

A photograph of a large, bone-in center cut pork chop resting on a dark, textured wooden surface. To the left of the chop is a wooden spoon filled with coarse pink salt. To the right are two red onions and a sprig of fresh thyme. The lighting is warm and focused on the meat.

Old Century Meats
★ HERITAGE GROWN ★ ★ ALABAMA ★ ALL NATURAL ★

**Old Century Meats
Bone-In Center Cut Pork Chop**

For Best Cooking Results

THE FOLLOWING TAKES LESS THAN 5 MINUTES TO READ
BUT WILL YIELD COUNTLESS COMPLIMENTS

(This writing refers to whole muscle meats, not ground products)

A BRIEF LESSON

In America, meat is treated as a commodity that is passed from one hand to another before finally arriving at your grocer's meat counter. Along the way, up to 30% water and other chemicals have been added to grocery store meat to increase weight and profit because meat is sold by the pound...and water is a cheap profit maker. If you notice at the meat department in your favorite grocery store, they use little sprinklers, like the ones used in the produce department, to keep the meat wet and moist. This is because the grocer does not want to lose moisture...because moisture loss is profit loss. In high-end butcher shops, and all over Europe, the meat case does not get water showered and water added. This creates a darker color on the outside of the meat, simulating the dry-age process and intensifying the flavor of the meat. We would like to share with you how to create a version of this at home. *Old Century Meats'* products never have water added. The pounds you pay for are pure, 100% meat.

PREPPING THE MEAT

All of *Old Century Meats'* products are deep frozen to ensure the highest quality and freshness. When you are planning for your meal, pull the meat out of your freezer, remove the packaging and place in the refrigerator* allowing the meat to completely unthaw. It is best to place the meat on a wire rack on top of a plate or cookie sheet allowing air flow around the meat. If you don't have a wire rack, place a good grade paper towel under the meat on the plate or cookie sheet to help absorb the

*Make sure that your refrigerator is clean and odor-free, otherwise the odor will absorb into the meat and give yucky flavors. If your refrigerator has odors, place your meat in a plastic, closeable bag with a good grade paper towel to help absorb the myoglobin,** replacing if saturated.

myoglobin** from the meat, and change out if necessary. Placing the meat on a wire rack, uncovered, will enhance flavor, texture and juiciness. At the store, this is done in the display case with an absorbent pad underneath the meat. Meat can benefit from this process for 30 minutes or up to a few days. The longer you leave the meat in the refrigerator, (not more than a few days), the drier the exterior will become, changing the color to a deeper red/burgandy on red meat, and a more golden color on poultry.

There is a **MEAT PARADOX**: *Wet meat becomes dry when cooked, dry meat stays moist when cooked.* Meat that is drier on the surface, sears and stays moist and juicy on the inside when cooked. This is why people pay premium prices for dry-aged meat. You are tapping into this process when you allow your meat to dry a day or more before your cooking time.

LET'S GET COOKING

This works great for steaks, pork chops, chicken breasts and skin-on pieces: If you really want to taste the incredible flavor of our heritage meats, 40 minutes before cooking, salt the exterior with kosher flake salt, our favorite, and let it sit, refrigerated. The salted exterior responds with the heat and forms a “crust” that tastes great and keeps the juices in. Add any other spices or sauces you wish...(but try it at least once with just salt-you’ll be amazed with the flavor of *Old Century Meats*). Once the meat is cooked to your liking, let it rest, foil tented, for 5-10 minutes. This allows all of the juices inside that were just heated up and traveling all over the place, to find their place again in the meat...where they belong...not running all over your plate. Resist the temptation to just dive right in with that knife. You’ll be happy you waited.

If cooking on the stove top, try our meats in a cast iron skillet. Cook the meat in your favorite oil, (we Italians love olive oil), making sure both the skillet and oil are searing hot before adding the meat. Be sure to dry the meat in your fridge as stated above, and salt the outside of your meat as stated above. Turn the meat over only after the beautiful “crust” has formed and create it on the other side. (The hotter the skillet, the rarer you can keep your meat; the cooler the skillet, the more your meat will be cooked because of the amount of time the meat sits in the skillet.) Our steaks are phenomenal in cast iron. Our chicken breasts are very flavorful like this as well. If the breasts are thick, you may want to butterfly them first, or “crust” them in the skillet and finish baking in the oven.

Gather all your friends and family to the table and enjoy! Time around the table creates love. Love glues the family together. When the food is great, everyone wants to stay at the table. We pray *Old Century Meats* help to bring your family to the table. *Our first ingredient is always love.* May you taste that ingredient in all your meals.

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**An iron-containing protein found in muscle fibers, that combines with oxygen released by red blood cells and transfers it to the mitochondria of muscle cells, where it is used to produce energy. The red, liquidy stuff you see as the meat unthaws is not blood as many think, it's myoglobin.

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