

COOKING GUIDELINES FOR HERITAGE BREED MEAT

A Single Bone Rib-Eye Roast for Small Feasts

A block of rib-eye from Heritage Foods can serve four, or two with leftovers.

By Florence Fabricant
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A standing rib roast is a celebratory choice for a crowd, but in this year of shrunken gatherings, you can go small. A gorgeous block of rib-eye with only a single, massive bone from Heritage Foods can serve four, or two with leftovers. The lush, tender beef raised in Texas is a cross between Akaushi, a Japanese Wagyu breed, and American Angus. Let it sit at room temperature for two hours, place it bone-side down in a cast-iron skillet or roasting pan and sear it at 475 degrees for 15 minutes, then reduce the heat to 350 until the internal temperature reaches 120. (It might take less time than you expect.) Let it rest out of the oven, tented with foil, for 20 minutes before carving. It will creep up to about 130 degrees for medium-rare. — *The New York Times*



PREPARING A ROAST

1. Take the roast out of the refrigerator an hour prior to cooking.
2. Preheat your oven to 450°F.
3. Season liberally with salt and pepper on all sides.
4. Sear on all sides in a hot pan until browned.
5. Move to a roasting pan lined with a rack and cook at 450°F for 15-20 mins for an even crust.
6. Lower the oven temperature to 300°F and cook for 30 minutes, checking every 15 minutes thereafter until the roast reaches your desired internal temperature. (130°F approximately for beef and lamb to medium rare; for pork 140°F for an even medium with slight pinkish hue in the center) The internal temperature will continue to rise slightly after leaving the oven. Let rest for 10-15 minutes before slicing.

Leg of Lamb
Rack of Lamb
Tenderloin
Tri Tip
Ribeye Roast
NY Strip Roast
Leg of Goat
Country Rib Roast
Bone-in Pork Loin

“My wife said it was the best meat of any type she had ever eaten. That is until I roasted the Tunis lamb necks yesterday.”

— Chris from Massachusetts

COOKING A BONELESS RIBEYE NY STRIP WAGYU STEAK

1. Take the meat out of the refrigerator an hour prior to cooking.
2. Season liberally with salt and pepper on all sides.
3. Preheat a heavy bottomed pan over medium-high heat until just about smoking.
4. Add a tablespoon of oil to the pan and sear the steak for 3-9 minutes depending on its size. For larger steaks, add a few knobs of butter to the pan along with a clove of garlic and 2-3 sprigs of thyme or rosemary. Baste the steak using a spoon for the final 3-5 minutes of cooking.
5. Cook until your desired internal temperature is reached. (120-125°F for rare, 130-135°F for medium-rare)
6. Let rest for 3-5 minutes before slicing.

Boneless Ribeye NY Strip
Long-Bone Cowboy
Bone-in Ribeye Flank
Porterhouse Sirloin

SEARING A CHOP

1. Take the meat out of the refrigerator an hour prior to cooking.
2. Season liberally with salt and pepper on all sides.
3. Preheat a heavy bottomed pan over medium-high heat until just about smoking.
4. Add a tablespoon of oil and sear chops for 3-9 minutes on each side depending on its size. For pieces with a fat cap, try to render the fat on its edge for an additional few minutes. For larger cuts, add a few knobs of butter to the pan along with a clove of garlic and 2-3 sprigs of thyme, sage, or rosemary and baste for the final 3-5 minutes of cooking.
5. Cook until desired internal temperature is reached. (140-145°F for pork, 130-135°F for medium-rare lamb and beef)

Porterhouse Center Cut
Long-Bone Cowboy
Country Rib
Lamb Chop

BRAISING AND SLOW COOKING

1. Take the meat out of the refrigerator an hour prior to cooking. Preheat oven to 300°F.
2. Season liberally with salt and pepper on all sides.
3. Preheat a dutch oven with lid over medium-high heat and sear meat in oil on all sides until brown. Drain some fat, remove the meat, and set aside.
4. In the same dutch oven, on medium heat, cook a cup of diced onions, ½ cup of celery, and ½ cup of diced carrots, until the onions are translucent. Add two tablespoons of tomato paste and cook for 2 minutes more. Add one cup of wine or broth to deglaze the pan and cook until the wine has reduced by half.
5. Return the meat to the pan. Add enough stock or water to cover the meat just slightly more than halfway. Add a bundle of herbs such as rosemary or thyme and bay leaves tied with butcher's twine to the dutch oven. Cover and place in preheated 300°F oven for approximately 30-40 mins per pound of meat until tender.

Osso Buco Lamb Shoulder Neck Oxtail
Shanks Beef Short Ribs Goat Shoulder



AS FEATURED IN
NEW YORK MAGAZINE
by Ivy Pochoda

Heritage Foods Double Cut Long Bone Pork Chops

“Heritage Foods is the gold standard in ethical, ancient-breed livestock meats. Its double-cut long-bone pork chop is the Cadillac of swine — velvety, perfectly marbled, with a wonderful, almost nutty flavor. The chop is decadent but easy to prepare, and I’d venture better than anything you could order in a restaurant.”

ROASTING HERITAGE TURKEY AND CHICKEN

Heritage poultry necessitates low and slow cooking

1. Take the bird out of the refrigerator an hour prior to cooking.
2. Rub with olive oil or butter, season with salt, pepper and your favorite herbs like rosemary and thyme. Roast in the middle of a 325°F oven.
3. Cook to an internal temperature of 155°F, remembering that the temperature will continue to rise after leaving the oven.

FOR TURKEY

Calculate around 8-12 minutes per pound depending on the size of the bird in a 325°F oven. Smaller birds (up to 14 lb) typically need 8-10 minutes per pound. Larger birds may need 10-12 minutes per pound. Ovens differ, so check the internal temperature often.

FOR CHICKEN

Calculate around 15-20 minutes per pound depending on the size of the bird in a 325°F oven.

FOR DUCK

Calculate around 15-20 minutes per pound depending on the size of the bird in a 300°F oven. Turn up the oven to 425°F for the final 20 minutes of cooking to crisp the skin. Optional: for a medium-rare duck breast, remove the breast from the bone before cooking and sear in a pan.



Frank Reese of Good Shepherd Poultry Ranch is the last remaining breeder of certified Standardbred chickens and turkeys in America.

Heritage turkeys go on sale in August and ship fresh for Thanksgiving.

“Amazing! I have always focused on sustainability and I forgot all about BREED. What a difference in taste!” — Alice Waters

SLICING, STORING, AND PAIRING CURED MEATS

Through years of adventures — from Slow Food to Heritage Foods and Heritage Radio, from New York to the Pacific Coast — we have been fortunate to collaborate with the best curemasters in the country. Nowhere else can you find a full line of 100% heritage breed, pasture raised charcuterie!

Enjoy our cured meats on a charcuterie board, piled on a sandwich, wrapped around melon, or diced up and cooked in a delicious pasta.

Slicing: All you need is a sharp knife! Our chef friends recommend slicing cured meats as thinly as possible while still cold. Mortadella, pancetta, and guanciale can also be diced for cooking!

Storing: Once opened, prosciutto, country ham, pancetta, salami, and guanciale can be stored in the refrigerator for 6-12 months, just be sure to tightly seal in plastic wrap, so the meat doesn't oxidize. Mortadella can remain in your fridge for 2 months.

Pairing: Slice up whatever you have on hand! Add your favorite cheese, an apple, cornichons, some crackers, and crusty bread; smear a little red raspberry jam or honey across the plate and you're ready to go!



SLOW ROASTING

Lamb and Pork Ribs
Boston Butt
Pork Belly

1. Take the meat out of the refrigerator an hour prior to cooking.
2. Season liberally with salt and pepper on all sides.
3. Place in a roasting pan lined with a rack and cook at 450°F for 15-20 minutes to create a golden-brown crust.
4. Lower the oven temperature to 250°F and cook for an additional 45 minutes to 1 hour per pound. Cook until the meat is tender and pulls back from the bone.
5. Remove the roast from the oven and allow to cool for at least 10-15 minutes. For tacos, lettuce wraps, or sandwiches, shred the meat and crisp in a pan. Season or add sauce before enjoying with your favorite accompaniments.

“It was the best pulled pork we’ve ever had. I think it was those magic shoulders you sent me!”

— Danny from Brooklyn

The Heritage Foods Cold Chain

Our products are shipped frozen, unless otherwise noted, and packed with ice and insulating material made to withstand multiple days in transit. Although frozen meat can thaw during shipping (especially during the warmer months) our products are shipped to remain at food safe temperatures as long as the vacuum sealed packages are intact and cool to the touch when you receive them.

All of the products you receive from us can be stored in your refrigerator still sealed for 7-10 days (Yes! Even our poultry!) or placed back into the freezer without any loss of quality for 6 months or more. Our charcuterie lasts 2-12 months in refrigeration, depending on the product.

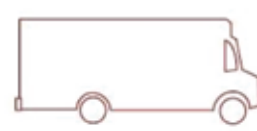
Our meats are vacuum sealed at our processors to preserve freshness and food safety. We take great care in ensuring the preservation of our cold chain from our processors to your door.

100%

The Heritage Guarantee
100% Customer Satisfaction
Guaranteed



Our Loyalty Program
Free Gifts beginning with your
5th order



Delivered with Care
We ship FedEx next-day and
two-day



HeritageFoods.com
(718) 389-0985

