



Reheating Instructions

We recommend preheating your oven + allowing proteins to come to room temperature before reheating to prevent drying out. Please note that cooking times may vary from oven to oven.

FROZEN HORS D'OEUVRES + SAVOURY TARTS

Cook from frozen unless otherwise indicated.

CARAMELIZED ONION & CHEDDAR TARTLETS

Preheat oven to 350°F.
Line a baking sheet with parchment paper.
Place tartlets on baking sheet, leaving space between each one.
Bake for 10-15 minutes, or until lightly browned.
Garnish with chives (optional).

CHẢ GIÒ

Thaw in refrigerator overnight.
Shallow-fry on stove top in 1" vegetable oil for 3-5 minutes.
When crispy, turn and fry on other side until crispy

TRADITIONAL VEGETARIAN SAMOSAS

Heat 1 inch of oil in a deep-rimmed saucepan or cast-iron skillet.
Test heat by dipping one corner of a samosa in the oil.
Bubbling should occur if oil is hot enough.
Deep-fry samosas in hot oil until lightly browned, 3-5 minutes.

GADOUAS TART / TARTA DE ESPAÑOL

Preheat oven to 350°F.
Place tart on a baking sheet.
Cook for 30-35 minutes, or until pastry is golden brown.
Check centre using a toothpick or knife.

CHICKEN CHIMICHANGAS

Preheat oven to 350°F.
Line a baking sheet with parchment paper.
Place chimichangas on baking sheet, leaving space between each one.
Bake for 20 minutes, or until golden brown.

CHORIZO EMPANADAS

Preheat oven to 400°F.
Line a baking sheet with parchment paper.
Place empanadas on baking sheet, leaving space between each one.
Bake for 20-25 minutes, or until golden brown.

SHIITAKE POTSTICKERS

Bring a pot of salted water to a boil.
Gently place small batch of potstickers in the boiling water.
When potstickers float to the top, remove from water.
Space evenly onto a greased baking sheet.
Heat 1 inch of oil in a deep cast-iron pan.
Fry bottoms of potstickers until crispy, about 3-4 minutes.

PROTEINS

All products are fully cooked with the exception of the frozen burger patties.

STUFFED CHICKEN BREAST / CHICKEN BREAST (BONE-IN) CHICKEN WINGS / DUCK CONFIT / FIRE RIBS (WHOLE RACK) BAKED + POACHED SALMON FILET

Preheat oven to 350°F (450°F for Duck Confit).
Place protein in an oven-safe dish.
Cover dish with foil to prevent protein from drying out. Foil is not necessary for Duck Confit.
Bake in preheated oven for 10-15 minutes, or until warmed through.
Duck Confit skin should be crisp.

QUICHE (LORRAINE / BROCCOLI + CHEDDAR / SMOKED SALMON + DILL)

Thaw in fridge overnight out of baking tin on a paper towel or tea towel to absorb extra moisture.
Preheat oven to 350°F.
Heat for 12-15 minutes, or until the inside of quiche is 165°F.
Remove quiche from the oven and let it sit for 5 minutes before serving.

BURGERS

Internal temperature for chicken + turkey burgers: 165°F
Internal temperature for beef, salmon, lamb, pork, black bean + lentil burgers: 160°F
*Cook black bean, chicken, salmon, and lentil burgers in the oven to maintain shape.

Thaw burgers in fridge overnight.

BBQ GRILL: About 15 minutes at 350°F, flipping every 3-5 minutes.

FRYING PAN: About 10 minutes on medium to medium-high heat, flipping halfway through.

OVEN: Line a sheet pan with parchment paper and place a wire cooling rack on top.

Place patties on cooling rack and bake for about 15-20 minutes at 425°F, flipping halfway through.



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FROZEN PIES + ENTRÉES

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VEGETARIAN + MEAT LASAGNA

Preheat oven to 350°F.
Remove plastic lid and cover loosely with foil.
SM: Cook for 45-60 minutes.
LG: Cook for 1.5-2 hours.
Let rest for 5-10 minutes before serving.

VEGETARIAN + CHICKEN POT PIE

TRADITIONAL SHEPHERD'S PIE / PERSIAN SHEPHERD'S PIE
BEEF À LA BOURGIGNON / COCONUT CURRIED BEEF
GREEN LENTIL + TOMATO CURRY / KIDS MAC N CHEESE
Preheat oven to 350°F. Remove plastic lid.
Cook for 45-60 min.
If topping starts getting dark, place foil loosely on top.
Let rest for 5-10 minutes before serving.

VEGETARIAN + TRADITIONAL TOURTIÈRE TUNISIAN LAMB PIE / CURRIED CHICKEN PIE BEEF + BLUE CHEESE PIE

Preheat oven to 350°F.
SM PIE: Cook for 45-60 minutes.
LG PIE: Cook for 60-75 minutes.
If pastry starts getting dark, place foil loosely on top.
Let rest for 5-10 minutes before serving.

VEGETARIAN BAKED PASTA

Preheat oven to 350°F
Remove lid and cover loosely with foil.
Bake until hot in centre, about 45-60 minutes.
Let rest for 5-10 minutes with foil.
Remove foil and serve.

PIZZA KIT

Let pizza dough thaw on the counter for 2-4 hours.
Preheat oven to 425°F.
On a lightly floured work surface, flatten the dough into a disk.
We recommend making one large 12" pizza or two 6" individual pizzas.
Transfer dough to a lightly greased baking sheet, pizza pan, or cast iron pan.
Spread sauce evenly over the dough.
Top with cheese, pepperoni, and any other topping you would like.
Bake in oven for 10-15 minutes, or until crust has browned and cheese is melted + bubbly.
Remove from oven and let stand 5 minutes before serving.

SOUPS + SAUCES

SOUPS

CORN CHOWDER WITH DOUBLE SMOKED BACON
CHIPOTLE BUTTERNUT SQUASH / LEMON + ROSEMARY CHICKEN
MINISTRONE / PEAR + PARSNIP / TOMATO + FENNEL
SPICED LENTIL WITH PRESERVED LEMON / VEGAN CHILI

Let thaw in fridge overnight.
Empty soup into a saucepan and heat on medium heat for 8-10 minutes, stirring regularly.

SAUCES

PORCINI + PANCETTA CREAM / RAGU / SUN DRIED TOMATO CREAM
THAI COCONUT LEMONGRASS / TOMATO + BASIL

Let thaw in fridge overnight.
Empty sauce into a saucepan and heat on medium heat for 8-10 minutes, stirring regularly.
Serve sauce over pasta or rice.



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HOLIDAY MENU

All products are fully cooked.

APRICOT + ROSEMARY GLAZED HAM

Preheat oven to 350°F. Remove lid before baking.
Bake for 10-15 minutes or until heated through.

SLICED TURKEY

Bring turkey to room temperature.
Preheat oven to 350°F.
1-4 servings: Bake for 10-15 minutes or until heated through.
5-6 servings: Bake for 20-25 minutes or until heated through.

TRADITIONAL VEGETARIAN STUFFING

Preheat oven to 350°F. Remove lid before baking.
Bake for 10-15 minutes or until heated through.
Stir as needed.

MASHED POTATO BAKE

Preheat oven to 350°F. Remove lid before baking.
Bake for 20-35 minutes or until heated through.
Stir as needed.

MAPLE ROASTED ROOT VEGETABLES / ROASTED BRUSSELS SPROUTS

Preheat oven to 350°F. Remove lid before baking.
Bake for 20-30 minutes or until heated through.

VEGAN MAIN COURSE

Bring foil tray to room temperature. Preheat oven to 350°F.
Remove lid and heat for 15-20 minutes, or until desired temperature is reached.

BEEF TENDERLOIN

Beef is seared + grilled rare. Bring beef to room temperature.
Preheat oven to 400°F.
Remove meat from the foil pan and place on a baking sheet.
Bake uncovered for:
5-7 minutes for rare
7-10 minutes for medium rare
10-15 minutes for medium
To heat the side dishes, remove lid from foil pan and heat for 10-15 minutes, or until desired temperature is reached.

CHICKEN BREAST

Bring chicken to room temperature. Preheat oven to 350°F.
Remove lid and put foil pan in the oven.
Warm for 15-20 minutes, or until desired temperature is reached.

POACHED LOBSTER

Lobster is fully cooked and delicious cold.
To heat, add ½-1 cup of water to a saucepan and bring to a boil.
Add lobster to saucepan and steam, covered, for 3-5 minutes.
To heat the side dishes, preheat oven to 350°F. Remove lid and heat for 10-15 minutes, or until desired temperature is reached.

SEAFOOD RISOTTO

Seafood is fully cooked.
Bring foil tray to room temperature. Preheat oven to 350°F.
Remove lid and heat for 15-20 minutes, or until desired temperature is reached.

DESSERTS

PLUM PUDDING WITH CARAMEL RUM SAUCE

Warm rum sauce by pouring it into a saucepan over low heat.
Stir often.
Warm the cake in the microwave at 20 second intervals until desired warmth.
Serve cake with warmed sauce drizzled on top.

CRÈME BRÛLÉE

Gently dab any excess moisture off the tops using paper towel.
Sprinkle 1-2tsp on each crème brûlée. Swirl the sugar and gently shake ramekin from side to side to distribute sugar evenly.
Place crème brûlées on a baking sheet and into a cold oven.
Turn on the broiling element and bake for 5-10 minutes, rotating every 2 minutes to ensure even caramelization.
Remove from oven when sugar is golden brown and bubbling.
Let sit 5 minutes to allow sugar to set.
Serve warm or place in fridge for up to 30 minutes and serve chilled.