

PASTRIES COOKING INSTRUCTIONS

COOKIES

(Double choc chip, choc chip, white choc & pecan)

Spread the cookies out on a baking tray and bake in the oven at 180°C/Gas mark 4 for 15/20 minutes. Leave to cool for a moment. Best eaten warm.

CINNAMON SWIRL & MAPLE AND PECAN DANISH

Cook from frozen. Place on baking tray. Bake at 190°C/Gas mark 5 for approximately 15 minutes until pastry is cooked.

HAM & CHEESE AND ALMOND CROISSANTS

Place on a baking tray and defrost for approximately 30 minutes at room temperature. Oven cook at 190°C/Gas mark 5 for approximately 15-20 minutes.

APRICOT DANISH

Prove for 2 hours at room temperature. Bake at 190°C/Gas mark 5 for 15-20 minutes.

BUTTER CROISSANT, PAIN AU CHOCOLATE & PAIN AUX RAISINS

Spread out on a baking tray and leave to defrost and prove overnight at room temperature. Egg wash and bake in the oven at 190°C/Gas mark 5 until golden brown (approximately 15-18 minutes). Best eaten warm.

SWEET BELGIAN WAFFLES

Cook from frozen. Microwave: Warm through for 30 seconds. Oven: Place on a baking tray in the middle of the oven at 180°C/350°F/Gas Mark 4 for 2 minutes.

PORTUGUESE TART

Defrost for 20 mins at room temperature then bake at 240°C/475F/Gas mark 9 for 10-13 minutes. Leave to cool.

CORNISH PASTIES

Cook from frozen. Place on a baking tray and bake in oven 200°C/400 F/ Gas 5, for 30-40 minutes until golden brown

CHOCOLATE TWISTS

Cook from frozen. Bake at 180°C/375°F/Gas Mark 4 for 15-20 minutes until golden brown.

FONDANTS

Microwave (recommended) for 40-45 seconds approximately (800w)

Oven bake at 220°C/425F/Gas mark 7 for 10 mins approximately.

Leave to cool.

VANILLA PANNA COTTA

From frozen, run edges of pot under hot tap, turn upside down onto a plate and remove the Panna Cotta. Defrost in a fridge overnight before serving.

FISH COOKING INSTRUCTIONS

COQUILLES St JACQUES

Cook from frozen. Remove all packaging. Place on a baking tray in a pre-heated oven at 220°C/430°F/Gas Mark 7 for 25-30 minutes.

CRISPY COD FISHCAKES

Cook from frozen. Oven: Place on a baking tray and cook at 220°C/425°F/Gas Mark 7 for 20-25 minutes. Grill: Medium heat for 8-10 minutes turning occasionally until golden brown. Deep fry: Pre-heat oil to 180°C and fry for 8-10 minutes.

SMOKED HADDOCK AND MELTY MOZZARELLA FISHCAKES

Cook from frozen. Oven cook: Place on a baking tray in a preheated oven at 200°C/400°F/Gas Mark 6 and cook for 22-24 minutes. Fry: In hot oil for 7-9 minutes until golden brown and cooked throughout.

SMOKED SALMON AND CREAM CHEESE ROULADE

Remove from outer packaging and thaw overnight in fridge. Place on a baking tray and cook at 190°C / 375°F/Gas mark 5 for 15-17 minutes approximately. Once defrosted keep refrigerated and consume within 72 hours. Do not refreeze

VEG COOKING INSTRUCTIONS

VEGETABLES

(Peas, Broad Beans, Farmhouse Mix & Sliced Green Beans)

Cook from frozen. Place in boiling salted water and simmer until tender, or stir fry, steam or microwave.

ORIENTAL STIR FRY

Stir fry from frozen in a little olive oil for 4-5 minutes.

TUSCAN ROASTING VEGETABLES

Cook from frozen with a little olive oil in a shallow roasting tray at 200°C/400°F/Gas Mark 6 for 15-20 minutes.

DICED ONION

Quick and convenient! Simply add to casseroles and soups or fry off and pop on top of a Hollow Trees Butchery sausage for a Hollow Trees Hotdog!

WHOLE LEAF SPINACH

Place frozen spinach in a covered saucepan with a knob of butter. Season with salt and pepper, heat gently, stirring from time to time until tender or microwave from frozen. A grating of nutmeg is a very good addition to spinach.

YORKSHIRE PUDDINGS

Oven bake. Place on a baking tray in a pre-heated oven 200C, 400F, Gas Mark 6, for 5 minutes.

GARLIC BREADED MUSHROOMS

Oven bake at 220C, 425F or Gas Mark 7 for 12 minutes or fry for 4 minutes at 180C.

ONION RINGS

Cook from frozen on a baking tray at 220°C/425°F/Gas Mark 7 for 15-20 minutes until golden and crispy, turn once.

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

RAINBOW FRIES

Cook from frozen. Spread on a baking tray lined with foil and bake at 200C/400F/Gas 6 for 20-25 minutes, turning once, until crisp and golden.

SPICY QUINOA, BEETROOT & EDAMAME BURGER

Cook from frozen by frying in hot oil for 8-10 minutes turning once.

Oven: Brush both sides with vegetable oil place on baking tray at 200°C/400°F/Gas Mark 4 for 20 minutes, turning

ROAST POTATOES

Brush or spray with oil and cook from frozen on a baking tray at 240°C/475°F/Gas Mark 9 for 20 minutes until crisp and golden.

HASH BROWNS

Deep fry for about 4 minutes or oven bake at 200C, 400F or Gas Mark 6 for approximately 20 minutes turning once until golden yellow and crispy.

SWEET POTATO SUPER FRIES

Oven—spread evenly on a baking tray and place in the middle of a preheated oven at 220C, 425F, Gas Mark 7, for approximately 15-20 minutes or deep fry at 175C for 2½-3 minutes or until golden orange and crispy.

POTATO CROQUETTES

Cook from frozen. Oven bake in a preheated oven at 220C/425F/Gas Mark 7 for 10-15 minutes or deep fry for 3—4 minutes.

MAC AND CHEESE BITES

Cook from frozen on a baking tray at 220°C/ 425°F/ Gas Mark 7 for 14 – 16 minutes, turning once half way through cooking.
Deep fry: 180°C for 4 – 6 minutes.

MOZZARELLA BITES

Cook from frozen. Place on a baking tray and cook at 220°C / 425°F / Gas Mark 7 for 8-9 minutes, turning once halfway through cooking. Deep Fry: 180°C for 4 – 5 minutes. Leave to stand for 1 minute before serving.

SWEETCORN CHILLI FRITTERS

Cook from frozen. Place on a baking tray and cook at 220°C / 425°F / Gas Mark 7 for 13 – 15 minutes, turning once half way through cooking. Deep fry: 180°C for 5 – 6 minutes. Leave to stand for 1 minute before serving.