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FEBRUARY MEAT DEAL



COOKING INSTRUCTIONS

1 WHOLE PORK TENDERLOIN

Preheat oven to 425° (F). Place seasoned pork into a shallow baking dish and bake in oven 25-30 min (internal temp of pork should be at least 145°). Remove from oven and place pork tenderloin on a plate and let rest at least 5 min before slicing.

2 HOMEMADE ITALIANS OR HUNGARIANS

Sausages can be put right on the grill or they can be precooked 1st in the oven and then put on the grill to brown. They can be put in a pot of Italian Sauce (Italians) or Hot Sauce mixture (Hungarians) stove-top. Pre-cook to a temp of 165° - 30 to 40 min in the oven at 350° or grill then let simmer for 15 to 20 min on medium heat in a pot of sauce.

1 CHICKEN (WHOLE OR CUT UP)

Put the Chicken in the oven at 325° for 60 to 90 minutes. Ideally the chicken should have an internal temperature of 165°.

2 CHICKEN PATTIES (PRE-COOKED)

The patties are fully cooked so you can put them in the oven at 350° for 10 to 15 minutes or the microwave on High for a couple of minutes.