



**CULINARYPREP™**

CulinaryPrep  
Preparation  
Guide



**Better Taste. Better Health.**



# Contents

- 3** Getting Started
- 4** Prep Guide - Beef
- 4** Prep Guide - Pork
- 5** Prep Guide - Chicken
- 5** Prep Guide - Seafood
- 6** Prep Guide - Freshwater Fish
- 6** Prep Guide - Produce
- 7** Tips for Prepping Beef, Chicken and Pork
- 8** Tips for Prepping Fish, Seafood and Shellfish
- 9** Tips for Prepping Vegetables and Produce
- 10** Tips for Cooking
- 11** Custom Marinades



# Getting Started

**First**, decide if you wish to highlight the natural taste and freshness of your food with the neutralizer/prep solution or if you would like to accent and enhance the natural taste with one of our chef-prepared custom marinades. Once you have made this decision, the rest is as easy as 1, 2, 3!

Most meats (beef, pork, and chicken) need to be tumbled for 20 minutes to achieve the maximum taste and flavor level. This is true if you are using the CulinaryPrep neutralizer/prep solution or one of our chef-made custom marinade flavors.

For delicate foods such as thin cuts of meat, fish, seafood, and produce, the recommended tumble times will be shorter, and we recommend using both ribs when tumbling to ensure your food does not separate.

Produce only needs to be tumbled with the VegetablePrep neutralizer/prep solution for 8 minutes to achieve maximum health and flavor results.

The digital timer allows you to easily increase or decrease the tumbling time as desired. The timer allows a range of tumbling times from a minimum of 2 minutes, to a maximum of 98 minutes. The timer allows you to adjust the tumbling time up or down while you are tumbling your foods.



Food	Size/Thickness	Tumble Time	Recommended Marinades	# of Grovac Ribs Used
<b>BEEF</b>			<b>ProPrep, Prime Beef, Signature Steak, Garlic Butter, Texas Mesquite, Burgundy Pepper, Teriyaki, Garlic &amp; Herb</b>	
Tenderloin-Whole	3"	20-30 min	same	1-2
Tenderloin-Fillet	1"	10-20 min	same	2
NY Strip	1"	20 min	same	1-2
Flank Steak	1/2"	20 min	same	1-2
Bone-in Rib-Eye	1"	10-20 min	same	2 <i>hint: check at 1/2 time</i>
Boneless Rib-Eye	1"	10-20 min	same	2 <i>hint: check at 1/2 time</i>
Porterhouse/T-Bone	1"	20 min	same	2
Sirloin Steak	1"	20 min	same	2
Roasts	3#	30 min	same	1-2 <i>hint: depending on roast type &amp; size</i>
<b>PORK</b>			<b>ProPrep, Texas Mesquite, Garlic Herb, Havana Mojo, SW Chili Lime, Teriyaki, Caribbean Jerk, BBQ, Greek, Garlic Butter, Sesame Ginger, Santa Fe Salsa</b>	
Pork Chop - Boneless	3/4"	20 min	same	1-2 <i>hint: as desired according to thickness</i>
Pork Chop - Bone-in	3/4"	20 min	same	2 <i>hint: check at 1/2 time</i>
Tenderloin - Whole	2"	20 min	same	1-2
Pork Steaks	3/4"	10-20 min	same	2 <i>hint: check at 1/2 time</i>
Roasts	3#	20-30 min	same	1-2 <i>hint: pierce for penetration</i>

Food	Size/Thickness	Tumble Time	Recommended Marinades	# of Grovac Ribs Used
<b>CHICKEN</b>			<b>ProPrep, Lemon Pepper, Santa Fe Salsa, Greek, Italian, Teriyaki, Garlic &amp; Herb, BBQ, SW Chili Lime, Sesame Ginger, Havana Mojo, Caribbean Jerk, Garlic Butter</b>	
Whole	3#	30 min	same	1-2 <i>hint: tumble 2 chickens at a time, one on each side, and freeze one. Pierce skin for better marinade penetration.</i>
Pieces	-	20 min	same	1-2 <i>hint: pierce skin for penetration</i>
Bone-in Breasts	-	20-30 min	same	1-2 <i>hint: pierce skin for penetration</i>
Boneless Breasts	4-8 oz	20 min	same	1-2 <i>hint: pierce skin for penetration</i>
Wings	-	60 min	same	1
<b>SEAFOOD</b>			<b>ProPrep, Lemon Pepper, Sesame Ginger, Teriyaki, Havana Mojo, Garlic Butter, Greek, SW Chili Lime, Garlic Herb, Santa Fe Salsa</b>	
Tuna Steaks	4 oz	10 min	same	2
Tilapia	6 oz	10 min	same	2
Grouper	6 oz	10 min	same	2
Shrimp	-	10-20 min	same	2
Scallops	-	10 min	same	2
Oysters in-shell	-	10 min	same	2

Food	Size/Thickness	Tumble Time	Recommended Marinades	# of Grovac Ribs Used		
<b>FRESHWATER FISH</b>			<b>ProPrep, Lemon Pepper, Sesame Ginger, Teriyaki, Havana Mojo, Garlic Butter, Greek, SW Chili Lime, Garlic Herb, Santa Fe Salsa</b>	<b>If skin off, check at 1/2 times</b>		
Salmon	4 oz	10 min	same	2	"	"
Northern	6-8 oz	10 min	same	2	"	"
Walleye	6-8 oz	10 min	same	2	"	"
Perch	-	10 min	same	2	"	"
Pan Fish	-	10 min	same	2	"	"
<b>PRODUCE</b>			<b>VeggiePrep</b>	<b>For better storage, spin dry vegetables very well after tumbling</b>		
Head of Lettuce/Spinach	-	4-6 min	same	2	"	"
Bagged Lettuce/Spinach	-	2-4 min	same	2	"	"
Carrots	-	6-8 min	same	2	"	"
Broccoli	-	6-8 min	same	2	"	"
Cauliflower	-	6-8 min	same	2	"	"
Greens/Sprouts	-	2-4 min	same	2	"	"



# Tips for Prepping Beef, Chicken and Pork

- 1** Using fresh, all natural meats that are minimally processed and which have not been previously enhanced, marinated or have water & salt added will give you the best results.
- 2** If PREPPING previously frozen meat, completely thaw for best results.
- 3** PREP meats such as pork chops and chicken breasts or pieces for approximately 20 minutes.
- 4** Tender or very thin cuts of beef, chicken and pork can be PREPPED in less time than normal. Try 10-15 minutes and adjust your time up.
- 5** PREPPING relaxes the meat tissue, so always marinate thin steaks, chops, rib eye steaks, filets of tenderloin, or beef with thick veins of fat with both Grovac Ribs in place to minimize stretching.
- 6** Steaks and chops that have bones should be PREPPED with both Grovac Ribs in place for best results.
- 7** Roasts, whole chickens, racks of ribs, and tough cuts of meat can be PREPPED for extended periods of time.
- 8** If the meat has layers of skin or fat, superior results will be achieved if you pierce through the skin and fat layer to allow the vacuum and marinade to penetrate.
- 9** Allowing the meat to breathe after removing from the CulinaryPrep unit will intensify the flavor and allow the meat to regain its shape.
- 10** Allowing beef cuts to breathe and dry slightly before grilling or broiling allows the meat to caramelize better while cooking.
- 11** Ground meats should not be PREPPED in the CulinaryPrep unit.



# Tips for Prepping Fish, Seafood and Shellfish

- 1** Using fresh, all natural fish, shellfish, and seafood which has not been previously enhanced, marinated or have water & salt added will give you the best results.
- 2** All fish, shellfish, and seafood must be thawed for best results.
- 3** Always PREP fish, shellfish, or seafood with both Grovac Ribs in place in the drum.
- 4** Since most fish, shellfish, and seafood have more delicate tissue structures than other proteins, PREPPING for more than 10 minutes is not recommended.
- 5** Whole fish or fillets of fish may be PREPPED.
- 6** Shrimp with and without shells may be PREPPED with equally superior results.
- 7** Previously cooked and frozen shrimp is the only cooked product that benefits greatly from PREPPING in the CulinaryPrep unit. Remember to thaw completely before PREPPING.
- 8** Shellfish such as clams, oysters and even lobster benefit greatly from PREPPING. The great vacuum achieved by the pump in the CulinaryPrep will cause the shells to open enough to allow the marinade to penetrate and flavor the product.



# Tips for Prepping Vegetables and Produce

- 1 Fresh vegetables offer the best results.
- 2 Rinse vegetables under running water to remove dirt prior to PREPPING.
- 3 Always PREP with both Grovac Ribs in place in the drum.
- 4 When using VeggiePrep, PREP for between 2 and 8 minutes, according to the guide.
- 5 To store after PREPPING, shake or pat dry, loosely cover and place in the refrigerator.



# Tips for Cooking Prepped Food

- 1** PREPPED products often cook as much as 20% faster than non-marinated products. Please adjust your cooking time as needed.
- 2** If you wish to add salt to your food, season prior to cooking and let breathe for several minutes before cooking.
- 3** Allow your meats to air dry slightly or pat dry prior to grilling, broiling, or frying to encourage the caramelizing of the meat.
- 4** Allowing your meat, particularly beef, chicken, and pork to rest for a few minutes after cooking and before cutting will help the meat retain moisture for better flavor.
- 5** Cook fish products just until opaque and flakey.
- 6** Cook shrimp and shellfish just until the color of the shell changes, signifying it is done.
- 7** Most products will continue cooking for a few minutes after removing from heat, so be careful not to overcook.



# CulinaryPrep Custom Marinades

Marinating your food at home typically takes hours and often requires soaking food overnight. **Until today.**

Now you no longer have to spend hours soaking your meat, fish or poultry to achieve the flavor you desire. In less time than you normally spend making your favorite marinade, all you have to do is include one of our custom-made marinades during the CulinaryPrep's preparation process, and you can enjoy flavors in minutes that you have not been able to previously enjoy at home.

Custom-made, our marinades are specifically designed to be used with the CulinaryPrep kitchen appliance. This preparation process has previously only been available at restaurants, but now you can do it yourself in minutes in your own kitchen!

The following custom-made marinades are available:

<b>Lemon Pepper</b>	<b>Santa Fe Salsa</b>
<b>Sesame Ginger</b>	<b>Havana Mojo</b>
<b>Burgundy Pepper</b>	<b>Garlic Butter</b>
<b>Greek</b>	<b>Garlic Herb</b>
<b>Red Devil BBQ</b>	<b>Caribbean Jerk</b>
<b>Teriyaki</b>	<b>Southwest Chili Lime</b>
<b>Prime Beef</b>	<b>Texas Mesquite</b>
<b>Italian</b>	<b>Signature Steak</b>

Each CulinaryPrep unit comes with a selection of marinades. Additional marinades can be ordered by calling CulinaryPrep Customer Service: 404-478-3345, Weekdays 8:30am to 5:30pm EST



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