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Pemeal Bacon

Oven:

- Preheat to 400F
- Slice bacon into slabs
- Bake for 15 minutes
- Broil on high for 3 minutes to crisp

Bacon

Oven:

- Preheat to 325F
- Cook for 22 minutes

Chicken

- All chicken should be coated in baking powder and spices prior to entry into the oven
- Per 500g of meat, season with 1Tbsp of spices at least 30 minutes prior to cooking to allow flavour to absorb
- Pam or another non-stick spray is highly recommended

Breast

- Preheat oven to 425F
- Cook for 18-20 minutes

Wings

- Preheat oven to 425F
- Cook for up to 1 hour, rotating every 20 minutes

Legs

- Preheat oven to 425
- Cook for 40 minutes, flipping halfway through

Whole Bird

- Preheat oven to 350F
- Stuff chicken with lemon, herbs
- Slather the meat with butter for moisture
- Cook chicken for 25 minutes per pound

Breaded and Fried Breast/Tenders/Thighs

- Per 500g of Chicken
- 2 Cups All-Purpose Flour
- 3 Eggs
- 100g Panko
- Cooking oil
- Pour oil into a skillet, and set to **4** heat
- Beat Eggs in large bowl
- Lay 1/2 of Flour in large bowl
- Place chicken atop flour
- Cover chicken with remaining Flour
- Stir Chicken, and ensure an even coat
- Move Chicken into Eggs, and coat evenly
- Dump Flour from first bowl, and add 1/2 the Panko
- Lay Chicken atop Panko

- Pour remaining Panko over Chicken
- Stir Chicken, and ensure an even coat
- Place Chicken in oil-filled pan, cover, and cook **3** minutes per side

Ham

- Preheat oven to 350F
- Place ham in roast pan
- Coat ham in brown/golden yellow sugar
- Cut gouges into ham, and stuff sugar within
- Add 1.5L of tropical fruit juice to roast pan
- Cook for 2-3 hours depending on size, basing every 30 minutes with juice and 1Tbsp honey

Loin Roast

- Wrap in foil, with butter for moisture
- Cook at 375F for 20 minutes per pound
- Unwrap and cook for 15 minutes to brown

Hamburger Patties

- Preheat oven to 425F
- 1.5tbsp of mild seasoning per pound
- 1 egg per 500g of meat
- Bake for 15 minutes

Brisket

- Preheat oven to 300F
- Wrap in foil with generous amounts of butter
- Cook for 75 minutes per pound of meat
- Open foil, cook for 45 minutes

Beef Short Ribs

- Preheat oven to 355°F
- Season, and lather in butter
- Cook for 2.5 hours

Battered Fish

- Pan fry in veggie, canola, or sunflower oil
- Set heat to 4
- Wait for oil to heat
- Batter fish with spices of choice, Greek and Dill work excellently
- Place fish in pan and cover
- Cook for 5 minutes per side of batter
- For scaled fish, cook 10 minutes per side

Pork

Chop

- Preheat oven to 425°F
- Cook for 15 minutes

Steak

General

- Put pan on medium-high heat, level 6, and wait for pan to become hot
- Load pan with butter or margarine before loading steak
- Dry and season steak before adding to pan
- Once steak is loaded, do not move until it is time to flip

Thin, Quick-Fry

- 1:30 minutes per side

Standard

- 2:00 minutes per side