

Guide on how to prepare, cook and preserve meat *



Moisson
Laurentides
banque alimentaire

*Updated from a Cooking Guide by Timeea Enache
(Blainville, May 2017 - 15 pages)

Moisson Laurentides | Cooking Guide – 2024 Edition

TABLE OF CONTENTS

HOW TO SAFELY THAW YOUR MEAT	2
Before cooking.....	2
Option No. 1 : Thawing in the refrigerator.....	3
Option No. 2 : Thawing meat in the microwave oven.....	3
Option No. 3 : Thawing in cold water	3
CHICKEN.....	4
Cooking.....	4
Preserving.....	7
PORK.....	8
Cooking.....	Erreur ! Signet non défini.
Preserving.....	9
BEEF.....	10
Cooking.....	10
Preserving.....	11
GROUND BEEF	12
Cooking.....	12
Preserving.....	13
FISH	14
Cooking Methods	14
Preserving.....	16
PRACTICAL TIP	17
SOURCES	18

HOW TO SAFELY THAW YOUR MEAT

BEFORE COOKING

Option No. 1: Thawing in the refrigerator

Remove the meat from the freezer and put it in a plate or bowl and refrigerate for approximately one day.
Safest alternative.



Option No. 2: Thawing meat in the microwave oven

WARNING: If you choose this option, your meat must be cooked as soon as the thawing process is completed.
Approximate time required: 10 - 15 minutes per kilogram.



You can choose to rely on the User's Manual and thawing settings programmed into your microwave oven.

Option No. 3: Thawing in cold water

Put the meat in a zipper bag (e.g.: Ziploc). Once you closed the bag tightly, place a bowl filled with cold water in the sink, and submerge the bag containing the meat. It is

important that the water remains cold. Change water every 30 minutes for the water to remain cold.



- DO NOT :** ⚡ Leave the meat on the kitchen counter.
⚡ Between 4 °C and 60 °C: DANGEROUS ZONE (critical multiplication of dangerous bacteria).



- After it is thawed, in an environment of more than 4 °C, the time to prepare the meat should be as short as possible. Now that you know this, it is important to only take out of the freezer the exact amount of meat needed for your meal.
- **Once the meat is cooked, do not reuse the same utensils you did when it was raw to avoid crossed contamination.**

CHICKEN

COOKING

- Entire chicken: 82 °C
- Cut into pieces (breast, leg, or wing): 77 °C
- Ground meat: 74 °C

This is the minimum cooking temperature. That temperature must be displayed on the thermometer for 15 seconds.

Using a meat thermometer is not compulsory, you can rely on the cooking times in the table below. However, if you wish to buy one, you can find them in stores such as Canadian Tire or Home Depot.

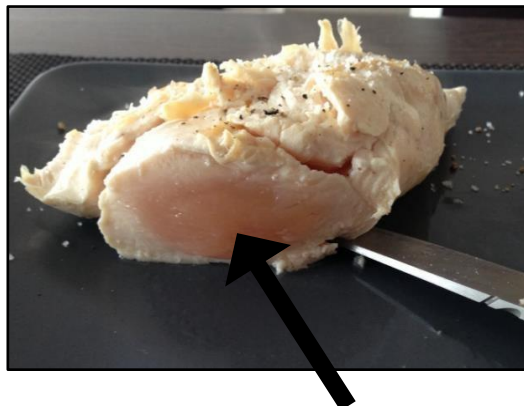
PIECE	MAXIMUM TIME
Boneless & skinless breast Small piece (140 g, uncooked) Big piece (200 g, uncooked)	35 minutes 45 minutes
Boneless & skinless thigh Small piece (60 g, uncooked) Big piece (115 g, uncooked)	20 minutes 30 minutes
Bone-in/skinless thighs or drumsticks Small piece (80 g, uncooked) Big piece (130 g, uncooked)	35 minutes 45 minutes
Bone-in breast Small piece (170 g, uncooked) Big piece (250 g, uncooked)	40 minutes 50 minutes
Bone-in leg Small piece (200 g, uncooked) Big piece (300 g, uncooked)	40 minutes 50 minutes

PIECE	MAXIMUM TIME
Ground chicken patty (120 g, uncooked)	30 minutes
Entire stuffed chicken (1.5 kg, uncooked)	1 hour 10 minutes
Entire chicken (without stuffing) (1.5 kg, uncooked)	1 hour 40 minutes
Chicken wings (90 g, uncooked)	25 minutes

How can I know if my chicken is not ready?

- You will see reddish/pink areas in the meat
- Rubbery texture when eaten
- Presence of a clear reddish liquid when you cut the meat

Chicken that is not ready



How can I know if my chicken is ready?

- Chicken meat will be white throughout
- No juices will come out when you cut it

Well-cooked chicken



PRESERVING

In the refrigerator

- Entire chicken: 2-3 days
- Pieces: 2-3 days
- Cooked chicken: 3-4 days
- Ground chicken: 1-2 days

In the freezer

- Entire chicken: 12 months
- Pieces: 6 months
- Cooked chicken: 3 months
- Ground chicken: 3 months

Do not rely only on the number of days specified above. You must also make sure there are **no unpleasant odours**, that the **meat is not slimy** and that there are no **questionable spots** on the surface of the meat.

PORK

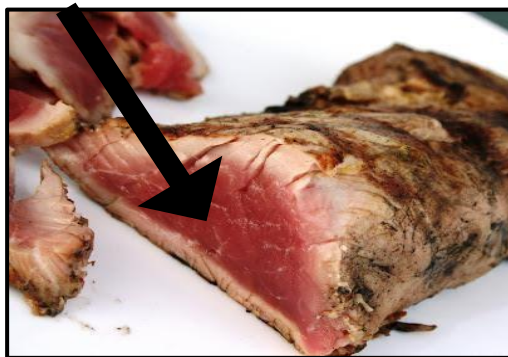
COOKING

- Roast and chops: 70 °C
- Ham: 77 °C
- Fresh sausage: 74 °C

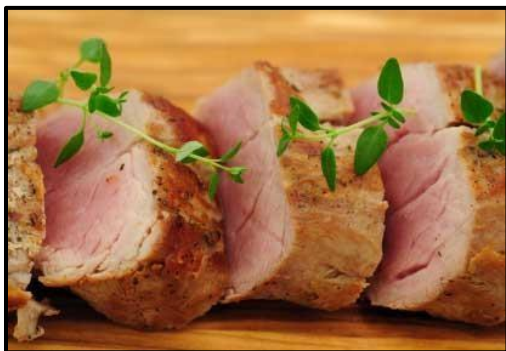
This is the minimum cooking temperature. That temperature must be displayed on the thermometer for 15 seconds.

Plan for 20-30 minutes of cooking per 500 g (1 lb) in a 160 °C (325 °F) preheated oven.

Uncooked Pork



Well-cooked Pork



You can eat pork if the meat is still pinkish. However, the meat must be cooked, that is without any raw or slimy parts.

PRESERVING

In the refrigerator

- Entire cooked ham: 7-10 days
- Sliced cooked ham: 3-5 days
- Cooked pork: 3-4 days
- Fresh sausage: 1-2 days

In the freezer

- Entire cooked ham: 1-2 months
- Sliced cooked ham: 1-2 months
- Cooked pork: 2-3 months
- Fresh sausage: 2-3 months

BEEF

COOKING

- Steak, roast (rare): 63 °C
- Steak, roast (medium): 70 °C
- Steak, roast (well-done): 77 °C

There is no specific time recommended for cooking beef. The only indicator is the temperature displayed on the thermometer once inserted in the meat.

There are several levels of doneness of beef that stem from personal preference. ¹.



¹ We do not recommend "blue" as a cooking level when prepared at home, this is because of the large volume of raw meat that is still present. Preferably, "blue meat" should be consumed at a restaurant only.

PRESERVING

In the refrigerator

- Steaks, roasts (cooked): 3-5 days
- Steaks (raw): 1-2 days

In the freezer

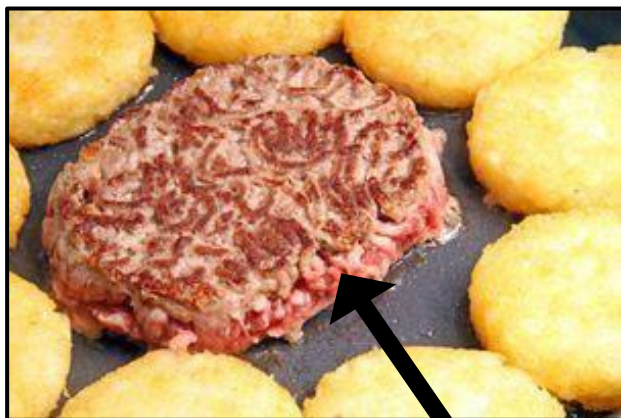
- Steaks, roasts (raw): 6-12 months

GROUND BEEF

COOKING

Minimum temperature must be 70 °C. That temperature must be displayed on the thermometer for 15 seconds.

Not fully cooked ground beef



Well cooked ground beef



How will I know if my ground meat is ready?

The centre of well-cooked ground beef (meat is no longer red, but rather light brown) and the juices are clear (not red).

Always look at the inside of the patty, never rely on the exterior. The edges may be cooked (dark brown), but the interior could still be raw.

PRESERVING**Au réfrigérateur**

- Raw: 1-2 days
- Cooked: 3-5 days

In the freezer

- Raw: 3-4 months
- Cooked: 6-12 months

FISH

COOKING

- **Barbecue:** Preheat your gas BBQ for 10 minutes (with a closed lid). Then, cook for 6-8 minutes for each 2.5 cm (1") in thickness.
- **Grill:** Cook thin fillets for 3-4 minutes, cook 2.5-5 cm (1-2") thick fish steaks or fillets for approx. 8 minutes and an entire fish for approx. 10 minutes for 2.5 cm (1") in thickness.
- **Oven/Roasted:** Preheat the oven to 400 °F (200 °C) or 450 °F (230 °C), approx. 10 minutes for each 2.5 cm (1") in thickness, depending on the piece. Place the fish in a lightly oiled oven-proof dish and bake uncovered.
- **Sautéed/Pan-seared:** Cook for approx. 8 minutes for each 2.5 cm (1") in thickness.
- **Microwave oven:** Cook for a maximum of 10 minutes (often requires less time).

Fish is cooked when the flesh (meat), in the thickest part, is completely opaque. If there are still parts that are translucent, continue cooking for a few minutes/seconds.

The same applies for seafoods.

Undercooked fish/seafoods



ATTENTION !

**Raw or undercooked fish can
be very dangerous for
pregnant women.
It is not recommended
during pregnancy.**

ALWAYS use "same day" fresh fish when preparing home-made tartars or sushi. Keep the fish used for that type of recipes on ice, in a bowl, or in the refrigerator.

⊘ **NEVER** thaw raw fish and eat it.

Well-cooked fish



PRESERVING

In the refrigerator

- Cooked crab: 1-2 days
- Shrimps: 1-2 days
- Shelled oysters: 2-3 weeks
- Unshelled oysters: 10 days
- Shelled mussels: 2-3 days
- Unshelled mussels: 1-2 days
- Shelled clams: 3-4 days
- Unshelled clams: 1-2 days
- Fat fish (salmon, trout, etc.): 1-2 days
- Lean fish (sole, tilapia, etc.): 2-3 days
- Scallops: 1-2 days
- Cold smoked fish: 3-4 days

In the freezer

- Cooked crab: 1 month
- Shrimps: 2-4 months
- Shelled oysters: cannot be frozen
- Unshelled oysters: 2-4 months
- Shelled mussels: cannot be frozen
- Unshelled mussels: 3 months
- Shelled clams: cannot be frozen
- Unshelled clams: 3 months
- Fat fish (salmon, trout, etc.): 2 months
- Lean fish (sole, tilapia, etc.): 6 months
- Scallops: 3 months
- Cold smoked fish: 2 months

RULE OF THUMB

To allow for a better rotation of your food, whatever goes in your refrigerator or freezer first, must come out first. In other words, the older products must be the ones you use/eat/cook first.

Always use, first, products that you have had at home the longest.

SOURCES

Coup de pouce, [en ligne], <http://www.coupdepouce.com/cuisine/conseils-pratiques/article/lacuisson-parfaite-du-poisson> — consulté le 16/05/2017

Le poulet du Québec, [en ligne], <https://www.lepoulet.qc.ca/fr/les-bonnes-pratiques/conservationet-decongelation> — consulté le 07/05/2017

Ministère de l'Agriculture, des Pêcheries et de l'Alimentation du Québec, [en ligne], <http://www.mapaq.gouv.qc.ca/fr/Consommation/guideconsommateur/preparation/Pages/Decongelation.aspx> — consulté le 08/05/2017

Ministère de l'Agriculture, des Pêcheries et de l'Alimentation du Québec, [en ligne], <http://www.mapaq.gouv.qc.ca/fr/Consommation/guideconsommateur/preparation/Pages/cuisson.aspx> — consulté le 08/05/2017

Ministère de l'Agriculture, des Pêcheries et de l'Alimentation du Québec, [en ligne], <http://www.mapaq.gouv.qc.ca/fr/publications/thermoguide.pdf> — consulté le 08/05/2017

ND, [en ligne], <https://www.supertoinette.com/trucs-astuces-cuisine/400/comment-savoir-sivotre-poisson-est-parfaitement-cuit.html> — consulté le 16/05/2017

ND, [en ligne], <http://www.leporcduquebec.com/fr/coupes/22/longe> — consulté le 17/05/2017

Temps de cuisson, [en ligne], <http://www.poulet.ca/ecole-de-poulet/v/temps-de-cuisson> — consulté le 17/05/2017

Thermoguide, [en ligne], <https://www.mapaq.gouv.qc.ca/fr/publications/thermoguide.pdf> — consulté le 16/05/2017

Toutes les images proviennent de Google Images.