

## HEATING INSTRUCTIONS

### **IMPORTANT**

All times and temperatures are for chilled food. Please ensure all food is heated thoroughly, and any frozen food has been defrosted overnight in a refrigerator.

All times and temperatures are approximate and when using a microwave, are based on a Category D 700 watt unit.

### **PIES (Best method)**

Pre-heat the oven to 180c. Wet the top of the pie and place, in their foil dishes, on a tray and cover with tin foil. Place in the oven for approximately 18 minutes then remove the foil and return to the oven for a further 3 to 5 minutes (depending on how well done you want them), or until piping hot.

### **OR**

Remove the pies from their foil dishes and heat upside down in the microwave for approximately 1½ minutes for one pie, 2 minutes for 2 pies, adding 30 seconds onto the timer for each additional pie.

Then return the pies to their foil dishes and heat on a tray in a preheated oven set to 180c, for 5 minutes or until piping hot.

### **LIQUOR**

You will find the cold Liquor has 'set' - this is quite normal.

Empty the required amount into a saucepan and stir gently while heating. Do not boil or overcook, as this will impair the flavour.

You may add a little water as required to thin the Liquor down.

It is possible to microwave the liquor, but you will need to stir it often during heating.

### **MASH**

Loosen the lid and heat in the microwave for 3 minutes on full power. Fluff up the Mash with a fork and return to the microwave and heat on full power for a further 2 minutes.

If you do not have the use of a microwave, pre-heat the oven to 180c. Break the mash up in an oven proof dish and cover. Place in the oven for approximately 12 minutes, remove from oven and stir, return to the oven for approx 9 minutes or until hot.

### **STEWED EELS**

Remove the Eels from their container and heat gently in a saucepan until hot (min. temp. 75c). A little water or fish stock may be added to thin down the sauce, if required.