



PREPARATION GUIDE

OMAHA STEAKS[®]

PRIVATE RESERVE[®]



STEAK & CHOP COOKING CHART

The cooking times below are in minutes and based on fully thawed steaks or chops .

Gas Grill – Preheat grill to high, reduce to medium heat prior to cooking.

Charcoal Grill – Sear over red hot coals, finish over indirect heat.

	Thickness	1"	1 ¼"	1 ½"	1 ¾"	2	2 ¼"	2 ½"
Rare 120°- 130°F	First Side	6	6	7	9	11	13	14
	After Turning	3-4	4-5	5-6	6-7	7-8	8-9	10-12
Medium Rare 130°-140°F	First Side	6	7	8	11	13	14	16
	After Turning	4-5	5-6	6-7	8-9	9-10	10-12	11-14
Medium 140°-150°F	First Side	7	8	9	12	14	16	17
	After Turning	5-6	6-7	7-8	9-10	11-12	12-14	14-16
Well Done 160°-170°F	First Side	9	10	12	14	18	19	20
	After Turning	7-8	8-9	9-11	12-14	14-16	16-18	21-23

Sear Roasting – Preheat oven to 300°F. Heat a small amount of oil in a large ovenproof pan over high heat.

Sear meat for 2-3 minutes on first side or until well browned. Flip meat; then place in preheated oven.

	Thickness	1"	1 ¼"	1 ½"	1 ¾"	2	2 ¼"	2 ½"
Rare 120°- 130°F	First Side	2-3	2-3	2-3	2-3	2-3	2-3	2-3
	After Turning	3-4	5-7	9-11	14-15	16-17	18-21	22-25
Medium Rare 130°-140°F	First Side	2-3	2-3	2-3	2-3	2-3	2-3	2-3
	After Turning	5-6	9-11	13-16	18-19	20-22	22-25	26-30
Medium 140°-150°F	First Side	2-3	2-3	2-3	2-3	2-3	2-3	2-3
	After Turning	8-10	12-15	16-19	23-24	24-26	26-30	32-38
Well Done 160°-170°F	First Side	2-3	2-3	2-3	2-3	2-3	2-3	2-3
	After Turning	12-15	16-19	20-24	28-32	32-36	36-42	42-50

Omaha Steaks test kitchen equipment may vary from yours in the amount of heat produced.
Verify degree of doneness by using a kitchen thermometer.

THE OMAHA STEAKS PRIVATE RESERVE[®] DIFFERENCE

Use this guide when preparing your products to experience unparalleled quality, superior taste and ultimate satisfaction.

Storage & Handling

- Keep your Private Reserve products frozen until ready to use. Then, for best results, thaw packaged product in the refrigerator. Allow adequate time for thawing, using 24 hours per pound as a general guideline.
- To prevent cross contamination, keep raw and cooked meats separate, using separate cooking utensils and plates.
- To measure the internal temperature of steaks, chops & burgers, insert a kitchen thermometer sideways, with the tip ending up in the center. For roasts, insert thermometer in the thickest part of the meat.

Marbling Matters

Your Private Reserve meat contains an abundant amount of marbling, the visible flecks of fat within the meat. Marbling melts during cooking, “coating” the meat which contributes to the juiciness, tenderness and flavor.

“Bone-In” Benefits

- The bone imparts additional flavor to the meat. Bone-In cuts take longer to cook than boneless cuts of meat of the same thickness.
- Porterhouse & T-Bone steaks contain both the Strip Sirloin and Tenderloin. These two cuts reach the desired doneness at different times. The tenderloin side generally reaches the desired doneness before the strip side. Measure for doneness in the strip side of the steak using a kitchen thermometer.

Garlic & Herb Steak Butter

¼ lb.	Salted Butter, softened	1 Tbsp.	Garlic, freshly chopped
1 Tbsp.	Worcestershire Sauce	1 tsp.	Lemon Juice, freshly squeezed
½ Tbsp.	Basil, freshly chopped	½ Tbsp.	Parsley, freshly chopped
½ tsp.	Kosher Salt	¼ tsp.	Black Pepper

Whip butter with a mixer until smooth and creamy. Add remaining ingredients to butter and mix well. Transfer butter mixture to a sheet of parchment paper. Roll into a tube about 1½” in diameter and twist the paper at the ends. Refrigerate for 4-6 hours. Butter can be stored in refrigerator for up to 1 week. To Serve: Place a slice of butter on top of the steak immediately after removing it from the cooking surface while the steak is resting. Butter will be soft and slightly melted when the steak is served. Serves 8.

Private Reserve Grilling Tips

- Preheat grill on high, then reduce heat to medium.
- If desired, lightly oil and season meat prior to cooking.
- Refer to Steak & Chop Cooking Chart on back page for grilling guidelines.
- Keep a spray bottle of water handy to tame any unexpected flare-ups. Highly marbled meats are subject to flare-ups.
- Test doneness of meat by using a kitchen thermometer or refer to cooking guide below.
- Allow resting time for meat. Allow 3-5 minutes for steaks & chops and 15-20 minutes for roasts. This lets the juices flow back from the center of the meat to the exterior, resulting in a moister, juicier cut of meat. During this resting period, the internal temperature will increase a few degrees, so take this into account when determining doneness.
- Serve cooked meat on a warmed serving dish.
- Apply finishing sauce or butter, if desired.

Private Reserve Sear Roasting Tips

- Preheat oven to 300°F.
- Heat a small amount of oil in a large ovenproof pan over high heat.
- If desired, lightly oil and season meat prior to cooking.
- Carefully place meat in pan and sear for 2-3 minutes on first side or until well browned. Flip meat and place pan on lower rack of oven.
- For roasts, sear all sides, then place on rack in roasting pan.
- Use caution when removing pan from oven. Handle will be very hot; use oven mitts.
- Test doneness of meat by using a kitchen thermometer or refer to cooking guide below.
- Serve cooked meat on a warmed serving dish.
- Apply finishing sauce or butter, if desired.

Beef, Veal & Lamb Cooking Guide

TEMPERATURE	DONENESS	COLOR	TOUCH
120°-130°F	Rare	Red Center	Soft/Wobbly
130°-140°F	Medium Rare	Red/Pink Center	Soft/Spongy
140°-150°F	Medium	Pink Center	Spongy
160°-170°F	Well Done	Hot, Grey Center	Very Firm

**Ground Beef – The United States Department of Agriculture recommends cooking to an internal temperature of 160°F.*