

General cooking guidelines?

In general, you can cook Marbles' meats just as you would cook conventional meats. But one notable difference is that our meats are not as sensitive to different cook times (i.e., easier to prepare!). So feel free to experiment with different cooking methods, and let us know how it goes. Even we do not know all that Marbles are capable of 🤖👤

Simplest methods for prepping the Marbles*:

For the Thick-Cut Filet and Whole-Cut Loin:

1. Cut into your desired shape (filet, slices, chunks, etc...)
2. Lightly season or marinade
3. Pan fry in oil on medium heat. Turn on all sides until a beautiful crust develops.
4. Bon appetit!

For Baby Ribs:

Baste or spice with your sauce or seasoning of choice.

1. Bake at 200°C/400F on the fan setting for 15-20 minutes.
2. Detach from reality for a brief, delicious moment.

For Meaty Meat:

1. Cut to desired shape or keep whole.
2. Season lightly with salt or your favorite spice mix.
3. Heat oil in a non-stick pan and fry on all sides for about 8 minutes.
4. Proceed to live deliciously.

🔪 PRO TIP: USE A SHARP KNIFE. IF FROZEN, CUT WHEN ABOUT HALFWAY DEFROSTED FOR THE PRETTIEST MEATY MORSELS.

If you'd like some inspiration, check out our [Operating Manual](#), [Instagram](#), and [Recipes](#).

*Defrost the product in the refrigerator, cook to an internal temperature of 74°C/165F.

Do I need to defrost the product before cooking?

Yes, for best results, we recommend defrosting.

Can I reheat cooked “meat”?

After cooking, promptly refrigerate any leftover meat. You can store it in the fridge for up to 2 days, and make sure to reheat to at least 74°C/165F before eating.

Can I cut the frozen product into smaller pieces and store them in the freezer?

Once the packaging is open, we do not recommend you refreeze the product. Our storage guidelines do not apply once product is taken out of the packaging. But it's up to you.

My meat is sticking to the pan. What can I do?

If your meat is sticking to the pan, try using a non-stick pan or add a bit more oil before cooking. When flipping, make sure the crust is formed before you flip. OR alternatively, flip the meat frequently to avoid sticking.