



Cooking Guide

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Perfect Steaks

Steak Thickness*	Prepared	GRILLING (gas, charcoal, electric)		BROILING (2" - 4" from heat in preheated oven)	
		SIDE ONE	SIDE TWO	SIDE ONE	SIDE TWO
1"	Rare	5 min.	3 min.	6 min.	5 min.
	Medium	6 min.	4 min.	8 min.	6 min.
	Well	8 min.	6 min.	11 min.	9 min.

* Add or subtract 1 minute cooking time for each 1/4" thickness of steak.

IMPORTANT: The times indicated above are general guidelines. Actual cooking times depend on the type of grill you are using and whether beef is cold or room temperature.

FILET MIGNON: Reduce cooking time by 30 seconds to 1 minute, per side.

DEFROSTING: Defrost your DineWise meats in your refrigerator. Do not remove the package until you are ready to cook.

Great Burgers

Medium	Prepared	GRILLING (gas, charcoal, electric)		BROILING (3 1/2" from heat in preheated oven)		PAN FRYING*	
		SIDE ONE	SIDE TWO	SIDE ONE	SIDE TWO	SIDE ONE	SIDE TWO
4 oz. Pre-Formed (1/2" Thick)	Rare	2 min.	1 min.	2 min.	2 min.	3 min.	3 min.
	Medium	3 min.	2 min.	3 min.	3 min.	4 min.	4 min.
	Well	5 min.	2 min.	5 min.	5 min.	5 min.	5 min.
6-8 oz. Handmade (1" Thick)	Rare	3 min.	2 min.	4 min.	4 min.	5 min.	4 min.
	Medium	5 min.	5 min.	7 min.	6 min.	6 min.	6 min.
	Well	8 min.	6 min.	10 min.**	10 min.**	8 min.**	7 min.**

* When grilling, heat should be medium-high to high; when pan frying, use a skillet lightly brushed with oil over medium-high heat.

** Must be turned every 5 minutes.

Perfect Chops — Pork and Lamb (Bone-in & Boneless)

Chop Thickness*	Prepared	GRILLING	BROILING	STOVETOP
Under 1"	Medium	3-5 min. per side	5-6 min. per side	Brown** 4-5 min. each side

* Add or subtract 1 minute cooking time for each 1/4" thickness of chop.

** Brown: Very lightly oil pan and place over high heat until hot. Reduce heat to medium.