

DeAn's Of Brooklyn

FOURTH GENERATION FAMILY OWNED SINCE 1936

SUGGESTED COOKING INSTRUCTIONS

Cut	Grill / Broil	Oven / Bake	Air Fryer	Pan Fried	USDA min. temp
Chicken	12–15 min	22–25 min at 350°	18–23 min at 375–400°	7–10 min per side	165°
Beef	12–15 min	17–21 min at 350°	12–17 min at 375–400°	6–8 min per side	145° + 3 min rest
Pork	8–11 min	15–18 min at 350°	12–17 min at 375–400°	6–8 min per side	145° + 3 min rest
Stuffed whole fish	5–7 min per side	16–21 min at 350°	—	5–7 min per side	145°
Fish steaks	5–7 min per side	6–7 min / ½ in at 400°	13–17 min at 400°	5–7 min per side	145°
Shrimp	5–7 min per side	6–7 min / ½ in at 400°	7–9 min at 400°	5–7 min per side	145°
Fish fillets	5–7 min per side	6–7 min / ½ in at 400°	9–13 min at 400°	9–11 min*	145°

***Fish fillets, pan fried:** Usually breaded. Fry over medium-high heat in about 1/8 inch of oil. Turn once halfway through.

Times are starting points. Thickness, bone-in vs boneless, and equipment will change the time. Confirm with a thermometer.

Doneness source: USDA FSIS / FoodSafety.gov safe minimum internal temperatures.

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