



# WILD BOAR

Our cooking basics are an approximate guide. We believe cooking is about using your senses and adjusting as needed to get the result you desire.

Wild boar is very lean; add ample oil or duck fat to the pan or grill when using direct heat cooking methods.

**FINISHED TEMP GUIDE**  
 RARE 120-130°F  
 MEDIUM-RARE 130-135°F  
 \*MEDIUM 135-145°F  
 \*MEDIUM-WELL 145-155°F  
 \*D'Artagnan Recommends



**Quick Tips:** For even cooking, remove meat from the fridge 15-45 minutes before you need it. Always use an instant-read thermometer! Internal temperature will rise 5-10 degrees after being removed from heat, adjust accordingly. Always rest meat before cutting or serving.

CUT	COOKING METHOD	COOKING TEMP	APPROX TIME	FINISHED TEMP	TIPS
Tenderloins (12 oz ea)	pan-sear	high	3-4 mins each side	140°F	trim silverskin
	grill	high	3-4 mins each side	140°F	trim silverskin, cook over direct heat
	sauté	med high	5-8 mins total	140°F+	slice into 1/2-inch thick strips
Strip Loin (1.25 lbs ea)	pan-sear	med high	4-5 mins each side	145°F	cut into 1 to 1½ - inch steaks
	whole roast	375°F	pre-sear; 20-25 mins	140°F - 145°F	score fat; tie with butcher's string
	grill	high	5-7 mins each side	145°F	cook over direct heat
Frenched Rib Rack (2.5-4 lbs)	sous vide	145°F	3-6 hours; post-sear	145°F	score fat; sear in pan or torch
	pan-roast	375°F	pre-sear; 20-25 mins	140-145°F	sear over high before roasting
	grill	med high	20-25 mins; post-sear	140-145°F	indirect heat; move to direct to sear after
Mini Roast (1.75 lbs)	sous vide	145°F	4 hours; post-sear	145°F	vacuum seal with aromatics; sear in pan
	reverse sear	250°F	90 mins; 15 mins	140-145°F	after resting sear in 500°F oven 15 mins
	pan-roast	375°F	pre-sear; 35-40 mins	140°F-150°F	sear over high heat before roasting
Shoulder (3.5 lbs)	reverse sear	250°F	90 mins; post sear	140°F-150°F	sear over high heat after resting 20 mins
	braise	low simmer	pre-sear; 2 hours	fork tender	remove net; cut into 2" pieces
	roast	350°F	90 minutes	140°F-150°F	cover with foil first hour of cooking
	barbecue	medium-low	2 hours	140°F-150°F	finish over direct heat
Stew Meat (5 lbs; pieces vary)	reverse sear	250°F	2.5 hours	140°F-150°F	after resting sear in 500°F oven 10 mins
	braise	low simmer	pre-sear; 4 hours	fork tender	cut into 2" pieces or braise whole/shred
	stew	low simmer	pre-sear; 2 hours	fork tender	braises often taste better the 2nd day
Kabobs	low simmer	med high	4-6 mins each side	145°F	can also be stewed in a slow cooker
	med high				brush kabobs with oil while grilling

**RESTING: THIN CUTS 5-10 MINUTES | RACKS: 15 MINUTES | ROASTS 20 MINUTES**

D'Artagnan Wild Boar is truly wild, and humanely-trapped by experienced boar hunters in Texas. The animals are inspected and processed at USDA-certified facilities. Wild boar are rampant foragers that eat plants, grains, and nuts, and whatever else they find in the natural world.

**About D'Artagnan:** Founded in 1985, D'Artagnan has been at the forefront of the farm-to-table movement, providing chefs, restaurants, retailers and home cooks with superior tasting, high-quality meats, poultry, foie gras, charcuterie, truffles and mushrooms.

## BRINING

Wild boar can benefit from a quick brine with direct heat cooking methods, like grilling.

**3/4 CUP SALT : 1 GALLON WATER**  
**OPTIONAL 1/2 CUP SUGAR + AROMATICS**

*Always* chill brine thoroughly before using. Brine thin cuts for about 1 hour; racks & roasts for 1 hour per pound.

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