

BBQ PORK RIBS

**A staff favourite! Enjoy these ribs with your favourite sides
— and be sure to keep some napkins handy!**

OVEN INSTRUCTIONS

- 1) Ensure you have some of your favourite BBQ sauce on hand - or you can order some from the Earls Grocery List!
- 2) If Ribs are frozen, ensure you thaw them fully before proceeding to next step.
- 3) Preheat your oven to 275°F.
- 4) Line a baking sheet with aluminum foil (if available).
- 5) Remove prepared BBQ Pork Ribs from packaging and place on the lined baking sheet, bone side down.
- 6) Brush 1 tablespoon of BBQ Sauce on the underside, and 1 tablespoon on the topside of the Ribs.
- 7) Place the tray into the oven for 20 minutes.
- 8) Remove the tray and brush with an additional 2 tablespoons of BBQ sauce on top of the Ribs.
- 9) Place the tray back into the oven for 20 minutes allowing ribs to get some color. (Internal temperature needs to be at or above 165°F).
- 10) Remove and enjoy!

SALMON FILLETS

**Did you know, our Oven Roasted Salmon is the most loved dish by Earls guests?
Our sommelier David Stansfield recommends you pair it with your favourite Pinot Noir - cheers to that!**

BBQ INSTRUCTIONS

- 1) Allow your Salmon Fillets to completely thaw before cooking.
- 2) Once the Fillets are thawed, remove from their packaging and place onto a paper towel to blot away the excess liquid. This will help the Salmon from sticking to the BBQ grill.
- 3) Season the Salmon Fillets with salt and black pepper.
- 4) Set grill to 425°F. Oil the grill to stop the Salmon from sticking. Cook for approximately 7 minutes. This will allow the Salmon to be served juicy and moist. Alternatively, if you have a thermometer, the internal temperature of the Salmon should reach 155°F before removing from the oven. Allow to rest for 1 minute. The final rested Internal Temperature needs to be at or above 165°F.

OVEN INSTRUCTIONS

- 1) Allow your Salmon Fillets to completely thaw before cooking.
- 2) Once the Fillets are thawed, remove from their packaging and place onto a paper towel to blot away the excess liquid. This will help the Salmon from sticking to the baking tray.
- 3) Preheat your oven to 375°F.
- 4) Place Salmon on a baking tray (line with parchment paper or aluminum foil if available). Drizzle with vegetable oil and season with salt and pepper to your liking.
- 5) Transfer the tray to your preheated oven and cook the Salmon for 8-10 minutes. This will allow the Salmon to be served juicy and moist. Alternatively, if you have a thermometer, the internal temperature of the Salmon should reach 135°F before removing from the oven. Allow to rest for 1 minute. The final rested Internal Temperature needs to be at or above 165°F.
- 6) Carefully remove the Salmon from the oven, plate and enjoy!

SIRLOIN STEAK (8oz)

Our steaks are aged a minimum of 45 days for superior tenderness.
Cook 'em the way you like and serve with your favourite sides.

BBQ INSTRUCTIONS

- 1) If Steaks are frozen, allow to completely thaw before cooking.
- 2) Remove Steaks from their packaging and place onto paper towel to blot away the excess liquid. This will help caramelize the Steak and develop better flavour.
- 3) Season to desired level with salt and black pepper.
- 4) Set grill to 425°F and grill the Steaks to desired doneness, flipping half way through cooking.
Temperature guidelines are: Medium Rare: 145°F / Medium 160°F / Well Done 170°F.
- 5) Always rest your meat after cooking before cutting into it so it remains juicy - about 1-2 mins for these sized steaks.

STOVETOP/OVEN INSTRUCTIONS

- 1) If Steaks are frozen, allow to completely thaw before cooking.
- 2) Remove Steaks from their packaging and place onto paper towel to blot away the excess liquid. This will help caramelize the Steak and develop better flavour.
- 3) Preheat your oven to 350°F.
- 4) Place a cast iron skillet or oven safe frying pan over medium high heat for approximately 3 minutes. Ensure your fan is on to reduce any smoke.
- 5) When a drop of water flicked into the pan evaporates, it is ready. Add a small amount of oil to the pan, approx 1 teaspoon to coat the surface.
- 6) Place seasoned Steaks into the pan with some space between each steak. Cook approximately 5 minutes on the first side until nicely browned and caramelized. Flip and cook for approx 3 minutes on the second side, then place into preheated oven until desired doneness is reached.
Temperature guidelines are: Medium Rare: 145°F / Medium 160°F / Well Done 170°F.
- 7) Always rest your meat after cooking before cutting into it so it remains juicy - about 1-2 mins for these sized steaks.



BURGERS

**Make it an Earls Bigger, Better Burger! Just add tomatoes, onion, lettuce, pickles, mayonnaise and mustard, and serve on a toasted brioche bun.
Pro tip: Cheese is always welcomed.**

BBQ INSTRUCTIONS

- 1) If Burger Patties are frozen, allow to completely thaw before cooking.
- 2) Remove Burgers from packaging and place onto a clean tray. Season the patties with salt and black pepper on both sides.
- 3) Set grill to 425°F and grill the Burgers on both sides until the internal temperature reaches 160F, flipping halfway through.
- 4) Remove and enjoy with your favourite condiments!

STOVETOP/OVEN INSTRUCTIONS

- 1) If Burger Patties are frozen, allow to completely thaw before cooking.
- 2) Remove Burgers from packaging and place onto a clean tray. Season the patties with salt and black pepper on both sides.
- 3) Preheat your oven to 375°F.
- 4) Place a cast iron skillet or a large oven safe frying pan over medium to medium-high heat for 1 minute until the pan is hot. Ensure your fan is on to reduce any smoke.
- 5) Once the frying pan is hot enough, gently add the Burger Patties and allow to cook, untouched, for 2 - 3 minutes until the meat begins to caramelize. No need to add any oil to the frying pan as there will be enough fat inside the patties to keep from sticking.
- 6) Once the bottom of the Burgers are caramelized, gently flip.
- 7) Cook the other side for another 1-2 minutes until nicely caramelized.
- 8) Carefully transfer the frying pan to your preheated oven and leave for 2 - 3 more minutes. The internal temperature of the fully cooked Burgers should reach 160°F on a cooking thermometer.
- 9) Remove and enjoy with your favourite condiments!

