IMPOSSIBLE™
CULINARY GUIDE

MADE FROM PLANTS
THE TRUTH IS, IF YOU KNOW HOW TO COOK BEEF FROM COWS, YOU KNOW HOW TO COOK IMPOSSIBLE BURGER. WE BOTH KNOW YOU DON'T NEED THIS GUIDE.

If you ever need inspiration, check out our Impossible Burger Culinary Video.
WE’RE TRANSFORMING THE GLOBAL FOOD SYSTEM BY TURNING PLANTS INTO DELICIOUS, NUTRITIOUS, SUSTAINABLE MEAT. EVERY TIME YOU EAT AN IMPOSSIBLE BURGER (INSTEAD OF BEEF FROM A COW), YOU ARE USING:

87% LESS WATER
89% LESS GREENHOUSE GAS EMISSIONS
96% LESS LAND

*Compared to beef from cows produced in the US
Impossible Burger is made from simple things you know plus a magic ingredient you may not have heard of...heme. It's a basic building block of life on Earth and it's what makes Impossible Burger cook and taste gloriously meaty.
FREEZING AND DEFROSTING
Impossible Burger defrosts a little slower than conventional beef. Simply place in the refrigerator for about 24 hours before you intend to use it. We do not recommend thawing Impossible Burger by immersing in water. Do not thaw and refreeze.

GENERAL HANDLING
Working with Impossible Burger from a cold, refrigerated state is highly recommended for best performance.

Like beef, chefs may choose to serve Impossible meat at various degrees of doneness and it should be handled with the same caution. Chefs and FOH Staff should inform consumers of the risks of consuming raw or undercooked foods.

SHELF LIFE AND STORAGE
Impossible Burger is perishable and should be kept frozen or refrigerated. Stored thawed Impossible Burger in a refrigerator for a maximum of 10 days unopened or 3 days opened. We recommend storage of open packages in airtight containers to reduce exposure to oxygen.

FOOD SAFETY AND SANITATION
Treat Impossible Burger like any other protein and follow the food safety guidelines of your restaurant. You already know this, but we had to say it.
MAKE ANYTHING WITH IMPOSSIBLE™ BURGER

Impossible™ Tacos
Impossible™ Penne Arrabiata
Impossible™ Meatballs
Impossible™ Kebabs
BURGER PATTIES

Impossible Burger patties can be cooked on a variety of surfaces, including flat top griddles, open flame grills and sauté pans. Gently place Impossible patties on a pre-heated surface and cook for 2-3 minutes per side or until a slight sear has formed. Cook to desired internal temperature and serve.

Searing greatly improves flavor and texture. Just like regular beef, at high temperatures, you can over-char or overcook it. Impossible Burger performs best when cooked to medium and slightly browned.

There are multiple ways to assess the doneness for burgers made with Impossible Burger. We found the typical “touch test” works great to assess firmness, as well as using color to gauge the desired doneness of the meat.

SAUTÉING

Preheat a pan, then crumble Impossible Burger and let it cook undisturbed until it starts to brown. Add seasoning of your choice, stir and cook for an additional few minutes until cooked through or until desired doneness. Serve and enjoy!
FILLINGS
Impossible Burger can be used in dishes like ravioli, dumplings and pastries exactly as you would use ground beef from cows.

SOUPS & SAUCES
For your favorite soup and sauce recipes, we recommend browning the meat in the pan before adding any liquid, just as you would with ground beef. Because Impossible Burger does not release as much water during cooking, there is no need to drain excess liquid after browning.

BAKING/ROASTING
You can bake or roast Impossible Burger in an oven the same way you would ground beef. We suggest oven temperatures between 175-200°C. Impossible Burger is fully cooked when the internal temperature reaches 71°C. A few of our favorite recipes include meatballs, lasagna and meatloaf.

BRAISING
Impossible Burger can also be braised to infuse your desired flavors and typically does not take as long to braise as conventional beef. We recommend browning the meat in the pan before adding the liquid.
WE TOLD YOU—
YOU DIDN’T NEED THIS GUIDE.

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Reach out through BidfoodMe.com

For even more ideas, visit ImpossibleFoods.com/Foodservice
or contact Hello@ImpossibleFoods.com