



COOKING INSTRUCTIONS

These shanks can be cooked from thawed or from frozen.

THAWING INSTRUCTIONS

Always thaw shanks in the bags overnight in your fridge and never at room temperature.
Do not re-freeze once you have thawed.

MICROWAVE OVEN

Place the bag into a microwaveable container then snip the corner of the bag to let air and steam escape during the cooking process (if you don't want a big mess in your microwave!!). If the shank is thawed, cook on high for 4 minutes* in your microwave. Rest for 2 minutes and then cook for a further 2 minutes* (this step will ensure your shanks are tender). Then if you want to brown the shank you can place in a conventional oven (preheated to 200°C) for a further 15 minutes. Stir the sauce then serve and enjoy.

If the shank is frozen, cook on High for 6 minutes in your microwave. Rest for 2 minutes then cook for a further 3 minutes. Brown in oven, as above if you prefer. Stir the sauce then stir and enjoy!

*Based on an 850W microwave. Microwave ovens may vary.

BOIL IN THE BAG

Place the bag in a pot of boiling water until thoroughly heated through. If the shank is thawed it takes approximately 25 minutes and if the shank is frozen it takes approximately 45 minutes. Remove the bag from the water and shake gently. Cut alongside of the pouch and transfer shank and sauce to a warm serving plate. Stir the sauce then serve and enjoy!

CONVENTIONAL OVEN

Preheat your oven to 180°C. Remove shanks from the bag and place entire contents into an ovenproof dish and cover. If the shank is thawed, roast for approximately 30 minutes, if the shank is frozen, roast for approximately 1 hour 20 minutes. After this time has elapsed remove the cover and baste the shank with the sauce and move the dish to the top shelf of the oven at the same time, increasing the temperature of your oven to 200°C. Baste occasionally then remove after 15 minutes. Stir the sauce then serve and enjoy!



Chilled Best Before:

Frozen Best Before: 17/07/2018

Batch: ND1117