

# MICHAEL BUCKLEY'S

## TIPS FOR COOKING MEAT AND FISH

For starters, not every cut of meat and fish should be eaten at the same doneness. Many cuts chew differently at a range of temperatures.

For instance Tenderloin which is very lean I prefer around 120° but a more marbled steak like Rib-eye I prefer at 125-130° it takes a little extra time to heat up the fat and let it integrate with the meat.

With that in mind I have set up a guide of recommendations based on my years in the kitchen. This is only a guide and in time you will undoubtedly form your own opinions on the subject.

### BEEF & LAMB



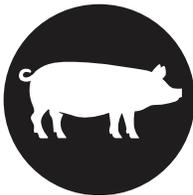
RARE	MEDIUM RARE	MEDIUM	MEDIUM WELL	WELL DONE
120°F-125°F	125°F-130°F	130°F-135°F	135°F-140°F	155°F AND UP

ALWAYS LET THE MEAT REST FOR AT LEAST 3-5 MINUTES BEFORE SLICING TO ALLOW FOR A LITTLE CARRY OVER, AND STOP JUICE LOSS.



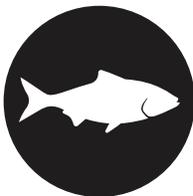
### POULTRY

BREAST MEAT	150°F-165°F	THIGH OR LEG	175°F-180°F
WHOLE CHICKEN COOK AT 325°F UNTIL THIGH IS 165°F			



### PORK

CHOP OR ROAST	135°F-150°F
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### FISH

MOST FINFISH FILLET	125°F-135°F	TUNA STEAK	80°F-90°F
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SCALLOPS	CLAMS	LARGE SHRIMP
BAKE OR GRILL UNTIL FIRM	UNTIL OPEN	BOIL 5-6 MINUTES

The above recommendations are for practical cooking results.

For **USDA** safe minimum guidelines see the following chart:

BEEF, LAMB & PORK	145°F	GROUND MEAT	160°F	POULTRY	165°F	FISH	145°F
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*Consuming raw or undercooked meat and seafood may increase the risk of foodborne illness*

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## ADDITIONAL COOKING TIPS

### SCALLOPS WRAPPED IN BACON

Best baked in convection oven at 450 °F till bacon is slightly crisp and scallops are firm  
About 10-12 minutes

### HOW TO COOK A COWBOY STEAK (A BUCKLEY'S GREAT STEAK)

The cowboy steak is a thick cut Ribeye bone in that has been marinated in our signature recipe for 12-24 hours; it requires a little extra time to prepare one of the best steaks of your life!

- Remove steak from the fridge at least a half an hour before cooking to take the chill out of it.
- Sear at high heat just enough to give nice grill marks on the exterior.
- Immediately turn down to medium low heat and cook slowly until you reach an inside temperature of 125°F, This should take 20-30 minutes so don't rush it.
- Let rest for 5 minutes before eating.

### HOW TO COOK A SUGAR CURED STRIP STEAK (A BUCKLEY'S GREAT STEAK)

We cure our signature strip steak in brown sugar, fresh garlic and cayenne pepper over night for a unique candied steak experience.

- First Sprinkle both sides of the steak with salt to balance off the sweet of the brown sugar (sweet and salty, one of my favorite flavor profiles)
- On a medium heat grill, spray grates with pan release to prevent sticking.
- Cook slowly turning often to prevent charring, if you see excessive charring turn grill down. (One of the most important factors is to not use to high a heat)
- Cook to an internal temperature of 125°F for optimal taste and texture

The above recommendations are for practical cooking results.  
For **USDA** safe minimum guidelines see the following chart:

BEEF, LAMB & PORK 145°F	GROUND MEAT 160°F	POULTRY 165°F	FISH 145°F
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