



## Frozen Products Cooking Instructions

### BAKERY

**All Butter Croissant** - Spread out on a baking tray and leave to prove overnight at room temperature. Egg wash and bake in pre-heated oven at 190°C/375°F /Gas Mark 5 for 8 - 10 minutes, until golden brown.

**Chocolate Twists** - Spread out on a baking tray, defrost/prove overnight. Glaze with egg yolk and bake in a pre - heated oven at 180°C/350°F /Gas Mark 4 for 10 minutes.

**Pain au Chocolat and Pain aux Raisins** - Spread out on a baking tray and leave to prove overnight at room temperature. Egg wash and bake in pre - heated oven at 190°C/375°F /Gas Mark 5 for 8 - 10 minutes, until golden brown.

**Yorkshire Puddings** - Place in a pre-heated oven at 200°C/400°F/Gas Mark 6 for 3 - 4 minutes.

**Cookies - Plain Choc Chip and Oatmeal & Raisin** - Spread out on a baking tray. Bake in oven at 150°C/300°F/Gas Mark 2 for 15 - 20 minutes. Leave to cool for a moment.

**Tear & Share Garlic Bread** - Pre-heat oven to 200°C/400°F/Gas Mark 6. Remove film and place bread in foil tray onto a baking tray. Cook for 12 - 14 minutes from frozen or 8 - 10 minutes from chilled or until golden brown.

**Sweet Belgian Waffles** - Defrost at room temperature or cook in hot oven for 3 minutes at 220°C/425°F/Gas Mark 7 or in a microwave for 1 minute.

**Cocktail Sausage Rolls** - Cook from frozen. Place the sausage rolls on a lightly buttered baking sheet. Brush with a little milk & beaten egg. Place in a pre heated oven at 200°C & cook for 25 minutes or until golden brown & piping hot.

### SEAFOOD

**Coquilles St Jacques** - Cook from frozen. Pre-heat oven to 220°C/425°F/Gas Mark 7. Place on a baking tray and cook for 20 - 25 minutes.

**Fish Cakes** - Cook from frozen. Grill for 6-10 minutes or deep fry in oil at 180°C/350°F for 4 - 5 minutes or shallow fry on a medium heat for 6 - 7 minutes.

**Salmon Fish Cakes** - Deep or shallow fry from frozen in pre-heated oil at 180°C/350°F for 6 - 8 minutes.

**Salmon en Croute** - Oven cook from frozen in a pre - heated oven, 200°C/400°F/Gas Mark 6. Remove outer packaging, place on baking tray for 20 - 30 minutes.

### VEGETABLES

**Asparagus & Gruyere Crown and Mushrooms, Stilton & Pinenut Parcel** - Oven cook from frozen in a pre - heated oven, 180°C/350°F /Gas Mark 4. Remove outer packaging, place on a baking tray in a oven for 30 - 40 minutes.

**Broad Beans and Peas** - Cook from frozen. Place in a little boiling salted water and simmer until tender. Drain and season. Alternatively can be steamed.

**Roast Potatoes** - Cook from frozen in a pre - heated oven at 180°C/350°F /Gas Mark 4 for 30 minutes or around joint for the last 30 minutes of cooking.

**Tuscan Roasting Vegetables** - Spread the frozen vegetables on a shallow baking tray, add crushed garlic, salt & drizzled olive oil. Roast on the top shelf of a very hot oven for 8-12 minutes.

**Spinach Leaf** - Place frozen spinach in a covered saucepan with a knob of butter. Season with salt and pepper, heat gently, stirring until tender.

**Veggie Burgers** - Shallow fry at a moderate temperature for approximately 10 minutes each side in a little oil, or grill.

**Battered Onion Rings** - Oven: Cook from frozen for 20 minutes in a pre-heated oven at 230°C/450°F/Gas Mark 8. Turn once during cooking. Grill: medium/hot heat for 5 minutes until golden, turn once during cooking. Shallow fry: 3-4 minutes in hot oil, turn once during cooking. Deep fry: 2 minutes until golden brown.

**Hash Browns** - Deep fry in hot oil for 4-5 minutes or bake at 200°C/400°F/Gas Mark 6 for 20 minutes.

**Potato Gratin** - Cook from frozen in a pre-heated oven at 220°C/425°F/Gas Mark 7, spread preferred quantity on a baking tray, place in the middle of the oven and cook for 20-25 minutes.

**Steakhouse Fries** - Shallow fry: 12-15 minutes. Deep fry: 4-6 minutes. Bake: 20 minutes at 200°C/400°F/Gas Mark 6.