

IMPOSSIBLE™

BACK OF HOUSE CULINARY GUIDE



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01 INTRODUCTION

Welcome to the Impossible Foods Back-of-House Culinary Guide. Meat made from plants for people who love meat is finally here! Impossible Foods is committed to delivering exceptional products to you and your customers. To ensure the best experience every time, this guide has been created with everything you need to know about storing, cooking and handling Impossible meat.

Learn more about Impossible Foods [here](#).

MEAT ON A MISSION

Impossible Foods is on a mission to transform the global food system with a delicious product made for meat lovers. Five years in the making, Impossible Foods examined every part of the meat experience, making sure the appearance, sounds, aromas, textures, and most importantly, flavors would make meat lovers rejoice. Impossible meat is great for the environment, made using 95% less land, 74% less water, and 87% less greenhouse gas emissions than conventional beef. Plus, Impossible meat contains 0 mg of cholesterol and has comparable protein to beef.

INGREDIENTS

Water, Textured Wheat Protein, Coconut Oil, Potato Protein, Natural Flavors, 2% or Less Of: Leghemoglobin (Soy), Yeast Extract, Salt, Konjac Gum, Xanthan Gum, Soy Protein Isolate, Vitamin E, Vitamin C, Thiamin (Vitamin B1), Zinc, Niacin, Vitamin B6, Riboflavin (Vitamin B2), Vitamin B12. Contains: Soy, Wheat

For the most up-to-date ingredients list and nutrition facts, visit [Impossiblefoods.com/FAQ](https://impossiblefoods.com/FAQ).

FOOD SAFETY & SANITATION

Treat Impossible meat like any other protein and follow the food safety guidelines of your restaurant.

02 FREEZING & DEFROSTING

Impossible meat will arrive frozen and defrosts slightly faster than other ground meat products. For best results, it should be thawed in a refrigerator or cooler before handling.

TIPS & TRICKS

When thawing, do not stack the meat or defrost it under running water.

Once thawed, the meat has a shelf life of 3 days.

Do not re-freeze the meat as it compromises the integrity of the product.

Keep the meat cool until time to cook. Letting Impossible meat's temperature rise above 50°F before cooking may negatively affect the texture.

Reference the "Used By" date on each shipment to find its frozen shelf life. The date can be found on the case and on the individual packaging.



03 HANDLING

Impossible can be used in all the same ways as any other ground meat. Due to subtle differences, there are some best practices for handling Impossible meat.

Follow along on how to handle the product [here](#).

TIPS & TRICKS

Impossible meat is available in two formats: bulk or pre-made quarter-pound patties.

The colder impossible meat is, the better it holds its shape and the less it sticks to cooking surfaces.

The meat should always be handled with gloves when defrosted to ensure safety and integrity of product.

Impossible meat shrinks minimally when cooked so the end cook weight will be closer to pre-cook weight than other meat products.

Be careful not to overhandle the product as this will affect its integrity.

After forming, place the meat back in the fridge for 2-4 hours to chill prior to cooking.



04 COOKING

BURGERS

Impossible Burger is offered as a quarter-pound patty or in bulk, which can be formed into a patty at a desired weight.

Follow along on how to cook the Impossible Burger [here](#).

TIPS & TRICKS

Impossible Burger cook time will vary based on formed weight of the patties.

Impossible Burger performs best when patties are packed tightly. Once in patty form, season the Impossible Burger as desired. Remember that it's best to work with the meat while it's still cold.

Searing the Impossible Burger will produce a delicious crust that creates texture and maximizes flavor.

The optimal surface for cooking the meat is a flat top griddle. The product does not perform well on open flame.

A surface temperature between 350-375°F is recommended. Preheat surface to desired temperature and place the cold patties onto the griddle. For a quarter-pound patty, a cook time of approximately 2 minutes per side is recommended. For food safety and quality, heat to an internal temperature of 160°F.

Impossible Burger does not need to rest after cooking and is best served immediately.

The meat works well with spices, aromatics, and condiments. Use Impossible Burger's versatility by plating it as you would a typical burger or by creating unique burger builds.



05 GROUND MEAT APPLICATIONS

Impossible meat can be used in any ground meat application. Follow along on how to prepare Impossible in a ground meat application [here](#).

TIPS & TRICKS

For a more consistent execution, add spices and aromatics to the raw product prior to cooking.

Cook Impossible meat at a slightly lower temperature than other ground meat to not overcook.

To cook, add oil and heat the pan over medium heat. Crumble Impossible and let it cook undisturbed for 2 minutes, until a light brown crust forms. Stir and cook for an additional 2 minutes.

Some suggested thought starters for ground meat applications include: tacos, lettuce wraps, gyros and nachos.



06 FORCMEAT APPLICATIONS

You can utilize Impossible in any forcemeat application.

Follow along [here](#) for our best practices.

TIPS & TRICKS

To create a forcemeat application, add the ingredients of your recipe to the raw meat until well incorporated. Be careful not to overwork the meat and work quickly to keep the meat as cold as possible.

Form the application and place it back in the fridge to keep cold until cooking.

Once product is formed and chilled, cook to desired doneness.

It is not recommended to hot-hold forcemeat applications of Impossible meat in soups and sauces.

Some suggested thought starters for forcemeat applications include: meatballs, dumplings, ravioli, kofta, empanadas and sausage.



07 SOUPS & SAUCES

Watch some helpful tips for creating soups and sauces [here](#).

TIPS & TRICKS

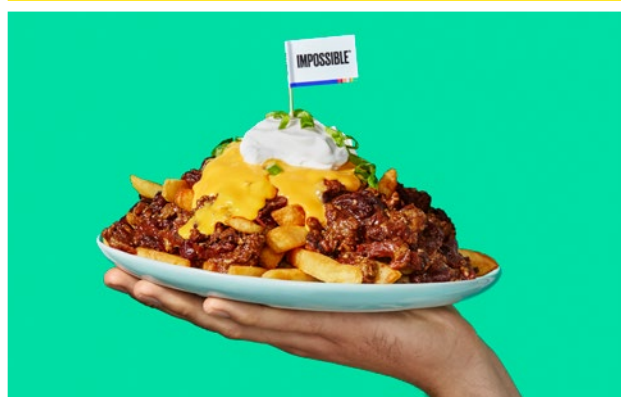
In a sauce application, it is best to prepare Impossible meat first and then add sauce just prior to serving.

For applications like chili, it is recommended to add the cooked meat to the chili for service instead of simmering it in the sauce for an extended period of time.

Some suggested thought starters for soups and sauces include: chili, bolognese, and tortilla soup.



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