

## Consumer Pureed Meals Cooking Instructions

**Stove Top:** Put water in a sauce pan and drop a metal colander on top of the pan and steam above the boiling water. Place item in film side up and steam for minimum 30 minutes from frozen. Internal temperature must reach 165 ° F for non-breakfast items and 180 ° F for breakfast items.

**Formed Foods:** Warming in a steamer is recommended for best results. A rice cooker or similar warmer works well. Internal temperature for non-breakfast items must reach 165 ° F, 180 ° F for breakfast items.

**Microwave Instructions:** Please note, all microwaves cook differently. It is important that you learn your microwave cooking times with our puree products . *For best results thaw sealed individual portions 4 hours to overnight under refrigeration.*

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 finger tips.

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

**Steamer Method:** Place frozen tray of meat (film side up) in perforated steam table pan. Steam product to an internal temperature of 165° F (or 180° F for some Breakfast items). Cooking times will vary depending on the steamer load and pressure. 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.

**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 until an internal temperature of 165° F is reached. Unmold as above

**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 until the internal temperature reaches 165° F. Remove from pan and remove film. Let stand 3 minutes. Unmold as above

**From Thawed:** Use the same procedures as for frozen product. Cooking times will need to be adjusted as follows:

- **Steamer Method:** Steam 30 minutes or until an internal temperature of 165° F is reached.
- **Oven Steamer Method:** Steam 30 minutes or until an internal temperature of 165° F is reached.
- **Oven Method:** Do not exceed 235° F. Bake 40 minutes or until an internal temperature of 165° F is reached.

**Stove Top Steamer Method:** Cook 35 minutes or until an internal temperature of 165° F

## 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.