

DEGREES OF DONENESS

When cooking, remove your steak or roast when it reaches 5° F below your desired doneness temperature and allow it to rest. The temperature of the meat will continue to rise as much as 5° F during this time (this is called “carryover cooking”). The final temperature of your meat should match whatever your desired degree of doneness is below.

RARE Center is bright red; pinkish towards the outside	125°F	
MEDIUM RARE Center is very pink; slightly brown towards the outside	135°F	
MEDIUM Center is light pink; outer portion is brown	145°F	
MEDIUM WELL Center is slightly pink; outer portion is brown	155°F	
WELL Uniformly brown throughout	165°F	

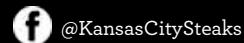
Find more detailed cooking instructions at [KansasCitySteaks.com](https://www.KansasCitySteaks.com)



WE'RE HERE TO HELP

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Kansas City STEAK COMPANY

PREPARATION GUIDE

THE GUIDE TO GREAT STEAKS



Proud to be part of America's table since 1932.

Expertise You Can Trust

From our start as a small local butcher shop in Kansas City, we've been providing the very best premier steaks and passionate service with a commitment to excellence that we stand behind every day.

Dedicated To Excellence

As expert craftsmen, we are obsessed with perfecting steak quality. Our elevated standards and exacting specifications enable us to craft the most tender and juicy, world-class premium steaks available anywhere.

UNPACKING YOUR COOLER

Your items were shipped with either dry ice or gel packs to keep them at the optimal temperature. All products will arrive cold to the touch and may be partially frozen. Items can be placed in the refrigerator for immediate use or in the freezer to enjoy later.

Storage

Steaks and Roasts can be stored 3-5 days in the refrigerator or 6-12 months in the freezer. Burgers, Tips and Medallions can be stored 1-2 days in the refrigerator or 3-4 months in the freezer.

Defrosting

Steaks and Burgers can be defrosted in the refrigerator for at least 24 hours. Roasts need up to 3 days, depending on size.

We recommend thawing slowly to maintain quality. For maximum flavor and tenderness, thaw all steaks and roasts under refrigeration. Steaks and other frozen meats are best prepared within 24-48 hours of thawing.

COOKING INSTRUCTIONS

Roasts, Steaks, Burgers, Tips & Medallions

Roasts: Thaw in the refrigerator for up to 3 days. Once thawed, remove from refrigerator 60 minutes before cooking to allow roast to come up to room temperature. Sprinkle generously with seasoning. Place meat fat side up on rack in shallow roasting pan. Do not add water or cover. Preheat oven to 375°F and roast according to chart. For perfect doneness we recommend you use a meat thermometer.

Prime Rib Cooking Times (375° F Oven Temperature)				
Doneness	Rare	Medium Rare	Medium	Medium Well
Final Roast Temp (after roast has rested)	125°F	135°F	145°F	155°F
Internal Roast Temp	Remove from oven at 115°F	Remove from oven at 125°F	Remove from oven at 135°F	Remove from oven at 145°F
Suggested Cooking Times				
3.5 - 4.0 lbs	1:00 to 1:15	1:15 to 1:30	1:30 to 1:45	1:45 to 2:00
4.5 - 5.0 lbs	1:15 to 1:30	1:30 to 1:45	1:45 to 2:15	2:15 to 2:45
5.5 - 6.0 lbs	1:30 to 1:45	1:45 to 2:00	2:00 to 2:30	2:30 to 3:00

Steakburgers, Tips & Medallions: Thaw products in refrigerator before cooking. Steakburgers can be cooked from frozen, add approximately 2 minutes per side if cooking from frozen.

Steakburgers*			
Thickness	Side	Grill	Skillet
½ inch	First Side Second Side	5 minutes 4 minutes	5 minutes 5 minutes
1 inch	First Side Second Side	6 minutes 6 minutes	8 minutes 7 minutes

*USDA recommends all burgers to be cooked to an internal temperature of 160°F. Be sure to check with a meat thermometer as color alone is not a foolproof indicator.

Tenderloin Tips + Medallions			
Thickness	Side	Grill	Skillet
1-2 inches	First Side Second Side	2 minutes 3 minutes	2 minutes 2 minutes

Steaks: Thaw steaks in refrigerator before cooking. Remove from refrigerator 30 minutes prior to cooking to come up to room temperature. Season generously with Kansas City Steak seasoning. Cook on grill or skillet following chart below. Time will vary based on thickness, heat, and desired doneness. For perfect doneness we recommend you use a meat thermometer.

Grilling Steaks			
Thickness	Side	Medium Rare	Medium Well
1 inch	First Side Second Side	5 minutes 4 minutes	7 minutes 5 minutes
2 inch	First Side Second Side	9 minutes 7 minutes	11 minutes 9 minutes

OTHER POPULAR ITEMS

Hickory Smoked Spiral Sliced Ham is fully cooked and can be served at room temperature or warm. Thaw up to 3 days in refrigerator. Will keep in refrigerator 14 days (in the original wrapping) or in the freezer 9 months.

To heat, remove all packaging materials including the clear plastic button on bone. Wrap ham in aluminum foil and place flat side down in pan. Heat in preheated 350°F oven for 60-75 minutes or until internal temperature reaches 140°F. To glaze ham: Remove the ham from the oven; increase oven to 425°F. Prepare glaze according to packet directions. Brush glaze over ham. Return to oven for 10 minutes. Let rest 15 minutes before serving.

Twice Baked Potatoes

From Frozen:

Microwave - Remove wrapper, microwave on high for 4-4½ minutes for 8 oz potatoes, or 3½-4 minutes for 5 oz potatoes.

Conventional Oven - Remove wrapper, bake at 350°F for 45-50 minutes for 8 oz potatoes, or 35-40 minutes for 5 oz potatoes. Cook until tops are golden brown.