

Baco Burger[®]

COOKING INSTRUCTIONS

Only thaw frozen meat in the refrigerator. The USDA recommends cooking ground meat containing beef or pork to at least well-done (160° internal temperature). Our suggested cooking times for BacoBurgers will yield medium to well-done burgers, depending on specific heat sources.

BacoBurgers

BacoBurgers do surprisingly well straight from freezer to grill! To cook your 5 oz. BacoBurgers frozen, we recommend grilling over a hot flame (450° to 500°), for 6 to 9 minutes per side. We think you'll be pleasantly surprised! If you prefer to cook your burgers thawed, we recommend cooking 5 oz. BacoBurgers over a medium flame (350° to 375°) for 7 to 8 minutes per side.

~~ for maximum juiciness, be sure to let your BacoBurgers rest for 4 to 5 minutes after coming off the grill ~~

* for 6 oz. patties we recommend cooking 8 to 12 minutes per side (frozen, hot flame), or 7 to 9 minutes per side (thawed, medium flame)

** for 8 oz. patties we recommend cooking 10 to 15 minutes per side (frozen, hot flame), or 8 to 12 minutes per side (thawed, medium flame)

Stuffed Breaded Chicken

Whether frozen or thawed, our breaded, stuffed chicken breasts can be baked to a delicious golden brown – for maximum crispiness, we recommend applying a light coating of canola spray (or a brushing of olive oil) before cooking. For frozen chicken, we recommend cooking for 35 to 40 minutes in a preheated medium-low oven (325°), then flipping, and cooking for an additional 15 to 20 minutes. For thawed chicken, we recommend cooking for 25 to 30 minutes in a preheated medium-hot oven (375°), then flipping, and cooking for an additional 5 to 10 minutes.