

Quince Express Cooking Instructions & Product Pairing

O blue – heat & serve, fully cooked **O yellow – seared & seasoned, finish cooking**
O red – marinated, but not cooked **O green – raw, eat as is**

To heat in oven, stove top or the microwave you need to **remove the contents from the bag**. Items which have a keep frozen stickers are best remove from the bag when frozen, as they will stick to the bag. In the case of the ravioli – these must be removed and cooked right from frozen.

First thing – please look at the sticker as the blue dot items just need to be heated until hot. The yellow items will require some further cooking. The marinated items (red dot) such as the meat need to be cooked and we have a few items we can be serve as it such as the Albacore Tuna Skewers (green dot).

Longevity and Perishability: the items which are sold from the fridge such as the starches and vegetables have a production date on the back. Generally these particular items should be served within 6 days of production, please discard after 8 days. The braised dishes should be served within 10 days and the chicken within 8 days. The vacuum packing really keeps in the freshness, but if it is a meat item you are best to place this in the freezer if not consuming within a few days; that way you can remove when needed. If you buy an item from the frozen section, these can be kept in the fridge for another 5 days. It is not a good idea to re-freeze. If you have any questions, please contact us – 6 days a week until 6:00 pm and please note we are closed on Sundays and public holidays.

Our **Braised Meats (Lamb Shank, Short Ribs, Coq au Vin etc)** will go well with garlic-mashed potatoes, cous cous, risotto, ratatouille, roasted vegetables, or with your own simply vegetable side dish. To warm, place contents in a sauce pot (covered) in oven (350F for 25 minutes approx.- if fresh, if frozen it will take about 50 min) or stovetop, simmer at low heat covered until hot. Can also reheat in microwave. Don't let the sauce reduce, if it does add water to compensate. Take to Whistler! Can be frozen for future use. You can re-heat from frozen as long as you keep the heat low as to not scorch the product. Again the amount of liquid should not be that different than what you started with. The goal is to be able to cover the meat with sauce and serve with something like mash potato to help soak up the sauce.

Our **Marinated Meats (Flank Steak, Lamb Sirloin, Poultry etc)** will go well with Israeli cous cous, garlic mashed potatoes, risotto, spring vegetables, trout potato salad, polenta & steamed potatoes. All of our demi and cream based sauces would work beautifully with all meats. Various methods of cooking include grilling, broiling or sear meat in hot pan on the stovetop and finish in the oven at 350F until desired doneness. Salt is one of the secrets - use enough!

Our **Chicken Breasts** have been seasoned and seared for desired appearance and taste. To finish, cook in oven 350F until desired doneness, approx 20 – 25 minutes.

Our **Duck Breast**, marinated but not seared, this one requires a bit of attention. Season and place skin side down on warm pan. Keep heat low and render fat until the skin is crispy and most of the fat under the skin is gone, approx 15 min. Turn off the heat and flip the duck breast over and roll around as to touch all points of the flesh. Do this for only 2-3 minutes, then remove from pan and let rest 10 minutes before slicing.

Our **Confit (Duck Legs)** can be served by warming in the microwave and shredding on top of salad. They can also be served as a main course accompanied by cous cous, risotto, vegetables & potatoes. Heat in oven at 350F for 15 minutes approx. For a different effect the skin can be crisped by placing under the broiler or searing in a hot pan and heat through in oven.

To cook the larger **Crab Cakes:** heat a small sauce pan and add in oil, at a med-low temp add in the frozen crab cake and brown the one side, place in 375F oven until hot in the middle, (check with a knife) approx 20 min. Alternatively you can place in the 375F oven with a small amount of oil on the pan for approx 20 min and then turn on the broiler to brown the surface. For the **Mini Dungeness Crab Cakes** – heat in a 375F oven until hot on the inside, (check with a knife) approx 15-20 min. Serve with a mayonnaise based sauce such as aioli.

Our **Fish (Albacore Tuna, Scallops, Prawns)** will go well with vegetables, ratatouille, potatoes, cous cous & polenta. The red wine and peppercorn sauce work nicely with the marinated tuna steaks. Season the tuna and prawns with salt, pepper (scallops – do not need any salt). Heat a pan with some oil and sear at med high heat, turn down to med and cook until the desired doneness. Scallops and prawns only need about 2 min. you can also do these on the BBQ or under the broiler.

Pasta - Ravioli – keep frozen until use. Place in salted lightly boiling water directly from freezer until soft approx 7 -8 minutes. Serve with brown butter walnut sage sauce or roasted garlic tomato sauce. **Three Cheese Cannelloni** (again, take directly from freezer) heat in oven at 350F until bubbling, 40 minutes approx. Cover to prevent drying.

Meat Lasagna- keep frozen until use. Place in oven dish, cover with foil and bake in a preheated oven @ 350 for approx 50 min, or until piping hot. Thawing in the bag makes it difficult to remove so if you want to thaw this in advance remove from the bag first and place into a casserole dish.

Our **Sauces (Demi-Glace, Peppercorn, Red Wine, Chicken Pomegranate)** work well with red meats, poultry & grilled items. **Demi Glace** is the perfect base for pan sauces. Sear steak at medium high, remove and deglaze pan with red wine, add demi glace and reduce to sauce consistency. Finish with a knob of cold butter and voilà, the perfect sauce! Our **Roasted Garlic Tomato Sauce** is a great base for pasta sauce. Heat sauces in the microwave or heat in a sauce pot on stove. Can be frozen for future use.

Our **Starches (Steamed Potatoes, Cous Cous, Garlic Mashed Potato, Potato Gratin, Risotto,)** work well with our various meats and vegetarian options. **Cous Cous** can be heated in the oven or in the microwave. **Mash potatoes** and **Steamed Potatoes** are best reheated in the microwave or on the stovetop. Warm the **Potato Gratin** in 350F oven for 10-15 mins. The **Risotto** needs further cooking, I suggest adding ½ cup water or stock and cooking at low heat on the stove top, for 5 minutes or until the desired consistency.

Vegetarian Dishes: Ratatouille, Roasted Vegetables, Bean Chili, Chickpea Masala, Vegetable Subji (vegetable curry), **Torta** (see instructions below)

Our **Soups** can be simmered in a pot or heated in a container in microwave. You can heat from frozen at low heat just be careful about scorching. Can be frozen for future use.

Our high quality **Veal Stock** can be used as a base for sauces, braising and various soups. Our **Chicken Stock** is a perfect foundation for soup making, braising, vegetable and starch cookery. **Duck Stock** is perfect for the thanksgiving or Christmas Turkey

Our **Hors d' oeuvre:**

- **Albacore Tuna Skewers** - serve cold with the Tuna dipping sauce
- **Prosciutto Wrapped Scallop Skewers** – cook under the broiler, serve with Citrus Saffron Sauce
- **Chicken Satays, Lamb & Pork Skewers** – season with salt, sear at med high heat for 1-2-min of each side
- **Mini Crab Cakes or Mushroom Arancini** – heat in 350F oven until hot in the center, check inside temp approx 10-15 min
- **Mini Tortas** – see instructions below

Our **Desserts (Mousses, Single Malt Scotch Dark Chocolate Pudding)**, work well on their own or with fresh berries, compote. for the mousse: just cut the top of the piping bag and pipe out mousses into a wine glass or bowl.

Our **Pastry Doughs (Pate Brisée, Sweet Dough (Pate Sucrée))** can be rolled out to fit a pie shell or to fit smaller tart forms. Use the **pate brisée** as a pie dough for pies. When using as a quiche or tart bottom fill with pie weights and blind bake in 375F oven for approx 10 minutes until lightly browned. Remove from oven and add desired filling. Only par-bake the shells if they are to be baked further with the filling (i.e., **pumpkin or apple pie**). Fully bake the shells if they are to be used for custard (**lemon curd**) and **fruit**. the sweet dough is used for sweet tarts. Commonly, **pate sucrée** does not need to be blind baked. The **pate brisée** needs to be kept cold and rolled out when cold and the pate sucrée rolled out better at room temperature. See separate sheet for more info on sweet dough and puff dough

We also sell **Frangipane Paste**. To use this paste, thaw it in the refrigerator and spread a layer (1/2 – 1" thick) on a par-baked tart shell. Add desired fruit (peaches, apples etc) and bake another 8-15 minutes approx in a 350F oven until paste has risen and become golden. **Lemon Curd** is also sold frozen. thaw in fridge and use in a pre-bake tart shell or with fresh fruit and berries

Butter Croissant & Pain Au Chocolat – pull from freezer and place on parchment lined tray and proof at room temperature for 2 hours (or until thawed and risen almost double) and then bake in a pre heated oven at 400F for approx 15 - 20 minutes or until golden brown. An alternative method is to place croissants on a sheet pan lined with parchment and leave in fridge overnight. As the croissants are individually handmade, there may be slight variation in the rising times. Pull out in the morning and bring to room temperature, about 1 hour. When almost **double in size**, bake as mentioned above. As the croissants are individually handmade, there may be slight variation in the rising times. The rising may be quicker in warmer environments and slower in cooler environments. The key is until they are almost double in size. Brush the croissants with beaten egg before baking.

Chorizo, Vegetarian Torta & Sweet Pies Brush pies with beaten egg on the frozen torta/ pie. Bake in a preheated oven @ 425F degrees for approx. 10 min. Reduce heat to 375 and bake for an additional 20 min. approx or until golden brown. Check filling temperature with a knife (should be very hot) or a thermometer for correct doneness. For the **Mini Tortas** brush with egg and bake at 375F until golden brown and hot, approx 12 minutes.