

FULLY COOKED BREAKFAST PORK LINK SAUSAGE



ITEM #90962 - PACK SIZE - 2 BAGS X 3 LBS EACH | \$28.00 CASE

HANDLING INSTRUCTIONS:

Preparation Instructions:

Prepare from frozen. Since appliances vary, heating instructions are guidelines only

Conventional Oven:

Preheat oven to 350° (177°C), place sausage in a single layer on a baking tray in center of oven. Bake for 12-15 minutes.

Microwave (1000 watts):

Place 1-2 sausages in a microwave safe dish. Cook on high for 1-1½ minutes.

Pan-Fry:

Cook for 5-7 minutes

SEAFOOD MEDLEY

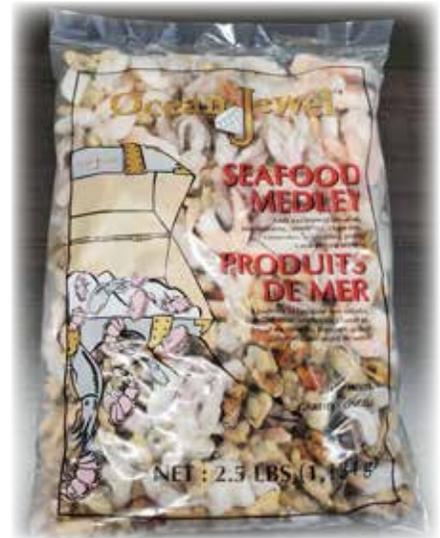
BLEND OF COOKED BABY CLAM MEAT, COOKED MUSSEL MEAT, BLANCHED PACIFIC WHITE SHRIMP AND BLANCHED LOLIGO CALAMARI RINGS AND TENTACLES



ITEM #85162 - PACK SIZE - 2.5 LB BAG | \$30.00 BAG
Excellent for Seafood Salads, Chowders, Pasta and Rice Dishes

CHEF SUGGESTED RECIPE: SEAFOOD LINGUINE

- SEAFOOD MEDLEY — 250G — (BLANCHED AND COOLED AS PER PACKAGING INSTRUCTIONS)
- LINGUINE PASTA — 250G (1/2 BAG) — BOILED AND DRAINED
- CREMINI MUSHROOMS — SLICED 8OZ
- VIDALIA/SWEET ONION — 1PC SMALL - SLICED
- ZUCCHINI — 1PC SMALL — SPLIT LENGTHWISE AND CUT INTO 1/4" THICK HALF CIRCLES
- ROMA TOMATO — 1 PC — SEEDED AND SMALL DICED
- ITALIAN PARSLEY — 1 TBS CHOPPED
- GARLIC — CHOPPED - 1 CLOVE
- WHITE WINE — 50ML (SAUVIGNON BLANC OR PINOT GRIGIO)
- LEMON JUICE — FRESH — 1TBS
- UNSALTED BUTTER — 2 TBS
- EXTRA VIRGIN OLIVE OIL - 2 TBS
- PASTA WATER — RETAINED FROM COOKED PASTA — 250ML
- SALT & PEPPER — TO TASTE

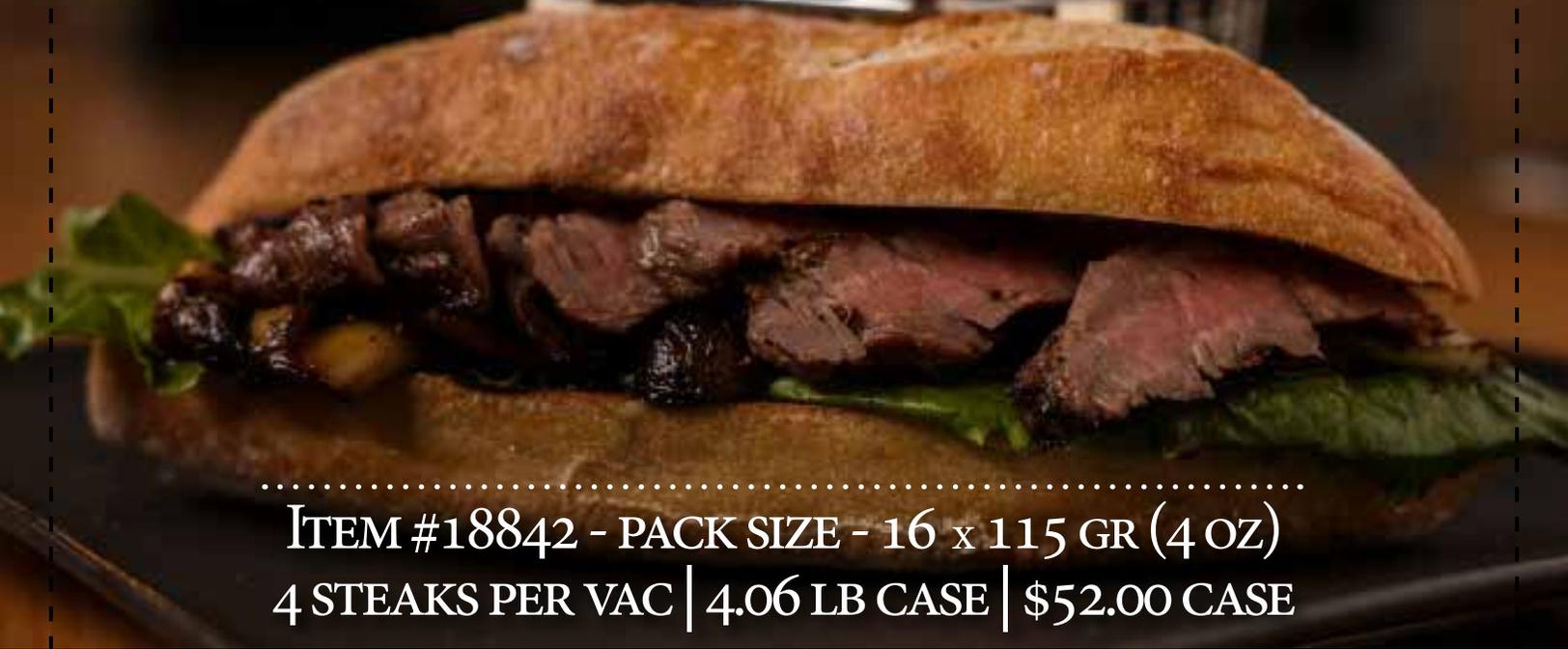


Seafood Medley and pasta should both be cooked prior to preparing this dish. Heat a large non-stick fry pan on high. Add Olive oil, mushrooms and half the butter and sauté until browned. Season lightly with Salt & Pepper. Add Onions, zucchini and garlic and continue to sauté another 2-3 minutes. Deglaze pan with white wine and simmer to reduce slightly. Add about 1/2 the retained pasta water and seafood medley to the pan and toss lightly. Incorporate the cooked pasta and remaining butter. Season with lemon juice, Salt & Pepper to taste. Adjust consistency of sauce with addition butter or pasta water as needed. Finish with final toss with diced tomato and Parsley. Serve in a pasta bowl with crusty bread and remaining white wine. Enjoy!



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AAA/CH SIRLOIN BAVETTE STEAK



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ITEM #18842 - PACK SIZE - 16 x 115 GR (4 OZ)
4 STEAKS PER VAC | 4.06 LB CASE | \$52.00 CASE

What is it:

The Bavette Steak is one of those cuts of Beef that does not get the glory it deserves. Part of the reason is that it gets confused often with Flank or Skirt Steak. It is one incredibly tender and delicious steak with a tremendous marbling and a tender texture. The grain and muscle fibers are quite loose looking. This is a nice feature in the sense that rubs and marinades tend to really seep and soak into the cut.

How to prepare Bavette Steak:

Bavette Steak is a versatile cut that can be delicious across a wide variety of preparation methods. Most commonly, it is seasoned with a dry rub or just simply salt and pepper. One thing to note about the Bavette is that it typically has a thicker end and thinner end. Keep this in mind when you are cooking the Bavette Steak. You want to cook the Bavette until it reaches a safe internal temperature of 145°F, if serving it medium rare the internal temperature is 130°F.

Applications:

- * Steak on a Bun
- * Served on a bed of veggies or on it's own with your favourite sauce (like chimichurri)
- * Steak Fajitas
- * Stir Fry
- * Steak Salad

The Bavette Steak is a must try, you will be amazed at the taste and texture!

FULLY COOKED PULLED CHICKEN IN BBQ SAUCE



ITEM #96022 - PACK SIZE - 6 X 500 GR | 6.61 LB CASE | \$68.00 CASE

HANDLING INSTRUCTIONS:

Preparation Instructions

Heat pulled chicken to a minimum internal temperature of 160°F/ 74°C. Since appliances vary, heating instructions are guidelines only.

Stove Top Method

Open pouch and pour contents into a medium sized pan. Add 1-2 Tbsp of water and begin to warm the chicken on medium heat. Slightly break larger pieces using a fork and continue to heat for 3-5 minutes. Stir occasionally. Serve once chicken has been heated thoroughly.

Microwave Method

Open pouch and place pulled chicken in microwave-safe dish. Heat on high power for 2-3 minutes. Stir chicken and heat for another 2-4 minutes or until chicken is heated thoroughly. Let pulled chicken cool for 1 minute before serving.



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BREADED STUFFED CHICKEN CUTLET W/HAM & EDAM CHEESE



ITEM #77182 - PACK SIZE - 12 PCS X 5.3 OZ EA (150GR)
3.95 LB | \$39.00 CASE

HANDLING INSTRUCTIONS:

OVEN PREPARATION:

PLACE FROZEN PORTIONS IN A SHALLOW, UNCOVERED PAN AND COOK IN A 175°C (350°F) PREHEATED OVEN FOR 35-40 MINUTES OR 15-20 MINUTES FROM DEFROSTED. COOK TO INTERNAL TEMPERATURE OF 75°C (165°F).

MICROWAVE PREPARATION:

PLACE DEFROSTED PORTION, TOP SIDE DOWN, IN A MICROWAVE SAFE DISH. FOR 1 PIECE, COOK ON HIGH FOR 1.5 MINUTES THEN TURN TOP SIDE UP AND COOK ON HIGH FOR ONE MINUTE.

IF COOKING ADDITIONAL PORTIONS, ADJUST COOKING TIME ACCORDINGLY. COOK TO INTERNAL TEMPERATURE OF 75°C (165°F).

