Important Information

These cooking instructions are a guide only. Your appliance may have a different power rating, so please adjust accordingly

Keep frozen at -18C

Do not refreeze   
  
**ALL-BUTTER CROISSANT**

**Cooking Instructions**

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

**ALL-BUTTER PAIN AU CHOCOLAT**  
**Cooking Instructions**

Spread out on a baking tray and leave to defrost and ‘prove’ overnight at room temperature.

Egg wash and bake in oven at 190°C/375°/Gas Mark 5 until golden brown (approximately 8-10 minutes).

**MAPLE PECAN DANISH**

**Cooking instructions**

Cook from frozen. Bake on a baking tray in a pre-heated oven, 190°C/375°/Gas Mark 5, for approximately 15 minutes until pastry is golden and cooked throughout.

**CHOCOLATE TWISTS**

**Cooking instructions**

Place on a baking tray and thaw slightly for around 30 minutes at room temperature.  Cook for 18-22 minutes, in a pre-heated oven at 180°C/350°F/ Gas Mark 4 until pastry golden and cooked throughout.  
 **PIZZA DOUGH**  
**Cooking Instructions**

Place the frozen dough in a sealable plastic food container and leave it at room temperature, for approximately 4 hours, until the dough is clearly increasing in size.  Alternatively place the frozen dough on a tray in the fridge overnight.  Remove from the fridge about an hour before planning to use it, place in a bowl and cover the bowl with a slightly damp cloth or cling film for approximately 1 hour while the dough proves and grows in size.

For Pizza hand stretch or roll out to around 8-9 inches then simply add your toppings to create a ‘restaurant quality’ pizza.

Or for a fresh Focaccia loaf kneed the proven dough slightly, make it the size and shape of your choice, drizzle with a good slug of extra virgin olive oil and sprinkle with rock salt, rosemary and garlic then bake for around 10-12 minutes at 200°C/400°F/Gas Mark 6. To make a larger loaf combine a number of proven rounds of dough.

**CALIFORNIAN FRUIT SALAD**  
**Cooking instructions**  
  
Recipe Suggestion – Californian Sundae

Sprinkle with Grand Marnier or orange juice and allow to defrost.  Fill sundae glasses with layers of fruit and Greek yoghurt or fromage frais.

Or simply thaw and serve.

**CHEESE AND ONION TWIST**

**Cooking instructions**

Place on a baking tray and defrost for around 30-45 minutes at room temperature.  Oven cook for approximately 20 minutes at 180°C/350°F/Gas Mark 4 until pastry is cooked throughout.

**DOUBLE CHOCOLATE CHIP COOKIE**

**Cooking instructions**

Place baking paper on a baking tray.  Place the dough pucks (still frozen) on this with a space of 5 to 6 cm between each piece.  Place the baking tray with cookies in a pre-heated oven at 160°C/325°F/Gas Mark 3 and bake for approximately 20 minutes.  Let the cookies cool down (15 to 20 minutes) before serving.

**PLAIN CHOCOLATE CHIP COOKIE**

**Cooking instructions**

Place baking paper on a baking tray.  Place the dough pucks (still frozen) on this with a space of 5 to 6 cm between each piece.  Place the baking tray with cookies in a pre-heated oven up to 160°C/325°F/Gas Mark 3 and bake for approximately 20 minutes.  Let the cookies cool down (15 to 20 minutes) before serving.

**WHITE CHOCOLATE AND PECAN COOKIE**

**Cooking instructions**

Place baking paper on a baking tray.  Place the dough pucks (still frozen) on this with a space of 5 to 6 cm between each piece.  Place the baking tray with cookies in a pre-heated oven up to 160°C/325°F/Gas Mark 4 and bake for approximately 20 minutes.  Let the cookies cool down (15 to 20 minutes) before serving.

**POTATO GRATIN**

**Cooking instructions**

Oven cook from frozen.

Pre-heat the oven to 220°C/425°/Gas Mark 7.

Spread  on a baking tray and place the tray in the middle of the oven.  Bake for 20-25 minutes.

**HASH BROWNS**  
**Cooking instructions**

Cook from frozen.

Deep fry: About 4 minutes.

Oven: Bake in a pre-heated oven at 200°C/400°F/Gas Mark 6 for approx 20 minutes, turning once until golden yellow and crispy.

**STEAK HOUSE FRIES**

**Cooking instructions**

Cook from frozen.

Bake in a pre-heated oven at 200°C/400°F/Gas Mark 6 for approx 20 minutes turning once until golden yellow and crispy.

Or deep fat fry for about 4 minutes until golden and cooked throughout.

**SPICY WEDGES**

**Cooking instructions**

Cook from frozen.

Oven:  Pre-heat oven to 220°C/425°F/Gas Mark 7.  Cook on a baking tray in the centre of the oven for about 15-20 minutes, turning occasionally, until golden yellow and crispy.

Deep Fry:  Pre-heat the oil to 175°C/347°F, cook for about 3-4 minutes until golden yellow and crispy.

Shallow Fry:  Heat some oil or butter in a frying pan and cook the wedges for about 10-15 minutes turning regularly until golden yellow and crispy.

**SWEET POTATO CHIPS**

**Cooking instructions**

Cook from frozen.

OVEN:  Pre-heat the oven at 220°C/425°F/Gas Mark 7.  Spread the preferred quantity of product  evenly on the baking tray (preferably on baking paper).  Place the tray in the middle of the oven.  Bake the product for about 15-20 minutes.  Meanwhile turn them until golden orange and crispy.

If a small quantity of less than 500g, cook for slightly less time.

DEEP FRY:  Pre-heat frying oil to 175°C.  Fry for about 2½-3 minutes until golden orange and crispy.

**BATTERED ONION RINGS**

**Cooking instructions**

Cook from frozen.

Oven: 15-20 minutes in a pre-heated oven 220°C/425°F/Gas Mark 5 until golden yellow and crispy. Turn once during cooking.

Deep Fry: 2–3 minutes in hot oil until golden yellow and cooked throughout.

**LENTIL AND VEGETABLE BURGER**

**Cooking instructions**

Cook from frozen.

Shallow fry in pre-heated oil over a medium heat for 5 minutes on each side.

Deep fry in pre-heated oil at 180°C for 4 minutes.  Leave to stand for 1 minute before serving.

Always check that the product is piping hot throughout before serving.

**VEGETABLE BIRYANI**

**Cooking instructions:**

Place in a heavy based frying pan or wok. Add a little water. Stir-fry for 2 minutes on a high heat, then reduce the heat to medium and stir fry for 8-10 minutes.

Check product is piping hot throughout before serving.

**YORKSHIRE PUDDINGS**

**Cooking instructions**

Cook from frozen

Place on a baking tray in a pre-heated oven (200°C/400°F/Gas Mark 6) for 5 minutes.

**PEAS, BEANS AND ASPARAGUS**

**Cooking instructions**

Cook from frozen.

Simmer gently in lightly salted water or steam until tender.

Add to a risotto approximately 5 minutes before the end of cooking.  
  
**TUSCAN ROASTING VEGETABLES**

**Cooking instructions**

Cook from frozen.

Spread the frozen vegetables on a shallow roasting tray, add crushed garlic, salt and drips of olive oil.  Roast on the top shelf of a very hot oven for 8-12 minutes.

**MEDITERRANEAN VEGETABLES**

**Cooking instructions**

Place 2 tablespoons of Sunflower Oil onto a preheated baking tray. Leave in the oven at 200°C /400°F / Gas Mark 6 (until the oil is hot)

Place 250g of the ratatouille mix onto the tray.

Place the baking tray with the ratatouille mix in the centre of a preheated oven at 200°C /400°F / Gas Mark 6. Cook for 20-25 minutes, turning once during cooking.

Cook until the product has a roasted appearance.

Check product is piping hot throughout before serving.

**GARLIC BREADED MUSHROOMS**

**Cooking instructions**

Cook from frozen.

Heat in an oven at 220ºC/425°F/Gas Mark 7 for 12 minutes, or fry for 4 minutes at 180ºC.