



COOKING
INSTRUCTIONS



macgregors
meat & seafood ltd.



HEAT FROM FROZEN

FULLY COOKED GRILLED CHICKEN WINGS

Product Code: 77142



Conventional Oven

Preheat the oven to 400°F. Place wings on an oven safe tray and cook for 35-45 minutes.



Grill/BBQ

Preheat the grill to medium heat. Cook the chicken wings directly on the grill for 15-20 minutes, turning regularly until thoroughly heated through.



Sauce Tip

To thaw sauce, place pouch in a bowl of warm water. Great for use as a glaze or dipping sauce.



HEAT FROM FROZEN

FULLY COOKED GRILLED CHICKEN SKEWERS

Product Code: 77122



Conventional Oven

Preheat the oven to 400°F. Place skewers on an oven safe tray and cook for 11-12 minutes turning once halfway. Glaze with sauce after turning, and again once before serving.



Grill/BBQ

Preheat the grill to medium heat. Cook the skewers directly on the grill for 7-8 minutes, turning once halfway. Glaze with sauce after turning, and again once before serving.



Microwave

Place two skewers on a plate and microwave on high power for approximately 2-3 minutes.



Sauce Tip

To thaw sauce, place pouch in a bowl of warm water. Great for use as a glaze or dipping sauce.



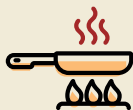
BACON WRAPPED JAIL ISLAND SALMON

Product Code: 88602

Thaw



In sealed package overnight in refrigerator, or submerged in cold water for 30 minutes. Remove all packaging before cooking. Appliances vary, these are guidelines only. Cook thoroughly to 165°F (74°C). When properly cooked, fish will flake easily with a fork and should appear opaque and firm.



Pan-fry

Pat dry salmon portion. Heat 2 tsp of oil in a non-stick frying pan over MEDIUM heat. Add salmon and cook for 2-3 minutes on all 4 sides, or until bacon is browned and crispy and salmon is cooked through.



Grill/BBQ

Preheat BBQ to MEDIUM. Pat dry salmon portion and brush with oil. Cook on foil for 6-8 minutes, turning half way through, or until bacon is browned and crispy and salmon is cooked through.



STEAKHOUSE BURGERS

Product Code: 46432 & 40002

Cook Burgers to 160°F (71°C)

Check Internal temperature using a thermometer.

Assuring ground beef is cooked to 160°F will eliminate harmful bacteria which may cause serious or fatal illness.



SMOKED & COOKED PORK BACK RIBS IN BBQ SAUCE

Product Code: 92862

Defrost



In bag overnight in refrigerator OR still in bag, in cold running water for 15-20 mins OR microwave on DEFROST for 16 mins. Handle carefully, bag must be hot. FOR BEST RESULTS HEAT ON BBQ/GRILL. Ensure ribs & Sauce are heated thoroughly (165°F/74°C) before serving. Since appliances vary, these are guidelines only.



Grill/BBQ

Preheat on high. Remove ribs from pouch reserving sauce for basting. Place ribs bone side down on grill for about 10 mins. Baste with sauce. Turn Ribs over and continue grilling until heated through. To prevent sauce from burning grill with bone side down for majority of cook time.



Conventional Oven

Preheat oven to 400°F/200°C. Remove ribs from pouch, place on a foil lined baking tray. Brush with sauce and heat for 15-20 mins or until heated through.



Microwave

Place ribs in pouch in a microwave safe dish. Cut 3 small slits in the pouch. Microwave on MEDIUM (50%) for 10 minutes or until heated. Let stand of 2 minutes then carefully remove from pouch. Contents will be hot.



SLOW COOKED BEEF POT ROAST

Product Code: 92042



Conventional Oven

Preheat oven to 350°F (175°C). Rinse sealed package under warm water for a few minutes to loosen from pouch. Cut open and transfer contents to a covered oven proof dish. Roast for about 60 minutes or until thoroughly heated. Serve.



Microwave (1000W)

Place pouch into a deep microwaveable-safe dish or bowl flat side down and cut three slits on the top of pouch. Microwave on medium-high uncovered for 30 minutes, or until product is thoroughly heated. Let stand 3 minutes. Using an oven mitt, grasp one end of the pouch and carefully cut open the other end, allowing the contents to transfer to the dish. Serve.



NOTE: Prepare product from FROZEN state. If product is thawed, reduce cooking time accordingly. Ensure product is thoroughly heated (165°F / 74°C) before serving. Since appliances vary, these are guidelines only.



ITALIAN STYLE FULLY COOKED MEATBALLS

Product Code: 90052



Conventional Oven:

Preheat oven to 400°F (205°C). Place meatballs in a single layer on a baking tray in center of oven. Bake for 10 - 12 minutes or until hot.



Microwave (1000W)

Place 10 meatballs on a microwave safe dish. Microwave on high (100%) for 1 - 1½ minutes or until hot.



PREPARATION INSTRUCTIONS: Cook from frozen. Heat to an internal temperature of 165°F (74°C). Appliances vary – there are guidelines only.



COOK FROM FROZEN

BUTTERFLY GARLIC SHRIMP

Product Code: 81272



Conventional Oven

Preheat oven to 425°F. Place shrimp shell side down on a non-stick baking sheet and cook for 9-11 minutes.

Broil

Preheat oven to Broil. Place the shrimp shell-side down on a non-stick tray and place 6-7" from the element for 4-5 minutes.



Grill/BBQ

Preheat grill to medium high heat. Cook shrimp shell side down for 4-5 minutes, turn once and cook for another 2-3 minutes.



COOK FROM FROZEN

BREADED CHICKEN FINGERS

Product Code: 71025



Deep Fry

Preheat Fryer to 350°F (177 °C). Deep Fry for 5-7 minutes, until golden brown.

Conventional Oven

Preheat Oven to 400°F (204°C) Place frozen fillets on a baking sheet and place on middle rack of the oven, bake for 15-20 minutes, turn once during cooking. Cook to a minimum internal temperature of 165°F (74°C)
Since individual appliances vary, these are guidelines only.

COOK FROM FROZEN

BREADED WILD PACIFIC COD FILLET

Product Code: 89982



Conventional Oven

Preheat the oven to 400°F. Place wings on an oven safe tray and cook for 40-45 minutes.