



**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.

<b>Beef:</b>	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.



## **COOKING INSTRUCTIONS**

### **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.

### **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.



## **COOKING INSTRUCTIONS**

### **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.