



Fine Food & Gourmet Fare

OCCASIONS

· FOOD HALL ·

— COLLINGWOOD ONTARIO —

Cooking Instructions

Apple Empanada: Conventional Oven: Pre-heat oven to 350°F/175°C. Remove Empanadas from tray and place on a parchment paper lined baking sheet. Heat for 10 - 12 minutes. Flip empanadas over and heat for an additional 10 - 12 minutes. Remove from oven. Let stand 2 minutes and serve. Ovens vary in temperature. For best results do not microwave.

Apple Oatmeal Flan: From frozen, bake in a pre-heated 350°F/175°C convection oven for 12 - 15 minutes or until done. **Conventional ovens may take extra cooking time.

Arancini/Margherita Risotto: Pre-heat oven to 350°F. From frozen, place product on a parchment lined baking tray. Bake for 8 - 10 minutes or until golden brown & centre is hot. **Conventional ovens may take extra cooking time.

Arancini/Porcini Risotto: Pre-heat oven to 350°F. From frozen, place product on a parchment lined baking tray. Bake for 8 - 10 minutes or until golden brown & centre is hot. **Conventional ovens may take extra cooking time.

Arancini/Buffalo Mozzarella Risotto: Pre-heat oven to 350°F. From frozen, place product on a parchment lined baking tray. Bake for 8 - 10 minutes or until golden brown & centre is hot. **Conventional ovens may take extra cooking time.

Asparagus Phyllo: Remove plastic wrap and remove frozen product from plastic tray prior to baking. Conventional: Pre-heat oven to 375°F. Place frozen filo product on parchment lined baking sheet for 8 - 10 minutes or until filo starts to turn light golden in colour. Convection: Reduce time by 1/3. For best results bake on the center rack of the oven until the filo is golden brown. For safety purposes, product must be cooked to an internal temperature of 165F as measured by a food thermometer. Microwave & deep fry not recommended.

Assorted Baklava: Thaw & serve.

Bacon Wrapped Scallops: From frozen, bake in a pre-heated 350°F convection oven for 8 - 10 minutes or until internal temperature reaches 165°F as measured by use of a thermometer. **Conventional ovens may take extra cooking time.

Balsamic Fig & Goat Cheese Flatbread: From frozen, bake in a pre-heated 350°F convection oven for 4 - 6 minutes or until done. **Conventional ovens may take extra cooking time.

Beef Empanada: Best if cooked from a frozen state. Brush with canola oil and bake in a 350°F convection oven for 6 - 8 minutes or until internal temperature reaches 165°F as measured by use of a thermometer. **Conventional ovens may take extra cooking time.

Beef Gorgonzola Wrapped in Bacon: Best if cooked from a frozen state. Pre-heat oven to 350°F/175°C. Remove plastic and place on a baking pan ½" (1.25 cm) apart. For a conventional oven cook for 10 - 12 minutes - bacon will be crispy. For a convection oven decrease cooking time by 1/3. For safety all meat, poultry and seafood items must be cooked to an internal temperature of 165°F/74°C. Cooking times are approximate due to oven variations and number of pieces being cooked. Do not microwave.

Beef Satay: Best if cooked from a frozen state. Pre-heat oven to 325°F/165°C. Remove from plastic and place on baking pans ½" (1.25 cm) apart. Convection oven: 8 - 12 minutes. Conventional oven: Increase cooking time by 1/3. Cooking times may vary depending on the number of pieces. Rotate pan if necessary. For safety all meat, poultry and seafood items must be cooked to an internal temperature of 165°F/74°C. Do not Microwave.

Black Bean Burger Vegan/GF: For best results cook from frozen. Pre-heat Conventional Oven to 350°F. Remove burgers from bag and place burger onto parchment lined sheet pan. Cook for approximately 14 - 16 minutes. For Convection oven cook for approximately 11 - 13 minutes. Grilling: Pre-heat to medium heat grill 3 - 5 minutes per side. Do not flip burger until it is charred. Pan Fry: In a lightly oiled pan pre-heat to medium heat cook for approximately 3 - 4 minutes on each side. Do not flip burger until brown. Microwave not recommended.

Breakfast Roll: Egg & Cheese: Oven: From Thawed-Remove all packaging, place roll on parchment lined baking sheet and reheat in oven at 350°F/175°C for 10 - 12 minutes or until warm or until centre it hot. Microwave: Open 1 side of packaging, microwave on high for 45 - 60 seconds. Heating times and temperature may vary with ovens.

Breakfast Rolls: Egg Cheese & Bacon: Oven: From Thawed-Remove all packaging, place roll on parchment lined baking sheet and reheat in oven at 350°F/175°C for 10 - 12 minutes or until warm or until centre it hot. Microwave: Open 1 side of packaging, microwave on high for 45 - 60 seconds. Heating times and temperature may vary with ovens.

Breakfast Roll: Egg, Cheese & Sausage: Oven: From Thawed-Remove all packaging, place roll on parchment lined baking sheet and reheat in oven at 350°F/175°C for 10 - 12 minutes or until warm or until centre it hot. Microwave: Open 1 side of packaging, microwave on high for 45 - 60 seconds. Heating times and temperature may vary with ovens.



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Brie & Apple Grilled Cheese: For best results thaw mini grilled cheese in refrigerator. Remove from tray and place on baking sheet over parchment paper. Heat at 300°F in convection oven for 4 minutes per side and serve. Flat top heating is also recommended. **Conventional ovens may take extra cooking time.

Brie & Raspberry Phyllo: Pre-heat conventional oven to 400°F. Remove product from tray and place on a non-stick pan ½ inch apart. Bake for 10 - 15 minutes. Convection: Pre-heat oven to 425°F. Remove product from tray and place on a non-stick pan ½ inch apart. Bake for 8 - 10 mins. For best results bake on the center rack of the oven until the filo is golden brown. For safety purposes, product must be cooked to an internal temperature of 165°F as measured by a food thermometer. Microwave & deep fry not recommended.

Brie En Crouete with Raspberry: For all puff cheese/non-meat items: Best if cooked from a frozen state. Pre-heat convection oven to 400°F/205°C. Remove from plastic trays and bake for 8 - 10 minutes. For conventional ovens increase time by 1/3. Cook until light golden brown [puff should not look wet in appearance]. Cooking times are approximate due to oven variations and number of pieces being cooked. Do not microwave.

Buffalo Chicken Egg Roll Bites: Pre-heat oven to 375°F. Arrange rolls evenly on nonstick baking sheet and bake for 6 - 8 minutes (product is par fried).

Buffalo Chicken Quesadilla Trumpet: Best if cooked from a frozen state. Pre-heat oven to 350°F/175°C. Remove plastic and place on a baking pan ½" (1.25 cm) apart. For a conventional oven cook for 12 - 15 minutes and for a convection oven decrease cooking time by 1/3. For safety all meat, poultry and seafood items must be cooked to an internal temperature of 165°F/74°C. Cooking times are approximate due to oven variations and number of pieces being cooked. Do not microwave.

Buffalo Style Glazed Veggie Burger: For best results cook from frozen. Conventional: Pre-heat oven to 400°F. Remove burgers from bag and place burgers on a baking tray and cook for 15 - 18 minutes. Convection: Pre-heat oven to 375°F. Remove burgers from bag and place burgers on a baking tray and cook for 10 - 12 minutes. Grilling: Pre-heat grill. Place burgers on grill and cook each side on medium heat for 4 - 5 minutes, flipping twice. Microwave: Place burger on microwave safe plate. Microwave on high for 1 minute, turn over and microwave for 1 additional minute. Wait 1 minute before consuming.

Butter Chicken (Fully Cooked) (HMR): Cook from frozen. Heat to an internal temperature of 165°F(74°C). Appliances vary. These are guidelines only. Conventional Oven: Preheat oven to 350°F(175°C). Rinse sealed package under warm water to loosen. Cut open pouch and empty into an oven proof dish. Cover and bake 30 -40 minutes or until heated through, stirring occasionally. Microwave (1000 watts): Place pouch into a microwave safe dish and cut a slit on end to vent. Microwave on High for 9 - 11 minutes, or until heated through. Let stand before serving.

Candied Hot Smoked Maple Salmon Skewer: Thaw in the refrigerator before serving.

Chicken Guajillo Mole & Plantain Skewer: From frozen, bake in a pre-heated 350°F convection oven for 8 - 10 minutes or until internal temperature reaches 165°F as measured by use of a thermometer. For an enhanced visual presentation and flavor retention, from frozen, sear satay/brochettes for 45 seconds. Then bake in a pre-heated 350°F convection oven for 6 - 8 minutes or until internal temperature reaches 165°F as measured by use of a thermometer. **Conventional ovens may take extra cooking time.

Chicken Mushroom Dijon En Crouete: From frozen, bake in a 350°F (177°C) convection oven for 12 - 15 minutes or until golden brown. For extra shine and browning egg wash before baking. Cook all product to an internal temperature of 165°F (74°C). Pastry is puffed and browned. **Conventional ovens may take extra cooking time.

Crab, Shrimp and Lobster Cakes: Conventional Oven (from thawed): Pre-heat oven to 350°F (175°C). Remove cakes from all packaging and place on a parchment lined baking sheet on middle oven rack. Cook for 8 - 10 minutes and until internal temperature reaches 165°F (74°C). Remove from oven. Let stand for 1 minute and serve. Sauté (from thawed): Place 1 tsp of canola oil or butter in a frying pan. Remove cake from all packaging. Place the cakes in the pan and cook on medium heat for 2 - 3 minutes. Flip the cakes and cook 2 - 3 minutes on the new side and until the internal temperature reaches 165°F (74°C). Remove from pan. Let stand for 1 minute and serve.

Cranberry Gorgonzola Tulip: From frozen, bake at 350°F/175°C convection oven on parchment lined baking sheet for 3 - 4 minutes or until slightly browned on top. **Conventional ovens may take extra cooking time.

Crispy Potato Pancakes: Remove plastic wrap and remove frozen product from plastic tray prior to cooking. Do not defrost. Pre-heat Oven to 400°F place frozen product on baking sheet and cook until hot (approximately 12 minutes). **Conventional ovens may take extra cooking time.



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Dumplings: Bulgogi Beef/Edamame/Chicken Lemongrass: PAN-FRY: Version 1: Heat a large frying pan over high heat. Add oil to coat pan. Add frozen dumplings and cook for 1 minute. Reduce heat, add 1/2 cup of water into the pan. Cover and simmer until liquid is absorbed. Version 2: Heat pan over high heat then add 2 oz of water to coat. Add frozen dumplings then cover and cook for 2 - 3 minutes or until most water is absorbed. Reduce heat, then add 1/2 oz of oil. Cover and let simmer for approximately 3 - 4 minutes or until golden brown. SOUP: Add frozen dumplings to boiling Broth. Cover and boil over high heat for 3 minutes or until dumplings float on top. Reduce heat and simmer for 2 minutes. STEAM: Add oil and lightly coat steaming rack. Arrange frozen dumplings on rack. Place over boiling water. Cover and steam 10 - 12 minutes or until thoroughly heated. Baking: Pre-heat the oven to 350°F. On a non-stick baking sheet, spray the dumplings with oil or toss in oil to evenly coat them. Arrange the dumpling evenly apart and bake for 11 - 13 minutes or until thoroughly heated. Allow dumplings to cool slightly prior to serving.

Feta Sundried Tomato Phyllo: Remove product from plastic trays. From frozen bake at 400°F/205°C convection oven on parchment lined baking sheet for 3 - 6 minutes or until slightly browned on top. **Conventional ovens may take extra cooking time.

Fig & Caramelized Onion Tulip: From frozen, bake at 350°F/175°C convection oven on parchment lined baking sheet for 3 - 4 minutes or until slightly browned on top. **Conventional ovens may take extra cooking time.

Fire Grilled Chicken Skewers (Fully Cooked): Oven: Pre-heat to 375°F (180°C). Heat satays on baking sheet tray for 8 - 10 minutes. Microwave: Place 6 in microwave. Heat on high temperature for 2-2.5 minutes. Stovetop/Fryer: Heat 1 teaspoon (5 ml) of vegetable oil and heat fully cooked satays for 5-8 minutes. Grill/BBQ: Pre-heat to high heat. Heat for 5-8 minutes, directly on grill, or in a BBQ metal basket.

Flatbreads (Creamy Triple Mushroom Truffle/Prosciutto, Roasted Pepper and Goat Cheese): Pre-heat oven to 450°F/230°C. Remove all packaging from flatbread. Bake directly on centre rack of pre-heated oven for 11 - 13 minutes or until cheese is melted and crust is golden brown. Carefully remove from oven and let stand for 2 minutes before slicing. Cook thoroughly to a minimum internal temperature of 165°F/74°C. Individual appliances/ovens vary. These are guidelines only. **Conventional ovens may take extra cooking time.

Gluten Free Vegetable Spring Rolls: Pre-heat oven to 375°F. Arrange rolls evenly on nonstick baking sheet and bake for 8 - 10 minutes* turning rolls 1 - 2 times throughout baking process to prevent burning. Allow it cool prior to serving. **Conventional ovens may take extra cooking time.

Gourmet Scalloped Potatoes: From frozen, pre-heat conventional oven to 350°F. Lift corners of foil lid to loosen. Place tray in oven and heat for 40 minutes. Remove lid from tray and continue heating for an additional 10 - 15 minutes or until internal temperature reaches 140°F. Remove from oven, let stand for 5 minutes and serve.

Kale Squash Phyllo: From frozen, bake at 350°F/175°C convection oven on parchment lined baking sheet for 3 minutes per side - slightly browned. **Conventional ovens may take extra cooking time.

Leek & Mushroom Turnover: From froze, bake in pre-heated 325°F/165°C convection oven for 10 - 12 minutes or until internal temperature reached 165°F/74°C as measured by use of a thermometer. **Conventional ovens may take extra cooking time.

Mini Beef Taco: Best if cooked from a frozen state. Pre-heat oven to 350°F/175°C. Remove items from plastic trays and place items 1/2 inch apart on a parchment lined baking sheet. Approximate cooking time for conventional oven is 8 - 12 minutes. For convection oven reduce heat by 1/3. Do not microwave. For safety all meat, poultry and seafood items must be cooked to an internal temperature of 165°F/74°C.

Mini Burger Buns: Thaw & Serve.

Mini Chicken Pub Pie: Pre-heat oven to 350°F/175°C. Place product on parchment lined baking sheet. Bake for 10 - 13 minutes, until product reaches 165°F/74°C. Remove from oven and let sit for 3 minutes prior to serving. **Conventional ovens may take extra cooking time.

Mini Chicken Taco: Best if cooked from a frozen state. Pre-heat oven to 350°F/175°C. Remove items from plastic trays and place items 1/2 inch apart on a parchment lined baking sheet. Approximate cooking time for conventional oven is 10 - 12 minutes. For convection oven reduce heat by 1/3. Do not microwave. For safety all meat, poultry and seafood items must be cooked to an internal temperature of 165°F/74°C.





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Mini Lobster Tart: Product is par cooked. Must be fully cooked prior to serving. Best if cooked from thawed state. When thawing, please do so under refrigeration. Remove from plastic tray & place quiche/tart onto a baking sheet into a pre-heated 350°F/175°C oven. For safety: All meat & seafood product internal temperature must reach 165°F/175°C measured by using a thermometer. Bake at 350°F/175°C. Approximate cooking time: Conventional oven 12-18 minutes @ 350°F/175°C. Convection oven 6 - 12 minutes. Do not microwave.

Mini Shepherds Pie: Remove from tray and place frozen pies on baking sheet over parchment paper. Heat at 350°F for 8 - 10 minutes in convection oven until centre is hot. Product is fully cooked. **Conventional ovens may take extra cooking time.

Mini Steak & Ale Pub Pie: Pre-heat oven to 350°F/175°C. Place product on parchment lined baking sheet. Bake for 10 - 12 minutes, until product reaches 165°F/74°C. Remove from oven and let sit for 3 minutes prior to serving. **Conventional ovens may take extra cooking time.

Mini Thai Scallop Tartlet: Best if cooked from a frozen state. Pre-heat oven to 300°F/150°C and bake. For all Scallop items cook to 145°F/63°C (cook until flesh is milky white or opaque and firm). Cooking times are approximate due to oven variation and number of pieces being cooked. For Convection oven cook 3-6 minutes and for Conventional oven cook 10 - 12 minutes. Do not microwave.

Mushroom Duxelle Tartlet: From frozen bake at 350°F/175°C convection oven on parchment lined baking sheet for 8 - 10 minutes. Cook all products to an internal temperature of 165°F. **Conventional ovens may take extra cooking time.

Mushroom Truffle Tulip: From frozen, bake in a pre-heated 350°F/175°C convection oven on parchment lined baking sheet for 6 - 8 minutes or until done. **Conventional ovens may take extra cooking time.

Plain Steamed Bao Buns: Microwave: Place buns on a microwavable plate. Cover with lightly wet towel or plastic wrap. Depend on power of microwave, heat for 1 - 2 minutes or until thoroughly heated. Steaming: Bring water in a covered steamer to boil. Arrange frozen/thawed buns on rack, and place over boiling water. Cover and steam for 6 - 7 minutes or until thoroughly heated. DEEP-FRY: Defrost buns in refrigerator prior to cooking. Pre-heat oil to 350°F. Submerge buns into hot oil for 3 - 4 minutes or until thoroughly heated. Drain on paper towel and serve (CAUTION: INSIDE MAY BE VERY HOT).

Poached Pear & Brie: For best results cook from frozen. For safety purposes, product must be cooked to an internal temperature of 165°F as measured by a food thermometer. Remove product from plastic and place on a parchment lined baking sheet about ½ inch apart. Conventional: Pre-heat oven to 375°F bake on center rack for 12 - 15 minutes or until golden brown. Convection: Pre-heat oven to 350°F bake on center rack for 8 - 10 minutes or until golden brown.

Pronto Selections Beef Sausage Rolls: Thaw. Pre-heat oven to 400°F. Place sausage rolls on baking sheet (seam up for extra flake, or seam down for less flake). For added colour, brush pastry with egg wash. Bake for approximately 25 minutes, or until product fully baked dark brown with puff and internal temperature 165°F. Let sit 2 - 3 minutes before serving. **Conventional ovens may take extra cooking time.

Pulled Pork in BBQ Sauce (Fully Cooked): Cook from frozen. Heat to an internal temperature of 165°F(74°C). Appliances vary. These are guidelines only. Conventional Oven: Preheat oven to 350°F(175°C). Rinse sealed package under warm water to loosen. Cut open pouch and empty into an oven proof dish. Cover and bake 30 - 40 minutes or until heated through, stirring occasionally. Microwave (1000 watts): Place pouch into a microwave safe dish and cut a slit on end to vent. Microwave on High for 9 - 11 minutes, or until heated through. Let stand before serving.

Red House Bacon Cheeseburger Meatball: Convection oven: From frozen, cook at 350°F on parchment lined baking sheet for 8 - 10 minutes (product is fully cooked). **Conventional ovens may take extra cooking time.

Red House Chicken Sausage Links: Convection oven: From frozen, cook at 350°F on parchment lined baking sheet for 8 - 10 minutes (product is fully cooked). **Conventional ovens may take extra cooking time.

Red House Pork Sausage Links: Convection oven: From frozen, cook at 350°F on parchment lined baking sheet for 8 - 10 minutes (product is fully cooked). **Conventional ovens may take extra cooking time.

Red House Pork Sausage Rounds (1.5oz): Convection oven: From frozen, cook at 350°F on parchment lined baking sheet for 8 - 10 minutes (product is fully cooked). **Conventional ovens may take extra cooking time.



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Scalloped Potatoes Au Gratin: From frozen - Bake in a pre-heated 350°F convection oven for 13 - 18 minutes or until potatoes are slightly brown. From thawed - convection oven - 350°F on parchment lined baking sheet for 10 - 13 minutes - potatoes are slightly browned. **Conventional ovens may take extra cooking time.

Slow Cooked Beef Pot Roast in a Rich Gravy: Cook from frozen. Heat to an internal temperature of 165°F(74°C). Appliances vary. These are guidelines only. Conventional Oven: Preheat oven to 350°F(175°C). Rinse sealed package under warm water for a few minutes to loosen product from pouch. Cut open pouch and transfer contents to a covered oven proof dish. Roast, covered, for about 60 minutes or until thoroughly heated. Serve. Microwave (1000 watts): Place pouch in a deep microwave safe dish. Cut three small slits in package. Microwave roast uncovered on medium-high for 30 minutes, or until heated through. Let stand 3 minutes. Using an oven mitt, grasp one end of the pouch and carefully cut the other end open, allowing hot contents to transfer into dish. Serve.

Smoked and Cooked Pork Back Ribs: For best results cook on the BBQ/grill. Defrost before heating. Heat to a minimum internal temperature of 165°F/74°C before consuming. Since appliances vary, heating instructions are guidelines only. BBQ/Grill: Preheat grill on MEDIUM HIGH. Remove ribs from pouch. Cook ribs for about 10 minutes or until heated through. Can be basted with your favourite sauce, if desired. Conventional Oven: Preheat to 400°F (200°C). Remove ribs from pouch and place on a baking sheet. Heat for 15 - 20 minutes or until heated through. Can be basted with your favourite sauce, if desired. Microwave Oven (1000 watts): Cut 3 slits in pouch. Microwave on MEDIUM (50% power) for 10 minutes or until heated.

Smokey River Bacon Slices: These items are fully cooked. Heat in 350°F oven for 2 - 3 minutes. Microwave: 20 - 30 seconds or desired crispness. Frying pan- heat through until desired crispness.

Smokey River Turkey Meatballs (Fully Cooked): ***DO NOT DEFROST*** **Stovetop:** Drop frozen meatballs into boiling sauce, simmer until heated (160°F internal temperature) or until firm. IMPORTANT: SAUCE MUST BE BOILING BEFORE MEATBALLS ARE ADDED. Oven Method: Pre heat convection oven to 350°F, put frozen meatballs in pan and cover with sauce and heat for 20-30 minutes or until heated through. Without sauce- Pre heat convection oven to 350°F, put frozen meatballs on parchment lined baking sheet. Heat for 10-15 mins or heated through. **Conventional ovens may take extra cooking time.

Smokey River Turkey Sausage Rounds (1oz): Convection oven: From frozen, cook at 350°F on parchment lined baking sheet for 6 - 8 minutes (product is fully cooked). **Conventional ovens may take extra cooking time.

Smokey River Turkey Sausage Rounds (1.7oz): Convection oven: From frozen, cook at 350°F on parchment lined baking sheet for 6 - 8 minutes (product is fully cooked). **Conventional ovens may take extra cooking time.

Southwestern Veggie Burger: For best results cook from frozen. Conventional: Pre-heat oven to 400°F. Remove burgers from bag and place burgers on a baking tray and cook for 15 - 18 minutes. Convection: Pre-heat oven to 375°F. Remove burgers from bag and place burgers on a baking tray and cook for 10 - 12 minutes. Grilling: Pre-heat grill to medium heat. Remove burgers from bag and place burgers on grill. Cook for 2 - 3 minutes. Turn burgers over and cook for an additional 2 - 3 minutes. Microwave: Place burger on microwave safe plate. Microwave on high for 90 seconds, turn over and microwave for an additional 90 seconds. Wait 1 minute before consuming.

Steak & Horseradish En Croute: From frozen, bake in a 350°F (177°C) convection oven for 10 - 15 minutes or until golden brown. For extra shine and browning egg wash before baking. Cook all product to an internal temperature of 165°F (74°C). Pastry is puffed and browned. **Conventional ovens may take extra cooking time.

Stuffed Panini (Southwest Chicken/Italian Deli/Chicken Bacon Carbonara): Conventional oven: Remove panini from packaging. Thaw panini overnight in fridge or in microwave for 2 minutes. Once thawed, place panini directly on middle rack of pre-heated oven at 375°F for 12 - 15 minutes or until crust is golden brown. Do not leave panini unattended while cooking. Remove carefully from oven as panini will be very hot. Cook thoroughly to a minimum internal temperature of 165°F/74°C. Since individual ovens vary in temperature, these are guidelines only.

Sweet Potato Soufflé: From frozen, bake in a pre-heated 375°F convection oven for 10 - 12 minutes or until internal temperature reaches 165°F as measured by use of a thermometer. From thawed- bake in a pre-heated 375°F convection oven for 8-10 minutes. **Conventional ovens may take extra cooking time.

Thai Curry Veg Samosa: Pre-heat oven to 375°F. Arrange rolls evenly on nonstick baking sheet and bake for 8 - 10 minutes (product is par fried). **Conventional ovens may take extra cooking time.



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Truffle Mac & Cheese Fritter: Pre-heat oven to 350°F. From frozen, place product on a parchment lined baking tray. Bake for 10 - 13 minutes or until golden brown & centre is hot. **Conventional ovens may take extra cooking time.

Tuscan Ratatouille Tart: Best if partially thawed under refrigeration then baked in a pre-heated 350°F convection oven for 13 - 15 minutes or until internal temperature reaches 165°F as measured by use of a thermometer. If fully frozen bake at 325°F for 18 - 20 minutes. **Conventional ovens may take extra cooking time.

Vegan Pyramid: THAW UNDER REFRIGERATION. Brush with canola oil and bake at 350°F for 15 - 20 minutes. Cook until internal temperature reaches 165°F as measured by use of a thermometer.

Vegetable Pot Pie: Thaw, pre-heat oven to 350°F/180°C. Place on baking pan. Bake for 10 - 15 minutes, until product reaches 165°F/74°C. Microwave: Remove from foil, place on plate, microwave for 2 - 3 minutes or until product reaches 165°F/74°C. Let stand 1 - 2 minutes before serving. **Conventional ovens may take extra cooking time.

Yucatan Corn & Black Bean Tart: Thaw and bake in a pre-heated 350°F. Conventional oven for 12 - 15 minutes or until internal temperature reaches 165°F as measured by use of a thermometer.

