



# HOW TO COOK IMPOSSIBLE™ BEEF / BURGERS MEAT FROM PLANTS

If you know how to cook ground beef from a cow, you already know how to cook Impossible Beef! Impossible Beef is a 1:1 substitute for ground beef in any recipe, so you can easily add it in your most popular menu items like tacos, burgers, lasagna, soups and more. Grill it, roast it, braise it, fry it, simmer it -- however you like!

## WHAT ARE THE KEY INGREDIENTS IN IMPOSSIBLE BEEF?

- Soy Protein
- Sunflower and Coconut Oil\*
- Heme

\* deodorized and not a major allergen

## SIMPLE STORAGE & HANDLING

- **Perishable. Keep frozen or refrigerated at all times** and cook before the indicated use-by date.
- **Shelf life is 9 months frozen**, 14 days unopened thawed and **3 days once opened**.
- **To thaw, simply place it in the refrigerator for ~24 hours before using.** We do not recommend thawing Impossible Burger by immersing it in water. **Once thawed, do not refreeze.**

## COOKING INSTRUCTIONS

- Impossible Beef **cooks and handles like 80/20 ground beef<sup>1</sup>** and yields up to 28% more cooked product<sup>2</sup>.
- For best results, cook Impossible Beef from a **cold, refrigerated state** is recommended for best performance.
- It can be cooked on any surface and in any way ground beef is cooked including: **sautee, stir fry, braise/sear, deep fry, bake, grill and simmered in broth.**
- For **burgers**, preheat pan or grill to medium high. For thawed patties: cook for about 2 minutes per side to desired level of doneness. For frozen patties: cook for about 4 minutes per side to desired level of doneness.
- Impossible Beef is fully cooked when the internal temperature is 71°C / 160°F.
- **Serve while hot and fresh** for best results.

## IMPOSSIBLE MENU INSPIRATION



**PASTA BOLOGNESE**



**TACOS**



**BURGERS**

## CONTACT US

For more information, reach out to your **Impossible Foods sales rep** or **Hello@ImpossibleFoods.com**. You can also **visit our website** for more inspiration.

