



Tips for cooking with **HUNGRY PLANET®** PLANT-BASED MEATS

Cooking with **CHUBS**

Similar to traditional meat, Hungry Planet® plant-based meats can be **roasted, baked, sauteed, grilled, deep fried, seared, or blackened**. Our plant-based meats are lean so **handle like lean conventional meat**; guard against overcooking and use a well oiled cooking surface.



THAWING

Hungry Planet® meats come frozen. Remove chubs from case and **slack in refrigerator 48+ hrs**. Keep highly chilled until cooking and ensure product never comes to room temperature. **Once thawed, use within 5–7 days.**

SEASONING

Hungry Planet® meats are **naturally flavored**, so just like with conventional meat, **they are meant to be seasoned**. **Use 15-30% less salt and pepper** than in a traditional meat recipe.



NO BINDERS NEEDED

Hungry Planet® meats **DO NOT need any binders**, such as egg.



COOK TO AN INTERNAL TEMPERATURE OF **165°F**

COOKING IN SAUCE

If you plan on adding Hungry Planet® meats to a lasagna, pasta sauce, or soup, etc., **season the ground meat and saute** on medium-high heat until meat is seared to an appetizing brown before adding to the rest of the recipe.

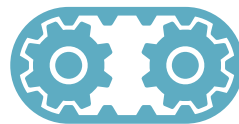


LARGE SCALE APPLICATIONS

Spread highly chilled plant-based meat onto an oiled sheet pan and **brown in a 425°F convection oven for 5–7 minutes** or until internal temperature reaches 165°F.

IMPINGER OR CONVEYOR OVEN

Place highly chilled, seasoned patties on oiled pan and brush top of patties with oil. **Send through 400°F** impinger or conveyor oven set at an appropriate speed.



Cooking Hungry Planet®

BEEF PATTIES

Liberal brush highly chilled patties with oil and season with at least salt and pepper before cooking. Please note: **our beef must be seasoned**; the burger is low in sodium to highlight your preferred seasoning.

- Keep product highly chilled until cooking. **DO NOT speed thaw**, such as putting the meats under running water or microwaving, or allow patties to come to room temperature, as this compromises texture.
- **Use within 5–7 days** of thawing.
- **Can be refrozen** after being slacked out.
- **No binders** necessary.

 **COOK TO AN INTERNAL TEMPERATURE OF 165°F**

Don't overcook! Patties have low fat content

Grill/Flat Top: Heat grill to 375°F and brush liberally with oil. Grill seasoned, highly chilled patty 2–3 mins per side for 4oz and 3–4 minutes per side for 5.3oz.

Pan Searing: Heat oil in nonstick skillet over medium-high heat until hot, place seasoned, highly chilled patty in hot skillet, cover and reduce heat to medium for 2–3 mins per side for 4oz and 3–4 minutes per side for 5.3oz.

Baking: Preheat oven to 425°F for conventional oven, or 400°F for convection. Place seasoned, highly chilled patty on well oiled or sprayed pan and bake: 8 minutes for 5.3oz, 6 minutes 4oz., or 4 minutes for 2.5oz.

Impinger or Conveyor Oven: Place highly chilled, seasoned patties on oiled pan and brush top of patties with oil. Send through 400°F impinger or conveyor oven set at an appropriate speed.

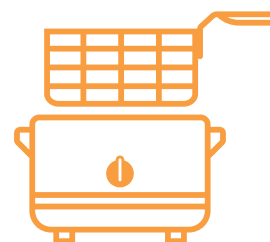


Cooking Hungry Planet®

CRAB CAKES & SOUTHWEST CHIPOTLE CHICKEN PATTIES

DEEP FRYING

Put frozen patty in hot oil **until golden brown** and internal temperature is 165°F, approx. 5 minutes depending on oil temperature. **This is our recommended method.**



Pan Searing: In a medium size nonstick skillet, heat oil over medium heat. When oil is hot, place slightly thawed (center still frozen) patties in the skillet and reduce heat to medium-low, cook uncovered for 3–4 mins per side.

Baking: Preheat oven to 400°F or 350°F if using convection. Place slightly thawed (center still frozen) patties on well oiled or sprayed pan and bake 8 minutes, flip over, bake another 8 minutes. This method doesn't brown the patties as well as deep frying or pan searing.

Questions about preparing or cooking with our delicious, versatile meats?

Please contact culinary@hungryplanet.us or call Chef Freddie Holland at 314-692-8320

For eye-candy check Insta @hungryplanetfoods or visit hungryplanetfoods.com