

THAW

In the Refrigerator

Ground meat, stew meat,
poultry, seafood

8 hrs - 20 hrs

Beef, pork or lamb roasts,
chops, steaks

8 hrs - 48 hrs

Most smaller items will thaw in less than 24 hours though larger items, like roasts and whole birds, might take longer. We recommend keeping items in the Greensbury resealable packaging and simply place on a plate in your fridge the day before you plan on cooking.

In a Bowl of Cold Water

Depending on thickness...

15 - 30+ min

In a hurry? Remove items from the resealable Greensbury bag (but keep in the vacuum sealed packaging) and place in a bowl of cold water. Be sure items are fully submerged and water is as cold as possible without adding ice. Refresh cold water every 10 minutes until everything is fully thawed.

Reminders:

1. Don't keep thawed meats at room temperature for more than two hours before cooking and once thawed, never refreeze.
2. Avoid using hot water or microwave for thawing. This can cause the items to begin "cooking" prematurely and can also encourage the growth of harmful bacteria.
3. Always make sure whatever you are cooking is at room temperature before you start cooking it.



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COOK

The Perfect Temperature

Grass-fed beef is lower in fat and higher in protein than conventional beef and ideal cooking times and temps might be less than what you're used to. For best results, cook to internal temperatures rather than specific times. If you don't have a meat thermometer, they're inexpensive and worth having—we won't cook without one. Here's what we recommend for Greensbury products.

GROUND BEEF

160°

5-10 min. rest time.

BEEF STEAKS & ROASTS

129°
or
Medium Rare

Add 5° for each additional level of doneness. 5-10 min. rest time.

POULTRY

165°

5-10 min. rest time.

SEAFOOD

Fin Fish

145°

or until opaque and separates easily with a fork

Shellfish

or until pearly and opaque

No rest time.

