

## Consumer Cooking Instructions for Marinated Meats

**Marinated Chicken (Boneless):** – Broil or Barbeque over medium heat for 10-12 minutes, turning only once or twice with tongs. Cook until no longer pink inside or juices run clear.

**Marinated Chicken (Bone In):** – Broil or barbeque over medium heat for 15-20 minutes, turning once or twice with tongs. Cook until no longer pink or juices run clear.

**Marinated Kabobs:** – Broil or barbeque approx. 10-12 minutes, turning once or twice with tongs.

### **Marinated Pork Side/Back Ribs–**

Oven Roasting: Place ribs on rack of oven in broiling pan. Cook at 375F or 190C for approx. 20 minutes per pound.

Barbeque: Place on barbeque. Cook approx. 12-16 minutes turning once or twice. Cook until no longer pink or juices run clear.

**Marinated Pork Chops/Steaks:** – Broil, barbeque or pan fry 1” pork chops for 12-16 minutes over medium heat, turning only once.

**Marinated Beef Steaks:** Broil, barbeque or pan fry 1” thick steaks over medium heat for 12-16 minutes, turning only once. Do not cook past medium.

**Marinated Beef Roast:** Place in roasting pan. Roast beef uncovered for 15 minutes at 450oF, then lower heat to 350oF. Allow 18 minutes per pound of rare beef, 25 minutes per pound for medium rare and 30 minutes per pound for well done.

**Marinated Stir Fry:** Brown seasoned meat in a lightly oiled skillet or wok over medium heat. Toss & stir for 2-3 minutes or until all traces of pink disappear.

**Chicken Breast (Boneless) stuffed with Imitation Crab and Cream Cheese:** This recipe is wonderful served with a white sauce.

To Make White Sauce:

- 3 tablespoons butter, divided
- 1/4 cup all-purpose flour
- 1 cup chicken broth
- 1/2 cup milk

Melt 3 tablespoons of the butter in a medium saucepan. Stir in flour until smooth, and then gradually stir in broth and milk. Bring all to a boil; boil, stirring, for about 2 minutes. Remove from heat and set aside.

To cook Chicken:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place chicken rolls in a lightly greased 9x13 inch baking dish, and top with white sauce.
3. Cover dish and bake at 350 degrees F (175 degrees C) for 30 minutes or until chicken juices run clear. Sprinkle with 1 cup shredded Swiss cheese and 1/2 teaspoon paprika and bake, uncovered, for another 5 minutes or until cheese is melted and bubbly.

**Mushroom Caps stuffed with Imitation Crab and Cream Cheese:**

Bake at 350° for 15 to 20 minutes, until hot and mushroom caps are tender.