

fenelon's
Stillorgan's Quality Butcher



cooking guide

recommended cooking methods
and times for meats



SELECTED AS
**'Best Shopping
Centre Shop 2010'**

Fenelon's Quality Butchers

STILLORGAN SHOPPING CENTRE, STILLORGAN, CO. DUBLIN

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Never quite sure when to stop cooking your steaks, or do you have a tendency to overcook your chops? If this sounds familiar then have a quick look at our average cooking times charts.

We want you to get the most from the meat we provide. Cooking meat properly keeps it tender, tasty and brings out the very best flavours.

Lamb

Pork

Loin Chops	Grill / Fry	6 - 8 minutes each side
Sideloin Chops	Grill / Fry	6 - 8 minutes each side
Lamb Steaks	Grill / Fry	6 - 8 minutes each side
Cutlets	Grill / Fry	4 - 6 minutes each side
Gigot Chops	Braise / Fry	170°C, 325°F, Gas Mark 3 8 minutes each side

Joints

Leg - Whole or Half - Boneless - Butterfly Leg	Roast	180°C, 350°F, Gas Mark 4-5 Medium - 25 minutes per 450g (1lb) plus 25 minutes
Shoulder - Whole - Boned and Rolled - Rack - Canon		30 minutes per 450g (1lb) plus 30 minutes

Note:

All times are approximate

Cooking times may vary depending on thickness of cut and appliance used. For fan assisted ovens, reduce times.

Half cook thicker cuts, chicken wings, drumsticks etc before barbequeing.



Loin Chops - Boneless - Stuffed - Marinated	Grill / Fry	8 - 10 mins each side
Spare Rib		
Belly Slices or Ribs	Roast	200°C, 400°F, Gas Mark 6 for 45 minutes
	Barbecue	20 minutes turning occasionally

Joints

Loin - Bone in - Boneless	Roast	180°C, 350°F, Gas Mark 4-5 Medium - 30 mins per 450g (1lb) plus 30 minutes Well Done - 35 mins per 450g (1lb) plus 35 minutes
Bacon - Loin - Oyster	Boil	Bring to boil Simmer for 20 minutes per 450g (1lb) plus 20 minutes
Ham - Boneless Fillet		

Beef

Steaks

Sirloin Striploin T Bone	Grill / Fry	Rare 2½ mins each side Medium - 4 mins each side Well Done - 6 mins each side
Sirloin (Extra Thin) Marinated Minute Steak	Grill / Fry Grill / Fry	1 minute each side
Fillet	Grill / Fry Rare Medium Well Done	3-4 mins each side 4-5 mins each side 6-7 mins each side
Stewing Beef Diced Rib Steak Round Steak	Braise / Casserole	170°C, 325°F, Gas Mark 3 1 - 1½ hours
Stuffed Steak	Roast	180°C, 350°F, Gas Mark 4-5 55 minutes

Joints

Sirloin Rib Roast Topside Eye Roast	Roast	180°C, 350°F, Gas Mark 4-5 Rare - 20 mins per 450g (1lb) plus 20 mins Medium - 25 mins per 450g (1lb) plus 25 mins Well done - 30 mins per 450g (1lb) plus 30 mins
Corned Beef Spiced Beef	Boil	Bring to boil Simmer for 20 minutes per 450g (1lb) plus 20 minutes



Turkey and Chicken

Whole Turkey Whole Chicken	Roast	190°C, 375°F, Gas Mark 5 20 mins per 450g (1lb) plus 20 minutes
Marinated Chicken Breast Chicken Kiev Lemon Chicken Chicken Wings Chicken Drumsticks	Roast	200°C, 400°F, Gas Mark 6 for 45 minutes

The best way to check that a chicken or turkey is cooked is to test it with a chicken/turkey probe which should show internal deep muscle temperature at 75°C or over. If a probe is not available a skewer pierced deeply through the thickest part of the thigh must show the juices absolutely clear, not pink.

Chicken and turkey portions can also be grilled or can be sliced into strips for stir frying or into cubes for kebabs.

Other Meat Products

Meatballs	Oven bake	180°C, 325°F, Gas Mark 4 for 30 minutes
Kebabs	Grill / Fry	10 - 12 minutes turning occasionally
Stir Fry	Fry	3 - 6 minutes plus 2 minutes with vegetables
Burgers Mince Kebabs	Grill / Fry / BBQ	6 - 7 minutes each side

Storage and handling of meat in the home

- Get fresh foods home and into the refrigerator as quickly as possible.
- Keep cooked and raw foods separate.
- Raw meat and poultry should be covered and stored lower in the refrigerator than cooked foods.
- Check your refrigerator temperature. Use a refrigerator thermometer to check that a refrigerator is operating at the correct temperature between 0°C and 4°C. Freezers should be kept at -18C.
- Always wash hands thoroughly before and after preparing all foods and in between handling raw and cooked foods.
- Keep your kitchen clean. Always keep kitchen equipment, work surfaces, all cloths and rubbish bins scrupulously clean. Keep flies and pets out of the kitchen. Surfaces and utensils must be cleaned thoroughly between being used for cooked and uncooked foods.
- Always thaw frozen meat thoroughly before cooking. Once thawed, the meat must not be re-frozen unless it has been cooked first.
- Re-heat food thoroughly. Only re-heat previously cooked meat dishes once. Make sure they are thoroughly re-heated until piping or boiling hot (above 82°C)



Speciality Foods Awards

ACBI Spiced Beef Competition



Looking for something special

From Venison and Pheasant to Wild Salmon - throughout the year, Fenelon's Quality Butchers sources and supplies a fantastic range of meat, poultry and fish.

How about a Free Range Turkey, Spiced Beef or Duck - if you're looking for something unusual, please give us a call.

And if we don't have what you are looking for, let us know and we'll do our very best to source it for you.



Having a Party or Barbecue?

We have a great range of marinated and ready to cook meats ideal when you're catering for large numbers.



Opening Times:
Monday - Wednesday 8.30am - 6.00pm
Thursday - Friday 8.30am - 9.00pm
Saturday 8.30am - 6.00pm
Sunday 11.00am - 5.00pm

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