



SERVE UP SOMETHING
SUBLIME

HOW TO COOK WITH THE MOST
Heavenly CUTS OF MEAT.

1

GIVE YOUR DIVINE CUT A CHANCE TO REST! AFTER PULLING IT OUT OF THE FRIDGE, LET IT SIT AT ROOM TEMPERATURE FOR 30 TO 60 MINUTES.

2

DON'T FEAR THE HEAT! MAKE SURE YOUR GRILL OR SKILLET IS AT ITS HIGHEST TEMPERATURE. A DIVINE CUT SHOULD SIZZLE AS IT COOKS.

3

SEAR IT TO SEAL IT! SEAR YOUR DIVINE CUT ON EACH SIDE, AND ONLY TURN IT ONCE. DON'T MOVE OR PUNCTURE THE DIVINE CUT — TRUST THE HEAT TO SEAL IN THE FLAVOR AND JUICES.

4

BUTTER CAN BURN! DON'T COOK WITH BUTTER — IT BURNS AT JUST 250°! GO WITH SUNFLOWER OR GRAPE SEED OIL INSTEAD.

5

LET IT REST AGAIN! WHEN YOU PULL YOUR DIVINE CUT FROM THE HEAT, LET IT REST FOR THREE TO FIVE MINUTES. THIS KEEPS THE FLAVORFUL JUICES IN THE STEAK, PRESERVING PERFECTION.

6

Enjoy!

COOKING TIMES

AGED 40 DAYS (COOKING MUST BE RARE)

CUT SIZE	IN THE PAN	ON THE GRILL
1 1/4"	6 MIN	4 MIN
1 1/2"	7 MIN	5 MIN
2"	10 MIN	7 MIN

AGED 120 DAYS (COOKING MUST BE RARE)

CUT SIZE	IN THE PAN	ON THE GRILL
2"	8 MIN	6 MIN

BEEF ROAST

PREHEAT OVEN TO 450°. BRUSH ROAST WITH OLIVE OIL, THEN SEASON. PLACE IN ROASTING PAN, THEN IN HOT OVEN. WAIT 15 MINUTES, THEN LOWER TO 325°. CHECK DONENESS WITH THERMOMETER; REST.



FOR MORE INFO,

SPEAK WITH *Your* LOWES FOODS BUTCHER!