



Bought Frozen: Store frozen for up to 6 months. If the Vac seal is intact.

Bought Fresh: Best used in 2 days or Freeze for up to 6 months.

Beef:	Rare - 125 degrees	Medium - Rare 135 degrees
	Medium - 145 degrees	Medium - Well 150 degrees
		Well done - 160 degrees

Chicken: Cook to 165 degrees.

Pork: Cook to 160 degrees.

Casseroles, Soups, Etouffee, Red Beans etc: Cook to 160 degrees.

Creamed Spinach, Cornbread Dressing, Green Bean Casserole, Cabbage Casserole, Stuffed Potatoes, Shrimp & Crabmeat Fettuccini, Mac n' Cheese:

Remove from bag. Place directly from freezer in a preheated oven (400 degrees).

#1 (small) pan and potato skin:
Cook covered for 45 minutes, uncover and cook for an additional 15 minutes.

#2 (medium) pan: Cook covered for 1 hour, uncover and cook for an additional 15 minutes.

#8 (large) pan: Cook covered for 1 hour and 30 minutes, uncover and cook an additional 15 minutes.

Stuffed Bell Pepper with Shrimp Dressing:

Thaw. Remove from bag.
Bake covered for 50 minutes at 350 degrees.

Crawfish Pie & Crab Meat Pie:

Remove from bag. Place in oven directly from freezer at 350 degrees for 50 minutes or until crust is golden brown.

Semi Boneless Quail:

Thaw. Preheat oven to 350 degrees. Cook covered for 20 minutes, uncover and cook an additional 15-20 minutes or until golden brown.

Stuffed Quail:

Thaw. Preheat oven to 350 degrees. Cook covered for 40 minutes, uncover and cook an additional 15 minutes.

Crab Cakes:

Thaw. Sautee' in oil on medium heat until lightly browned on each side and heated throughout. Approximately 5 mins each side.

Stuffed Eye of Round, Sirloin Tip Roast, Pork Loin Roast, Stuffed Pork Roast, Stuffed Pork Shoulder Roast:

Thaw. On stove top, at medium heat, brown all sides (approximately 20-30 minutes). Once browned, add water to pot to cover roast half way. Cover and bake in a preheated oven at 350 degrees for 1 hour to 1 and a ½ hours (3lbs and smaller).

For roasts over 3lbs, add 1 hour for every pound.



COOKING INSTRUCTIONS

Pork Boudin, Crawfish Boudin:

Thaw. Heat and eat. (Boudin is already fully cooked) Microwave 1 minute per link. Simmer on stove top for 2-3 minutes. Or oven bake for 5-10 minutes at 200 degrees.

Crawfish Bread:

Bake uncovered at 400 degrees for 15 minutes.

Meat Loaf:

Bake 1 hour at 350 deg.

Cookies:

Bake for 16-19 min. at 350 deg.

Cornbread Stuffed Cornish Hen:

Thaw. Preheat oven to 350, cook covered for approximately 40 minutes. Uncover and cook an additional 15 minutes or until golden brown.

Duck Breasts

(Stuffed and Bacon Wrapped):

Thaw. In preheated oven bake at 350 degrees, covered for 25 minutes, uncover and cook an additional 15 minutes or until bacon is browned.

Stuffed Chicken (Breasts and Thighs):

Preheat oven to 350 degrees. Bake covered for 30 minutes, uncover and bake for an additional 15 minutes. Be sure that chicken is fully cooked throughout.

Stuffed Shrimp, Stuffed Jalapenos, Stuffed Mushrooms (including Portobellos):

Thaw. In a preheated oven, bake at 350 degrees for 30-35 minutes covered, uncover and bake an additional 10-15 minutes or until golden brown and hot throughout.

Stuffed Tilapia:

Thaw. Preheat oven to 400 degrees. Bake for 20 minutes or until stuffing is golden brown.

Meat pies:

Thaw. Preheat oven to 350 degrees. Bake uncovered for 35-40 minutes or until golden brown. *optional* Deep fry until golden brown.

Whole seasoned Duck:

Thaw. Preheat oven to 350 degrees. Bake uncovered for approximately 2 hours and 30 minutes.

Liquid Injected Chicken:

Thaw. Preheat oven to 350 degrees. Cook bone side down, covered for approximately 1 hour. Uncover and cook for an additional 15 minutes. Grilling is optional.

Stuffed Pork Chops:

Thaw. In a preheated oven at 350 degrees, cook approximately 50 minutes, uncover and bake for an additional 25 minutes. * please remember Pork Sausage stuffed Pork Chops contain raw sausage, they will need to be cooked an additional 15-20 minutes.

Pork Tenderloins (all):

Thaw. Preheat oven to 350 degrees. Bake covered for 45 minutes, uncover and bake for an additional 15 minutes. Grilling is optional.

Chicken Patties & Salmon Burgers:

Pan fry on medium-high heat. 5-6 minutes on each side or until golden brown.

Boudin Balls:

Thaw. Deep fry at 350 degrees until golden brown.

Sausages (all):

Pan fry, medium-high heat. 8 minutes each side.



COOKING INSTRUCTIONS

Turkey Cooking Instructions

Bought Frozen:

Store frozen for up to 6 months. If the Vac seal is intact.

FRIED AND SMOKED TURKEYS

Thaw. Remove from bag. Cook in a preheated, 250 degree oven, covered for approximately 45 minutes.

STUFFED TURKEYS

**(Boudin Stuffed, Crawfish Stuffed,
Shrimp Stuffed, Rice Stuffed)**

Defrost: Thaw in refrigerator for 2 days.

Unfrozen: Remove from bag, bake uncovered @325 degrees for 1hr and 30 min then cover with foil and continue to bake for another 2hrs.

TURDUCKENS

**(Boudin Stuffed, Crawfish Stuffed,
Shrimp Stuffed, Rice Stuffed)**

Defrost: Thaw in refrigerator for 2 days.

Unfrozen: Remove from bag, bake uncovered @325 degrees for 1hr and 45 min then cover with foil and continue to bake for another 2hrs.