

B & E Meats and Seafood

KALBI BEEF RIBS/KALBI BONELESS CHICKEN BREASTS – You'll be dreaming of Hawaii after you've tasted these thin cut beef short ribs and chicken. Our secret marinade – containing soy, ginger, garlic and sesame oil - renders these tender and delicious. Barbecue or broil approximately 5 minutes on each side.

TERIYAKI BEEF TRI-TIP – Our #1 best seller! We marinate this thick cut of sirloin tri-tip in a mild teriyaki to create a gourmet london broil. Cooked whole, then sliced thin for serving, you'll find this delight tender as prime rib, yet surprisingly inexpensive. Bake at 325 degrees uncovered 1 hour for a 2 lb. tri-tip, 1 ¼ hours for a 3 lb. tri-tip, or barbecue over medium heat 15 to 20 minutes per side. Great for kabobs too!

SPINACH AND FETA STUFFED CHICKEN BREAST – A half chicken breast stuffed with spinach, feta and garlic. Bake at 350 degrees uncovered for 45minutes.

CRAN-APPLE STUFFED CHICKEN BREAST – A half chicken breast stuffed with our delicious cranberry and apple herb stuffing. Bake at 350 degrees uncovered for 45 minutes. Top with cream of mushroom soup about half way through.

CHICKEN CORDON BLEU – One half boneless breast, lightly seasoned, then rolled with ham, Swiss cheese and mushrooms. A gourmet meal with no fuss. Terrific covered with cream of chicken or mushroom soup. Bake for 45 minutes to an hour at 350 degrees. Top with soup or cover baking dish about half way through. Or barbecue over medium heat, turning often for 35 to 40 minutes.

GARLIC HERB CHICKEN – A tender boneless skinless chicken breast seasoned with our own perfect blend of garlic, herbs and lemon. Perfect with pasta, in salads or as a main entrée. Barbecue or broil approximately 5 minutes on each side.

STUFFED PORK CHOP – Thick tender pork chop filled with an herb and bread dressing. All you do is bake. Delicious as is or topped with cream of mushroom soup or applesauce. Brown on each side, top with soup, and bake one hour at 350 degrees.

HAWAIIAN BBQ PORK ROAST – A wonderfully moist pork shoulder roast, seasoned with Hawaiian sea salt and then wrapped in banana leaves. Wrap entire roast in foil, bake at 350 degrees for 3 ½-4 hours, then shred and serve.

STUFFED SALMON – A boneless filet of salmon stuffed with shrimp, imitation crab, three cheeses, green onions, red bell peppers and a touch of lemon. Bake or barbecue for 25 - 30 minutes at 400 degrees.

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