerator. Broil or grill using the Steak Cooking Chart on the inside back cover. Please note, Bone-In cuts take slightly longer to cook.

London Broil

Thaw in refrigerator.

Broil or Grill:

- Brush lightly with olive oil and season as desired.
 - Broil or grill for 8-10 minutes per side for medium rare. Turn steaks often and reduce heat if necessary.
 - Slice steak in thin slices across the grain.
- Serves 2 per steak.

Traditionally, London Broil is flank steak. However, Omaha Steaks London Broil is cut from the Top Sirloin, which makes this cut juicy and flavorful.

Flat Iron Steaks

Thaw in refrigerator.

Broil or Grill:

- Remove from package, pat steaks dry with a paper towel.
- Brush with olive oil if desired, season and broil or grill using the times listed in the Steak Cooking chart on the inside back cover.

Fajitas

Thaw 4 Flat Iron Steaks or Top Sirloins in the refrigerator to make 8 fajitas. Season with Southwest Chipotle Seasoning.

Grill or Broil:

- Preheat grill or broiler.
- Place steaks on grill or broiler pan. Grill or broil for 6 minutes.
- Flip and grill or broil an additional 5 minutes, for medium rare.
- Slice thin strips of steak for fajitas, cutting against the grain.
- Serve with tortillas, Pico de Gallo and Guacamole. (Recipes below.)

Pico de Gallo - Makes about 3 cups

- 2 cups Roma tomatoes, diced
- 1/2 cup white onion, diced
- 3 Tbsp. cilantro, chopped finely
- 1 Tbsp. jalapeno, minced
- 1 Tbsp. lime juice, fresh
- 1 tsp. kosher salt

- Combine all ingredients in a mixing bowl and mix well.

Guacamole - Makes 2 1/2 cups

- 3 avocados, medium
- 1 Tbsp. lime juice, fresh
- 1/2 Pico de Gallo (recipe above)
- 1 1/2 garlic, minced
- 1 Tbsp. olive oil
- 1 tsp. jalapeno, minced
- 1 tsp. kosher salt

- Cut avocados in half, removing pit.
- Score avocados without cutting through skin. Scoop avocado from skin; placing in a mixing bowl.
- Add remaining ingredients and fold using a rubber spatula. Do not over mix or over mash the avocado.

If not serving guacamole immediately, place plastic wrap on top and push into bowl so touching guacamole. Seal in airtight container. Store in refrigerator.

Blackened Tenderloin Tips

Thaw in the refrigerator.

Pan Saute:

- Preheat 1 teaspoon of oil in a nonstick skillet over medium high heat.
- Remove thawed tenderloin tips from packaging and carefully place in hot skillet.
- Quickly sear for 4-6 minutes until well browned or slightly blackened, turning once in skillet.

Broil:

- Preheat broiler.
- Remove thawed tenderloin tips from packaging and place on broiler pan.
- Broil to desired degree of doneness.

Grill:

- Preheat grill to high.
 - Remove thawed tenderloin tips from packaging. For best results place on skewers.
 - Grill to desired degree of doneness.
- Serving suggestions: Serve over salads, pastas, or rice.

Tenderloin Tips

Thaw in refrigerator.

Pan Saute:

- Cut thawed tips into bite-size pieces.
- Saute in a small amount of butter or oil over medium heat for 2-3 minutes.
- Serve over rice or noodles. Use as meat for authentic chili or in a favorite stew recipe.

Note: Tips are as tender as Filet Mignons, therefore it is not necessary to cook them for more than a few minutes.

Contact Grill:

- Grill 4-5 minutes (medium rare) or until desired doneness.

Sirloin Tips

Thaw tips overnight in the refrigerator.

Pan Saute:

- Remove from package, pat dry and if desired, cut Sirloin Tips into smaller pieces.
- Preheat 1 teaspoon oil in a large nonstick skillet over medium high heat.
- Add tips and quickly sear for 4-6 minutes until well browned, turning once in skillet. Do not crowd meat in skillet. If necessary, brown tips in two batches.

Sirloin Supreme

This steak has no exterior fat so be careful not to overcook. It is excellent for calorie counters who want a light luncheon entree. Please refer to the Steak Cooking Chart on the inside back cover to prepare. This steak would also slice well for stir-fry or would be excellent in your favorite stew.

Beef Sirloin Tips with Mushroom and Wine Sauce

Do not thaw.

Microwave:

- Slit center of film covering tray to vent.
- Cook on high for 7-8 minutes, stirring once.
- Remove from microwave. Stir and serve.

Bake:

- Preheat oven 350°F.
- Slit film, place tray on baking sheet in the center of the oven for 45-50 minutes.
- Remove from oven. Stir and serve.

Mediterranean Sirloin Skewers

Thaw in refrigerator.

Grill:

- Preheat grill to high.
- Remove skewers from package.
- Grill over high heat 4-5 minutes per side.

Broil:

- Preheat broiler, positioning top rack 3-4 inches from broiler.
- Remove skewers from package.
- Place on broiler pan on top oven rack. Broil for 4-5 minutes on each side.

Broiled Chateaubriand

*Recipe by the late James Beard
For: Omaha Steaks Chateaubriand (2 lb.)*

- Rub the thawed chateaubriand well with butter, then season with salt and pepper.
 - Broil 18-20 minutes about 3 inches from broiling unit, basting frequently with additional butter.
 - Place on a heated serving platter and allow to rest for 5-10 minutes before carving.
- A 2 lb. chateaubriand serves 4-6.

Chateaubriand

Thaw roast in refrigerator.

Bake:

- Preheat oven to 425°F. The high heat is needed to develop a brown exterior.
- Season thawed roast with cracked pepper and salt or with Omaha Steaks All Natural Seasoning #1141. (Make certain that roast is thawed thoroughly. This will take 2 days in the refrigerator for a 4 pound roast.)
- Place on a broiling pan or in a roasting pan. Putting the roast on a broiling pan will allow the juices to fall into the drip pan and thus will eliminate most splattering and smoking.

For a 4 pound roast: Roast uncovered in the oven 40-50 minutes. Remove from oven when the internal temperature reads 130°F. After 15 minutes resting time, internal temperature will rise 5°F-10°F. to approximately 135°F-140°F. which would be medium rare. Serves 8-12.

For a 2 pound roast: Roast uncovered in the oven for approximately 30-40 minutes or until the internal temperature reads 130°F. Let sit for 5-10 minutes. Final internal temperature will rise to 135°F which is medium rare. Serves 4-6.

For a 10 ounce roast: Roast for 18-20 minutes or until the internal temperature reads 130°F. (For medium rare.) For broiling the 10 oz. roast, allow 7-9 minutes per side. Serves 2.

Place Chateaubriand on a heated serving platter or cutting board and allow to rest 10-15 minutes before carving.

The thicker portion will be medium rare (130°F-140°F. internal temperature), the smaller end will be medium-well done (150°F-160°F. internal temperature), with variations in between.

Chateaubriand Grilling Instructions:

- Preheat grill. (High heat for gas grill; prepare briquettes for charcoal grill.)
- Season roast with cracked pepper & salt.
- Place roast on grill and sear on high for 6 minutes, turn roast every 4-6 minutes until all sides are seared.

- Reduce grill heat to medium, continue cooking another 20-30 minutes until desired degree of doneness is reached.

For a 4 pound roast: Total cooking time will be 40-50 minutes. (See internal temperatures listed on this page.)

For a 2 pound roast: Total cooking time is 30-35 minutes.

For a 10 ounce roast: Will take approximately 14-16 minutes. Putting the roast on a broiling pan will allow the juices to fall into the drip pan and thus will eliminate most splattering and smoking.

Sear and Slow Roast Method for Chateaubriand, Heart of Prime Rib Roast & Strip Loin Roast:

Thaw roast completely in refrigerator.

- Remove roast from packaging and lightly pat dry.
- Lightly brush roast with olive oil. Roll the roast in seasoning or a rub until all sides are covered.
- In a well ventilated area, heat 1/8" of cooking oil over high heat in a large sauce or roasting pan until very hot. Or, if using outdoor grill, preheat to high
- Carefully place roast in pan or on grill, wait to brown before rotating. Repeat step for all 4 sides.
- Preheat oven to 250°F.
- Place roast on wire roasting rack in roasting pan with skin side up, avoid roast touching bottom of pan.
- Roast slowly in 250°F oven until roast reaches an internal temperature of 130°F for medium rare.

Heart of Prime Rib:

4 lb. roast for 2 1/2 hours
8 lb. roast for 3 hours 15 minutes.

Chateaubriand:

2 lb. roast for 75-85 minutes
4 lb. roast for 90-100 minutes.

Strip Loin Roast:

2 lb. roast for 75-85 minutes.

- Allow roast to rest about 5 minutes for each pound before slicing.
- Slice roast across the grain.

Using the Sear and Slow Roast method will result in a more evenly cooked roast that is juicier and more flavorful.

Heart of Prime Rib Roast

Thaw in refrigerator.

Bake:

- Preheat oven to 450°F.
- If desired, brush entire roast with olive oil prior to seasoning. Rub the roast with salt and pepper; Omaha Steaks Seasoning; or the seasoning of your choice.
- Place on a rack in a shallow roasting pan.

4 pound roast:

- Roast for 15 minutes at 450°F.
- Reduce oven temperature to 325°F., continue roasting for 75-90 minutes or until the internal temperature reads 130°F.
- Remove the roast from oven and place on a heated serving platter. Allow it to rest for 5-10 minutes before carving. Final internal temperature will be approximately 135°F, which is medium rare.

Serves 6-8.

8 pound roast:

- Roast at 450°F for 15 minutes.
- Reduce oven temperature to 325°F and continue roasting for 1 1/2-1 3/4 hours or until the internal temperature reaches 130°F.
- Remove from oven and continue as above.

Serves 12-16.

Prime Rib Roast

(Bone-In) (6 lb.)

Thaw in refrigerator.

Bake:

- Preheat oven to 325°F.
- Place roast fat side up on rack in a shallow pan. Rub with freshly ground pepper and if you wish, with a little rosemary, thyme, marjoram or garlic.
- Roast to an internal temperature of: 115°F-120°F for rare or 125°F-130°F for medium rare.
- For a medium rare roast, cook the roast for approximately 2 hours.
- Allow roast to stand 10 minutes before carving.

The 6 lb. roast serves 6-8.

Southwest Boneless Short Rib Roast

Thaw in refrigerator.

Bake:

- Preheat oven to 450°F.
- Remove thawed roast and juices from packaging and place in uncovered roasting pan.
- Heat for 20-25 minutes.

Microwave:

- For 2 roasts, remove thawed roasts and juice from packaging, placing in microwave safe dish.
- Cover with plastic wrap, venting one corner.
- Heat on high for 5-6 minutes.
- Allow roasts to rest for 3 minutes before serving.

Grill:

- Preheat grill on high.
- Remove thawed roast from packaging and place juices in a small saucepan.
- Grill roasts for 4-5 minutes, basting with juices.
- Flip roast and grill 3-4 minutes, basting with juices.
- In a saucepan, heat remaining juices to a boil on the grill or on the stove top.
- Remove roast from grill, pour juices over roast.

Strip Loin Roast

Thaw roast completely in refrigerator.

Bake:

- Preheat oven to 400°F. The high heat is needed to develop a brown exterior.
- Season thawed roast with kosher salt and cracked pepper or with one of the Omaha Steaks Seasoning blends.
- Place roast on an elevated wire roasting rack in a roasting pan with fat side up.
- Cook uncovered for 55-60 minutes for a rare to medium rare roast. For a medium to medium well roast, cook 65-75 minutes.
- Remove from oven and let rest for 10-15 minutes before slicing and serving.

Refer to sear and slow roast method on page 14.

M Fully Cooked Pot Roast

FROM THAWED:

Thaw in refrigerator.

Bake:

- Preheat oven to 400°F.
- Remove thawed roast and juice from package and place in a covered pan.
- Bake for 65-75 minutes.

FROM FROZEN:

Microwave:

- Place frozen roast and packaging upside down in microwave safe dish.
- Microwave on DEFROST for 30 minutes, turning over halfway through cooking.
- Cut 2 small slits in packaging, microwave on high for 15-17 minutes.
- Remove from packaging. Slice and serve with au jus.

Premium Ground Beef

Thaw in the refrigerator. Use as a starter for your favorite ground beef recipe.

Texas BBQ Bacon Burger

- 1 (4 or 5 oz.) Omaha Steaks Burger
- Sprinkle Omaha Steaks All Natural Steak Seasoning
- 2 slices Omaha Steaks Fully Cooked Bacon
 - 3 Tbsp. sauteed onions
 - 1 slice cheddar cheese
 - 2 Tbsp. barbecue sauce
 - 1 leaf lettuce
 - 2 slices beef steak tomatoes
 - 1 Omaha Steaks Onion Poppy Seed Bun
- Season the Omaha Steaks Burger with All Natural Steak Seasoning.
 - Grill, broil or pan-fry burger until internal temperature reaches 160°F. Do not overcook.
 - While burgers are cooking, heat bacon and sauteed onions.
 - Place cheddar cheese on top of burger to melt.
 - Slice bun in half and toast on grill or broiler.
 - Place bacon and sauteed onions on top of cheese.
 - Place burger on bun, topping burger with barbecue sauce, lettuce and tomato.

Gourmet Burgers

(4 oz.) (5 oz.) (8 oz.)

Thaw in refrigerator. Remove burgers from packaging while still frozen.

Grill or Broil:

- Grill or broil for 5-6 minutes (4 or 5 oz.) or 7-8 minutes (8 oz.) per side or until internal temperature reads 160°F.

Overcooking can result in a dry product.

Contact Grill:

- Grill for a total of 5-6 minutes (4 or 5 oz.) or 7-8 minutes (8 oz.) or until internal temperature reaches 160°F.

Pan Saute:

- Preheat a small amount of cooking oil in a nonstick pan over medium heat.
- Add burgers, pan saute burgers for 6-8 minutes (4 or 5 oz.) or 8-9 minutes (8 oz.) on each side or until internal temperature reaches 160°F.

Hail Caesar Burger

- 1 (4 or 5 oz.) Omaha Steaks Burger
- Sprinkle Omaha Steaks All Natural Steak Seasoning
- ¼ cup Caesar dressing, divided
 - 1 tbsps. Parmesan cheese
 - ½ cup Romaine hearts
 - 2 sliced tomatoes
 - ground black pepper to taste
 - optional anchovy fillets
 - 1 Ciabatta sandwich bun
- Season Omaha Steaks Burger with Omaha Steaks All Natural Steak Seasoning.
 - Cut bun in half and toast.
 - Grill, broil or pan-fry burger until internal temperature reads 160 ° F.
 - Melt Parmesan cheese on burger.
 - Spread 1½ Tbsp. of Caesar dressing on both sides of bun.
 - Mix remaining Caesar dressing with romaine hearts.
 - Place burger on bun, top with tossed Caesar salad and tomatoes. Top with anchovies and ground fresh pepper if desired.

Classic Patty Melt

- 1 (4 or 5 oz.) Omaha Steaks Burger
- Sprinkle Omaha Steaks All Natural Steak Seasoning
- 2 slices rye bread
 - 1 Tbsp. mayonnaise
 - 1 slice Swiss cheese
 - 2 Tbsp. sauteed onions
- Season Omaha Steaks Burger with Omaha Steaks All Natural Steak Seasoning.
 - Grill, broil or pan-fry burger until internal temperature reads 160 ° F.
 - Spread ½ Tbsp. of mayonnaise on each slice of rye bread.
 - Grill bread with mayonnaise side down in a pan, indoor grill or grill.
 - Place the Swiss cheese on the bread to melt.
 - Heat sauteed onions.
 - Place burger on bread and melted cheese. Top with onions and other slice of bread. Slice in half and serve.

Teriyaki and Grilled Pineapple Burger

- 1 (4 or 5 oz.) Omaha Steaks Burger
- Sprinkle Omaha Steaks All Natural Steak Seasoning
- 1 each Hawaiian pineapple ring
 - 6 Tbsp. teriyaki glaze, divided
 - 2 Tbsp. mayonnaise
 - 1 leaf lettuce
 - 1 tomato slice
 - 1 red onion slice
 - 1 Kaiser roll
- Cut roll in half and toast. Spread mayonnaise on both sides of roll.
 - Season Omaha Steaks Burger with Omaha Steaks All Natural Steak Seasoning.
 - Grill, broil or pan-fry burger until internal temperature reads 160 ° F.
 - Grill pineapple ring, brushing with teriyaki glaze while cooking.
 - Place burger on bun, top with grilled pineapple ring and 1 Tbsp. of teriyaki glaze.
 - Add lettuce, tomato and red onion.

Keep a spray bottle of water near the grill when grilling to tame flare ups.

M Smoked Beef Brisket

The brisket is fully cooked. It may be thawed in the refrigerator, sliced and served cold. Or a portion can be heated as desired.

FROM THAWED:

Bake:

- Preheat oven to 350°F.
- Remove thawed brisket from packaging and place in a roasting pan.
- Add ½ cup of water to pan and cover with foil.
- Heat for 70-80 minutes.

Microwave:

- Remove thawed brisket from packaging and place in a microwave safe dish.
- Add ½ cup of water to dish and cover with plastic, venting one corner.
- Microwave on high for 10 minutes.
- Turn over brisket, recover and heat an additional 8-10 minutes.
- Let rest 2 minutes before slicing and serving.

FROM FROZEN:

Bake:

- Preheat oven to 350°F.
- Run sealed package under cold water briefly to loosen packaging.
- Remove brisket from packaging and place in a roasting pan.
- Add ½ cup of water to pan and cover with foil.
- Heat for 1¼-2 hours.

Microwave:

- Run sealed package under cold water briefly to loosen packaging.
- Remove brisket from packaging and place in a microwave safe dish.
- Add ½ cup of water to dish and cover with plastic, venting one corner.
- Defrost for 40 minutes in microwave, turning over once halfway through cooking.
- Turn over brisket again, recover and heat on high for 12-15 minutes.
- Let rest 2 minutes before slicing and serving.

Chef Tip: Add 1½ cups of your favorite barbecue sauce to make this a delicious Barbecue Smoked Beef Brisket.

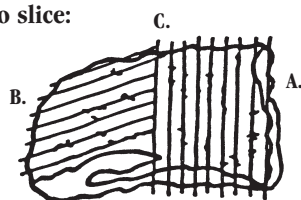
Cooked Corned Beef Brisket Old-Fashioned Style

Thaw in refrigerator.

Bake:

- Preheat oven to 325°F.
- Remove brisket from package and place in a roasting pan. Add ½ cup of water to bottom of pan.
- Cover with foil and heat for 45-60 minutes.
- Remove from oven, scrape spices from brisket.
- To serve, carve into thin slices across grain of meat. See diagram below.
- To heat from frozen allow 60-75 minutes. Brisket may be thawed, spices removed and sliced for sandwiches.

*To slice:



1. Position the corned beef on slicing board, lean side down.
2. Hold firmly with fork and begin slicing across grain of meat at "A". Continue removing thin slices to center of brisket "C".
3. Now turn brisket and continue slicing at "B". You will be slicing across the grain once more.

We recommend this method because the two muscles of the brisket run in different directions. If the brisket is not sliced properly, it can be tough or stringy.

BBQ Beef Brisket with au jus

Thaw in refrigerator.

Bake:

- Preheat oven to 350°F.
- Remove brisket and juice from packaging and place uncovered in a roasting pan.
- Heat for 50-60 minutes.
- To serve, carve into thin slices against the grain of meat. Serve with BBQ sauce or drippings in pan.

Microwave:

- Remove brisket & juices from packaging and place in microwave safe dish.

- Cover with plastic wrap venting one corner.
- Microwave on high for 10 minutes.
- Allow brisket to rest covered in dish for 5 minutes before slicing and serving.

Grill:

- Preheat grill on high.
- Remove brisket from package and place juices in a small saucepan.
- Grill brisket for 7-8 minutes, while basting with juices. Flip over brisket and grill for additional 7-8 minutes, while basting with the juices.
- Heat remaining juices in saucepan on the grill or stove. Pour over brisket slices.

*See diagram on page 18 for brisket slicing.

Corned Beef and Cabbage Dinner

Thaw Corned Beef Brisket in refrigerator.

- Pour 2 cups water into bottom of a large roasting pan.
- Remove vacuum wrap from brisket and place, fat side up, in the center of the pan.
- Arrange vegetables* around brisket. Season vegetables with salt and ground pepper if desired.
- Place covered, in a preheated 375°F oven for 1 hour and 15 minutes.
- Baste vegetables once or twice as needed.

Serves 6-8.

*Vegetables that can be used include carrots, cabbage wedges, new potatoes, white onions and green peppers

Reuben Sandwiches

For: Omaha Steaks Corned Beef Brisket

- Corned Beef Brisket, sliced
- 2 slices Swiss cheese
- 4 slices dark or light rye bread
- 4 Tbsp. sauerkraut
- 3 Tbsp. Thousand Island dressing
- 1 Tbsp. butter

- Put several layers of corned beef and 1 slice of cheese on each of 2 slices of bread.
- Put approximately 2 Tbsp. of sauerkraut on each sandwich.
- Spread the dressing on the other two slices of bread and place on top of sauerkraut.
- Melt the butter in a skillet over medium-low heat.
- Place sandwich in the skillet and brown on each side.

Serves 2.

Steak Sandwich with Wild Mushrooms and Shallots

Serves 4

- 4 (4-6 oz.) Omaha Steaks Top Sirloins
- 2 tsp. Worcestershire sauce
- 2 Tbsp. olive oil, divided
- 4 toasted multi-grain rolls, sliced in half crosswise
- ¼ cup Dijon mustard
- 10 shallots, finely sliced
- 2 Tbsp. butter
- 6 oz. wild mushrooms, sliced
- 3 Tbsp. dry white wine
- salt and pepper to taste
- Heat 1 Tbsp. of oil in a nonstick saucepan and saute the shallots over medium heat for 6-7 minutes, until lightly browned.
- Add the butter and mushrooms and saute for 5-6 minutes longer; until soft. Turn down the heat. Add wine and reduce until the mixture is thick and moist and most of the liquid has evaporated, about 4-5 minutes. Season with salt and pepper and keep warm.
- Lightly pound the steaks 2-3 times with a meat mallet or rolling pin. Season with salt and pepper and Worcestershire sauce.
- Heat 1 Tbsp. of olive oil in a skillet over medium-high heat and sear steaks for about 1½ minutes on each side. Turn down heat to medium and saute for 1 minute longer for medium rare, 1½-2 minutes for medium, or to the desired doneness.
- To serve, spread each side of rolls with Dijon mustard. Place steak on the bottom half and top with the warm mushrooms and shallots. Serve open-faced or top with bun.

Beef Stroganoff with Noodles

Do not thaw.

Microwave:

- Slit center of film covering tray to vent.
- Microwave on high for 7-8 minutes stirring once during cooking time. Stir before serving.

Bake:

- Preheat oven to 350°F.
- Slit center of film covering tray.
- Place tray on baking sheet in center of oven.
- Bake for 40-45 minutes, stirring once during cooking time. Stir before serving.

Beef Teriyaki Stir-Fry

Thaw Strip Loin pieces overnight in refrigerator or use quick thaw method.

Stovetop & Microwave:

- Heat 1 Tbsp. of cooking oil in a large saute pan or wok on high heat.
- Place tray of frozen white rice, with film intact, in microwave on high for 3-4 minutes.
- Peel back film on rice, stir and microwave on high an additional 1-2 minutes.
- Add thawed beef to pan, saute for 30 seconds.
- Add frozen stir-fry vegetables to pan with beef, cover. Stir-fry for 2-3 minutes, stirring frequently.
- Combine seasoning packet contents with ½ cup of water. Mix well. Add sauce to pan and simmer for 2-3 minutes.
- Plate white rice and top with beef stir-fry.

Tenderloin Kabobs

Thaw in refrigerator.

Broil or Grill:

- Place kabobs on grill turning a quarter of a turn every 2-3 minutes.
- Baste with butter or oil to keep moist.
- Total cooking time 8-12 minutes.

Contact Grill:

- Grill 4-5 minutes total, turn once or twice to brown all surfaces.

Beef Stew

Do not thaw.

Bake:

- Preheat oven to 350°F.
- Make a slit in center of film leaving film intact while baking.
- Place tray on cookie sheet on middle rack of oven. Bake for 45 minutes.
- Pull back film and stir. Bake for an additional 20 minutes. Stir before serving.

Microwave:

- Make slit in center of film.
- Microwave on high for 7 minutes.
- Pull back film and stir. Cook on high for an additional 2 minutes. Stir before serving.

Bacon-Wrapped Tenderloin Tip Appetizers

Makes approximately 32

3 lbs. Omaha Steaks Tenderloin Tips, thawed
About 32 Omaha Steaks Precooked Bacon
slices

Omaha Steaks All Natural Steak Seasoning
toothpicks

- Preheat oven to 450°F.
- Sprinkle each tenderloin tip with the Omaha Steaks All Natural Steak Seasoning.
- Wrap a slice of precooked bacon around each tenderloin tip and push a toothpick through to secure the bacon.
- Place on a baking sheet and bake for 3 minutes. Flip and bake an additional 2-3 minutes. Serve immediately.

Try with Omaha Steaks Gourmet Horseradish Sauce #1755.

M BBQ Shredded Beef

FROM FROZEN:

Microwave:

- Place covered tray in microwave and heat on high for 6-8 minutes.
- Let stand 1-2 minutes.
- Carefully peel back film.
- Stir well and serve.

FROM THAWED:

Stovetop:

- Remove thawed shredded beef from packaging and place in saucepan.
- Heat over medium heat while stirring constantly for 5-6 minutes.

BEEF COOKING GUIDE

Internal Temperatures

Rare	120°F - 130°F
Medium Rare	130°F - 140°F
Medium	140°F - 150°F
Well	160°F - 170°F
*Ground Beef	160°F

*The United States Department of Agriculture recommends that ground beef be cooked to an internal temperature of 160°F.

Temperatures indicated are final serving temperatures. Remove roasts from oven 5-10 degrees lower than these temperatures to allow for temperature rise in meat prior to serving.

Touch Method For Determining Doneness
Feel of Meat

Rare	Soft & Wobbly
Medium Rare	Soft & Spongy
Well-done	Very Firm

M Italian-Style Meatballs (Precooked)

Do not thaw.

Bake:

- Preheat oven to 375°F.
- Place meatballs 1 inch apart on a foil lined baking sheet.
- Heat on high for 20-25 minutes.

Serve as an appetizer, on a salad, sandwich or in marinara sauce.

Microwave:

- Remove meatballs from packaging and place in a microwave-safe dish. Cover with plastic, venting one corner.
- Cook on high for 5-6 minutes. To prepare ½ the bag or less of meatballs, microwave for 3-4 minutes.

Serve as an appetizer, on a salad or sandwich or in marinara sauce.

Liver and Onions

For: Omaha Steaks Calf's Liver

Partially thaw liver.

Stovetop:

- Preheat ½ cup of cooking oil over medium heat.
- Sauté 3 medium-sized white onions that have been sliced into rings for approximately 8-10 minutes.
- Remove onions to warm platter and cover.
- Add 2 Tbsp. of oil and heat.
- Sauté 4 liver slices approximately 1 minute per side. Liver will be cooked to medium doneness with a slightly pink center.

Serves 4.

(Or broil from frozen state for 3 minutes per side.)

Seafood



Jumbo Shrimp (Fully Cooked)

Quick Thaw:

- Remove shrimp from bag and thaw in a large bowl of cold water for approximately 10-20 minutes.
- Rinse well and drain.

Overnight Thawing:

- Place shrimp in strainer, with plate underneath the strainer.
- Thaw in refrigerator overnight.
- Rinse well and drain.

Refrigerate if not using immediately. Serve with cocktail sauce, if desired. Use within 24 hours of thawing.

Kung Pao Shrimp Stir-Fry

Do not thaw.

Stovetop & Microwave:

- Heat 1 Tbsp. of cooking oil in a large sauté pan or wok on high heat.
- Place tray of frozen white rice, with film intact, in microwave on high for 3-4 minutes.
- Peel back film on rice, stir and microwave on high an additional 1-2 minutes.
- Add frozen shrimp, sauté for 30 seconds.
- Add frozen stir-fry vegetables to pan with shrimp, cover. Stir-fry for 2-3 minutes, stirring frequently.
- Combine seasoning packet contents with ½ cup of water. Mix well. Add sauce to pan and simmer for 2-3 minutes.
- Plate white rice and top with shrimp stir-fry. Sprinkle with peanuts.

Coconut Shrimp

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Place desired number of shrimp on foil lined baking sheet. Bake for 14-16 minutes.

Tempura Shrimp

Do not thaw.

Bake:

- Preheat oven to 450°F.
- Place the desired number of shrimp on foil lined baking pan. Bake for 14-16 minutes.

Seafood

Shrimp Cakes

Thaw in refrigerator.

Stovetop:

- Melt 1½ Tbsp. butter in a nonstick skillet over medium-low to medium heat.
- Using a spatula, carefully place desired number of cakes in the melted butter.
- Sauté for approximately 3 minutes per side. These cakes have a delicate texture, so they will take some care in handling.

Serve 1-2 per person.

M Lemon Peppered Tilapia Fillets

FROM FROZEN:

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Remove frozen tilapia from packaging.
- Place on a baking sheet.
- Bake for 25-30 minutes.

Microwave:

- Place frozen tilapia, with packaging intact, on a microwave safe dish.
- Defrost for 7-8 minutes, flip halfway through cooking.
- Remove from packaging and place on microwave safe dish. Cover with plastic wrap; venting one corner.
- Cook on high for 2-3 minutes. Tilapia should be white on the outside and opaque on the inside.

FROM THAWED:

Thaw in refrigerator.

Bake:

- Preheat oven to 400°F.
- Remove thawed tilapia from packaging.
- Place on a baking sheet.
- Bake for 13-16 minutes.

Microwave:

- Remove tilapia from packaging.
- Place on a microwave safe dish. Cover with plastic wrap; venting one corner.
- Cook on high for 2-3 minutes.

Ahi Tuna Steaks

Thaw in refrigerator.

Medium Rare Ahi Tuna Steaks (Preferred Method)

Grill:

- Preheat the grill.
- Brush steaks with melted butter or olive oil. Season as desired.
- Grill steaks 60-90 seconds on each side, or until seared. Thicker portions may take slightly longer. Avoid over cooking.

Pan Saute:

- Preheat 1 tsp. of cooking oil per portion in a saute pan over high heat. Season as desired.
- Place steaks in pan and cook for 60-90 seconds on each side, or until seared. Thicker portions may take slightly longer.

Medium Ahi Tuna Steaks

Broil or Grill:

- Preheat the broiler or grill.
- Brush steaks with melted butter or olive oil. Season as desired.
- Broil or grill steaks 4-5 minutes on each side, until opaque throughout. Thicker portions may take slightly longer. Avoid over cooking.

Bake:

- Preheat oven to 400°F.
- Brush steaks lightly with melted butter or olive oil. Season as desired.
- Place steaks on baking sheet on middle rack of oven.
- Bake for 10-12 minutes or until opaque throughout. Avoid over cooking.

Pan Saute:

- Preheat 1 tsp. of cooking oil per portion in a saute pan over medium heat. Season as desired.
- Place steaks in pan and cook for 4-5 minutes. Flip, and continue to cook for 3-4 minutes.

Mediterranean Crusted Salmon Fillets

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Place salmon fillets on foil lined baking sheet leaving 3-4 inches between each portion.
- Bake for 25-28 minutes.

Flash Seared Ahi Tuna with Apricot Mango Wasabi Sauce

- 4 Omaha Steaks Ahi Tuna Steaks, thawed
- 1 Tbsp. cooking oil
- 4 tsp. Omaha Steaks Blackened Seasoning
- 4 Tbsp. Omaha Steaks Apricot Mango Wasabi Sauce

- Heat 1 Tbsp. of cooking oil in a large saute pan over high heat.
- Season steaks with 1/2 teaspoon of Omaha Steaks Blackened Seasoning on each side.
- Place steaks in hot pan. Cook for 60-90 seconds on each side or until seared. Thicker portions may take slightly longer.
- Remove steaks from pan. Slice each steak thinly, fanning out on each plate.
- Add one tablespoon of Omaha Steaks Apricot Mango Wasabi Sauce to each plate.

Serves 4.

M

Sole Almondine

Do not thaw.

Bake:

- Preheat oven to 450°F.
- Place desired number of portions in a pan with the almond side up and bake, uncovered for approximately 25 minutes or until center of fillet flakes easily.

M

Mahi Mahi Steaks

Thaw in refrigerator.

Broil or Grill:

- Broil or grill steaks approximately 5-7 minutes per side. Thicker portions may take slightly longer. Fish are done when opaque throughout.
- Baste with butter when cooking, if desired.

Microwave:

- Arrange two thawed steaks in a baking dish.
- Brush steaks with butter and lemon juice. Cover with plastic wrap, venting one corner.
- Cook on medium for 3-4 minutes. Turn steaks over. Brush with butter; cover.
- Cook 3-4 minutes or until fish is opaque throughout.

M

Marinated Salmon, Classic Marinated Salmon Fillets and Hickory Marinated Salmon Fillets

Thaw in refrigerator. Remove from packaging.

Bake:

- Preheat oven to 400°F.
- Place fillets on a foil lined baking sheet.
- Bake for 10-12 minutes.

Grill:

- Grill fillets over medium heat 4-5 minutes per side.

Microwave:

- Place fillets in a microwave safe dish. Cover with plastic wrap, venting one corner.
- Cook on high 3-4 minutes, rotating halfway through cooking.

M

Wild Salmon Fillets

Thaw in refrigerator.

FROM THAWED:

Broil or Grill:

- Preheat broiler or grill.
- Brush fillets with melted butter or cooking oil. Season as desired.
- Broil or grill fillets 4-5 minutes on each side or until opaque throughout.

Bake:

- Preheat oven to 400°F.
- Brush fillets lightly with melted butter or cooking oil. Season as desired.
- Place fillets on a baking sheet.
- Bake for 10-12 minutes or until opaque throughout.

Pan Saute:

- Preheat 1 tsp. of cooking oil per portion in a saute pan over medium heat. Season as desired.
- Place fillets in pan and cook for 4-5 minutes. Flip and continue to cook for 3-4 minutes.

FROM FROZEN:

Microwave:

- Place frozen fillets on a microwave plate with film still intact.
- Heat on high for 3 1/2 - 4 minutes.
- Let rest 1 minute then carefully remove the packaging.

Champagne Crab Cakes

Thaw in refrigerator.

Stovetop:

- Heat 1-2 Tbsp. of butter or oil in a saute pan over medium low to medium heat.
- Carefully remove crab cakes from packaging and place in a pan.
- Saute for approximately 3-3 1/2 minutes per side or until golden brown.

Crab Cake Sandwich

Serves 1

- 1 Omaha Steaks Champagne Crab Cake
- 1 Omaha Steaks Onion Poppy Seed Bun
- 1 Tbsp. Omaha Steaks Lemon Dill Tartar Sauce
- 1 Tbsp. butter, softened
- 1 avocado slice
- 1/4 cup fresh sprouts, optional
- 1 leaf lettuce leaf
- 1 tomato slice

- Heat 1/2 Tbsp. of butter in a saute pan over low to medium heat.
- Carefully remove crab cakes from packaging and place in a pan.
- Saute for approximately 3-3 1/2 minutes per side or until golden brown.
- Slice bun in half; spread remaining butter on each slice. Toast in toaster oven or broiler until golden brown.
- Spread tartar sauce on each bun.
- Place on bun the lettuce, crab cake, tomato and avocado slices and fresh sprouts.
- Place top bun on and serve.

Tortilla Crusted Tilapia

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Place tilapia on foil lined baking sheet leaving 3-4 inches between each portion.
- Bake for 22-25 minutes.

M Lobster Tails

(Cold Water) (Warm Water)

Do not thaw.

Stovetop:

- Bring 2 quarts of water to boil in large saucepan.
- Remove plastic wrap from frozen tails and place in boiling water.
- Return to boiling point, reduce heat to a simmer and cook tails for 12-15 minutes until meat is opaque in color.
- Drain tails.
- To serve in shell, remove underside membrane by cutting along each side of tail, pull to remove membrane.
- To remove from shell, cut away underside membrane and insert fingers between shell and meat at heavy end and work meat loose from shell.

Serve with melted butter if desired.

Microwave:

- Keep frozen until ready to cook.
- Remove plastic wrap from frozen tails and place in a microwave safe baking dish. Cover with plastic wrap, venting one corner of dish.
- Place in microwave and defrost for 9 minutes, flipping halfway through thawing time.
- Flip tails, cover and vent one corner.
- Cook on medium for 6-7 minutes. Let stand one minute.
- Remove from microwave and prepare for serving.

To serve in shell, remove underside membrane by cutting along each side of tail, pull to remove membrane. To remove from shell, cut away underside membrane and insert fingers between shell and meat at heavy end and work meat loose from shell.

Bake:

- Keep frozen until ready to cook.
- Preheat oven to 450°F.
- Remove tail from plastic and wrap each tail tightly in heavy-duty aluminum foil.
- Place on baking sheet in oven on center rack. Bake for 40 to 45 minutes.
- Remove from oven and prepare as above for serving.

Broil:

- Thaw lobster in the refrigerator.
- Preheat broiler and position top rack 3-4 inches from broiler.
- Using scissors, cut the membrane covering the underside of the tails and remove.

- Cut the meat and the shell of each tail in half lengthwise with a sharp heavy knife or to butterfly, cut tails down through middle of hard shell with a sharp knife. Cut through flesh but not underside membrane. Hold tail in both hands and open flat, butterfly style.
- Brush lightly with melted butter or olive oil.
- Place lobster tails on broiling pan, shell side down.
- Place under broiler and broil for 6-7 minutes until meat is opaque in color.

Grill:

Thaw lobster in the refrigerator.

- Preheat grill to medium.
- Butterfly tails by cutting down through middle of the hard shell lengthwise with a sharp knife. Cut through flesh but not underside membrane. Hold tail in both hands and open flat.
- Brush lightly with melted butter or olive oil.
- Place flesh side down on grill and cook for 7-9 minutes, flipping when necessary if flare up occurs.

M Orange Roughy Fillets

Thaw in refrigerator.

Broil:

- Preheat broiler.
- Place fillets on a foil lined baking pan. Season as desired.
- Broil for 3-5 minutes or until opaque throughout.

Microwave:

- Place two fillets, season as desired, in a microwave safe dish. Cover with plastic wrap, venting one corner.
- Microwave on high for 2½-4 minutes.

Bake:

- Preheat oven to 350°F.
- Place fillets on a foil lined baking sheet. Season as desired.
- Bake for 12-14 minutes or until opaque throughout.

Pan Saute:

- Preheat 2 Tbsp. of oil for each fillet to be cooked on high heat.
- Dredge both sides of the fillet in flour seasoned with salt and pepper.
- Place dredged fish in the pan and reduce heat to medium.
- pan saute for 2-3 minutes on each side.

M Swordfish Steaks

Thaw in refrigerator.

Broil or Grill:

- Broil or grill steaks 4-5 minutes per side. Fish are done when opaque throughout. For a moist entree, avoid overcooking.

Microwave:

- Arrange two thawed steaks in a baking dish.
- Brush steaks with a mixture of 1 Tbsp. butter and 1 tsp. lemon juice.
- Cover with plastic wrap, venting one corner.
- Cook on medium for 3-4 minutes. Turn steaks over. Brush with butter; cover.
- Cook 3-4 minutes or until fish is opaque throughout.

Snow Crab Claws

(Fully Cooked)

Thaw in refrigerator for approximately 8 hours. Serve with cocktail sauce or use as a starter for your favorite seafood salad. To serve warm as an entree, baste with seasoned butter and grill over medium heat or oven broil only enough to heat. To pan fry, saute in butter, cook only long enough to heat.

M Butterflied Trout Fillets

Do not thaw.

Broil:

- Place frozen fillets on a broiler pan, skin side down.
- Brush lightly with melted butter.
- Broil for 9-10 minutes until fillets flake easily with a fork.
- Season as desired.

Microwave:

- Place two trout fillets in an appropriate dish. Cover with plastic wrap, venting one corner.
- Defrost for 3 minutes.
- Cook on high for 2½-3 minutes.
- Season as desired.

Parmesan Crusted Trout Fillets

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Remove trout from packaging and place on a foil lined baking sheet leaving 2-3 inches between each piece.
- Bake for 16-18 minutes.

M Lemon Peppered Catfish Fillets

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Place fillets in foil lined or greased raised edge uncovered baking pan.
- Bake approximately 25-30 minutes.

Microwave:

- Place one fillet in microwave safe dish. Cover with plastic, venting one corner.
- Cook on medium/high 6-7 minutes. For 2 fillets, cook for approximately 10-12 minutes.

M Stuffed Sole with Scallops & Crabmeat and Stuffed Sole with Shrimp & Garlic

Do not thaw.

Bake:

- Preheat oven to 375°F.
- Place desired number of portions in a baking dish. Add approx. 2 Tbsp. of water in bottom of pan to prevent splattering and burning.
- Bake, uncovered, for approximately 30-40 minutes.

(For additional flavor, use white wine instead of water.)

Microwave:

- Place two frozen portions in an appropriate dish. Add 2 Tbsp. of water to dish. Cover with plastic wrap, venting one corner.
- Cook on high for approximately 5½ minutes. (For additional flavor, use white wine instead of water.)

Pub-Style Cod Fillets

Do not thaw.

Bake:

- Preheat oven to 425°F.
- Place cod portions in a single layer on a foil lined baking sheet. Bake for 18-20 minutes. Turn halfway through cooking time for crispier fillets.

Perfectly cooked fish will be slightly translucent in the very center.

Pub-Style Cod Fish Tacos

- 2-3 Omaha Steaks Pub-Style Cod Fillets
- 1 (6-inch) flour tortilla
- 2 tsp. Omaha Steaks Lemon Dill Tartar Sauce
- 1/4 cup lettuce, finely shredded
- 2 Tbsp. Pico de Gallo
- (Refer to recipe on page 12)
- Preheat oven to 425°. Place cod on a foil lined baking sheet. Bake for 18-22 minutes, turning over halfway through cooking.
- Heat tortilla in the microwave for 5-10 seconds or in a medium pan on the stove for 10 seconds on each side.
- Spread the Lemon Dill Tartar Sauce in the center of the tortilla.
- Place shredded lettuce in the center of the tortilla.
- Place cod on lettuce and top with Pico de Gallo.

Bacon-Wrapped Scallops

FROM THAWED:

Stovetop:

- Thaw scallops by placing film covered tray in sink filled with cold water for 10-15 minutes or overnight in refrigerator.
- Preheat 1 tsp. of cooking oil in a large nonstick saute pan on medium high.
- Add thawed scallops to pan. Cook for 3-4 minutes.
- Carefully flip scallops over, cooking for 3 minutes.

FROM FROZEN:

Bake:

- Preheat oven to 400°F.
- Remove plastic film from tray and place on baking sheet.
- Place on the center oven rack. Bake for 18-22 minutes.

Halibut Fillets

Thaw in refrigerator.

Broil or Grill:

- Preheat the broiler or grill.
- Brush fillets with melted butter or olive oil. Season as desired.
- Broil or grill fillets 5-6 minutes on each side, until opaque throughout.

Bake:

- Preheat oven to 400°F.
- Brush fillets lightly with melted butter or olive oil. Season as desired.
- Place fillets on a baking sheet.
- Bake for 12-14 minutes, until opaque throughout.

Pan Sauté:

- Preheat 1 tsp. of cooking oil per portion in a saute pan over medium heat. Season fillets as desired.
- Place fillets in pan and cook for 5-6 minutes.
- Flip and continue to cook for 4-5 minutes.

King Crab Legs

(Fully Cooked)

To serve cold, thaw in refrigerator for approximately 6-8 hours or remove from packaging and place crab legs directly in a sink filled with cold water for about 20 minutes.

FROM FROZEN:

Stovetop:

- Place frozen crab legs in steamer or in a pot of boiling water. Cover and heat for approximately 5 minutes.
- Drain and serve.

Microwave:

- Place 6 crab legs in a microwave safe dish, cover with plastic wrap.
- Defrost for 10 minutes.
- Microwave on high for 2 minutes.

Serve 1/2 to 3/4 lb. per person.

Chef Tip: Serve chilled crab legs with fresh lemon and Omaha Steaks Cocktail Sauce.

Serve hot crab legs with melted butter and fresh lemon.

SEAFOOD COOKING GUIDE

The recommended internal temperature for seafood is 145°F - 150°F.

Pork



Pork

Bacon-Wrapped Boneless Pork Chops

Thaw in refrigerator.

Grill:

- Preheat grill to high.
- Remove pork chops from packaging.
- Pat dry, season as desired.
- Cook over high heat 4-6 minutes per side until internal temperature reaches 160°F.

Broil:

- Preheat broiler.
- Remove pork chops from packaging.
- Pat dry, season as desired.
- Place on broiler pan on top oven rack. Broil for 4-6 minutes per side until internal temperature reaches 160°F.

Bake:

- Preheat oven to 400°F.
- Remove pork chops from packaging.
- Pat dry, season as desired.
- Place on a baking sheet.
- Cook for 20-25 minutes until internal temperature reaches 160°F.

Pan Sauté:

- Preheat 1 Tbsp. of cooking oil in pan on medium heat for 2-3 minutes.
- Remove pork chops from packaging.
- Pat dry, season as desired.
- Place in hot pan, cook for 6-7 minutes per side, until internal temperature reaches 160°F.

Boneless Pork Chops

Thaw in refrigerator.

Grill:

- Remove pork chops from package.
- Pat dry and season as desired.
- Cook over medium heat for approximately 4-7 minutes per side until internal temperature reaches 160°F.

Broil:

- Remove pork chops from package.
- Pat dry and season as desired.
- Place on broiler pan 3-4 inches from heat source. Broil for 4-7 minutes per side until internal temperature reaches 160°F.

Pan Sauté:

- Preheat 1 Tbsp. of oil in pan on medium heat for 2-3 minutes.
- Remove pork chops from packaging.
- Place in hot pan, cook for 6-7 minutes per side until internal temperature reaches 160°F.

Contact Grill:

- Season thawed chops.
- Grill 4-5 minutes for a 4 oz. chop; 5-6 minutes for a 5 oz. chop; 6-7 minutes for a 6 oz. chop.

Pork Chop Marinade

- 1 cup orange juice
- 1/3 cup soy sauce
- 1/4 cup olive oil
- 2 tsp. dried, crushed rosemary
- 2 diced green onions
- Marinate 6 chops for 1 1/2 hours in the refrigerator.
- Grill or broil according to directions at lower left of page. To serve remaining marinade, boil in saucepan prior to serving.

NEW! Polynesian Pork Chops

Thaw in refrigerator.

Grill:

- Preheat grill to high.
- Remove pork chops from packaging and pat dry.
- Grill over high heat 3-4 minutes per side, until internal temperature reaches 160°F.

Broil:

- Preheat broiler, positioning top rack 3-4 inches from broiler.
- Remove pork chops from packaging and pat dry.
- Place on broiler pan on top over rack. Broil for 3-4 minutes per side, until internal temperature reaches 160°F.

Pan Sauté:

- Preheat 1 Tbsp. of cooking oil in saute pan on medium heat for 2-3 minutes.
- Remove pork chops from packaging and pat dry.
- Place pork chops in hot pan. Cook for 4-5 minutes per side or until internal temperature reaches 160°F.

Seafood

Pork

Spiral Sliced Ham

Thaw in refrigerator for 2-4 days.
Ham is fully cooked making it possible to serve directly from the refrigerator.

Bake:

- Preheat oven to 325°F.
 - Remove ham from packaging and foil.
 - Place ham cut side down on a foil lined, raised edge baking pan.
 - Heat uncovered for 60-75 minutes for the entire ham.
 - For smaller portions, cover with foil and heat 10 minutes per pound.
- Entire ham serves 10-12.

Smoked Boneless Ham

Thaw in refrigerator.

Bake:

- To serve warm, place the thawed ham in a preheated 350°F oven, cover tightly and heat for approximately 35-40 minutes.
 - Ham may be sliced and served cold.
- Serves 4-6.

See page 43 for our delicious Cranberry Orange Sauce and Apricot Ham Glaze recipes.

BBQ Pulled Pork

FROM FROZEN:

Microwave:

- Place covered tray in microwave and heat on high for 6-8 minutes.
- Let stand 1-2 minutes.
- Carefully peel back film. Stir well and serve.

FROM THAWED:

Stovetop:

- Remove thawed pulled pork from packaging and place in saucepan.
- Heat over medium heat while stirring constantly for 5-6 minutes.

Cuban Mojo Pork Tenderloin

Thaw in refrigerator.

Grill or Broil:

- Preheat grill or broiler.
- Remove thawed tenderloins from packaging.
- Grill or broil 12 minutes, turning to sear edges.
- Cook to an internal temperature of 155°F.
- Remove from grill or broiler and let rest 2 minutes. Internal temperature will continue to rise to 160°F.

Pork Tenderloin

(Chateaubriand)

Thaw in refrigerator.

Bake:

- Preheat oven to 425°F.
- Remove from package.
- Brush lightly with oil if desired.
- Season and place uncovered in roasting pan.
- Bake for 25-30 minutes, turning halfway through cooking.
- Cook to an internal temperature of 155°F. Remove from grill and let rest 2 minutes. Internal temperature will continue to rise to 160°F.

Grill:

- Preheat grill to medium heat.
- Remove tenderloins from packaging and place on plate.
- Brush lightly with olive oil on all sides and season as desired.
- Place on preheated grill. Cook tenderloins for 20-30 minutes, turning as needed to sear edges.
- Remove when internal temperature reaches 160°F.

Bratwurst Crostini

Makes approximately 32

- 1 French Baguette, cut on bias into 1/2" slices
- 4 Omaha Steaks Bratwurst*, thawed
- 2/3 cup Omaha Steaks Smoky Mustard
- 2/3 cup sauerkraut
- Preheat oven broiler and grill.
- Lightly brush baguette slices with oil and place on baking sheet.
- Toast under broiler until lightly browned, about 3 minutes.
- Turn oven temperature to 350°F.
- Grill bratwurst for 8-10 minutes.
- Slice sausages into thin slices on the bias.
- Spread 1 tsp. of Smoky Mustard on toast, top with bratwurst slice and 1 tsp. sauerkraut.
- Place crostini on baking sheet. Bake for 5-8 minutes prior to serving.

*May substitute with Italian Sausage, Polish Sausage or Gourmet Franks.

M

Bratwurst

Boil:

- Grill thawed bratwurst over medium for 8-10 minutes, turning constantly.

Pan Sauté:

- Heat thawed bratwurst in a skillet over medium heat for 12-14 minutes, turning until brown.

Boil:

- Boil from frozen, 12-14 minutes.

Microwave:

- For one bratwurst, microwave on high for 2-2 1/2 minutes from frozen or 1-1 1/2 minutes from thawed.

M

Smoked Pork Loin Ribs with Barbecue Sauce

Do not thaw.

Bake:

- Preheat oven to 325°F.
- Run sealed package under cold water for 10 seconds to release film.
- Remove ribs and sauce from package and wrap in foil.
- Place in pan on center rack of oven and heat for 60-70 minutes (30-40 minutes if thawed).

Bake – Tender Restaurant Style:

If you like meat that falls off the bone, try this method:

- Preheat oven to 350°F.
- Remove ribs and sauce from package and place on a large sheet of heavy duty aluminum foil. Add 3 Tbsp. of water to the foil and wrap tightly crimping the seals of the foil.
- Place on a baking sheet and bake for approximately 70-80 minutes.

Microwave:

- Remove frozen ribs from package as directed above and place meat side up in microwave safe dish. Cover with plastic wrap, venting one corner.
- Heat on high for 5-6 minutes flipping halfway through cooking time.

Grill - Quick Method:

- Preheat grill to high.
- Run sealed package under cold water for 10 seconds to release film.
- Remove ribs and sauce from package, wrap in foil crimping edges.
- Heat on grill for 23-25 minutes flipping halfway through (10-12 minutes if thawed).

M

Polish Sausage

Boil:

- Bring 1 1/2 quarts of water to a boil in a pot.
- Remove desired number of sausages from packaging and add to boiling water.
- Boil for 8-10 minutes if sausages are thawed or 10-12 minutes if sausages are frozen.

Grill:

- Preheat grill to medium heat.
- Remove sausages from packaging.
- Grill over medium heat approximately 6-8 minutes from thawed and approximately 12-15 minutes from frozen.

Microwave:

- Remove sausages from packaging and place on a microwave safe plate.
- Cover with a paper towel.
- Microwave on high for 1 minute from thawed and 1 1/2 to 2 minutes from frozen.

M

Italian Sausage

FROM FROZEN:

Microwave:

- Cut slit in the top of the packaging of frozen sausages.
- Place in microwave and heat on high for 4-4 1/2 minutes for 2 sausages. For four sausages, heat for 7-7 1/2 minutes.
- Let rest 1-2 minutes. Remove from packaging and serve.

Broil:

- Preheat broiler.
- Remove frozen sausages from packaging and place on broiler pan. Broil for 14-16 minutes.

FROM THAWED:

Grill:

- Preheat grill to high or prepare coals.
- Grill thawed sausages for 8-10 minutes, constantly rotating sausages.

PORK COOKING GUIDE

Internal Temperature
Medium doneness 160°F
Correctly cooked pork is juicy and tender with a slight blush of pink in the center.

Lemon Chipotle Pork Tenderloin

Thaw in refrigerator.

Sear Roast:

- Preheat oven to 350°F.
- Heat 2 Tbsp. of oil in a large pan over high heat.
- Place tenderloins in pan, turning about every 2 minutes to sear edges. Remove from pan and place on a baking sheet.
- Roast until an internal temperature reaches 155°F, approximately 45 minutes. Remove from oven and let rest 2 minutes. Internal temperature will continue to rise to 160°F.

Broil or Grill:

- Preheat broiler or grill.
- Remove thawed tenderloins from packaging.
- Grill or broil 14-17 minutes, turning to sear edges. Cook to an internal temperature of 155°F. Remove from grill and let rest 2 minutes. Internal temperature will continue to rise to 160°F.

M Gourmet Franks

Boil:

- From frozen or thawed, boil franks for 8-10 minutes.

Grill:

- Grill franks over medium heat until brown on all sides. Frozen franks will cook in approximately 15 minutes. Thawed franks will take about 8 minutes.

Microwave:

- Place frank on a microwave safe plate.
- Cover with a paper towel.
- Cook on high. One frozen frank will heat in 1½-2 minutes. One thawed frank will take 1 minute.

Recommended internal temperature for precooked smoked meats is 140°F.

Omaha Steaks Italian Breaded Veal Patty Bomber Sandwich

- 1 Italian sub sandwich roll
- ½ cup marinara sauce
- 1 Omaha Steaks Italian Breaded Veal Patty, cooked
- 1 ball fresh mozzarella cheese
- 2-3 Tbsp. grated fresh Romano cheese
- 2 Tbsp. sliced marinated artichoke hearts
- 2 Tbsp. sliced marinated mushrooms
- 2 Tbsp. sliced pepperonchinis

- Cook breaded veal patty as directed on box or stated at left.
- Slice the roll. Spread half the marinara sauce on the bottom half of the roll. Place cooked veal patty on the sauce.
- Carefully spread the sliced fresh mozzarella cheese and the grated fresh Romano cheese over the veal patty.
- Spread remaining marinara sauce over the cheese.
- Sprinkle the sliced marinated artichoke hearts, mushrooms and pepperonchinis over the sauce. Place top half of the roll on.
- Bake the sandwich in a 350°F oven for about 10-15 minutes or until cheese melts.
- Cut in half and serve hot.

Rack of Lamb

For: Omaha Steaks

Rack of Lamb (1½ lb.)

Thaw in refrigerator.

Bake:

- Preheat oven to 400°F.
 - Remove material covering bones.
 - Rub the lamb with garlic, butter, salt and pepper and put it on a rack in a shallow pan.
 - Roast for approximately 35-40 minutes to reach 130°F-140°F (for medium rare).
 - Transfer to a hot platter, sprinkle with chopped parsley, and allow it to rest 5 minutes.
 - Carve parallel to the bones, making chops.
 - Spoon the pan juices over the meat.
- The rack of lamb will serve 2-3.

NEW! Frenched Lamb Rib Chops

Thaw in refrigerator.

Grill:

- Preheat grill to medium heat.
- Remove from packaging. Lightly oil and season lamb chops as desired.
- Grill for 5-6 minutes on each side for medium rare; 7-8 minutes on each side for medium; 10-11 minutes on each side for well-done.

Bake:

- Preheat oven to 400°F.
- Remove from packaging. Season as desired and place on a foil lined baking sheet with fat side up on middle rack of the oven.
- Bake 18-20 minutes for medium rare; 22-24 minutes for medium; 26-28 minutes for well-done.

Sear Roast:

- Preheat oven to 250°F.
- Add a thin layer of cooking oil to saute pan and preheat on medium heat. Remove lamb chops from packaging and season as desired.
- Sear chops for about 1 minute on all four sides.
- Remove chops from saute pan and place on a baking sheet covered with foil.
- Bake in oven for 30-35 minutes for medium rare; 40-45 for medium; 60-65 minutes for well-done.

Serve Mint Jalapeño Jelly (pg. 32) with Loin Lamb Chops, Rib Lamb Chops, Rack of Lamb and Lamb Roasts.

Veal



Lamb

Italian Breaded Veal Patties

Thaw in refrigerator.

Pan Saute:

- Preheat 1 Tbsp. of oil per patty over medium heat. Brown first side for approximately 3 minutes.
- Turn patty over and brown for approximately 2½ minutes.

Bake:

- Preheat oven to 375°F.
- Line a raised edge baking sheet with foil. Spray lightly with cooking oil.
- Place veal patties on foil.
- Bake uncovered for 25-30 minutes.

(Please note: Patties will not be as golden brown as when pan sauteed.)

VEAL/LAMB COOKING GUIDE

Internal Temperatures	
Medium Rare	130°F-140°F
Medium	140°F-150°F
Lamb cooked to medium rare is optimum for eating.	

Veal Parmigiana

- 4 Omaha Steaks Breaded Veal Patties, thawed
- 1 tray Omaha Steaks Marinara Sauce
- ¼ cup cooking oil
- 1 cup mozzarella cheese, freshly grated
- ¼ cup Parmesan cheese, grated
- 2 tsp. Italian parsley, minced

- In a large nonstick saute pan, heat oil over medium heat.
- Add Omaha Steaks Breaded Veal Patties to hot oil.
- Brown patties for approximately 3-4 minutes.
- While patties are browning, place tray of Omaha Steaks Marinara Sauce in microwave on high for 3 minutes.
- Flip patties and sprinkle with mozzarella cheese. Immediately cover pan.
- Cook patties covered for an additional 2-3 minutes or until cheese is melted.
- Remove from pan and place on plates.
- Peel back film on marinara sauce, stir well and microwave on high for 1 minute.
- Pour marinara sauce equally over veal patties. Sprinkle each patty with Parmesan cheese and parsley.

Serves 4.

Loin Lamb Chops

Thaw in refrigerator. If you wish, marinate in the refrigerator for about 12 hours in pineapple juice.

When grilling or oven broiling your chops, it's best to begin them about 4" from the source of heat, moving rack closer to heat later.

- Broil approximately 6-8 minutes for rare and 10-12 minutes for medium rare turning once during that time.
- Use a meat thermometer. Rare chops will register 120°F-130°F; medium rare 130°F-140°F.

Prepare 1-2 chops per serving.

Seasoned Boneless Leg of Lamb

Thaw in refrigerator.

Bake:

- Preheat oven to 350°F.
- Remove from package and place in roasting pan.
- Roast uncovered for 1-1¼ hours for medium rare. Remove from oven and let rest for 5-10 minutes.
- Remove netting before carving.

NEW! Leg of Lamb Roast

Thaw roast completely in refrigerator.

Bake:

- Preheat oven to 350°F.
- Season thawed roast as desired.
- Place roast on an elevated wire roasting rack in a roasting pan with fat side up.
- Bake uncovered for 1 hour and 50 minutes to 2 hours for rare to medium rare, or bake 2 hours and 30 minutes to 2 hours and 45 minutes for medium to medium well-done.
- Remove from oven. Let rest 10-15 minutes before slicing and serving.

Sear Roasting:

- Preheat oven to 250°F.
- Season thawed roast as desired.
- Heat ¼ cup of cooking oil in a large nonstick saute pan over high heat.
- Carefully place roast in pan to sear. Sear all sides for about 2-3 minutes each.
- Place roast on an elevated wire roasting rack in a roasting pan with fat side up.
- Roast for 2 hours 45 minutes to 3 hours for rare to medium rare, or roast 3½-4 hours for medium to medium well-done.
- Remove from oven. Let rest 10-15 minutes before slicing and serving.

Mint Jalapeño Jelly

- ½ cup red bell pepper, minced
- ½ cup green bell pepper, minced
- ¼ cup jalapeño, minced
- ½ cup fresh mint, finely chopped
- 2 cups sugar
- ½ cup red wine vinegar
- 1 Tbsp. lime juice, fresh
- 2 tsp. kosher salt
- 4 Tbsp. Certo liquid pectin

- Combine peppers, jalapeño, mint, sugar, vinegar, lime juice and salt in a large saucepan over medium heat. Heat until warm and sugar dissolves.
- Pour mixture into a blender and blend for 5 seconds.
- Return mixture to the saucepan and bring to a boil. Skim off any foam that rises. Reduce heat and simmer for 5 minutes.
- Stir in pectin. Bring back to a rolling boil for exactly 1 minute.
- Remove from heat and let cool. The jelly will set up as it cools. Can be made up to 1 week in advance. Store in refrigerator.

M

Marinated Italian, Caribbean, Mediterranean, Oven Roasted and Sesame Chicken Breasts

These boneless, skinless chicken breasts are precooked. They may be thawed in the refrigerator, sliced and served cold.

FROM FROZEN:

Bake:

- Preheat oven to 400°F.
- Place on foil lined baking sheet.
- Heat for 12-15 minutes.

Microwave:

- Place pieces in microwave safe dish.
- Cover with paper towel and heat on high for 2-2½ minutes.

FROM THAWED:

Bake:

- Preheat oven to 400°F.
- Place on foil lined baking sheet.
- Heat for 8-10 minutes.

Microwave:

- Place pieces in microwave safe dish.
- Cover with paper towel and heat on high for 1-1½ minutes.

Broil or Grill:

- To warm, preheat your broiler or grill. Warm for approximately 3 minutes per side.

Contact Grill:

- Grill 2½-3 minutes.

Oven Fried Chicken Sandwich

Serves 1

- 2-3 Oven Fried Chicken Tenderloins
- 1 Omaha Steaks Onion Poppy Seed Bun
- 1 Tbsp. Omaha Steaks Raspberry Honey Mustard Pretzel Dip
- 2 tsp. mayonnaise
- 1 lettuce leaf (optional)
- 2 tomato slices (optional)
- 1 onion slice (optional)
- Slice bun in half and toast.
- Spread one side of bun with Raspberry Honey Mustard Pretzel Dip and the other with mayonnaise.
- Place the cooked chicken tenderloins on the bun.
- Top with lettuce, tomato and onion, if desired.

Breast of Chicken with Artichoke & Parmesan

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Remove chicken from cello packaging. Place desired number of portions on a foil lined baking sheet.
- Bake uncovered for 40-45 minutes until internal temperature is 165°F.

Breast of Chicken with Crème Brie & Apple

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Remove chicken from cello wrap.
- Place desired number of portions on a foil lined raised edge baking sheet.
- Bake uncovered for 40-45 minutes until internal temperature is 165°F.

Boneless Skinless Chicken Breast Fillets

Thaw in refrigerator.

Broil or Grill:

- Preheat broiler or grill.
- Cook for 3-4 minutes per side until internal temperature is 165°F.

Contact Grill:

- Grill 3-4 minutes or until internal temperature reaches 165°F.

Bake:

- Preheat oven to 350°F.
- Season as desired. Place chicken breasts on a foil lined, raised edge baking sheet.
- Bake for 20-25 minutes. Internal temperature should reach 165°F.

Pan Saute:

- Place 1 Tbsp. of cooking oil in a nonstick skillet over medium high heat.
- Add chicken breasts. Cook for 4-6 minutes per side reducing heat to medium after flipping. Internal temperature should reach 165°F.
- Season as desired.

Poultry



Poultry

Breast of Chicken with Wild Rice

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Remove chicken from cello wrap.
- Place desired number of portions on foil lined, raised edge baking sheet.
- Bake uncovered for 40-45 minutes or until internal temperature reaches 165°F.

Breast of Chicken Kiev

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Remove chicken from cello wrap.
- Place desired number of portions on foil lined raised edge baking sheet.
- Bake uncovered for 35-40 minutes or until internal temperature reaches 165°F.

Breast of Chicken with Broccoli and Cheese

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Remove chicken from cello wrap.
- Place desired number of portions on a foil lined, raised edge baking sheet.
- Bake uncovered for 35-40 minutes or until internal temperature reaches 165°F.

Breast of Chicken Cordon Bleu

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Remove chicken from cello wrap.
- Place desired number of portions on foil lined raised edge baking sheet.
- Bake uncovered for 35-40 minutes or until internal temperature reaches 165°F.

Chicken in Pastry

Do not thaw.

Bake:

- Preheat oven to 425°F.
- Place desired number of portions in a lightly oiled or stick-resistant pan.
- Beat one egg with 1 Tbsp. of water. Brush over the tops and sides of each pastry.
- Bake, uncovered for 40-45 minutes or until golden brown color develops on pastry.

Chicken Breast with Mushroom Trio

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Remove chicken breast from cello wrap.
- Place on a foil lined, raised edge baking sheet.
- Bake uncovered 30-35 minutes or until internal temperature reaches 165°F.

NEW! Mango Chicken Roulade

Do not thaw.

Bake:

- Preheat oven to 350°F.
- Brush or spray roulade with vegetable oil.
- Bake uncovered for 1 hour 25 minutes to 1 hour 35 minutes or until internal temperature reaches 165°F. Let stand 20 minutes.
- Remove netting and slice into 1/2 inch slices.

Serves 8-10.

Italian Chicken Tenderloins (Chicken Fingers)

Do not thaw.

Bake:

- Preheat oven to 450°F.
- Remove desired number of frozen chicken tenderloins from bag and place on foil lined baking sheet allowing 1 inch or more between pieces. If necessary, use two baking sheets.
- Place baking sheets on oven center rack or stack two pans in upper half of oven. Bake uncovered for 15-17 minutes or until internal temperature reaches 165°F.
- Remove from oven and serve.

Chicken Breast and Vegetable Skewers

Thaw in refrigerator.

Grill:

- Preheat grill to high.
- Remove skewers from package.
- Season as desired and grill over high heat 5-6 minutes per side or until internal temperature reaches 165°F.

Broil:

- Preheat broiler, positioning top rack 3-4 inches from broiler.
- Remove skewers from package.
- Season as desired.
- Place on broiler pan on top oven rack. Broil for 5-6 minutes on each side or until internal temperature reaches 165°F.

NEW! Oven Fried Chicken Tenderloins

FROM FROZEN:

Do not thaw.

Bake:

- Preheat oven to 450°F.
- Remove desired number of frozen tenderloins from bag and place on a foil lined baking sheet allowing 1 inch or more between pieces.
- Bake, uncovered, for 22-25 minutes or until internal temperature reaches 165°F.

FROM THAWED:

Thaw overnight in refrigerator.

Pan Sauté:

- Preheat 1 Tbsp. of oil per 4 chicken tenderloins in a nonstick pan over medium heat.
- Place thawed chicken tenderloins in pan and brown for 4-5 minutes.
- Turn tenders over and brown an additional 4-5 minutes or until internal temperature reaches 165°F.

Broil:

- Preheat broiler and position top rack 3-4 inches from broiler.
- Remove desired number of thawed tenderloins from bag and place on a foil lined baking sheet allowing 1 inch or more between pieces.
- Place baking sheet in oven.
- Broil for 8-10 minutes or until internal temperature reaches 165°F.

M Thai Chicken

Do not thaw.

Microwave:

- Place tray in microwave, with film intact.
- Microwave on high for 6 minutes.
- Carefully peel back film and stir well. Cook on high another 1-2 minutes.
- Stir well before serving.

Bake:

- Preheat oven to 350°F.
- Place tray, with film intact, on a baking sheet on center rack of oven.
- Bake for 40 minutes.
- Carefully peel back film and stir well. Return to oven and bake an additional 10-15 minutes.
- Stir well before serving.

Duckling Breast Stuffed with Apples and Oranges

- 1 Tbsp. olive oil
- 1 Omaha Steaks Duckling Breast, thawed
- 1/4 tsp. poultry seasoning
- 1/4 tsp. sea salt
- 1/8 tsp. black pepper
- 2 each orange wedges (cut each orange into 16 wedges)
- 2 each apple wedges (cut each apple into 16 wedges)
- 2-3 thyme sprigs
- 1/4 tsp. sea salt (outside)
- 1/8 tsp. black pepper (outside)
- cooking twine

- Remove duckling breast from packaging.
- With skin side down, pound breast meat with grooved mallet. Flip breast over and score the skin with a fork.
- Sprinkle poultry seasoning, 1/4 tsp. sea salt and 1/8 tsp. of black pepper over breast.
- Place on one side of the breast 2 orange wedges, 2 apple wedges and thyme sprig. Fold over other side of the breast and truss securely using the cooking twine.
- Sprinkle skin with remaining sea salt and black pepper.
- Heat 1 Tbsp. of olive oil in saute pan.
- Sear each side about 90 seconds until all evenly browned.
- Place in elevated roasting rack in a 300°F oven for about 60 minutes. Internal temperature should reach 165°F.
- Remove string and stuffing from breast. Serve duckling breast sliced.

M Duckling Breasts with Orange Sauce

Thaw in refrigerator.

Bake:

- Preheat oven to 375°F. Spread out on a lightly oiled broiler pan, prick the skin and season with salt and pepper.
- Roast, skin side up, in oven for approximately 25-30 minutes, for medium-well doneness. Internal temperature should reach 165°F.

Orange Sauce

- Bring water to a boil in a small saucepan. Place pouch in boiling water and continue boiling for 6-8 minutes.
- Carefully remove pouch from water, clip corner and pour over duckling or serve on the side.

Smoked Boneless Turkey Breast

Thaw in refrigerator.

Bake:

- Preheat oven to 375°F.
- Carefully remove plastic and netting.
- Place in a suitable baking dish, and heat for approximately 70 minutes. Internal temperature should reach 165°F.
- If it is developing a darker brown color than you wish, cover loosely with foil the last 30 minutes.

Whole Basted Turkey

Thaw 3-4 days in refrigerator.

Bake:

- Preheat oven to 350°F.
- Remove from vacuum-sealed bag.
- Place turkey in bag provided, secure bag with twister tie. Place bag in a deep pan or roaster.
- Puncture 6-8 holes in top of bag with a fork. For extra browning or crispness, slit top of bag for last 20-30 minutes of roasting. Turkey will take approximately 2 hours 45 minutes to 3 hours to bake.

The turkey has a pop up timer you can rely on. No additional seasoning is needed.

Make a simple gravy with the turkey drippings from the oven bag. Recipe on page 43.

Oven Roasted Turkey Breast

Thaw in refrigerator.

Bake:

- Preheat oven to 350°F.
- Remove from packaging and place in a baking dish. Cover with foil.
- Bake 40-50 minutes.

Cold Entrees:

- Slice and serve.

POULTRY COOKING GUIDE

For safety, all poultry products must be cooked to a minimum internal temperature of 165°F as measured by use of a kitchen thermometer.

To ensure that your turkey is fully thawed, insert a thermometer into the leg and making sure the temperature is not below 35 degrees.

Appetizers



Appetizers

M Buffalo Chicken Wings

Do not thaw.

Bake:

- Preheat oven to 350°F.
- Spread frozen chicken wings on a foil lined baking sheet, leaving space between each piece.
- Bake for 25-30 minutes.

Microwave:

- Place 8 frozen chicken wings on a microwave safe plate; cover with a paper towel.
- Microwave on high for 3 minutes.
- Flip over wings and heat on high for an additional 1-2 minutes.
- Let set 1 minute before serving.

M Artichoke & Spinach Dip

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Remove film from tray.
- Place tray directly on top oven rack.
- Heat for 35-40 minutes.

Microwave:

- Remove tray from box. Cut 3 small slits in film on tray.
- Place in microwave and cook on high for 7 minutes. Remove film, stir well and return to microwave to cook on high for an additional 3 minutes.
- Stir and let the dip rest 1 minute before serving.

M Chicken and Cheddar Bites

Do not thaw.

Bake:

- Preheat oven to 350°F.
- Line baking sheet with foil. Place desired amount of appetizers on baking sheet leaving a 1-inch space between each.
- Bake for 20 minutes.
- Caution: Stuffing will be hot.

Microwave:

- Arrange 5-6 appetizers in a circle around the edge of a microwave safe plate.
- Heat for 1 minute on high. Let stand for 30 seconds. Heat an additional 30 seconds.
- Caution: Stuffing will be hot.

Seafood Stuffed Mushrooms

Do not thaw.

Bake:

- Preheat oven to 350°F.
- Remove tray from packaging and place on a baking sheet. Bake for 50-55 minutes. Allow to rest for 1-2 minutes.
- Drizzle liquid in pan over top of stuffed mushrooms before serving.

Blazin' Buffalo Popcorn Shrimp

Do not thaw.

Bake:

- Preheat oven to 450°F.
- Place shrimp in a single layer on a foil lined baking sheet.
- Bake for 10-12 minutes.
- Let rest 2 minutes before serving.

Shrimp, Crab & Parmesan Dip

Thaw in refrigerator.

Bake:

- Preheat oven to 350°F.
- Remove dip from package and place dip in a shallow baking dish.
- Bake for approximately 15-20 minutes or until shrimp is opaque and dip is light golden brown on top.

Serve hot with assorted crackers and baguette slices.

M Stuffed Antipasto Bread

For the best results, thaw in the refrigerator before heating.

FROM THAWED:

Bake:

- Preheat oven to 350°F.
- Place thawed bread on shallow baking pan leaving film on product.
- Heat in oven for 20-30 minutes until center is melted.

Microwave:

- Leave film on product. Puncture film.
- Place thawed bread in microwave. Cook on high for 2-4 minutes until center is melted, rotating halfway through cooking.

FROM FROZEN:

Bake:

- Preheat oven to 350°F.
- Bake for 50-60 minutes until the center is melted.

Microwave:

- Cook on high for 4-6 minutes until center is melted, rotating halfway through cooking.
- Slice and serve.

If desired, serve with your favorite marinara sauce.

Filet Mignon Spring Rolls

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Place spring rolls on a foil lined baking sheet, leaving 2 inches between pieces.
- Bake for 20 minutes.
- Let rest 3 minutes before serving.

Mini Spinach and Artichoke Quesadillas

- 10 (8 inch) flour tortillas
- 20 oz. Omaha Steaks Spinach and Artichoke Dip, thawed
- 8 oz. cheddar cheese, grated
- 8 oz. Jack cheese, grated

- Preheat oven to 400°F.
- Spray a cookie sheet with nonstick cooking spray.
- Using a 4" diameter biscuit cutter, cut 3 small tortillas out of each 8 inch tortilla. (Stack the tortillas for quicker cutting.)
- Lay out 15 of the mini tortillas on the cookie sheet.
- Mix the cheddar and Jack cheese together. Place 1 Tbsp. of cheese on each tortilla.
- Place 1 Tbsp. of the Spinach and Artichoke Dip on top of the cheese.
- Place another mini tortilla on top of each and press down lightly to flatten.
- Place cookie sheet in oven on lower oven rack. Bake for 4 minutes.
- Carefully flip over each quesadilla with a spatula. Return to oven for an additional 2-3 minutes.
- Remove from oven. Allow to cool 2-3 minutes before transferring to serving platter.

Bistro Bites

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Remove film from trays. Place trays on a foil lined baking sheet.
- Bake for 22-23 minutes.
- Allow to rest in trays 5 minutes before removing. Serve.

Pastas



Soups

M Steakhouse Penne with Marinara

Do not thaw.

Microwave:

- Remove frozen pasta from bag and place in a large microwave safe dish.
- Remove frozen sauce from tray and put in dish over pasta.
- Cover dish with plastic wrap, venting one corner.
- Microwave on high for 5 minutes. Remove from microwave and stir well.
- Recover, vent and microwave on high an additional 1½ - 2 minutes.
- Remove from microwave. Let rest 1 minute before sprinkling with Parmesan cheese.

Stovetop:

- Remove frozen sauce from tray into a large nonstick pan by flipping over tray and applying pressure to center of tray with thumbs, while holding edges.
- Remove frozen pasta from bag and place in pan with sauce.
- Cover pan and cook over medium high heat for 6-7 minutes.
- Uncover, stir pasta and sauce well, while heating for an additional 3-4 minutes.
- Sprinkle with Parmesan cheese before serving.

Chef Tip: Create an entree! Serve with our Omaha Steaks Italian Meatballs, Italian Chicken Tenderloins, Breaded Veal Patties or Italian Sausage.

M Roasted Vegetable Lasagna

Do not thaw.

Microwave:

- Place covered lasagna tray in microwave.
- Microwave on high for 8-10 minutes.
- Remove from microwave. Let stand 5 minutes before removing film.

Bake:

- Preheat oven to 350°F.
- Place covered lasagna tray on a baking sheet.
- Place on center oven rack and bake for 60-65 minutes.
- Let stand 5 minutes before removing film.

M Lobster Bisque Soup

Do not thaw.

Stovetop:

- Run under warm water to loosen soup from bag.
- Cut top away and slide frozen soup into saucepan. Heat over low heat until serving temperature is reached.

Microwave:

- Defrost unopened pouch for 6-8 minutes.
- Empty into microwave safe dish.
- Cook on high for 5 minutes.

M Steak Soup

Do not thaw.

Stovetop:

- Briefly run broth packet under cold water to loosen packaging.
- Place sealed vegetable packet in a bowl of warm water.
- Remove broth from packet and place in a 4 qt saucepan. Add ½ cup of water to pan and heat on medium. Cover pan.
- Heat for 10 minutes, stirring often.
- Stir in vegetable packet contents to sauce pan with broth. Cover.
- Simmer soup for 6-8 minutes, stirring every few minutes.

Microwave:

- Briefly run broth packet under cold water to loosen packaging.
- Place sealed vegetable packet in a bowl of warm water.
- Remove broth from packet and place in a microwave safe bowl. Add ½ cup of water. Cover bowl with plastic wrap, poking a few holes in plastic for ventilation.
- Heat for 5 minutes on high. Remove from microwave and stir well.
- Stir in vegetable packet contents into bowl with broth.
- Recover bowl with plastic wrap. Heat on high for 3 minutes. Stir well. Return to microwave to heat an additional 2-3 minutes.

Use your cups & saucers to serve soup as a starter. Garnish soup with a fresh herb sprig to add an elegant touch.

M Shrimp Fettuccine Alfredo

Do not thaw.

Stovetop:

- Open the fettuccine and place in a strainer in the sink under running hot water until thawed.
 - Heat a large nonstick saute pan over medium heat for 5 minutes.
 - Remove shrimp from packet and place in pan.
 - Cook shrimp for 4 minutes before flipping over and cooking another 3 minutes.
 - Drain fettuccine well. Add to saute pan with shrimp.
 - Cook, while stirring, for 2-3 minutes.
- Plate Shrimp Fettuccine Alfredo. Sprinkle with grated Parmesan cheese.

Microwave:

- Open the fettuccine and place in a strainer in the sink under running hot water until thawed.
 - Remove shrimp from packet and place in a microwave safe dish.
 - Cover with plastic wrap, venting one corner.
 - Microwave on high for 3 minutes. Stir shrimp and recover.
 - Return to microwave and heat for 1 minute.
 - Drain fettuccine well. Add to the dish with shrimp; stir well. Cover and vent.
 - Return to microwave and cook on high for 2-3 minutes. Stir.
- Plate Shrimp Fettuccine Alfredo. Sprinkle with grated Parmesan cheese.

M NEW! Meatlover's Lasagna

Do not thaw.

Microwave:

- Place frozen tray in microwave with film intact.
- Cook on high for 13-14 minutes.
- Remove from microwave and let stand 5 minutes. Carefully remove the film, slice and serve.

Bake:

- Preheat oven to 350°F.
- Place frozen tray on a baking sheet; cut slit in film. Place baking sheet in the center of oven.
- Bake for 1 hour and 15 minutes to 1 hour and 25 minutes.
- Remove from oven and let stand 5 minutes. Carefully remove film, slice and serve.

M Beef Lasagna

Do not thaw.

Microwave:

- Remove tray from box and cut small slit in center of film.
- Place frozen tray in microwave and cook on medium high for 9-10 minutes.
- Remove from microwave with oven mitts and let stand 5 minutes. Remove film, slice and serve.

Bake:

- Preheat oven to 350°F.
- Remove tray from box and cut small slit in center of film on tray.
- Place frozen tray on baking sheet in the center of oven. Bake for 55-60 minutes.
- Remove from oven and let stand 5 minutes. Remove film, slice and serve.

FROM THAWED:

Microwave:

- Thaw in refrigerator overnight.
- Vent one corner of the plastic and place thawed lasagna in microwave.
- Heat for 4-5 minutes.
- Carefully remove plastic and serve.

Bake:

- Thaw in refrigerator overnight.
- Preheat oven to 350°F.
- Remove plastic covering over top and place tray on baking sheet before placing in the oven.
- Bake for 35-40 minutes.

M NEW! Lobster Mac & Cheese

Do not thaw.

Microwave:

- Remove plastic film from tray.
- Microwave on high for 3 minutes.
- Remove from microwave and gently stir.
- Return to microwave and cook an additional 1-2 minutes.

Bake:

- Preheat oven to 350°F.
- Remove film from tray and place on a baking sheet.
- Place baking sheet on oven center rack; bake for 35-40 minutes.

Maine Lobster Ravioli with White Wine Butter Sauce

Do not thaw.

Stovetop:

- Bring 3 quarts of water to a boil in a large saucepan.
- Add sauce pouch. After 1½ minutes, remove ravioli from bag and add to water.
- Cook for 3 minutes or to desired tenderness, stirring occasionally. Total cooking time is 4½ minutes.
- Remove sauce pouch and strain.
- On serving plate, pour sauce over ravioli.

Our All Natural Steak Seasoning isn't just for steaks. Try on the following to add some spice to your meal...



- Your Favorite Omaha Steaks
- Seafood Fillets & Steaks
- Boneless Pork Chops
- Boneless Chicken Breasts
- Chicken Kabobs
- Tenderloin Kabobs
- Vegetables
- Potatoes

Also try our Southwest Chipotle Seasoning, Blackened Seasoning and Salt Free Seasoning on the above items.

Desserts



Desserts

- 4" Carnegie Deli CheesecakeServes 3-4
- 6" Carrot CakeServes 6-8
- 10" Cheesecake SamplerServes 16
- 6" Chocolate Lover's CakeServes 6-8
- 9" Dark Chocolate Ecstasy CakeServes 14
- 6" Key Lime CheesecakeServes 6-8
- 6" New York CheesecakeServes 6
- 6" TiramisuServes 6
- 8" Brownie CheesecakeServes 12

Remove desserts from box. Place in refrigerator and thaw overnight or cakes may be thawed at room temperature for 1-2 hours maximum. Slice and serve. Keep thawed cakes covered in the refrigerator for up to 7 days. Cheesecakes are easier to slice or separate precut slices while cold or partially frozen. To fully thaw, allow four hours refrigerated or two hours at room temperature. For optimum flavor, serve cool or close to room temperature. Cover and refrigerate any unused portions.

To make the New York Cheesecake more festive, top with fresh fruit or fruit sauce of your choice. Refrigerate unused portions.

A hot, wet knife makes slicing cheesecake much easier

Cream Puffs

Remove tray of cream puffs from box. For best results, place in refrigerator and thaw overnight.

For room temperature thawing, remove plastic covering and thaw at room temperature for 1½ hours prior to serving. Keep remaining cream puffs in a covered container for up to 7 days in the refrigerator.

M Caramel Apple Tartlets

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Remove Caramel Apple Tartlets from plastic.
- Place on foil lined baking sheet allowing 3-4 inches between each.
- Bake for 18-20 minutes.

Microwave:

- Remove Caramel Apple Tartlets from plastic.
- Place on microwave safe plate.
- Cook on high for 60-70 seconds.

Sweet Pastry Bites

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Remove film from trays. Place tray on a foil lined baking sheet.
- Bake for 22-23 minutes.
- Allow to rest in trays 5 minutes before removing. Serve.

M NEW! Sour Cream Coffee Cake

Remove desired number of cakes from box. For best results, place in refrigerator with cello wrap intact and thaw overnight. For room temperature thawing, leave cello wrap intact and thaw approximately 1 to 1½ hours.

FROM FROZEN:

Bake:

- Preheat oven to 400°F.
- Remove cello wrap from cake and place on a baking sheet.
- Bake for 12-14 minutes. Let rest 1 minute before removing from tray to serve.

Microwave:

- Remove cake from cello wrap and place on a microwave safe plate.
- Microwave on high for 35-45 seconds.

M Chocolate Molten Lava Cake

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Remove packaging, including cup from cake. To remove cake from cup, turn upside down and apply pressure to center of cup with thumbs while holding the edges.
- Place desired number of cakes on baking sheet.
- Bake for 15-17 minutes.
- Remove from oven and allow to rest for 1-2 minutes. Carefully lift from baking sheet to plate with spatula.

Microwave:

- Remove plastic film from cake.
- Turn cake upside down on microwave safe plate. Loosen from cup by applying pressure to center of cup with thumbs while holding the edges. Do not remove cup.
- Cook on high for 45-50 seconds.
- Remove cup and serve.

M Lemon Lava Cakes

Do not thaw.

Bake:

- Preheat oven to 300°F.
- Remove packaging, including cup, from cake. To remove cake from cup, turn upside down and apply pressure to center of cup with thumbs while holding the edges.
- Place desired number of cakes on baking sheet.
- Bake for 25 minutes.
- Remove from oven and allow to rest 1-2 minutes. Carefully lift from baking sheet with spatula and plate.

Microwave:

- Remove film from cake.
- Turn cake upside down on microwave safe plate. Loosen the cup by applying pressure to the center of the cup with thumbs while holding the edges. Do not remove cup.
- Heat on high for 30-40 seconds.
- Remove cup and serve.

Cakes may be thawed and served at room temperature or heated slightly for a fresh from the oven flavor.

Chunky Chocolate Gourmet Cookie Dough and Milk Chocolate Chunk with Macadamia Nuts Cookie Dough

Do not thaw.

Bake:

- Preheat oven to 350°F.
- Break off frozen squares of cookie dough and place on ungreased cookie sheet, spacing 2 inches apart. (Line cookie sheet with parchment paper if desired.)
- Place in oven on center rack and bake for 12-14 minutes.
- Remove cookies from oven and with a spatula, place cookies on a raised rack to cool.

Add a special finishing touch to your desserts by drizzling with Raspberry Sauce. Find the recipe on page 43.

Sauces



Sauces

M Marinara Sauce

Do not thaw.

Stovetop:

- Remove frozen tray of sauce into a sauce pan by flipping over tray and applying pressure to center of tray with thumbs, while holding the edges.
- Heat over medium heat for about 5-8 minutes, while stirring constantly.
- Heat until sauce starts to simmer.

Microwave:

- Place tray in microwave, with film intact.
- Cook on high for 3 minutes.
- Peel back film, stir while cooking on high for 1 minute.
- Carefully remove film and serve.

M Seasoned Butter Sauce

Do not thaw.

Stovetop:

- Remove sauce from packaging.
- Heat in saucepan over low heat until melted.

Microwave:

- Remove sauce from packaging and place in a covered microwave safe dish.
- Microwave for 45-60 seconds.

Slice & Serve:

- Remove sauce from packaging.
- Slice into 1" circles. Serve 1-2 circles over sizzling hot meat.

White Sauce with Wine

- 6 Tbsp. butter
- 6 Tbsp. flour
- 1 cup chicken broth
- 1 cup heavy cream
- 1 Tbsp. sherry or dry white wine
- 1 tsp. white pepper
- Melt butter. Remove from heat, blend in flour and return to heat. Stir and cook a few minutes.
- Gradually stir in broth and simmer, stirring constantly until thick.
- Gradually blend in cream, then sherry or wine. Season to taste.

Serve immediately over chicken, fish or egg dishes.

Lemon Caper Beurre Blanc Fish and Seafood Sauce

Serves 6-8

- 2 Tbsp. minced shallots
- 1/2 bottle Chenin Blanc or Sauvignon Blanc Wine
- 1 lemon, juiced
- 1 Tbsp. capers, drained
- 1 cup heavy cream
- 8 oz. unsalted butter
- 1/2 tsp. kosher salt

- Place the shallots and wine in a stainless steel saucepan on the stove. On high heat, reduce wine for about 12 minutes or until almost completely reduced.
- Add lemon juice and capers to pan and reduce for about 1 minute.
- Add cream and bring to a boil; reducing by half for about 2-3 minutes on medium heat. Reduce cream until desired thickness is achieved. This step can be done up to an hour before serving the sauce. Once the desired thickness is reached, set heat on low.
- Cut butter into half-ounce cubes. Add cubes one at a time while constantly stirring with a whisk. Wait until each cube is almost incorporated into the sauce before adding another. Once all the butter has been added, remove pan from heat, season with salt and serve.

Tips:

- If the sauce starts to separate on the edges while adding the butter and gets thin, then add butter faster and lift pot up off of burner. If sauce starts to get very thick, then add butter more slowly.
- If you desire to hold the sauce, the trick is to not let it get too cold or too hot. Maintain a temperature no cooler than 100 degrees and no hotter than 130 degrees. If the oven is on and burners off, leaving the saucepan on the stovetop will usually keep it warm enough. Stir the sauce every 15 minutes.

M Mushroom Demi Glacé

Do not thaw.

Stovetop:

- Briefly run sauce cup under water to loosen packaging. Remove lid and film covering cup. Turn cup upside down and apply pressure to center of cup with thumbs while holding edges to remove sauce from cup.
- Place in saucepan over medium heat.
- Bring sauce to a boil, stirring occasionally.
- Remove from heat and serve.

Microwave:

- Briefly run sauce cup under water to loosen packaging. Remove lid and film covering cup. Turn cup upside down and apply pressure to center of cup with thumbs while holding edges to remove sauce from cup.
- Place in microwave safe dish. Cover with plastic wrap, making a few small slits in plastic.
- Microwave on high for 3 minutes for 1 cup, and 4 minutes for 2 cups.

For a change, try adding: Dijon mustard, red or white wine, fresh or dried mushrooms, fresh herbs, shallots or roasted garlic.

M Lemon Parsley Butter Sauce

Do not thaw.

Stovetop:

- Remove frozen sauce from plastic.
- Heat in saucepan over low heat until melted.

Microwave:

- Place in an appropriate dish and cover.
- Heat for 45-60 seconds.

Use as an accompaniment to Butterflied Trout Fillets, King Crab Legs, Lobster Tails, Salmon Fillets and Swordfish Steaks.

Turkey Gravy

Makes approximately 1 quart.

- 3 Tbsp. butter
- 3 Tbsp. all purpose flour
- 2 cups turkey drippings, defatted
- 1 cup water
- In a small saucepan, melt butter over low heat.
- Add flour and stir using a whisk to form a roux.
- Cook the roux for 2-3 minutes over low heat.
- Add turkey drippings and water to roux, bring to a boil.
- Adjust seasoning if necessary and serve.

Raspberry Sauce

Makes 1 1/2 cups

- 2 cups fresh raspberries
 - 1/2 cup powdered sugar
 - Combine raspberries and powdered sugar in a blender until very smooth. Strain if desired.
- Drizzle over your favorite Omaha Steaks Cheesecake, Chocolate Molten Lava Cake, Lemon Lava Cake or Cream Puffs.

Cranberry Orange Sauce

- 1 16 oz. can cranberry sauce
- 1 cup brown sugar
- 1/2 cup orange juice
- 1/2 tsp. cloves, ground
- 1/4 tsp. cinnamon, ground
- 1/4 tsp. allspice

Place all ingredients in a small saucepan. Simmer over low heat for 5 minutes, then serve.

Apricot Ham Glaze

- 1 cup apricot nectar, canned
- 1/2 cup brown sugar
- 1 tsp. corn starch
- 1/2 ginger, ground

Mix brown sugar, cornstarch and ginger in a saucepan. Stir in apricot nectar. Cook over medium heat, stirring constantly, until mixture thickens and boils.

Sauce Pairing Suggestions

Apricot Mango Wasabi Sauce:

Coconut Shrimp, Ahi Tuna, Jumbo Shrimp & Pork Chops.

Sweet and Tangy Cocktail Sauce:

Jumbo Shrimp, Coconut Shrimp, Tempura Shrimp, Seafood Fillets & Steaks & Pub-Style Cod.

Lemon Dill Tartar Sauce:

Pub-Style Cod, Seafood Fillets & Steaks, King Crab Legs, Sole Almondine, Stuffed Sole & Tempura Shrimp.

Gourmet Steak and Chop Sauce:

Your Favorite Omaha Steaks, Burgers, Pork Chops & Chicken.

Mushroom Demi Glace:

Your Favorite Omaha Steaks, Chateaubriand, Prime Rib Roast, Pot Roast, Bacon Wrapped Pork Chops, Boneless Pork Chops, Mushroom Stuffed Chicken Breast & Breaded Veal Patties.

Smoky Mustard Sauce:

Burgers & Franks, Chicken and Cheddar Bites, Filet Mignon Spring Rolls, Ham, Smoked Turkey Breast & Chicken Cordon Bleu.

Creamy Horseradish Sauce:

Your favorite Omaha Steaks, Blackened Steaks, Prime Rib Slices, Prime Rib Roast & Filet Mignon Spring Rolls.

Raspberry Honey Mustard:

Gourmet Pretzels, Italian Chicken Fingers, Boneless Chicken Breasts & Pork Chops.

Breakfast



Breakfast

M Breakfast Sausage

Do not thaw.

Bake:

- Preheat oven to 400°F.
- Remove sausage from package. Separate sausages and place desired number on baking sheet.
- Bake for 20-25 minutes.

Microwave:

- Place 2 sausages in a microwave safe dish, cover dish with a paper towel.
- Cook on high for 1½ to 1¾ minutes. Rest for 1-2 minutes before serving.
- For 5 sausages, cook on high for 3½ to 4 minutes.

M Sausage, Potato and Cheese Casserole

Do not thaw.

Microwave:

- Microwave tray of potato casserole on high for 2½ - 3 minutes, leaving film intact.
- Remove from microwave. Let rest 1 minute before serving.

Bake:

- Preheat oven to 350°F.
- Place tray, with film intact, on a baking sheet.
- Place baking sheet on oven center rack; bake for 20 minutes.
- Carefully remove film and stir.
- Bake for an additional 12-15 minutes.

Add a twist to breakfast! Create an Egg Casserole.

Bake:

- Preheat oven to 350°F.
- Place tray of potato casserole, with film intact, on a baking sheet.
- Place baking sheet on oven center rack; bake for 20 minutes.
- Remove film from tray and stir potato casserole.
- Add two beaten eggs to the tray.
- Return to oven. Bake an additional 20 minutes uncovered.

Microwave:

- Microwave tray of potato casserole on high for 2 minutes, leaving film intact.
- Peel back film and stir. Add 2 beaten eggs, stir and replace film.
- Microwave an additional 2-2½ minutes.
- Remove and set for 1 minute before serving.

M Italian Omelet

Do not thaw.

Bake:

- Preheat oven to 350°F.
- Remove plastic film from tray and place tray on a baking sheet.
- Place baking sheet on oven center rack, bake 40-45 minutes.
- Let stand 3-5 minutes before serving.

Microwave:

- Place tray, with film intact, in microwave.
- Microwave on high for 3-3½ minutes.
- Let rest 3-5 minutes before serving.

M Precooked Bacon Slices

Do not thaw.

Microwave:

- Open package and remove one entire sheet of 10 slices.
- Place slices on a paper towel and cover with a second paper towel.
- Cook on high for approximately 40 seconds.

To heat fewer slices, remove number desired from sheet. Place between paper towels. Microwave as instructed above, adjusting the time accordingly.

Broil:

- Preheat broiler.
- Place frozen slices on broiler pan.
- Broil for 1½-2 minutes.

M Breakfast Burrito

FROM FROZEN:

Microwave:

- Microwave frozen burrito, with paper wrapping left intact, on defrost for 5-6 minutes turning once halfway through.
- Let rest for 1 minute.
- Turn over burrito and microwave on high for 1-1½ minutes.
- Remove from microwave. Let rest 1 minute before serving.

FROM THAWED:

Microwave:

- Microwave burrito, with paper wrapping left intact, on high 1¼-2 minutes.
- Remove from microwave. Let rest 1 minute before serving.

Bake:

- Preheat oven to 350°F.
- Wrap burrito in foil with paper wrapping left intact.
- Place on a foil lined baking pan and heat 45-50 minutes.

Sides



Sides

M Stuffed Baked Potatoes

Do not thaw.

Bake:

- Preheat oven to 350°F.
- Remove potato from cellophane package.
- Place desired number of frozen portions on a foil lined baking sheet.
- Bake 40 minutes, until heated through and lightly browned.

Grill:

- Preheat grill.
- Remove potato from cellophane package.
- Place frozen potatoes on a sheet of aluminum foil.
- Wrap foil around potatoes, leaving top half exposed.
- Grill on medium-high heat. Cook with grill lid down for 35-45 minutes.

Microwave:

- Remove potato from cellophane package.
- Place one frozen potato on microwave safe dish.
- Cook on high for 2½ - 4 minutes, rotating at halfway point. To cook two potatoes, increase cooking time to 4-6 minutes.

M Scalloped Potatoes

Do not thaw.

Bake:

- Preheat oven to 350°F.
- Remove plastic film from frozen tray and place tray on baking sheet.
- Place baking sheet on oven center rack; bake for 40-45 minutes, stirring after 30 minutes.
- Remove from oven, let stand 3 minutes before serving.

Microwave:

- Remove plastic film from tray.
- Place frozen tray in microwave; cook on high for 4 minutes.
- Remove from microwave, gently stir, return to microwave and cook on high for 1-2 minutes.
- Let stand 3 minutes before serving.

M Herb Roasted Potato Wedges

Do not thaw.

Bake:

- Preheat oven to 350°F.
- Place tray on baking sheet leaving film intact.
- Place baking sheet on center rack in oven. Bake for 30 minutes.
- Remove film and stir.
- Bake for an additional 5-10 minutes.
- Remove from oven and serve.

Bake – Crispy Potato Method:

- Preheat oven to 450°F.
- Remove potatoes from tray and place directly on nonstick baking sheet.
- Bake for 9-11 minutes.
- Remove from oven and serve.

Microwave:

- Remove tray from box.
- Cut small slit in the center of film on tray.
- Place in microwave and cook on high for 2-3 minutes.
- Remove film, stir and return to microwave to cook for an additional 1-2 minutes.
- Remove from microwave and serve.

M Whipped Sweet Potatoes

Do not thaw.

Bake:

- Preheat oven to 350°F.
- Remove film from tray. Cover with foil.
- Place tray on baking sheet on middle rack of oven. Heat for 30 minutes.
- Stir. Place foil over tray and continue heating for an additional 30 minutes until heated through.

Microwave:

- Cut slit in film.
- Place tray in microwave oven and cook on high for 4-6 minutes, rotating tray halfway through cooking.
- Remove from microwave, stir and let stand for 2 minutes. Remove film and serve.

Onion Poppyseed Buns

Remove buns from cellophane and microwave on defrost for 2 minutes or defrost at room temperature for 1-2 hours.

M Potatoes au Gratin

FROM FROZEN:

Bake:

- Preheat oven to 425°F.
- Place desired number of servings on a foil lined or nonstick baking sheet, allowing approximately 2 inches between pieces.
- Bake for 25-30 minutes.

Microwave:

- Place 1-2 portions on microwave safe dish.
- Cook on high for 1-3 minutes.

FROM THAWED:

Pan Saute:

- Preheat 2 tsp. of cooking oil for each Potato au Gratin in a large nonstick skillet on medium heat.
- Form Potato au Gratin into a patty by slightly flattening.
- Add to skillet, cooking for 2½-3 minutes on each side.

M Roasted Garlic Mashed Potatoes

Do not thaw.

Bake:

- Preheat oven to 350°F.
- Remove cellophane covering tray and place on a baking sheet.
- Bake for 45-50 minutes.
- Let rest 2 minutes before serving.

Tip: Sprinkle with 1 Tbsp. grated Parmesan cheese on each tray of potatoes prior to placing in the oven.

Microwave:

- Remove cellophane covering tray.
- Cook on high for 3-4 minutes; stir.
- Return to microwave and cook for 1 minute.
- Let rest 1 minute before serving.

M Creamed Spinach

Do not thaw.

Bake:

- Preheat oven to 350°F.
- Remove plastic film from tray.
- Cover with foil.
- Place tray on baking sheet on middle rack of oven. Heat for 60 minutes, stirring halfway through cooking time or until heated through.

Microwave:

- Cut slit in film.
- Place tray in microwave oven. Cook on high for 4-6 minutes.
- Remove tray from oven. Stir and let stand for 2 minutes. Remove film and serve.

M Mixed Vegetables

Do not thaw.

Stovetop:

- Place frozen vegetables in approximately ¼ cup boiling water. Allow water to return to a boil and cover.
- Reduce heat to medium, stirring occasionally for even heating. Heat until vegetables reach desired tenderness. Season.

Microwave:

- Place vegetables in microwave safe dish. Add 2 Tbsp. of water and cover.
- Cook on high 8-10 minutes, stirring vegetables after 4-5 minutes.

M Stir-Fry Vegetables

Stovetop:

- Heat 1 Tbsp. of oil in saute pan for 2 minutes.
- Add frozen vegetables to pan.
- Stir-fry for approximately 5 minutes.

Microwave:

- Pour bag of vegetables into a microwave safe dish, breaking apart if necessary.
- Cover dish with plastic wrap, venting one corner.
- Microwave on high for 7-8 minutes.
- Let rest for 1 minute. Carefully remove plastic wrap.

M Green Bean Casserole

Do not thaw.

Bake:

- Preheat oven to 350°F.
- Remove film from tray and place on baking sheet. Bake for 40 minutes.
- Remove from oven, stir and serve.

Microwave:

- Cut slit in center of film.
- Place tray in microwave; cook on high for 6-7 minutes. Peel back film and stir halfway through.
- Carefully remove film and serve.

M NEW! Panko Fried Rice

FROM FROZEN:

Bake:

- Preheat oven to 425°F.
- Place desired number of servings on a foil lined or nonstick baking sheet, allowing approximately 2 inches between pieces.
- Bake for 20-22 minutes.

Microwave:

- Place 2-6 pieces in a microwave safe dish. Microwave on high for 1½-2 minutes.

FROM THAWED:

Pan Saute:

- Preheat 1 tsp. of cooking oil for 2-4 Panko Fried Rice balls in a large, nonstick skillet on medium heat.
- Form the thawed Panko Fried Rice balls into the shape of a patty.
- Add to skillet, cooking 2-2½ minutes on each side.

M NEW! Steakhouse Potatoes

Do not thaw.

Microwave:

- Remove plastic film from tray.
- Place frozen tray in microwave; cook on high for 4 minutes.
- Remove from microwave, gently stir, and return to microwave.
- Cook on high for 2-2½ minutes.

Bake:

- Preheat oven to 400°F.
- Remove plastic film from tray, cover with foil and place tray on a baking sheet.
- Place baking sheet on oven center rack; bake for 45 minutes.
- Remove foil covering tray, baking an additional 10-15 minutes.
- Remove from oven, let stand 5 minutes before serving.

M NEW! Lobster Mashed Potatoes

Do not thaw.

Microwave:

- Place tray in microwave leaving film intact.
- Microwave on high for 4 minutes.
- Carefully remove film and stir well. Return to microwave uncovered and cook an additional 1-2 minutes.
- Remove from microwave and stir. Let rest 1 minute before serving.

Bake:

- Preheat oven to 350°F.
- Remove film from tray, cover with foil and place on a baking sheet.
- Place baking sheet on oven center rack; bake for 45-50 minutes.

M Vegetable Medley

Do not thaw.

Bake:

- Preheat oven to 350°F.
- Place tray on baking sheet.
- Cut a small slit in the center of film on tray.
- Place baking sheet on center rack in oven. Bake for 30-35 minutes.
- Remove from oven, carefully remove film and serve.

Microwave:

- Remove tray from box.
- Cut small slit in the center of film on tray.
- Place in microwave and cook on high for 2-3 minutes.
- Lift film, stir and continue cooking for an additional 1-2 minutes.
- Remove from microwave and serve.

M Pepper Jack Risotto Cakes

FROM FROZEN:

Bake:

- Preheat oven to 350°F.
- Place desired number of servings on a foil lined or nonstick baking sheet, allowing approximately 2" between pieces.
- Bake for 30-35 minutes.

Microwave:

- Place 1-2 portions on microwave safe dish.
- Cook on high for 2-3 minutes.

FROM THAWED:

Pan Saute:

- Preheat 2 tablespoons of cooking oil for each Risotto Cake in a large nonstick skillet on medium heat.
- Form the Risotto Cake into the shape of a patty.
- Add to skillet, cooking for 2½-3 minutes on each side.

When heating multiple trays of side dishes, remove them from the tray and place in a large Pyrex® baking dish.

M Asparagus Spears with Hollandaise Sauce

Do not thaw.

Bake:

- Preheat oven to 350°F.
- Place tray on baking sheet; cut slit in center of film.
- Place baking sheet on oven center rack; bake for 35 minutes.
- Remove film and serve.

Microwave:

- Cut slit in center of film.
- Place tray in microwave; cook on high for 2½-3 minutes.
- Carefully remove film and serve.

M Whole Green Beans or Glazed Carrots or Sweet Corn Medley

Do not thaw.

Bake:

- Preheat oven to 350°F.
- Place tray on baking sheet.
- Cut a small slit in the center of film on tray.
- Place baking sheet on center rack in oven. Bake for 35-40 minutes.
- Remove from oven, carefully remove film and serve.

Microwave:

- Cut small slit in the center of film on tray.
- Place in microwave and cook on high for 2-3 minutes.
- Lift film, stir and continue cooking for an additional 1-2 minutes.
- Remove from microwave and serve.

M Broccoli & Cauliflower with Roasted Garlic Oil & Herbs

Do not thaw.

Bake:

- Preheat oven to 350°F.
- Place tray on baking sheet on oven center rack. Bake for 25 minutes.
- Remove from oven, remove film, stir and serve.

Microwave:

- Cut slit in center of film covering tray.
- Cook on high for 2 minutes. Peel back film and stir.
- Cook on high for 30-60 seconds.

M White Rice

Do not thaw.

Microwave:

- Place tray in microwave with film intact.
- Cook on high for 2-4 minutes.
- Peel back film, stir and cook on high for 1-2 minutes.
- Carefully remove film and serve.

Bake:

- Preheat oven to 350°F.
- Place tray on baking sheet with film intact.
- Place baking sheet on oven center rack; bake for 25-30 minutes.
- Peel back film, stir, and bake for 5-10 minutes.
- Remove from oven, carefully remove film and serve.

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Your Steak Cooking Chart

The cooking times below are for fully thawed steaks.
(Please see page 7 for cooking from frozen.)

The Steak Cooking Chart is based on grilling with charcoal. When using a gas grill, you can use the same chart as a guide. In addition, you may want to consult the owner's manual that came with your grill.

Chart		Red-Hot Charcoal or Gas Grill		Preheated oven broiler 2"-3" from heat source	
Thickness	Doneness	First Side	After Turning	First Side	After Turning
3/4"	Rare	4 Minutes	2 Minutes	5 Minutes	4 Minutes
	Medium	5 Minutes	3 Minutes	7 Minutes	5 Minutes
	Well	7 Minutes	5 Minutes	10 Minutes	8 Minutes
1"	Rare	5 Minutes	3 Minutes	6 Minutes	5 Minutes
	Medium	6 Minutes	4 Minutes	8 Minutes	6 Minutes
	Well	8 Minutes	6 Minutes	11 Minutes	9 Minutes
1 1/4"	Rare	5 Minutes	4 Minutes	7 Minutes	5 Minutes
	Medium	7 Minutes	5 Minutes	8 Minutes	7 Minutes
	Well	9 Minutes	7 Minutes	12 Minutes	10 Minutes
1 1/2"	Rare	6 Minutes	4 Minutes	7 Minutes	6 Minutes
	Medium	7 Minutes	6 Minutes	9 Minutes	7 Minutes
	Well	10 Minutes	8 Minutes	13 Minutes	11 Minutes
1 3/4"	Rare	7 Minutes	5 Minutes	8 Minutes	7 Minutes
	Medium	8 Minutes	7 Minutes	9 Minutes	8 Minutes
	Well	11 Minutes	9 Minutes	14 Minutes	12 Minutes

Please remember that the Omaha Steaks test kitchen equipment may vary considerably from yours in the amount of heat produced and the best distance of the meat from the heat source.

Omaha Steaks is committed to being the best in the business.

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