



FROZEN FOOD COOKING INSTRUCTIONS

Thawing Instructions

Visit EatAtWades.com to view an instructional video & to learn more about our Frozen Foods.

REFRIGERATOR THAWING METHOD ****RECOMMENDED****

You can thaw your food in the refrigerator with no effort if you plan ahead. When product is frozen solid use the following refrigeration times to insure that food items will thaw in time to cook:

Macaroni & Cheese • 48 hours

Dressing, Creamed Corn, Turnip Greens, Broccoli Casserole, Hashbrown Casserole • 24 hrs

Sweet Potato Soufflé • 12 hrs

QUICK-THAW METHOD

NEVER USE HOT WATER TO THAW FOOD. Only use cold water & do not submerge container in water.

If necessary, you can thaw items in about 1 hour using this quick-thaw method:

Step 1: Place sealed food container(s) into a pot or bowl that is slightly shorter than the height of the quart containers. This will insure that water does not get into the food.

Step 2: Place the pot or bowl into a sink and begin filling the pot with COLD water. When the pot or bowl is full and overflowing reduce the flow of the water to a very small stream. The small stream of water will insure that the water is continually changing which will help to thaw the product quicker. We have found that soufflé and dressing will thaw in 30 to 45 minutes, but macaroni will take longer to thaw if frozen solid. *IMPORTANT: As soon as the food item has thawed you should put back into the refrigerator until time to cook. Do not allow food to sit out overnight to thaw under any circumstances!*

GENERAL FOOD SAFETY

We've taken great care to insure that your food was prepared and stored in a manner that will provide you with a safe and appetizing meal. However, we do want to inform you of some handling procedures that will help insure that your food has a long shelf life and, most importantly, to insure that it remains safe for consumption.

- Once you leave Wade's **put your refrigerated or frozen items into a refrigerator or freezer as soon as possible.** Wade's Sweet or Unsweetened Tea must be refrigerated.
- **DO NOT let food sit out at room temperature** for extended periods of time before cooking or after your meal.
- **All cooked items must be reheated to at least 165 degrees before serving. Uncooked items should be cooked according to the specific item instructions in this brochure.**

GENERAL FOOD SAFETY

- If you purchased frozen food items and will be serving within 1 to 3 days, place into the refrigerator instead of the freezer to let them begin thawing. **DO NOT** thaw frozen items at room temperature or under warm water.
- **If a food item was hot when purchased and you will not be consuming it right away, then you should remove the lids from the containers and place these items into the refrigerator.** Removing the lids will allow the food to cool as quickly as possible. If you have purchased our larger 2 quart containers of hot food, transferring this hot food into shallow pans large enough to allow the food to spread out will allow the food item to cool more quickly. Cover items after they have cooled to 41 degrees to avoid them drying out.

Bread

Remove from bag before heating. Yeast Rolls and Cornbread heat best when thawed.

YEAST ROLLS

IMPORTANT: These rolls are par-baked and must be cooked before eating.

TO THAW, remove rolls from freezer and place in refrigerator about 4 hours prior to heating. Preheat oven to 400°. Place rolls on a sheet pan and cook for 8 -10 minutes if thawed and 10-12 minutes if frozen. Brush tops of rolls with margarine or butter while hot for extra flavor. Unused rolls may be refrigerated.

CORNBREAD

TO THAW, remove muffins from freezer and place in refrigerator about 4 hours prior to heating.

Place muffins on non-metallic surface or in a basket. Cover with cloth or paper napkin. To warm, microwave on high 10-40 seconds for 2 muffins; 60-80 seconds for 6 muffins. Heat times are estimates and may vary based on wattage of microwave you are using.

Holiday Specialties

These products are available for pick up during Thanksgiving and Christmas.

BUTTERBALL® TURKEY BREAST

IMPORTANT: Turkey should be consumed within 2 hours of removing from refrigeration or after heating.

This product is fully cooked and ready to eat cold, or heated if preferred. TO SERVE HOT: Preheat conventional oven 400°, convection oven 375°. Layer SLICED turkey in a casserole dish and add either canned chicken broth or a little Wade's Turkey Gravy. Cover the pan with aluminum foil and heat until the turkey is at least 165°, approximately 15 - 20 minutes. Unsliced turkey should be returned to the refrigerator immediately. We **DO NOT** recommend heating the whole turkey in the oven because there is no way to heat it to a safe temperature without drying it out.

SLICED HAM

This product is fully cooked and ready to eat cold, or heated if preferred. TO SERVE HOT: Heat ham slices in a frying pan over medium heat. Approximately 1 minute per side.

GREEN BEANS

Stovetop: Place green beans in a pot and add ¼ cup water per quart to the beans. Heat the beans on the stovetop at medium heat. Stir occasionally. Green beans are ready when they begin to boil in the center and have reached at least 165 degrees. Microwave: Reheat green beans to at least 165 degrees in the microwave according to the reheating instructions for your microwave.

Heat & Eat Sides

The following instructions are for cooked products that can be reheated on either the stovetop or in the oven. If thawing is indicated in the cooking instructions, see thawing instructions in this brochure.

TURNIP GREENS

Stovetop: Thaw before heating. Place thawed greens into an appropriately sized pot. If you do not see a little juice in the pot add 2 to 4 TBS water per qt of greens. Heat on medium setting while stirring frequently. Greens are ready when they begin to simmer in the pot. Allow to simmer while stirring for about a minute.

TURKEY GRAVY OR BEEF GRAVY

Stovetop: Thaw before heating. Gravy can be heated frozen but for shorter cooking time, allow gravy to thaw overnight. Place the gravy into a pot and heat on the stovetop on low to medium setting. Stir frequently! Remove when gravy has thinned out and shows the first sign of boiling. To thin, add just a little canned chicken broth (1/8 cup per pint).

VEGETABLE SOUP

Stovetop: Thaw before heating. Place soup into an appropriately sized pot. Heat on medium setting while stirring frequently. Soup is ready when it begins to simmer in the pot. Allow to simmer while stirring for about a minute.

CREAMED CORN

Oven: Thaw before heating. Preheat conventional oven 400°, convection oven 375°. Spray appropriately sized oven safe dish (Corningware-Pyrex) with pan spray. Place thawed corn in dish, level and cover with foil. Heat for 45 minutes, uncover and stir. Corn will be bubbling and at least 165 when ready. If not hot, replace cover & heat for an additional 10-15 minutes.

SPAGHETTI SAUCE

Stovetop: Thaw before heating. Place sauce into an appropriately sized pot. Heat on medium setting while stirring frequently. Sauce is ready when it begins to simmer in the pot. Allow to simmer while stirring for about a minute.

Cook-at-Home Sides

The following instructions are for uncooked products. Do not attempt to cook these products in a microwave. When it calls for greasing the casserole dish use pan spray (like PAM) or use solid vegetable shortening (like Crisco). You must thaw all items before cooking. See thawing instructions in this brochure.

MACARONI & CHEESE

Thaw macaroni mixture before cooking. Preheat conventional oven 400°, convection oven 375°. Place raw macaroni into a greased casserole dish. Level product to a depth of around 2 inches for best results. Cook covered for 45 minutes. Uncover and bake for another 30 minutes. Shake pan side to side to see if done! Macaroni is done when it begins to gel in the center. Your macaroni should be done in 1 1/4 hours. If your macaroni is not done, continue cooking & check at 10-minute intervals until macaroni has sufficiently gelled.

CORNBREAD DRESSING

Thaw cornbread dressing before cooking. Preheat conventional oven 400°, convection oven 375°. Place raw dressing into a greased casserole dish. Level product to a depth of around 2 inches for best results. Cook dressing uncovered for 1 hour. Dressing is done when slightly firm in the center, browning on top, and 190° to 200°. If dressing is not done in 1 hour, continue cooking check at 10-minute intervals until dressing is done.

BROCCOLI CASSEROLE

Thaw broccoli casserole before cooking. Preheat conventional oven 400°, convection oven 375°. Place raw broccoli casserole into a greased casserole dish and level product to a depth of around 2 inches for even cooking. Cook uncovered for 1 hour. Broccoli Casserole is done when slightly firm in the center, browning on top and 190° to 200°. If not done in 1 hour, continue cooking and check at 10-minute intervals until casserole is done.

HASHBROWN CASSEROLE

Thaw hashbrown casserole before cooking. Preheat conventional oven 400°, convection oven 375°. Place thawed casserole into a greased casserole dish and level product to a depth of around 2 inches for even cooking. If too shallow your casserole will cook quicker and may not be as moist after cooking. Cook uncovered for 1 hour. Casserole is done when it is browning on top and 190° to 200°. If not done in 1 hour, continue cooking and check at 10 -minute intervals until ready.

SWEET POTATO SOUFFLÉ

Thaw soufflé before cooking. Preheat conventional oven 400°, convection oven 375°. Place raw soufflé into greased casserole dish. Level product to a depth of around 2 inches for best results. Cook soufflé uncovered for 1 hour. Soufflé is done when it is gelling in the center and beginning to brown on top. If soufflé is not done in 1 hour, continue cooking and check at 10-minute intervals until soufflé has sufficiently gelled. When soufflé is done, remove from oven and evenly spread miniature marshmallows across the top of the cooked soufflé. Place soufflé with marshmallows back into the oven for about 3 to 5 minutes to let marshmallows brown. Watch carefully when browning marshmallows to avoid burning them.