



Main Street, Wicklow Town. Tel: 0404-69719

QUALITY TIPS FROM CULLENS!

SKEWERS TIPS

- When using Wooden Skewers
soak them in water first before you cook
- this way they won't burn!
- Try using Rosemary Sprigs as a skewer instead,
just cut end at an angle to make sharp.
- this will add flavour and also look good!
- Add Onions, peppers, mushrooms or tomatoes to skewers
- create colour and layer between meat!
- Skewers can be done in advance and can be marinated over night!
- Add Skewered Meat to a Flat bread or Pita
- simply add meat, sauce and some salad to a wrap!
- Skewers can be made smaller and used for buffet or party
- mini bite size skewers. Delicious!

BARBECUING TIPS

Summer is about enjoying food in the great outdoors.
When deciding to fire up the barbeque instead of being in the kitchen
Remember the following:

- Have the surface hot before you start. Preheat for 10 mins.
- Brush food you are barbequing with oil and season just before cooking.
- Turn meat only once when cooking as it will lose juices each time you turn.
- Make sure meat cooked thoroughly.
- After cooking rest meat to allow it relax for a tender result.

GRILLED MEAT WITH CROSSHATCH LINES

For those perfect crosshatch lines on grilled meat, seafood or veggies
make sure you have grill pan or griddle with a ribbed base.

FOR PERFECT STEAK

- Make sure the char-grill is very hot.
- Brush the meat with oil not the pan.
- Turn only once.
- Then rest the meat to allow juices to settle.

STOCK

Keep your Cullens Quality Turkey Carcass or Chicken Carcass to make a stock which may be used as the basis of a delicious soup.

Making Stock

- Put the carcass into a large pot and cover with water.
- Add chopped onion, carrot, celery.
- Season with salt and pepper.
- Bring to the boil then reduce heat and simmer until reduced.
- Pour through a sieve into a jug keeping only the juices and getting rid of all else.
- Allow to settle and cool.
- Cover and refrigerate.
- When using remove top layer of fat first then add as a stock to meals or use to make soup.

MARINADES & DRESSINGS

Why not try some of the Condiments Cullens Stock such as our **Rubs, Marinades and Sauces**. Our store goods are great to have on hand to create an instant bit of flavour plus save you time in the kitchen. Some of our favourites include: **'Hot and Spicy'** marinade which can be used for Chicken Wings and **'Louisiana Barbeque Sauce'** which we adore on Ribs, these are great flavour enhancers and make quick marinades! So remember to stock your pantry with some of Cullens Store Canned Goods they help to make a quick meal during a busy working week!

FROM THE FREEZER

Try our already peeled and **Pre cooked King Prawns** –

Add to make a quick Prawn cocktail using Whipped Cream, some Tomato Sauce and a squeeze of Mayonnaise combine and stir

add the prawns then garnish with Paprika. Serve over some nice lettuce leaves.

You could also use in these other ways:

in a Curry, make Skewers, use in Paella, or just simply pan fry with sliced garlic and olive oil.

STORAGE & HANDLING OF MEAT

- Avoid leaving meat in warm places, refrigerate meat as quickly as possible.
- Always wash your hands before and after food preparation. (Especially between handling raw and cooked meats.)
- Do not use the same cutting board for cooked and raw meats.
- Make sure all utensils are kept clean.
- Always ensure when defrosting meat that it is fully thawed before cooking.
- Remove meat from plastic bags place on a dish or in a bowl and cover with foil.
- Always store cooked meat above raw food in your fridge.