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NORFOLK HOUSE YARD, ST NICHOLAS STREET, DISS IP22 4LB

## COOKING INSTRUCTIONS

### **Fish Pies/Steak & Ale Pies/Steak & Kidney Pies/Chicken, Ham & Mushroom Pies**

To cook, place on a baking sheet in a preheated oven at 180 degrees C for 20 minutes until piping hot all the way through. Not suitable for microwave cooking.

### **All Casseroles including Ratatouille**

To heat, transfer to an ovenproof dish and place in a preheated oven at 180 degrees C for 20 mins until piping hot all the way through. If you feel you need more liquid, you can add either water or wine as appropriate. Can also be reheated on a hob until piping hot or in a microwave until piping hot.

### **Fish Cakes/Spicy Vegetable Cakes/Crab Cakes**

To heat, place on a baking sheet in a preheated oven at 180 degrees C for 20 mins until piping hot.

### **Beef Lasagne/Mediterranean Vegetable Lasagne/Aubergine Parmigiana/ Spinach & Cheese Slice/Stuffed Peppers/Stuffed Mushrooms**

To heat, place on an ovenproof dish, cover with foil and place in a preheated oven at 180 degrees C for 20 mins until piping hot. The foil should help stop the cheese from over browning in the oven. Can also be reheated in a microwave until piping hot all the way through.

### **Sausage Rolls/Glamorgan Rolls/Vegan Red Pepper & Mushroom Rolls/Quiches/Mini Beef Pies**

To heat, place on an ovenproof baking tray in a preheated oven at 180 degrees C for 20 minutes or until piping hot all the way through.

### **Scotch Eggs/Vegetarian Scotch Eggs**

Not suitable for freezing

### **Desserts**

Most of our desserts can be reheated in an oven on a baking tray at 180 degrees C for 15 minutes until piping hot

**All our products are produced in a kitchen where allergens are present - and are not suitable for consumption by people with serious food allergies.**

All our timings depend on how hot your oven runs and you may need to increase or decrease timings slightly to allow for this. 180 degrees C is for fan ovens - increase to 200 degrees C for non fan appliances.

All products except Scotch Eggs are suitable for home freezing.

JOHN & JULIETTE ATKINSON