



COOKING WITH CURTIS

A GUIDE TO COOKING MEAT BY
CURTIS STONE



CREATE GREAT FOOD AT HOME

Owning my own restaurants and butcher shop, I am meticulous about where my food comes from. I am especially passionate about fresh, high quality and ethically farmed meat. Whether it's grass-fed beef or pork from small farms in the USA, I am committed to bringing the best product to your kitchen. All of these meats are raised on open pastures and are never administered antibiotics or growth hormones, making it the best choice for my family and yours.

Bon Appetit!

Curtis

STORING & THAWING



THAWING

Unpack the cooler and place the contents in your freezer. If you're going to cook something within the next few days, put what you need in the fridge, and freeze the rest.

The best way to thaw your meat is to leave it in its original packaging and place it in the fridge. Individual steaks will thaw in about 24 hours. Larger cuts, like roasts, will take 2 to 3 days to thaw – so plan accordingly. Place your meat on a plate to catch any drips while it thaws.

Some items, like burgers, can be cooked from frozen, so make sure that you read the label.

Thawed items that are still sealed in original packaging can be kept in the fridge for up to 5 days.

FORGOT TO THAW?

No problem—here's what you do:

1. Take what you need out of the freezer (leave in original packaging).
2. Place in a large bowl of cold water. Change water every 30 minutes as meat thaws. Thawing times will range depending on the cut; most items will thaw in under 30 minutes.
3. Once thawed, use immediately or refrigerate.

It is not recommended to thaw food at room temperature or in the microwave.



STEAK COOKING TIPS



BRING STEAKS TO ROOM TEMPERATURE

Allow your steaks to sit at room temperature for 30 to 45 minutes before cooking. Doing so takes the chill off the meat and promotes even cooking throughout the steaks.



BE GENEROUS WITH THE SEASONING

It's impossible to season the inside of a steak, so seasoning the outside is really important. It's also going to give you that gorgeous crust you're looking for. Season the steaks with salt and pepper on both sides.



ADD OLIVE OIL, BUT DON'T OVERDO IT

You don't need a lot of oil – I like to rub a little bit over the steaks, but some people prefer to brush it over the grill to prevent sticking.



LET THE COOKWARE DO THE WORK

For that caramelized crust, once you put the steak in the pan, don't mess with it – it needs to stay in contact with the grill or pan for at least a minute to get it deep golden brown.



REST STEAKS ON A RACK – NOT ON A PLATE

Rest the cooked steaks on a wire rack over a baking sheet so they're not sweating in their own juices. Don't skip this step – it's the key to a perfectly succulent and juicy steak.

GRILLING STEAKS

1. Prepare your gas or charcoal grill for medium-high heat. Allow your steaks to sit at room temperature while grill preheats.
2. Lightly coat steaks with olive oil and generously rub steaks with salt and pepper, or your favorite seasoning.
3. Grill your steaks based on their thickness and your preferred doneness.
4. Rest steaks before slicing and serving.

PAN-SEARING STEAKS

1. Allow your steak to sit at room temperature 30 to 45 minutes before cooking.
2. Preheat your frying pan over medium-high heat.
3. Lightly coat steaks with olive oil and generously rub steaks with salt and pepper, or your favorite seasoning.
4. Cook your steaks based on their thickness and your preferred doneness.
5. Rest steaks before slicing and serving.

HOW LONG SHOULD IT COOK?

Use cooking times that are provided as guidelines. Everyone's grills, pans, and stovetops are different – and so is their heat output. Cook your meat until the internal temperatures of the meat approaches your desired doneness. You can monitor this temperature using an instant-read thermometer.

MEAT	WEIGHT	THICKNESS	AVG COOK TIME*
BEEF STEAKS			
Ribeye Steak	10 oz	1 inch	3–4 minutes
New York Strip Steak	9 oz	1 inch	4 minutes
Filet Mignon	5 oz	1¼ inches	5 minutes
Filet Medallion	2 oz	¾ inch	2 minutes
Bavette	6 oz	¾ inch	3 minutes
Coulotte	6 oz	1¼ inches	5 minutes
Sirloin	6 oz	1¼ inches	5 minutes
BURGERS			
Beef Burgers	5 oz	¾ inch	4 minutes
Turkey Burgers	5 oz	¾ inch	6 minutes
PORK			
Pork Ribeye Steak	6 oz	¾ inch	3 minutes

*per side over medium-high heat on grill or in skillet

EQUIPMENT SPOTLIGHT: INSTANT-READ THERMOMETER

Instant-read thermometers take the guesswork out of cooking meat by telling you exactly how your steak is cooked. Insert the tip of the probe into the thickest part of the meat and the thermometer registers the precise internal temperature.



WHEN'S IT DONE?

KEY INTERNAL TEMPERATURES FOR BEEF DONENESS

Rare

120°F

(Cool Red Center)



Medium-Rare

130°F

(Warm Red Center)



Medium

140°F

(Warm Pink Center)



Medium-Well

150°F

(Slightly Pink Center)



Well Done

160°F

(Little to No Pink)



KEY INTERNAL TEMPERATURES FOR PORK DONENESS

- Medium: 140°F
- Medium-Well: 150°F
- Well Done: 160°F



INSIGHT: CARRYOVER COOKING

Meat continues cooking even after you remove it from the heat source. This is referred to as "carryover cooking." Take this into account and pull your meat from the grill or pan a couple degrees before your meat reaches your desired internal temperature.

SEASONING YOUR STEAK

Seasoning your steak can be as simple as only using salt and pepper. Choose a quality salt when seasoning, like a sea salt or kosher salt; using a fine table salt can result in oversalting your steak. Following are some seasoning ideas beyond just salt and pepper.

SIMPLE STEAK SEASONING IDEAS

SOUTHWEST CHILE RUB

- 1 tbs chili powder
- 2 tsp ground cumin
- 2 tsp garlic powder
- 1½ tsp kosher salt
- 1 tsp freshly ground black pepper

Mix all ingredients in small bowl.

ROSEMARY SALT

- 2 tbs kosher salt
- 1 tbs finely chopped rosemary
- 1 tsp freshly ground black pepper

Using your fingers, rub all ingredients together in small bowl until mixture is fragrant.

BLACKENING SEASONING

- 1 tbs each freshly ground black pepper, kosher salt, sweet paprika
- ¾ tsp each cayenne, celery seed, dried thyme, garlic powder

Mix all ingredients in small bowl.





TASTY STEAK TOPPERS

Here are some favorite accompaniments to steak. For flavored butters, slather your cooked steak with some freshly made flavored butter. Or, if you want to make the flavored butter ahead, roll the finished butter into a log shape between plastic wrap or parchment paper and refrigerate. When ready to use, unwrap and place a slice of the butter over your cooked steak as it rests.

GORGONZOLA BUTTER

- 4 oz Gorgonzola cheese, crumbled, at room temperature
- 4 tbs (1/2 stick) unsalted butter, at room temperature
- 1/4 tsp chili powder

In medium bowl, gently stir Gorgonzola cheese, butter, and chili powder. Season with salt and pepper.

GREEN PEPPERCORN BUTTER

- 1 stick unsalted butter, softened
- 1 tbs green peppercorns in brine, drained, finely chopped
- 1 tbs fresh lemon juice
- 1 tbs each finely chopped fresh parsley and fresh tarragon
- 1 tbs finely chopped shallots

In medium bowl, stir green peppercorns, lemon juice, parsley, tarragon, and shallots. Season with salt and black pepper.

SAUCES FOR SERVING

CHIMICHURRI SAUCE

- 3 garlic cloves, peeled
- 1/4 cup fresh cilantro leaves
- 1/4 cup fresh flat-leaf parsley leaves
- 1 tbs fresh thyme leaves
- 1/2 tbs fresh oregano leaves
- 1/4 tsp crushed red pepper flakes
- 2 tbs red wine vinegar
- 1/4 cup olive oil

In small food processor, chop garlic. Add cilantro, parsley, thyme, and oregano and process until herbs are coarsely chopped. Add red pepper flakes and vinegar and process while drizzling in oil. Season chimichurri sauce with salt and pepper.



HOMEMADE STEAK SAUCE

- 1/2 cup ketchup
- 2 tbs light brown sugar
- 2 tbs unsalted butter
- 2 tbs Worcestershire sauce
- 1 tbs balsamic vinegar
- 1 tbs Dijon mustard
- 1 tbs wholegrain mustard
- 1 tsp hot sauce
- 1 garlic clove, very finely chopped

Combine all ingredients in small saucepan with 1/3 cup water, 3/4 tsp salt, and 1/4 tsp pepper. Simmer over medium-low heat, stirring occasionally, until butter melts and sauce is hot.

BURGER COOKING TIPS



COOK FROM FROZEN

These burgers cook up best when cooked from frozen – so no need to thaw them.

TRY A GRILL PRESS

Use a grill press (basically a cast iron weight) on top of your burgers at the beginning of cooking to maintain contact with your pan or grill for even better browning.

FLIP PATTIES ONCE

Only flip the patties once while cooking. This will promote a beautiful, brown, crusty exterior with lots of flavor.

LET THEM REST

Rest the burgers after cooking. Rest for about half the time they take to cook – this allows juices in the meat to redistribute.

GRILLING BURGERS

1. Prepare your gas or charcoal grill for medium-high heat.
2. Very lightly coat burgers with olive oil and generously season with salt and pepper, or your favorite seasoning.
3. Grill your burgers for about 4 minutes per side for medium-rare doneness for beef burgers and 5 to 6 minutes for turkey burgers cooked through.
4. Rest burgers before serving.

PAN-SEARING BURGERS

1. Preheat your frying pan over medium-high heat.
2. Very lightly coat burgers with olive oil and generously season with salt and pepper, or your favorite seasoning.
3. Sear your burgers for about 4 minutes per side for medium-rare doneness for beef burgers and 5 to 6 minutes for turkey burgers cooked through.
4. Rest burgers before serving.

BURGERS	WEIGHT	THICKNESS	AVG COOK TIME*
Beef Burgers	5 oz	3/4 inch	4 minutes
Beef Sliders	2 oz	1/4 inch	2 minutes
Turkey Burgers	5 oz	3/4 inch	6 minutes

*per side over medium-high heat on grill or in skillet

TOP THAT

SPICY GINGER PICKLES

- 1½ cups rice vinegar
- 1/4 cup sugar
- 1/2 English (hothouse) cucumber, thinly sliced
- 1 small white onion, thinly sliced into rounds
- 1 jalapeño pepper, thinly sliced
- 2 tsp finely chopped peeled fresh ginger

1. In small saucepan, combine vinegar, 1 1/2 cups water, sugar, and 4 tsp salt and bring to a boil over medium-high heat, stirring until sugar and salt dissolve.

2. In medium nonreactive bowl, combine cucumbers, onions, jalapeños, and ginger. Pour vinegar mixture over cucumber mixture and gently press to help submerge it.

3. Refrigerate until completely cool before serving.



BOURBON ONIONS

- 1 tbs butter
- 1 lb Vidalia or yellow onions, peeled, thinly sliced
- 1 tbs Bourbon whiskey
- 1 tbs light brown sugar

In medium skillet over medium-high heat, melt butter. Add onions and cook, stirring often, for about 15 minutes, or until caramelized and tender. Remove pan from heat and stir in whiskey and sugar. Season with salt and pepper.



"SECRET" BURGER SAUCE

- 1/2 cup mayonnaise
- 1/3 cup ketchup
- 2 tbs chopped pickles plus 1 tbs pickle juice
- 2 tbs kimchi, drained, chopped
- 1½ tsp Dijon mustard
- 1 tsp finely chopped chipotle chile in adobo

Mix all ingredients in small bowl.



BEEF ROASTS

Many beef roasts come pre-seasoned in an oven-ready bag. For those, cut open the top of the bag to expose the top of the beef roast (exposing the top during cooking helps browning). Beef roasts can also be cooked out of the bag; simply remove the beef from the bag before cooking. Whether cooking in the bag or out of the bag, be sure to remove the roast from the oven when it reaches your desired temperature.



STEPS

1. Preheat oven to 325°F. Let beef roast sit at room temperature while oven preheats.
2. If roasting beef in cooking bag, place beef (in bag) in roasting tray, fat-side-up. Using scissors, cut open and remove top of cooking bag to expose top of beef. If cooking out of the bag, remove beef from bag and place in roasting tray, fat side up.
3. Place in oven. Use an instant-read thermometer to monitor the cooking of your beef roast. Insert the tip of the thermometer into the center of the roast to check its doneness.
4. Remove the roast from the oven when the center of your roast reaches the temperature written below that corresponds with your preferred doneness. (Remember that the beef roast will continue to cook and internal temperature will continue to rise as it rests):

PREFERRED DONENESS	BEEF TENDERLOIN ROAST	PRIME RIB ROAST
Rare	120°F	110°F
Medium Rare	125°F	115°F
Medium	135°F	125°F
Medium Well	145°F	135°F
Well Done	155°F	145°F

ON THE SIDE: HORSERADISH CREAM

- 1 cup sour cream
- 1/3 cup finely grated peeled fresh horseradish or drained prepared horseradish
- 1/4 cup heavy cream
- 2 tbs fresh lemon juice

In small bowl, mix all ingredients and season with salt and pepper.





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COOKING WITH CURTIS

A GUIDE TO COOKING SEAFOOD BY
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Owning my own restaurants and butcher shop, I am meticulous about where my food comes from. I am especially passionate about fresh and high quality ingredients. Whether it's salmon from the pristine waters of the Faroe Islands or lobster caught off of the coast of North America, I seek out the best quality seafood. The purveyors I work with process and freeze their catches all in the same day so that you receive the freshest product possible. Besides being fresh, healthy, and delicious, you can also be sure that all of my seafood offerings are ethically and sustainably sourced, making them the best choice for my family and yours.

Bon Appetit!



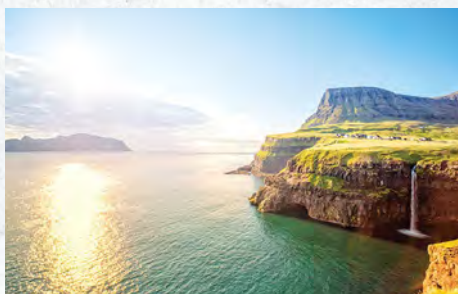
Curtis

WHERE IT'S FROM

The finest seafood from around the world is sourced for your table, always with a focus on sustainability.

FAROE ISLANDS

Located off the coast of Norway in the North Atlantic Ocean, the Faroe Islands are known for their pristine waters, cool steady sea temperatures, strong currents, and accessible fjords, providing the perfect environment for raising salmon that is world renowned.



ICELAND

The deep waters surrounding Iceland are the perfect place to hook-and-line catch the most desired cod on the planet. It's where the icy North Atlantic meets the warm Gulf Stream, creating an optimal feeding ground for the fish.



HOLLAND

The North Sea is home to some of the best-tasting sole and flounder in the world, which is why it's no wonder that the country's coastline is dotted with fishing villages. We work closely with Dutch fishmongers who have been perfecting their trade for generations.



MAINE/CANADA

If you ask a true lobster lover where the best lobster hails from, it's very likely they would say either Maine or Canada. That's because lobsters thrive in the deep cold waters of this region, resulting in sweet flavor, tender meat, and giant claws.



STORING & THAWING



THAWING

The best way to thaw your seafood is to remove it from its original packaging and place it on a plate or tray in the fridge, loosley covered. Individual fish portions will thaw in 12 to 24 hours. If you have a bag of frozen shrimp or scallops, simply place the pieces you wish to defrost on a plate or tray and cover loosely in the refrigerator. Be sure to dry your seafood thoroughly before cooking.

Some items can be cooked from frozen, so make sure that you read the label.

Thawed items that are still sealed in original packaging can keep in the fridge for up to 3 days.

FORGOT TO THAW?

No problem—here's what you do:

1. Take what you need out of the freezer (leave in original packaging).
2. Place in a large bowl of cold water. Change water every 30 minutes as meat thaws. Thawing times will range depending on the cut; most items will thaw in under 30 minutes.
3. Once thawed, use immediately or refrigerate.

It is not recommended to thaw food at room temperature or in the microwave.





COOKING SEAFOOD

In the pages that follow, I'll share my favorite cooking methods for seafood - searing, oven-roasting, grilling, steaming, poaching, and deep-frying. You'll also find simple recipes for some of my go-to seasonings and serving sauces.

DETERMINING DONENESS

The flesh of fish will turn opaque while remaining slightly translucent in thicker center parts. The flesh will remain tender and moist, and will just begin to flake away when gently pulled apart with a fork.

Shellfish like shrimp and lobster will turn bright red or pink on the outside when cooked. Their interior will become opaque and slightly translucent in thicker center parts. Their texture will remain tender yet slightly toothsome.

Use cooking times that are provided as guidelines. Everyone's grills, pans, and ovens are different - and so is their heat output.





METHOD ONE: PAN-SEARING

- To prevent seafood from sticking, just before cooking, pat dry and add to preheated nonstick pan.
- Don't overcrowd pan, or seafood will steam (not sear).
- If fish sticks to pan, be patient; it will release itself when ready to flip.

PAN-SEARING COOK TIMES

SEAFOOD	COOK TIME*	TEMPERATURE
Salmon - 6 oz	3 minutes	Medium-High
Cod - 6 oz	4 minutes	Medium-High
Flounder - 5 oz	3 minutes	Medium-High
Peeled Shrimp - U16/20	3 minutes	High
Jumbo Scallops	3 minutes	High
Lobster Tails - 4 oz	3 minutes, halved	Medium
Bacon-Wrapped Shrimp	7 minutes	Medium

*per side

GREEK SEASONING

- 2 tsp dried oregano
- 1 ½ tsp each freshly ground black pepper, kosher salt
- 1 tsp each garlic powder, onion powder

Mix all ingredients in small bowl.

CURRY SEASONING

- 1 tsp each chili powder, curry powder, kosher salt, paprika, turmeric

Mix all ingredients in small bowl.

METHOD TWO: OVEN-ROASTING

- Dry fish and shellfish very well before roasting. Seafood can be seasoned simply with salt and pepper, or coated with a dry rub, marinade, or crust.
- Cook seafood at relatively high oven temperature (between 400°F and 450°F) to promote caramelization.
- To impart even more flavor, consider roasting seafood on a bed of aromatics like garlic, ginger, or herbs.

OVEN-ROASTING COOK TIMES

SEAFOOD	COOK TIME	TEMPERATURE
Salmon - 6 oz	8 minutes	400°F
Cod - 6 oz	12 minutes	425°F
Flounder - 5 oz	6 minutes	450°F
Peeled Shrimp - U16/20	6 minutes	450°F
Jumbo Scallops	6 minutes	450°F
Lobster Tails - 4 oz	5 minutes, halved 10 minutes, whole	425°F 425°F
Bacon-Wrapped Shrimp	9 minutes*	425°F
Bacon-Wrapped Scallops	12 minutes	425°F

*per side

PESTO

- 1/4 cup pine nuts, toasted
- 2 garlic cloves
- 1/4 tsp kosher salt
- 1/4 tsp red pepper flakes
- 1½ cups lightly packed fresh basil leaves
- 1/2 cup freshly grated Parmesan cheese (about 2 oz)
- 1/3 cup extra-virgin olive oil

In small food processor, pulse pine nuts, garlic, salt, and red pepper flakes together until nuts and garlic are finely chopped. Add basil and Parmesan cheese and pulse about 10 times to chop basil. With machine running, gradually pour in olive oil.

SOY-GINGER SAUCE

- 1/3 cup soy sauce
- 1½ tbs fresh lemon juice
- 1/2 tsp toasted sesame oil
- 1-inch piece fresh ginger, peeled

In small bowl, whisk all ingredients except ginger. Using fine grater, grate ginger into sauce.



METHOD THREE: GRILLING

- To prevent fish from sticking, just before cooking, pat fish dry, then brush fish and grill grates with oil.
- To turn fish, run a thin metal spatula along grill grates to get under fish.

TIP: When grilling shrimp, try threading the shrimp onto skewers before grilling. This prevents the shrimp from falling through the grill grates.



GRILLING COOK TIMES

SEAFOOD	COOK TIME*	TEMPERATURE
Salmon – 6 oz	3 minutes	Medium-High
Cod – 6 oz	4 minutes	Medium-High
Flounder – 5 oz	3 minutes	Medium-High
Peeled Shrimp – U16/20	3 minutes	High
Jumbo Scallops	3 minutes	High
Lobster Tails – 4 oz	3 minutes, halved	Medium
Bacon-Wrapped Shrimp	7 minutes	Medium

*per side

TURMERIC-GINGER MARINADE

- 3 tbs vegetable oil
- 2 inches ginger, peeled, finely grated
- 1 garlic clove, finely grated
- 3/4 tsp kosher salt
- 1/2 tsp turmeric
- 1/4 tsp freshly ground pepper

Combine all ingredients in small bowl.

FRESH HERB AIOLI

- 1/2 cup mayonnaise
- 3 tbs finely chopped fresh chives
- 3 tbs finely chopped scallions (white and green parts)
- 2 tsp finely chopped fresh tarragon
- 1 lemon, finely zested
- 1 ½ tbs fresh lemon juice
- 1 garlic clove, finely chopped

Combine all ingredients in small bowl.

METHOD FOUR: STEAMING

- Steam on rack over water or other flavorful liquids, such as wine or stock, and season liquid with aromatics, such as lemon zest, garlic, herbs, or ginger.
- Keep liquid at a low boil and steamer lid firmly closed.

STEAMING COOK TIMES

SEAFOOD	COOK TIME
Salmon – 6 oz	6 minutes
Cod – 6 oz	8 minutes
Flounder – 5 oz	4 minutes
Peeled Shrimp – U16/20	3 minutes
Jumbo Scallops	4 minutes
Lobster Tails – 4 oz	5 minutes, whole 3 minutes, halved



METHOD FIVE: POACHING

- As for steaming, use poaching liquid that's well-seasoned with herbs, spices, wine, stock, and aromatics.
- Unlike steaming, keep heat low to simmer liquid gently: boiling will dry out seafood.



POACHING COOK TIMES

SEAFOOD	COOK TIME
Salmon – 6 oz	6 minutes
Cod – 6 oz	8 minutes
Flounder – 5 oz	4 minutes
Peeled Shrimp – U16/20	3 minutes
Jumbo Scallops	4 minutes
Lobster Tails – 4 oz	5 minutes, whole 3 minutes, halved

METHOD SIX: DEEP-FRYING

- Fry at 350°F in oil with high smoke point, such as peanut or vegetable oil.
- Coat fish or shrimp in beer batter, tempura batter, or a bread crumb mixture.
- Cut fish into similar sizes so they cook evenly.
- Sprinkle fried seafood with salt and pepper when they come out of hot oil so seasoning will adhere better.



DEEP-FRYING COOK TIMES

SEAFOOD	COOK TIME*
Salmon – 6 oz	3 minutes
Cod – 6 oz	6 minutes
Flounder – 5 oz	2 minutes
Peeled Shrimp – U16/20	3 minutes
Jumbo Scallops	3 minutes
Lobster Tails – 4 oz	3 minutes

*at 350°

BEER BATTER

- One 12-oz bottle lager beer, at room temperature
- 1 tsp active dry yeast
- 1/4 tsp sugar
- About 1 ¼ cups all-purpose flour, plus more for dredging

1. In large bowl, whisk lager, yeast, and sugar to combine. Let stand in warm place 10 minutes, or until yeast dissolves. Gradually whisk enough flour into yeast mixture to form a thick but fluid batter (when you dip your finger in batter, bubbles should fall slowly off your finger). Cover beer batter with moistened kitchen towel and let stand in a warm place for 45 minutes.

2. Dredge fish in flour, then dip into beer batter before frying.

TEMPURA BATTER

- 2 cups all-purpose flour, plus more for dredging
 - 3 cups ice water
1. In large bowl, using chopsticks, stir flour and water just until thin batter forms and some small lumps remain.
2. Dredge fish in flour, then dip into tempura batter before frying.

TARTAR SAUCE

- 1 cup mayonnaise
- 1/4 cup finely chopped dill pickle
- 2 tbs chopped fresh parsley
- 2 tbs drained capers
- 2 tbs fresh lemon juice
- 2 tsp chopped fresh tarragon

In medium bowl, whisk all ingredients to combine. Season with salt and pepper.



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