





## Lussmanns ToGo Weekly Menu Cooking Instructions

- Storage:** Keep dishes refrigerated and consume by the date given on the individual packaging. All dishes are NOT suitable for home freezing. Vacuum packed fresh fish can be frozen.
- Cooking:** For OVEN cooking, please remove the lid before reheating dishes in their containers. For MICROWAVE cooking, please leave the lids on loose on the containers, before reheating. Food will be hot, please take care when removing from the microwave or oven. Ensure food is hot throughout and do not reheat more than once. Please check use by date on packaging.

Dish	Cooking / Serving: Recommended for best results, re-heating your ready to cook meals in the oven.	Microwave 700w 	Preheat Oven 160°C Fan  180°C Conventional
<b>Tapas &amp; bread</b>			
Lussmanns sourdough loaf	Oven cooked -bread to have crunchy crust	-	10-15 mins
Label Rouge Coppa ham	Remove from fridge 15 mins before eating	-	-
Marinated olives (ve)	Remove from fridge 15 mins before eating	-	-
Padron Peppers (ve) (using frying pan)	Get pan hot with a touch of your chosen oil, add padrons, fry until start to blister and brown (3-4 mins). Toss until colour even. Drain on kitchen paper, sprinkle with rock salt.		
<b>Starters</b>			
Celeriac & curried spiced apple soup (ve)	(* stir halfway through)	3 mins	Warm to simmer on hob
Smoked kipper pâté pot	Remove from fridge 10 mins before eating	-	-
Free range chicken liver parfait	Remove from fridge 10 mins before eating	-	-
<b>Mains</b>			
Sea bass en papillote	Leave in parchment paper, place on baking tray, cook in oven	-	20-25 mins
Woodland-reared pork stroganoff	(Best placed in oven - * stir halfway through)	3 ½ mins *	20-25 mins*
Highland beef bourguignon	(* stir halfway through)	3 ½ mins*	20-25 mins*
MSC Fish Pie	(Best placed in oven)	3 ½ mins	20-25 mins
Free-range Tuscan chicken	(Best placed in oven - * stir halfway through)	3 ½ mins*	20-25 mins*
Organic shepherd's pie	(Best placed in oven)	3 ½ mins	20-25 mins
Organic moussaka	(Best placed in oven)	3 ½ mins	20-25 mins
Spiced chickpea hotpot (ve)	(Best placed in oven) (* stir halfway through)	3 mins *	15-20 mins *
<b>Sides</b>			
Gratin dauphinoise (v)	(Best placed in oven)	3 mins	15-20 mins
Winter greens, dill & roasted onions (ve)	(* stir halfway through)	2 mins *	7-10 mins *
Winter vegetable ratatouille (ve)	(* stir halfway through)	2 ½ mins *	10-15 mins *
Braised peas, caramelised shallot, mint (ve)	(* stir halfway through)	2 mins *	7-10 mins *
<b>Puddings</b>			
Apple and berry crumble (v) (n)	(best placed in oven)	3 mins	15-20 mins
Orange & almond pudding (gf) (n)	Remove from fridge 5 mins before eating	-	-
Mini St. Clements cheesecake (v)	Remove from fridge 5 mins before eating	-	-
Single origin chocolate mousse, candied citrus (v)	Remove from fridge 5 mins before eating	-	-
<b>Fresh Fish (vacuum packed) - can be frozen</b>			
For the cooking of most fillets of fish (remove from fridge 10 mins before cooking)	<p><b>Cooking / Serving: For best results: cook on a griddle / frying pan.</b></p> <p>DRY THE SKIN: Fish skin sticks to skillet for two reasons, either the pan isn't hot enough or the skin isn't dry. Pat the skin with paper towel before seasoning. Also season the flip side of the fillet. COAT WITH OIL. Use neutral oil and ensure an even coating on the pan. It should be just smoking when you add the fish.</p> <p>PRESS ONCE FOR CRISP SKIN: Add the fish to the pan, skin side down. The proteins will immediately contract, and the fillet will curve upwards. Currently, the skin is only in contact on the outside edges. Take a flexible spatula and press on the flesh until the fillet flattens out--a matter of seconds. This ensures the skin remains touching the pan and will give you crisp results.</p> <p>FLIP AT THE END: Let the fish cook. Don't flip it back and forth. Just let it go. When you can see a golden brown colour on the edge of the skin, gently slide the spatula under and turn it over. The fish is most likely to flake and fall apart when it's cooked, so be nice to it. At this point, it is about 70 percent cooked through and only needs a couple of minutes on the second side.</p> <p><b>(NB: For the cooking of Tuna)</b> Hot griddle pan pre-oiled and seasoned. Flash tuna steak for 30 seconds on each side. Then place in oven (160oC Fan/180oC) on a metal tray for 3 minutes or until pink in middle. Keep warm and rest for 3 minutes before serving.</p>		