

FISH

Basa Fillet Stuffed	From frozen: Remove all packaging & place on a lightly greased baking tray in a pre-heated oven at 200°C - 35-40mins.
Breaded Cod	Deep fry in hot fat (180°C/350°F) for 3-4 mins. Drain on absorbent paper & serve with a slice of Lemon or Tartar sauce.
Breaded Haddock	Cook from frozen. Deep fry in hot oil for 5-10mins or shallow fry for approx 10mins.
Breaded Plaice	Grill: Brush with oil or butter, for 4-5mins Bake:10-12 mins. Fry: approx 5-10mins.
Breaded Scampi	Deep fry in hot fat (180°C/350°F) for 3-4 mins. Drain on absorbent paper & serve.
Cod Fillet in a Creamy Parsley Sauce	Cook from frozen: Microwave (800W): Remove product from the bag & place in a microwaveable bowl. Microwave on 1/2 power (450W) for 5mins. Gently stir sauce around the cod, cook for further 5mins & stir again, cook for a further 2mins. Leave to stand for 1min before serving. Check is fully cooked & piping hot before serving.
Coquilles St Jacques	From frozen: Pre-heat oven to 220°C. Place on a baking tray, Cook for 20-25mins.
Crab Fish Cakes	Deep fry from frozen in pre-heated oil at 180°C for 5-6mins or till golden brown.
Devon Dressed Crab	Once defrosted keep refrigerated, eat within 48hrs.
Haddock Mozzarella & Spring Onion Fish Cakes	Deep fry from frozen in pre-heated oil at 180°C for 6-8mins or until golden brown.
King Prawns & Faroese Prawns	Defrost thoroughly.
Mixed White Fish Cakes	Grill for 6-10mins OR deep fry in hot oil (180°C/350°F) for 4-5mins OR shallow fry on a medium heat for 6-7mins.
Mussels in a White Wine Sauce	Conventional: Empty contents from bag into saucepan, heat gently for 5-6mins stirring occasionally, serve piping hot. Boil in the Bag for 5mins. Microwave - Empty contents from bag into a dish cook on high in a 750watt oven for 4mins.
Paella	Stir fry in a little olive oil until cooked.
Plaice Fillets	Poach: simmer in stock for 5-10mins. Grill: brush with oil, grill for 4-5mins. Bake:10-12mins. Fry: 5-10mins.
Salmon & Prawn Fish Cakes	Deep/shallow fry from frozen in pre-heated oil 180°C for 6-8mins.
Salmon Fillet in Lobster & Brandy Sauce	From frozen. Microwave (650W): Remove all packaging, place in a micro-waveable bowl and cook for 5mins. Gently stir the sauce around the salmon, cook for a further 3mins. Stand for 1 min before serving.
Salmon Fillet in Watercress Sauce	
Salmon Fish Cakes	Grill for 10-12mins. Deep fry for 5-6mins. Shallow fry medium heat for 7-8mins.
Shetland Salmon	Defrost, then bake, grill or microwave.
Smoked Haddock	Poach: simmer in stock for 5-10 mins. Grill: brush with oil, grill for 4-5 mins. Bake:10-12 mins. Fry: 5-10 mins.
Smoked Haddock & Salmon Tart	Cook from frozen in a pre-heated oven at 200°C/Gas mark 6 for 15-20mins. Leave 2mins before removing foil case.
Tuna & Mozzarella Fish Cakes	Deep fry from frozen in pre-heated oil at 180°C for 6-8 mins.
Tuna Steaks	Defrost thoroughly, marinate in oil, wine & herbs. Grill/Barbecue for 6-8mins each side,

****All cooking appliances vary, these are guidelines only****
Check product is piping hot throughout before serving.

FISH

Basa Fillet Stuffed	From frozen: Remove all packaging & place on a lightly greased baking tray in a pre-heated oven at 200°C - 35-40mins.
Breaded Cod	Deep fry in hot fat (180°C/350°F) for 3-4 mins. Drain on absorbent paper & serve with a slice of Lemon or Tartar sauce.
Breaded Haddock	Cook from frozen. Deep fry in hot oil for 5-10mins or shallow fry for approx 10mins.
Breaded Plaice	Grill: Brush with oil or butter, for 4-5mins Bake:10-12 mins. Fry: approx 5-10mins.
Breaded Scampi	Deep fry in hot fat (180°C/350°F) for 3-4 mins. Drain on absorbent paper & serve.
Cod Fillet in a Creamy Parsley Sauce	Cook from frozen: Microwave (800W): Remove product from the bag & place in a microwaveable bowl. Microwave on 1/2 power (450W) for 5mins. Gently stir sauce around the cod, cook for further 5mins & stir again, cook for a further 2mins. Leave to stand for 1min before serving. Check is fully cooked & piping hot before serving.
Coquilles St Jacques	From frozen: Pre-heat oven to 220°C. Place on a baking tray, Cook for 20-25mins.
Crab Fish Cakes	Deep fry from frozen in pre-heated oil at 180°C for 5-6mins or till golden brown.
Devon Dressed Crab	Once defrosted keep refrigerated, eat within 48hrs.
Haddock Mozzarella & Spring Onion Fish Cakes	Deep fry from frozen in pre-heated oil at 180°C for 6-8mins or until golden brown.
King Prawns & Faroese Prawns	Defrost thoroughly.
Mixed White Fish Cakes	Grill for 6-10mins OR deep fry in hot oil (180°C/350°F) for 4-5mins OR shallow fry on a medium heat for 6-7mins.
Mussels in a White Wine Sauce	Conventional: Empty contents from bag into saucepan, heat gently for 5-6mins stirring occasionally, serve piping hot. Boil in the Bag for 5mins. Microwave - Empty contents from bag into a dish cook on high in a 750watt oven for 4mins.
Paella	Stir fry in a little olive oil until cooked.
Plaice Fillets	Poach: simmer in stock for 5-10mins. Grill: brush with oil, grill for 4-5mins. Bake:10-12mins. Fry: 5-10mins.
Salmon & Prawn Fish Cakes	Deep/shallow fry from frozen in pre-heated oil 180°C for 6-8mins.
Salmon Fillet in Lobster & Brandy Sauce	From frozen. Microwave (650W): Remove all packaging, place in a micro-waveable bowl and cook for 5mins. Gently stir the sauce around the salmon, cook for a further 3mins. Stand for 1 min before serving.
Salmon Fillet in Watercress Sauce	
Salmon Fish Cakes	Grill for 10-12mins. Deep fry for 5-6mins. Shallow fry medium heat for 7-8mins.
Shetland Salmon	Defrost, then bake, grill or microwave.
Smoked Haddock	Poach: simmer in stock for 5-10 mins. Grill: brush with oil, grill for 4-5 mins. Bake:10-12 mins. Fry: 5-10 mins.
Smoked Haddock & Salmon Tart	Cook from frozen in a pre-heated oven at 200°C/Gas mark 6 for 15-20mins. Leave 2mins before removing foil case.
Tuna & Mozzarella Fish Cakes	Deep fry from frozen in pre-heated oil at 180°C for 6-8 mins.
Tuna Steaks	Defrost thoroughly, marinate in oil, wine & herbs. Grill/Barbecue for 6-8mins each side,

****All cooking appliances vary, these are guidelines only****
Check product is piping hot throughout before serving.