



## **EASY 1-STEP GOURMET WARMING INSTRUCTIONS**

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## Easy 1-Step Gourmet Meal

### Lump Crab Cake

100% Backfin Lump Crab Meat with No Fillers. Served with Coconut-Chili Remoulade and Local Fruit Salsa. Regular or Gluten-Free. Serves 1.



### Cooking Directions

Preheat oven to 375°. Bake crab cake in the oven for 15 minutes. Remoulade and salsa remain cold. Pour the remoulade on a dish, place the hot crab cake in the middle and top with the fruit salsa. Enjoy!

★ Vacuum-Sealed Frozen Crab Cakes last up to 6 months in the freezer.



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## Easy 1-Step Gourmet Meal

### Jumbo Lump Crab Cake

100% Jumbo Lump Crab Meat with No Fillers. Served with Coconut-Chili Remoulade and Local Fruit Salsa. Regular or Gluten-Free. Serves 1.



### Cooking Directions

Preheat oven to 375°. Bake crab cake in the oven for 15 minutes. Remoulade and salsa remain cold. Pour the remoulade on a dish, place the hot crab cake in the middle and top with the fruit salsa. Enjoy!

\* Vacuum-Sealed Frozen Crab Cakes last up to 6 months in the freezer.



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## Easy 1-Step Gourmet Meal

### Ultimate Crab Dip (GF)

Fresh Spinach, Artichokes, Boursin Cheese, Crab Meat and  
Parmesan Panko Crust. Gluten Free. Serves 4-6.



### Cooking Directions

Defrost in Refrigerator (12-24 Hours)

Preheat Oven to 400°. Remove Lid. Place Crab Dip aluminum  
container on sheet pan. Bake for 20 minutes, OR until Gluten-Free  
panko crust is golden brown. Enjoy!



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## Easy 1-Step Gourmet Meal

### Chicken Parmesan

Bell & Evans Chicken Breast Breaded, Penne Pasta, San Marzano Marinara Sauce, Parmigiano Reggiano and Mozzarella. Serves 2.



### Cooking Directions

Defrost in Refrigerator (12-24 Hours), Keep Marinara Frozen.  
Preheat Oven to 375°. Remove lid from entrée. Place aluminum pan directly on the oven rack. Bake for 40 minutes. In a small pot tear out the frozen marinara from package and bring to a boil. (This is extra sauce for your plate)



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## Easy 1-Step Gourmet Meal

### Eggplant Parmesan

Breaded Eggplant, Penne Pasta, San Marzano Marinara Sauce  
Parmigiano Reggiano and Mozzarella. Serves 2



### Cooking Directions

Defrost in Refrigerator (24 Hours). Keep Marinara Frozen. Preheat Oven to 375°. Remove lid from entrée. Place aluminum pan directly on the oven rack. Bake for 35 minutes. In a small pot tear out the frozen marinara from package and bring to a boil. (This is extra sauce for your plate) Enjoy!



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## Easy 1-Step Gourmet Meal

### Sausage Lasagna

5 Layers of Fresh Pasta, Sweet Sausage, San Marzano Marinara Sauce, Ricotta Impasta, Parmigiano Reggiano and Mozzarella. Serves 2-3.



### Cooking Directions

Defrost in Refrigerator (24 Hours). Keep Marinara Frozen.

Preheat Oven to 350°. Remove lid from entrée. Place Lasagna pan on sheet pan and place in middle rack of your oven. Bake for 50 minutes.

In a small pot, tear out the frozen marinara from the package and bring to a boil. This is extra sauce.



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## Easy 1-Step Gourmet Meal

### Chicken & Shrimp Jambalaya (GF)

Chicken, Shrimp, Smokey Andouille Sausage, Peppers, Mushrooms  
and Saffron Rice. Gluten-Free. Serves 2.



### Cooking Directions

Defrost in Refrigerator (24 Hours)

Preheat Oven to 375 degrees. Remove lid from entrée and  
**COVER WITH ALUMINUM FOIL.** Place aluminum pan  
directly on oven rack. Bake for 40 minutes. Enjoy!!!



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## Easy 1-Step Gourmet Meal

### Prime Beef Wellington

5oz Piedemontese Prime Black Truffle Beef Wellington with  
Mushroom Risotto, Balsamic Smoked Bacon Brussels and Demi Glace.



### Cooking Directions

**Defrost:** Defrost in Refrigerator (12–24 Hours). For Wellington – TAKE BEEF OUT OF VACUUM BAG FIRST TO DEFROST. Keep remaining items sealed.

**Beef Wellington:** Preheat oven to 425°. Line sheet pan with foil and lightly spray, Bake beef 15 minutes (medium-rare). Rotate pan and bake 6 more minutes (medium). Pastry should be golden brown. Pastry should be golden brown.

**Vegetables & Risotto:** In a medium pot bring water to a boil and add ~Brussel Sprouts and Risotto in vacuum-sealed bags for 6 minutes.

**ENJOY!**



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## Easy 1-Step Gourmet Meal

### Wagyu Boneless Short Rib (GF)

Port Wine Braised 7oz Wagyu Boneless Short Rib, Parmesan Risotto, Glazed Baby Carrots, Malbec Demi Glace. Gluten-Free. Serves 1.



### Cooking Directions

**Defrost in Refrigerator (12-24 Hours).** Fill large pot 2/3 way with water and bring to a boil. Add the unopened vacuum bags (Short Rib, Risotto & Carrots) to the water. Heat up for 12 minutes. Plating: PLEASE USE CAUTION VERY HOT!!!!

Remove bags from water, open Risotto & Carrots and place on plate. For the Short Ribs, cut open bag, place on plate and DISCARD the liquid. Then with a spoon glaze the Short Rib with the sauce. Enjoy!



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## Easy 1-Step Gourmet Meal

### Duck Leg Confit (GF)

Herb-rubbed duck leg with honey fig glaze, roasted sweet potato, caramelized onion, toasted pistachios, goat cheese, and Roasted Brussels sprouts. Gluten-Free • Serves 1



### Cooking Directions

**Defrost in Refrigerator (12-24 Hours).** Fill large pot 2/3 way with water and bring to a boil. Add the unopened vacuum bags (Duck Confit, Sweet Potato & Brussel Sprouts) to the water. Heat up for 12 minutes.  
**Plating – PLEASE USE CAUTION VERY HOT!!!** Remove bags from water, Sweet Potato & Brussel Sprouts open and place on the plate. Then for the Duck Leg, cut open bag and remove duck leg from bag and place on plate and DISCARD the liquid. Then with a spoon glaze the duck leg with the sauce. Enjoy!



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## Easy 1-Step Gourmet Meal

### Australian Lamb Shank (GF)

Mongolian-style, slow-braised Australian lamb shank with pomegranate mint glaze, whipped creamed parsnips, sweet & sour rainbow Swiss chard.

Gluten-Free • Serves 1: •



### Cooking Directions

**Defrost:** Defrost in Refrigerator (12~24 hours).

**FOR THE LAMB SHANK.** Place the small container of sauce aside to room temp. Fill large pot 2/3 way with water and bring to a boil. Add the unopened vacuum bag of lamb shank to the water. Heat up for 15 to 18 minutes. In the last 8 remaining minutes add the Parsnip puree and the Swiss chard. Plating – PLEASE USE CAUTION VERY HOT!!! Remove bags from water, Cut open bag of parsnips and Swiss chard (DRAIN LIQUID FROM SWISS CHARD & DISCARD) and place on the plate. For the lamb shank, cut open bag and carefully discard the liquid in the bag. Carefully take out lamb shank using tongs and place over parsnips and Swiss chard. Take the top off the sauce and microwave both glazes for 16 seconds. Then pour the glaze over the lamb shank. Enjoy!



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## Easy 1-Step Gourmet Meal

### Veal Osso Bucco

Braised Milk Fed Veal Shank, Burgundy Herb Veal Reduction,  
Saffron Risotto. Gluten-Free. Serves 1



### Cooking Directions

Defrost, in Refrigerator (12–24 hours).

Fill large pot 2/3 way with water and bring to a boil. Add the unopened vacuum bags (Veal risotto) to the water.

Heat up for 10 to 12 minutes. Plating – PLEASE USE CAUTION VERY HOT!!! Remove bags from water.

Cut bag of risotto open and place on the plate. For the Veal, the liquid in the bags is your sauce.

Carefully open Veal bag, use tongs to take out the Veal and plate over risotto then pour over sauce on top. Enjoy!



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## Easy 1-Step Gourmet Meal

### Wagyu Beef Shepherd's Pie (GF)

Wagyu ground chuck sirloin, mushrooms, carrots, onions, peas, corn,  
Yukon Gold whipped potatoes and porcini beef gravy.

Gluten-Free • Serves 2



### Cooking Directions

Defrost in Refrigerator (12–24 Hours)

Preheat Oven to 400°. Remove lid from entrée. Place aluminum pan directly on oven rack. Bake for 40 minutes.



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## Easy 1-Step Gourmet Meal

### Beef Pot Pie

5" Round Buttery Flaky Beef Pot Pie stuffed with Braised Filet Mignon Tips, Short Ribs, Carrots, Celery, Peas, Potatoes, Onions, Red Wine and Beef Gravy.

Serves 1.



### Cooking Directions

Defrost in Refrigerator (12–24 hours)

Preheat Oven to 425°. Remove plastic vacuum seal from pot pie. Place pot pie on sheet pan. Bake for 20 minutes. Puff pastry will be a dark golden brown.



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## Easy 1-Step Gourmet Meal

### Seafood Pot Pie

5" Round Buttery Flaky Seafood Pot Pie stuffed with Shrimp, Bay Scallops, Clams, Peas, Corn, Carrots, Celery and Onions mixed with Lobster Bisque and Finished with Maldon Sea Salt. Serves 1.



### Cooking Directions

**Defrost** in Refrigerator (12–24 Hours).

**Preheat** Oven to 425°. Remove plastic vacuum seal from Pot Pie. Place pot pie on sheet pan. Bake for 20 minutes. Puff pastry will be a dark golden brown.



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## Easy 1-Step Gourmet Meal

### Chicken Pot Pie

5" Round Buttery Flaky Chicken Pot Pie stuffed with Bell & Evans Farms Bone-In Chicken, Peas, Corn, Carrots, Celery and Onions, Finished with Maldon Sea Salt. Serves 1.



### Cooking Directions

**Defrost** in Refrigerator (12–24 Hours).

**Preheat** Oven to 425°. Remove plastic vacuum seal from Pot Pie. Place pot pie on sheet pan. Bake for 20 minutes. Puff pastry will be a dark golden brown.



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## Easy 1-Step Gourmet Meal

### Coq au Vin (GF)

Bell & Evans Farms Braised Chicken Thighs, Stew of Red Burgundy Wine,  
Mushrooms, Herbs, Celery, Carrots, Onions, Potatoes.

Gluten-Free • Serves 2



### Cooking Directions

Defrost in Refrigerator (12–24 Hours).

Preheat Oven to 375°. Remove lid from entrée. Place aluminum pan directly on the oven rack.  
Bake for 40 minutes. Enjoy!



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## Easy 1-Step Gourmet Meal

### Orange-Soy Chicken

Bell & Evans Farms Bone-In Chicken Thigh Sous Vide and Orange-Soy Seared, with Stir-Fried Snow Peas & Broccoli, and Organic Jasmine Rice.

Serves 1



### Cooking Directions

Defrost in Refrigerator (12–24 Hours).

Fill large pot 2/3 way with water and bring to a boil. Add the CHICKEN ONLY first to the water. Heat up for 12 minutes. With 6 minutes remaining add the 2 other bags Rice & Veggies to the water. Plating – PLEASE USE CAUTION VERY HOT!!! Remove bags from water, Open the Jasmine Rice and place on the plate and fluff rice with a fork. Then open the vegetables and place on the plate. (discard any extra liquid from the veggies) Then for the Chicken Thigh, Cut open bag and remove Chicken Thigh from bag and place on plate and DISCARD the liquid left in the bag. Then with a spoon glaze the chicken thigh with the sauce. Enjoy!



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## Easy 1-Step Gourmet Meal

### Chicken Marsala

Bell & Evans Airline Chicken Breast (7–9oz) seared with Fresh Herbs and Garlic, Caramelized Onion Marsala Sauce, Yukon Gold Smashed Potatoes and Green Beans. Gluten-Free • Serves 1



### Cooking Directions

Defrost in Refrigerator (12–24 Hours).

For the Chicken, Potato & Green Beans- Fill large pot 2/3 way with water and bring to a boil. Add the unopened vacuum bag of chicken Breast to the water. Heat it up for 12 minutes. When 6 minutes are left add unopened bags of mashed potatoes and green beans cook until the time is up. Plating – PLEASE USE CAUTION VERY HOT!!! Remove bags from water. Open the Potato and the green beans and place on plate, then open the chicken bag and take chicken out with tongs and place on plate. Then pour sauce from the chicken bag over chicken. Enjoy!



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## Easy 1-Step Gourmet Meal

### Beef Bourguignon

Prime Beef Bourguignon with Roasted Cipollini Onions, Mushrooms, Carrots, Fresh Herbs, Red Burgundy Wine Gravy and Yukon Gold Mashed Potatoes.

Gluten-Free • Serves 1



### Cooking Directions

Defrost in Refrigerator (12–24 Hours).

In a medium to large pot fill water  $\frac{3}{4}$  of the way and place on high heat and bring to a boil. Carefully add both bags (Bourguignon & Potatoes) to the boiling water and boil for 12 minutes. Then when time is up. Pull bags from the boiling water and let them rest on counter for 2 minutes. Open potatoes and place in center of plate. Take a spoon and flatten out potatoes. Then cut open the bags for Bourguignon and pour over potatoes. Enjoy!



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## Easy 1-Step Gourmet Meal

### Australian Rack of Lamb

Half a Rack of Australian Lamb rubbed with Curry and seared with a Pomegranate Mint Reduction, Celery Root Pürée and organic candied Baby Carrots.

Gluten-Free · Serves 1-2



### Cooking Directions

**Defrost in Refrigerator for 24 hours.** Fill a medium to large pot  $\frac{3}{4}$  the way with water. Bring water to a boil. Place Rack of Lamb in the vacuum sealed bag (DO NOT OPEN BAG) for 9 minutes. Take Rack out of water and open out of the bag and place on a sheet pan with Aluminum Foil. Then put celery root and carrots in the bags in the pot for six minutes. Meanwhile, turn oven on to broil. Place oven rack in center of oven. Place lamb in the oven for 3 minutes meat side facing the broiler. Pull Lamb out after the 3 minutes and let rest for 5 minutes on cutting board. Plating- PLEASE USE CAUTION VERY HOT!!! Remove celery root and carrots from water, Cut bag of celery root open and place on the plate as well as the glazed baby carrots. You may discard the liquid in the carrots. Cut Rack to desired portion and place on the plate. Add the glaze over the rack of lamb. Enjoy!



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## Easy 1-Step Gourmet Meal

### Meatloaf

Fresh Ground Beef, Veal and Pork Meatloaf with a Morel Mushroom Sauce,  
Yukon Gold Mashed Potatoes with Fresh Herbs and Roasted Green Beans.

Gluten-Free • Serves 1



### Cooking Directions

Defrost in Refrigerator for 24 hours.

**For Meatloaf** – Pre-heat your oven to 375 degrees. Place a piece of Aluminum foil on a sheet pan and spray with nonstick pan. Place meatloaf (OUT OF VACUUM PACKAGE) on the sheet pan and bake for 18 minutes. **For Sides and Sauce** – Get a medium sized pot and fill ½ to ¾ way with water and bring to a boil. Add your Potatoes and Green Beans to the boiling water for 6 minutes. **For the Sauce** – remove top from sauce and microwave sauce for 18 seconds. **For Plating** – CAREFULLY VERY HOT!!! Take sides out of water and open the bags. Add potatoes to the center of the plate and the green beans to the left or right side of the potatoes. Then place the meatloaf laying on an angle on potatoes and green beans. Then pour sauce over meatloaf.



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## Easy 1-Step Gourmet Meal

### Truffle Cannelloni

Black Truffle and Ricotta Cannelloni with a Beef Bolognese, topped with Mozzarella and finished with White Truffle Oil. Serves 2



### Cooking Directions

Defrost in Refrigerator (12–24 Hours).

Preheat Oven to 375°. Remove plastic & cover of entrée container.

Place small container of truffle oil on counter to let come to room temperature.

Place entrée in center of oven and bake for 20 minutes or until mozzarella is golden brown.

Let cool for 5 to 10 minutes.

Drizzle truffle oil over entrée. Enjoy!



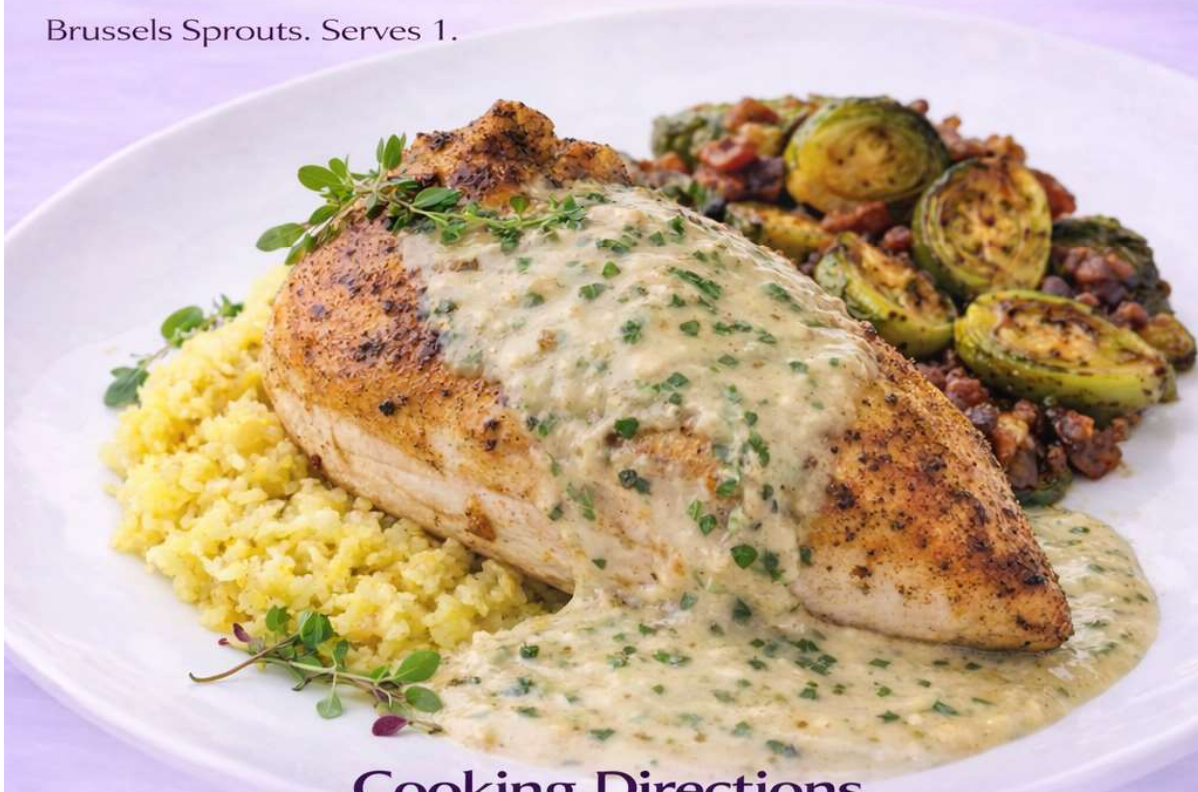
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## Easy 1-Step Gourmet Meal

### Stuffed Chicken Breast

Bell & Evans Farms Airline Chicken Breast (7-9oz) stuffed with Caramelized Onion and Morale Mushrooms, topped with a Chicken Herb Velouté, served with Saffron Risotto and Bacon Balsamic Brussels Sprouts. Serves 1.



### Cooking Directions

Defrost in Refrigerator (12–24 Hours)

- **For the Chicken, Risotto & Brussel Sprouts** – Fill a large pot 2/3 way with water and bring to a boil. Add the unopened vacuum bag of chicken Breast to the water. Heat it up for 12 minutes. When 6 minutes are left add unopened bags of Saffron Risotto and Brussel Sprouts cook until the time is up. **For the Sauce** – Remove the top and microwave for 18 seconds.
- **For Plating** – PLEASE USE CAUTION – VERY HOT!!!! Remove bags from water. Open and remove the Risotto and the Brussel Sprouts and place on plate, then open the chicken bag and take chicken out with tongs and place on plate. Pour sauce over chicken. Enjoy!



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## Easy 1-Step Gourmet Meal

### Corned Beef Brisket

Prime Corned Beef Brisket topped with a Trio Mustard Sauce, served with Braised Cabbage, Garlic Herb Roasted Fingerling Potatoes, and Baby Carrots. Serves 1.



### Cooking Directions

Defrost in Refrigerator (12–24 Hours)

- **For the Brisket, Potato, Cabbage & Carrots** – Fill a large pot 2/3 way with water and bring to a boil. Add the unopened vacuum bag of the brisket to the water. Heat it up for 12 minutes. When 6 minutes are left add unopened bags of cabbage and carrots cook until the time is up.
- **For Plating** – PLEASE USE CAUTION – VERY HOT!!! Remove bags from water. Open the cabbage and the carrots and place on plate, then open the Corned beef bag and take brisket out with tongs and place on plate. Spread the mustard sauce over Corned beef. Enjoy!



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## Easy 1-Step Gourmet Meal

### Dark Belgian Chocolate Ganache Cake

Serves 1



### Cooking Directions

Remove cake from aluminum pan. Microwave for 40 seconds. Then microwave sauce with top off for 18 seconds. Pour sauce on dish, place cake in the middle, smooth side down. Enjoy with a scoop of your favorite ice cream. Enjoy!



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## Easy 1-Step Gourmet Meal

### White Chocolate & Banana Bread Pudding

Serves 1



### Cooking Directions

Remove cake from aluminum pan. Microwave for 45 seconds. Enjoy with a scoop of your favorite ice cream. Enjoy!