

FARRINGTON'S READY MEALS - COOKING GUIDELINES

All Farrington's home-made dishes are carefully prepared - then cooked to perfection (except the salads, of course!), just as if they were produced in your own kitchen. All you need to do is reheat until piping hot and serve. As appliances vary, the following timings are guidelines only.

FRESH SOUPS

Microwave: Remove seal and lid before heating

	600W	750W	850W
COOK	3 mins	2½ mins	2 mins
STIR then COOK	3½ mins	3 mins	2½ mins
STAND	2 mins	2 mins	2 mins

Conventional cooking:

Remove the seal and lid. Pour into saucepan and heat gently for 5-6 minutes. Stir occasionally. Do not allow to boil.

FROZEN SOUPS Thaw for at least 2 hours - then follow directions above.

FRESH READY MEALS

The re-heating times given below are intended only as a guide. The important consideration is that your meal is piping hot when removed from the chosen cooking option. If not, return the meal to the microwave or oven and cook for a further period of time until you can be sure that the meal is piping hot.

Microwave: Pierce lid and place container on microwaveable plate; heat on full power

	600W	750W	850W
Pasta dishes	6½ mins	6 mins	5½ mins
Potato-topped dishes	11 mins	10 mins	9½ mins
Dishes with Rice	6½ mins	6 mins	5½ mins

Always ensure that rice is piping hot before serving

Conventional oven (Fan oven): - Remove lid and place container on baking sheet

Pasta dishes 20 - 25 mins at 180°C (160°C)

Potato-topped dishes 30 - 35 mins at 180°C (160°C)

Dishes with rice 20 - 25 mins at 180°C (160°C)

(Always ensure rice is piping hot before serving)

FROZEN READY MEALS

Use these within 6 months of the date shown on the packaging.

Microwave: Pierce lid and place container on microwaveable plate; heat on full power

	600W	750W	850W
Pasta dishes	9½ mins	9 mins	8½ mins
Potato-topped	14 mins	13½ mins	13 mins
Dishes with rice	9½ mins	9 mins	8½ mins

Always ensure that rice is piping hot before serving

Conventional oven (Fan oven) - Remove lid and place container on baking sheet

Pasta dishes 30 - 35 mins at 180°C (160°C)

Potato-topped dishes 35 - 40 mins at 180°C (160°C)

Dishes with rice 30 - 35 mins at 180°C (160°C)

(Always ensure rice is piping hot before serving)

PIES & QUICHES

To reheat, remove outer packaging and place pie or quiche in its container on a baking sheet in a pre-heated oven at 180°C (Fan oven 160°C, Gas Mark 4) for approx 15 minutes - test the centre to ensure that it is piping hot. Allow to stand in a warm place for 5 minutes before serving.