



*Your Neighborhood Full-Service
Gourmet Butcher*

HINSDALE, IL

630-887-0088

**Prime N Tender Meats
Cooking Menu**

For the unique shopper, a Meat Market like no other before...or ever again.

Considering ovens vary in so many ways, these are approximate cooking times & temperatures.

We guarantee all our meats to be tender and juicy.

In order for us to give you the best possible service, we DO accept phone orders. In fact, we stress you do so. Just call us a few hours ahead...your order will be ready when you arrive.

Here at Prime N Tender, we know how hectic your lives can sometimes be. We also know you have a choice from where to purchase your meat. We strive to give you the best products AND Outstanding service.

From all of us at Prime N Tender...THANK YOU for your business!

**Gateway Square 777 York Road Hinsdale, IL
(630) 887-0088 Mon - Sat 9-6 Sun 10-3**

BEEF*

***These cooking times are for people who like their meat rare to medium**

Filet Mignon Steaks-Grill at medium flame 9 minutes per side for an average 1 1/2 inch thick steak

New York Strip Steak -Grill at medium flame 7 minutes per side for an average 1 1/4 inch thick steak

Ribeye Steak - Grill at medium flame 7 minutes per side for an average 1 1/4 inch thick steak

Porterhouse Steak - Grill at medium flame 8 minutes per side for an average 1 1/4 inch thick steak

Sirloin Steak -Grill at medium flame 9 minutes per side for an average 1 1/4 inch thick steak

Skirt Steak -Grill at medium flame 5 minutes per side

London Broil - Grill at medium flame for 15 minutes per side or bake at 350 oven for 50 minutes covered

Beef Kabobs - Bake at 350 oven for 50 minutes covered, then finish on the grill, medium flame for 15 minutes

PORK

Butterfly Pork Chops - Grill at medium flame 8 minutes per side for an average 1 1/4 inch thick chop

Center Cut Pork Chops - Grill at medium flame 8 minutes per side for an average 1 1/4 inch thick chop

Pork Tenderloin Cutlets - Bread and sautee 5 minutes per side

Bread Stuffed Pork Chops - Bake at 350 oven for 1 hour and 15 minutes, cover the first hour

Baby Back Ribs - Bake at 400 oven for 1 hour and 40 minutes covered with 1/4 inch water in pan. Then baste with sauce and grill at medium flame 15 minutes

LAMB/VEAL

Boneless Leg of Lamb - Grill at medium flame 13 minutes per side or bake at 350 oven for 40 minutes covered

Loin Lamb Chops - Grill at medium flame 7 minutes per side for an average 1 1/4 inch thick chop

Provimi Veal Chops - Grill at medium flame 8 minutes per side for an average 1 1/4 inch thick chop

Provimi Veal Cutlets - Bread and sautee 5 minutes per side

Chicken

Stuffed Chicken Breast- Bake at 350 for 1hour 15 minutes, cover first hour.(not recommended for grilling)

Marinated Chicken Breast - Bake at 350 for 1hour, no cover. Or grill 15 minutes per side.

Chicken Kabobs - Bake at 350 for 50 minutes covered, then finish on the grill 15 minutes at medium flame.

Chicken Fajita - Saute approximately 15 minutes or until chicken is white. Serve over rice, noodles or in a soft taco shell

Whole Chickens - Bake at 350 for 1 hour 15 minutes, cover the first hour. Please allow an extra 1/2 hour if stuffed

Whole Roaster - Bake at 350 for 2 hours 15 minutes, cover the first 2 hours. Please allow an extra 1/2 hour if stuffed.

Stuffed Cornish Hens - Bake at 350 for 1hour 15 minutes, cover the first hour. Marinated Turkey Breast - Bake at 350 for 1 hour covered, or grill 15 minutes per side on medium flame.

Roasts

**Boneless Sirloin Tip Roast - Boneless Pork Roast - Porketta Roast
Seasoned Sirloin Tip Roast - Easy Carve Prime Rib - Pot Roast**

Roasting times for these items vary due to weight, please ask your meatcutter for cooking times on these special cut roasts. OR let us cook for you! All your favorite dishes prepared in our kitchen, served hot, sliced and in homemade gravy. Go ahead, you deserve it!

ETC...

Marinated Mushroom Kabobs - Wrap in foil, grill on medium flame 20 minutes

Ground Sirloin - Low cholesterol, great for steak tar tar.

Ground Chuck - Excellent for meat loaf, chili, etc...

Danny's homemade Italian sausage - Great for grilling or in Italian gravy

Danny's homemade bratwurst - Grill or broil

All Beef Hot Dogs - Grill or broil

Smoked Polish Sausage - Broil, fry or boil in sauerkraut

**Three Cheese Potatoes - Bake @ 350 for 40 minutes or microwave for 5 minutes
EXTRA LARGE baking potatoes - Poke with knife, wrap in foil, bake at 375
for 1 1/2 hours. Or grill on medium flame for 1 hour 15 minutes**

Freezer Items

Stuffed Ravioli - Drop in boiling water 5 to 7 minutes. Will float when done.

Tortellini - Drop in boiling water 5 to 7 minutes. Will float when done.

Gnocchi - Drop in boiling water 5 to 7 minutes. will float when done.

Manicotti - Bake at 350 with a splash of water in dish for 45 minutes, covered.

Stuffed Peppers - FROM FROZEN Bake at 350 with a 1/4 inch of water in dish for 2 hours, keep covered the first 1 1/2 hours .

Dad's homemade Meatballs - Bake at 350 for 40 minutes.

Dad's homemade Marinara Sauce - Be careful...it's addicting!

Lobster Tails - due to size and quality availability, please ask your meatcutter for specific cooking instructions

King Crab Legs - Place legs in roasting pan with 1/2 inch water in bottom of pan, bake at 350 for 45 minutes, keep covered.

Baked Clams - FROM FROZEN Bake at 350 oven for 40 - 45 minutes

Shrimp - Boil or saute

Stuffed Flounder - FROM FROZEN Bake at 350 oven for 50 - 55 minutes

Stuffed Sole - FROM FROZEN Bake at 350 oven for 45 - 50 minutes

Sole Almondine - FROM FROZEN Bake at 350 oven for 45 - 50 minutes

Orange Roughy - FROM FROZEN Bake at 350 oven for 45 - 50 minutes

Crab Cakes - FROM FROZEN Bake at 350 oven for 40 - 45 minutes

Beef Wellington - DEFROST for 1 hour, brush with melted butter, bake at 350 oven for 1 hour 10 minutes.

Chicken Wellington - DEFROST for 1 hour, brush with melted butter, bake at 350 oven for 1 hour 10 minutes.

Boneless Duck Breast - Bake at 350 oven for 55 minutes, drain juice half way through cooking time.

Chicken Kiev - Bake at 350 oven for 45 minutes

Hot Wings - Bake at 350 oven for 40 - 45 minutes

Twice Baked Potatoes - Bake at 350 oven for 45 minutes, top with butter.