

# Thawing & Re-Heating Instructions



## DEFROSTING

**Temp:** Transfer products to cold room/refrigerator at 4°C min.

**Duration:** Large products may need 2 days to defrost.

**Shelf life:** 5 days once fully thawed and stored at 4°C or below, unless otherwise specified.

### Re-freezing:

It is not recommended that any fully thawed product be re-frozen.

**Best defrosting results:** Remove individual product from freezer bags (if they have been stored in bags when frozen) and place in closed cardboard box or container.

## RE-HEATING INSTRUCTIONS

All products are pre-cooked so it is just a matter of re-heating items.

Helen's products can be re-heated in a speed oven, microwave or conventional oven.

### Fast Serving

- We recommend that customers heat items in a microwave. Use “crisp” or “grill” settings for best results.
- Products may be finished under a grill for 10-30 seconds, or in the oven. This will ensure that products are crispy.

### Microwaving Tips

- Cook on a low heat for a prolonged period of time for best results.
- Core temperature of 65°C.

### Oven Tips

- As a general rule of thumb: heat products in 150°C oven for about 20-30 minutes, depending on product size.
- Easy and convenient: place items on top of baking paper, this will prevent products sticking to trays.

Contact your Distributor or a member of the Helen's team to place an order today!

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*Thanks Mum x*