

FARMINGDALE MEAT MARKET
210 MAIN STREET
FARMINGDALE, NY 11735
516-249-8200

COOKING DIRECTIONS FOR A FILET MIGNON ROAST PURCHASED AT FARMINGDALE MEAT MARKET

* An hour prior to cooking, take filet out of refrigerator and let meat sit at room temperature.

* Season with salt, pepper, garlic powder and onion powder.

* Preheat oven to 400 degrees.

* Cook for 45 minutes at 400 degrees for rare to medium rare.

* Cook 5-10 minutes longer for medium.



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Farmingdale Meat Market
The Finest Meats Since 1946