



BRENNAN'S FROZEN COOKING INSTRUCTIONS

ASIAN BLEND

STOVE TOP

QUANTITY	PAN SIZE	WATER	COOKING TIME
4 cups	2 ½ qt or larger	¼ cup	6 to 8 minutes
8 cups	6 ½ qt or larger	¼ cup	8 to 10 minutes

Place frozen vegetables in a pan. Add water and bring to a full boil over high heat. Gently separate the vegetables with a wooden spoon if necessary. Reduce heat to medium; cover and cook gently for the recommended time until tender. Drain and serve. Season to taste.

MICROWAVE

QUANTITY	PAN SIZE	WATER	COOKING TIME
4 cups	8 x 8	3 tbsp	8 to 10 minutes
8 cups	9 x 13	3 tbsp	12 to 14 minutes

Place frozen vegetables in a microwaveable dish. Add water, cover and microwave on HIGH for the recommended time. Gently stir halfway through cooking. Drain and serve. Season to taste. Ovens vary. Cooking times are approximate.

BATTERED CHEESE NUGGETS*

DEEP FRY

Fry frozen product at 360 degrees for 1 ½ to 2 minutes.

BAKE

Preheat oven to 450 degrees. Place frozen product in a single layer on a sheet pan and bake for 3 minutes on each side.

*Not designed for microwave preparation.

SICILIAN BLEND

STOVE TOP

QUANTITY	PAN SIZE	WATER	COOKING TIME
4 cups	2 ½ qt or larger	¼ cup	8 to 10 minutes
8 cups	6 ½ qt or larger	¼ cup	10 to 12 minutes

Place frozen vegetables in a pan. Add water and bring to a full boil over high heat. Gently separated the vegetables with a wooden spoon if necessary. Reduce heat to medium; cover and cook gently for the recommended time until tender. Drain and serve. Season to taste.

MICROWAVE

QUANTITY	PAN SIZE	WATER	COOKING TIME
4 cups	8 x 8	3 tbsp	9 to 11 minutes
8 cups	9 x 13	3 tbsp	14 to 16 minutes

Place frozen vegetables in a microwaveable dish. Add water, cover and microwave on HIGH for the recommended time. Gently stir halfway through cooking. Drain and serve. Season to taste. Ovens vary. Cooking times are approximate.

BATTERED ZUCCHINI

FRYING METHOD

In a wok or sauce pan, heat 1 ½ to 2 inches of cooking oil or shortening to 365 degrees. Fry a few zucchini slices at a time in the hot oil 3 to 4 minutes or until light brown, turn slices over. Drain off excess oil on a wire rack or paper towels. Keep warm in a 300 degree oven while cooking remaining slices.

BAKE

Preheat oven to 450 degrees. Place frozen product in a single layer on a sheet pan and bake for 25 minutes. Ovens vary. Times are approximate.

SPICY POTATO WEDGES

DEEP FRY

Fry frozen product at 350 degrees 2-1/2 to 3-1/2 minutes.

BAKE

OVEN – preheat oven to 475 degrees. Place frozen product in a single layer on a sheet pan and bake for 7 minutes on each side.

CONVECTION OVEN – preheat oven to 475 degrees. Place frozen product in a single layer on a sheet pan and bake for 5 minutes on each side.

HASH BROWN PATTIES

DEEP FRY

Fry frozen product at 350 degrees for 3 minutes.

BAKE

OVEN – preheat oven to 450 degrees. Place frozen product in a single layer on a sheet pan and bake 22 – 25 minutes until lightly browned and crisp.

CONVECTION OVEN – preheat oven to 400 degrees. Place frozen product in a single layer on a sheet pan and bake 7 – 10 minutes.

FROZEN VEGETABLES

In general, it's best to use as little water as possible, and cook until the vegetables are done to your satisfaction. It isn't necessary to thaw frozen vegetables.

Most frozen vegetables use ½ cup of water for every 2 cups of vegetables.
Exception: lima beans use 1 cup of water for every 2 cups of lima beans.

The size of the vegetable can significantly shorten and lengthen cooking times.

Corn and peas do not need as much time to cook as do Broccoli or cauliflower.

Cook your vegetables anywhere from 3 to 10 minutes. Drain and season to taste.

GEMELLI WITH VEGETABLES

STOVE TOP

In a 3 quart sauce pan, bring water to a boil. Add frozen product to boiling water. Bring water back to a boil, remove from heat and drain thoroughly.

MICROWAVE

Pour frozen product into microwaveable dish. Add 2 tablespoons water. Cover and cook on HIGH power for about 4 minutes. Stir and cook on HIGH for an additional 2 minutes or until thoroughly heated. Ovens vary. Cooking times are approximate.

MOZZARELLA STICKS

DEEP FRY

Fry frozen product at 350 degrees for 4 minutes.

BAKE

Preheat oven to 400 degrees. Place frozen product in a single layer on a sheet pan and bake for 2 minutes on each side.

ONION RINGS*

DEEP FRY

Fry frozen product at 350 degrees for 2 ½ - 3 minutes.

BAKE

Oven – preheat oven to 450 degrees. Place frozen product in a single layer on a sheet pan and bake for 4 minutes on each side.

Convection oven – Preheat oven to 450 degrees. Place frozen product in a single layer on a sheet pan and bake for 2 minutes on each side.

*Not designed for microwave preparation.

NORMANDY BLEND

STOVE TOP

QUANTITY	PAN SIZE	WATER	COOKING TIME
4 cups	2 ½ qt or larger	¼ cup	6 to 8 minutes
8 cups	6 ½ qt or larger	¼ cup	8 to 10 minutes

Place frozen vegetables in a pan. Add water and bring to a full boil over high heat. Gently separated the vegetables with a wooden spoon if necessary. Reduce heat to medium; cover and cook for the recommended time until tender. Drain and serve. Season to taste.

MICROWAVE

QUANTITY	PAN SIZE	WATER	COOKING TIME
4 cups	8 x 8	3 tbsp	6 to 8 minutes
8 cups	9 x 13	3 tbsp	10 to 12 minutes

Place frozen vegetables in a microwaveable dish. Add water, cover and microwave on HIGH for the recommended time. Gently stir halfway through cooking. Drain and serve. Season to taste. Ovens vary. Cooking times are approximate.

ROTINI WITH VEGETABLES

STOVE TOP

In a 3 quart pan, bring water to a boil. Add frozen product to boiling water. Bring water back to a boil, remove from heat and drain thoroughly.

MICROWAVE

Pour desired amount of product in a microwaveable dish. Add 2 tablespoons of water. Cover and cook on HIGH for 3 ½ - 4 minutes. Stir and cook on HIGH for an additional 2 minutes or until thoroughly heated. Ovens vary. Cooking times are approximate.

RIVIERA MIX

STOVE TOP

QUANTITY	PAN SIZE	WATER	COOKING TIME
4 cups	2 ½ qt or larger	¼ cup	8 to 10 minutes
8 cups	6 ½ qt or larger	¼ cup	10 to 13 minutes

Place frozen vegetables in a pan. Add water and bring to a full boil over high heat. Gently separate the vegetables with a wooden spoon if necessary. Reduce heat to medium; cover and cook gently for recommended time until tender. Drain and serve. Season to taste.

MICROWAVE

QUANTITY	PAN SIZE	WATER	COOKING TIME
4 cups	8 x 8	3 tbsp	10 to 12 minutes
8 cups	9 x 13	3 tbsp	16 to 18 minutes

Place frozen vegetables in a microwaveable dish. Add water, cover and microwave on HIGH for the recommended time. Gently stir halfway through cooking. Drain and serve. Season to taste.
Ovens may vary. Cooking times are approximate.

BOWTIES WITH VEGETABLES

STOVE TOP

In a 3 quart pan, bring water to a boil. Add frozen product to boiling water. Bring water back to a boil, remove from heat and drain thoroughly.

MICROWAVE

Pour desired amount of product in a microwaveable dish. Add 2 tablespoons of water. Cover and cook on **HIGH** for 3 ½ - 4 minutes. Stir and cook on **HIGH** for an additional 2 minutes or until thoroughly heated. Ovens vary. Cooking times are approximate.

SHREDDED HASH BROWNS

GRIDDLE

Preheat griddle to 350 – 360 degrees. Cook for 8 – 10 minutes.

POTATO SKINS

DEEP FRY

Preheat oil to 350 – 360 degrees. Cook for 2 ½ to 3 minutes.

OVEN

Preheat oven to 450 degrees. Place frozen product on a sheet pan and bake for 5 – 6 minutes.

FRENCH FRIES

DEEP FRY

Fry frozen product at 350 degrees for 2 ½ to 3 minutes.

BAKE

OVEN - Preheat oven to 450 degrees. Place frozen product in a single layer on a sheet pan and bake for 2 minutes on each side.

CONVECTION OVEN – Preheat oven to 450 degrees. Place frozen product in a single layer on a sheet pan and bake for 2 minutes on each side.

STIR FRY WITH RICE

STIR FRY

Heat large wok or fry pan to 380 degrees (medium high to high). Add frozen product and stir fry for approximately 5 to 7 minutes (crisp and tender). Serve.

MICROWAVE

QUANTITY	PAN SIZE	WATER	COOKING TIME
3 to 4 cups	2 qt or larger	2 tbsp	5 to 7 minutes
6 to 8 cups	4 qt or larger	2 tbsp	7 to 10 minutes

Place frozen vegetables in a microwave-safe dish. Add water, cover and microwave on HIGH for the recommended time. Gently stir halfway through cooking. Drain and serve. Season to taste. Ovens vary. Cooking times are approximate.

POTSTICKERS

DEEP FRY

Fry frozen product at 350 degrees for 3 to 3½ minutes or until crisp and golden brown.

CAUTION:

Ice crystals on frozen foods can cause spattering when added to hot oil. Add product carefully.

CHICKEN TENDERS BREADED AND FULLY COOKED

DEEP FRY

Fry frozen product at 350 degrees for 2½ to 3 minutes.

BAKE

Preheat oven to 400 degrees. Place frozen product in a single layer on a sheet pan and bake 15 to 18 minutes. Ovens vary, times are approximate.

MICROWAVE

Place frozen product on a microwaveable plate, microwave on HIGH for 1½ to 2 minutes.

SOFT PRETZELS

BAKE

Preheat oven to 350 degrees. Place frozen product in a single on a sheet pan and bake for 5 minutes.

MICROWAVE

Wrap pretzel in a paper towel and microwave on HIGH for 30 to 60 seconds. Ovens vary. Times are approximate.

SWEET POTATO FRIES

DEEP FRY

FRY FROZEN PRODUCT AT 350 DEGREES FOR 2 TO 3 MINUTES

CONVECTION OVEN

PREHEAT OVEN TO 425 DEGREES. LIGHTLY SPRAY A SHALLOW BAKING PAN WITH COOKING SPRAY. SPREAD PRODUCT EVENLY ON BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. LET STAND FOR 2 MINUTES BEFORE SERVING

NOT DESIGNED FOR MICROWAVE PREPARATION.

JALAPENO POPPERS

(PER 1 LB OF PRODUCT)

APPLIANCE TEMPERATURES MAY VARY. PLEASE CONSIDER THE PERFORMANCE OF YOUR APPLIANCE WHEN FOLLOWING THESE DIRECTIONS.

CAUTION: ICE CRYSTALS ON FROZEN FOODS CAN CAUSE SPATTERING WHEN ADDED TO HOT OIL. ADD PRODUCT CAREFULLY.

PRODUCT MUST BE FULLY COOKED

DO NOT ALLOW PRODUCT TO THAW.

COOKING INSTRUCTIONS:

DEEP FRY: FRY FROZEN PRODUCT AT 350F FOR 3 MINUTES.

NOT DESIGNED FOR MICROWAVE PREPERATION.