

WILD ARGENTINE SHRIMP

ITEM #81502



**Pack size - 13-15 shrimp per lb - 2 lb bag
(approx 28 shrimp per bag) - \$36.00**

FEATURES & BENEFITS

Natural, sweet flavour with a tender, delicate texture. Convenient and easy to prepare - Sauté, Grill or Boil in minutes
Excellent to serve tossed in a salad (as shown) or with a side as an entrée

PRODUCT INFORMATION

Raw, Easy-Peel, Shell-On. Wild caught in the icy cold pristine waters of southern Atlantic Ocean in Patagonia, Argentina
The pure waters and nutrient rich ecosystem result in the shrimp's bright red colour, sweet flavour and tender texture
Free of artificial colors and flavors. Individually quick frozen for optimum freshness

COOKING INSTRUCTIONS - THAW BEFORE COOKING

- * Pre-heat air fryer to 400F - Cook for approximately 8-10 minutes
- * Heat 1-2 tbsp of oil of choice (olive oil is best) over MEDIUM-HIGH heat, add seasoning of choice and sauté for 2-3 minutes per side, turning once, until shrimp meat becomes bright red.
- * Baste shrimp with olive oil (or oil of choice) and salt, grill shrimp approximately 2-3 minutes per side turning once.
- * Oven - marinate shrimp with seasoning and oil of choice, heat oven to 375°, cook for approx 10 minutes.
Once removed sprinkle with fresh chopped parsley.



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CERTIFIED ANGUS BEEF® TOP SIRLOIN ROAST

*READY TO COOK



ROAST READY - RESTAURANT QUALITY - PERFECT FOR YOUR FAVOURITE RECIPES
PACKAGED 2 ROASTS PER CASE | 2 x 907GR (2LB EACH) | \$97.00 CASE

COOKING INSTRUCTIONS

Recommended Preparation	Chef's Suggestions
Thaw - Leave roast in plastic packaging and place in a dish or container under refrigeration to thaw overnight.	To speed thawing process, place roast (still in plastic package) into a container in sink under slow running cold water. Roast should be thawed within 1-2 hours
Prep - Once roast is thawed, remove it from plastic and pat dry with clean paper towels.	
Flavour - Season roast liberally with provided CAB spice package OR with your favourite seasoning to taste.	Use more seasoning than you think you need to ensure a well flavoured roast.
Cook - Position oven rack to middle of oven and Pre-heat to 425F. Place seasoned beef on a roasting pan with rack. Once oven is thoroughly heated, place roast and pan/rack in oven middle position. Cook roast for 10-15 minutes at 425F until roast is browned and crust begins to form. Reduce heat to 300-325F and continue to cook gently until roast reaches desired doneness(approx 25-35minutes).	<ol style="list-style-type: none"> 1. Remove roast from oven when internal temperature is 10-15F degrees below desired doneness as roast will continue to cook after removed from oven. 120F - Rare, 130F - Med Rare, 140F - Med, 150F - Med Well, 160F Well Done 2. Line pan with parchment paper or foil to ease cleanup 3. Use a digital probe thermometer to verify temperature during cooking 4. Oven performance varies between appliances. Monitor roast carefully throughout cooking to ensure an exceptional dining experience.
Rest - Once roast reaches desired doneness, remove from oven and allow to cool on rack for a minimum of 10 minutes.	Do NOT skip the REST step to ensure a more moist and enjoyable roast.
Serve - Carve roast to desired thickness and serve with your favourite accompaniments. Roast will serve approximately 4 main course sized portions.	Leftovers make fantastic sandwiches, wraps and more!

Alternatives

Cook - This sirloin makes a fantastic BBQ, Rotisserie or Smoker option too. As with the oven cook method, start with High heat to brown the roast and then reduce to a gentle or indirect heat to finish to desired doneness.

Portioning - this roast is ideal for steaks too! Cut roast, against the muscle grain, into even thickness steaks, season and cook using your preferred method.



SEASON YOUR ROAST WITH CAB® SPICE PROVIDED OR WITH YOUR FAVOURITE SEASONING.



120F - Rare, 130F - Med/Rare, 140F - Med
150F - Med/Well - 160F Well Done

PORK CARNITA FULLY COOKED

ITEM #92852 - PACK SIZE - 3 PACKS X 500 GR EACH
3.30 LB CASE | \$43.00 CASE

What is Carnitas:

Carnitas translates literally as “little meats”. It is a Mexican dish made by braising pork until it yields fall-apart tender meat which is then cooked over high heat.

The result is fantastically rich shredded pork that is both tender and has some crunch to it. It is the type of meal that you are going to want to share, not just because it tastes great, but because it makes you look like a genius cook.

Carnitas are super versatile. Below are some suggestions on how to serve this amazing product.

Applications:

- * Tacos
- * Quesadillas
- * Burritos
- * add them to Nachos
- * Poutine Topper
- * Served with Rice
- * Add them to a Salad



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