

## Commercial Pureed Meats & Vegetables Preparation & Cooking Instructions

Contains: Milk, Eggs, Soy

Use perforated tear to portion desired number of servings from tray. Return unused to freezer.

**STEAMER METHOD: (preferred method)** Place frozen tray of meat /vegetables (film side up) in perforated steam table pan. Steam product to an internal temperature of 165° F. Cooking times will vary depending on the steamer load and pressure. Usually 20-25 minutes. After cooking product, place tray film side down and allow to stand for 3-5 minutes. Remove film, turn tray upside down and push lightly on the bottom of each portion to release. Note: For optimal service, serve with a sauce or gravy after removal of the product from the mold. **FROM THAWED:** Steam 30 minutes or internal temperature reaches 165° F.

**OVEN STEAMER METHOD:** Place 1/2-inch hot water in shallow oven pan. Place covered tray in pan, clear film side up and cover top of the pan tightly with aluminum foil. Place in 350° F oven for approximately 45 minutes or internal temperature reaches 165° F. Unmold as above. **FROM THAWED** Steam 30 minutes or internal temperature reaches 165° F.

**OVEN METHOD:** Preheat oven to 235° F. Do not exceed temperature of 235° F - the trays will melt. Place trays in oven on shelf farthest away from the heating element. Bake for approximately 1 1/2 hours or internal temperature reaches 165° F. Remove from oven and immediately remove film. Let stand for 3 minutes. Unmold as above. **Out of Trays (not recommended):** Product may be removed from the mold and cooked. However, slight crusting or shape distortion may occur. Preheat oven to 375° F. Spray sheet pan with non-stick spray. Remove frozen product from trays and place on pan, keeping 2 inches between each. Cover entire pan with aluminum foil and bake approximately 25 minutes or internal temperature reaches 165° F. Remove foil and let stand 3 minutes then move to serving plate. **FROM THAWED** Do not exceed 235° F. Bake 40 minutes or internal temperature reaches 165° F.

**STOVE TOP STEAMER METHOD:** Place 1/2 inch of hot water into shallow oven pan. Place covered tray in pan, clear film side up and cover top of the pan tightly with aluminum foil. Place on medium heat until water starts to boil. Turn down heat to low, just enough to continue slow boil of water. Never let the pan go dry. Add more water if necessary. Cook approximately 40 minutes or internal temperature reaches 165° F. Remove from pan and remove film. Let stand 3 minutes. Unmold as above. **FROM THAWED** Cook 35 minutes or internal temperature reaches 165° F.

**CONVECTION UNIT:** Hold product in unit at 38° F for 1 1/2 - 2 hours prior to re-therming. **FROM THAWED:** Heat for standard 48-minute cycle. (From Frozen: Not recommended.)

### RE-THERM DIRECTIONS:

Items may be prepared from a refrigerated or frozen state. Plate shaped meat along with other food items such as a vegetable and starch component. To facilitate heating, pour a sauce or gravy over desired items. **Note:** it is best not to exceed 12 oz portion of food on a plate. If preparing from a refrigerated state, thaw under refrigeration for 24 hours prior to re-therming. Re-therm according to manufacturer's directions.

**CONDUCTION UNIT:** Place dome/cover/lid over plate. **From Frozen or Thawed:** Heat for standard 36-minute cycle.

**MICROWAVE DIRECTIONS:** For best results thaw sealed individual portions 4 hours to overnight under refrigeration.

**Microwave frozen** sealed product film side up on low power (30%) for 5 minutes to thaw. Then follow thaw directions.

**Microwave thawed** sealed product film side up on medium power (50%) for 5-6 minutes reaching 165° F, depending on the type of individual microwave unit used. Allow to stand at least 1 minute. Before opening package, gently rap edge of form to release product. Remove film, turn upside down over plate. Gently push product out of form with fingertips.

**MEATS & VEGETABLES BOIL IN BAG PREPARATION INSTRUCTIONS:** Thoroughly cook meat & vegetables to an internal temperature of 165 F.

**STEAMER:** Pre-heat steamer 10-15 minutes. Place frozen bag of product in a perforated steam table pan. Place pan in the steamer and steam until product reaches internal temperature of 165 F. (approx. 20-25 minutes) Let bag stand for 5 minutes. Open bag & serve as desired. Each bag contains 12/3 oz. portions. (Thawed product takes less time to steam—approx. 12-15 minutes)

**STOVETOP- (Boil n Bag):** Place frozen bag in a large stock pot or kettle. Bring water to a boil. Make sure bag stays submerged in water. Boil until product has reached an internal temperature of 165 F (Approx. 40 minutes) Remove bag from boiling water and let stand at least 5 minutes. Open bag and serve.

### FRUIT PREPARATION INSTRUCTIONS:

Thaw under refrigeration, film side up for approximately 6 hours. Separate film from tray in one smooth motion. Place product on surface with flat side facing up, tilt at 90° angle, and rap edge sharply on flat surface. Press back of mold for release. Serve at 40° F or lower. Cover and refrigerate any unused portions.