

# SALTCHUCK

PIE COMPANY

## COOKING INSTRUCTIONS

### IMPORTANT.

These instructions are our best guesses only. Each stove behaves differently, each batch of pastry will handle a little differently, and outcomes will vary. The following knowledge will help you ensure a great finished product regardless of your equipment.

### CHECKING DONENESS

Internal temperature is a key indicator of doneness. Reheat food to 74C / 165F. If you have a probe thermometer, you will easily be able to get a reading on the core temperature of your food. If you do not have a probe thermometer, use a small knife, insert the knife into the centre of the food and slowly count to 5. Pull the knife, and very carefully place the knife flat on the inside of your wrist. If the knife feels really hot or it burns, your food is done, but if you can place that knife and not flinch, then you need to keep cooking. Its a rough measure to be sure, but basically doneness should just start to hurt if you hold the knife on your skin for any length of time.

If you are concerned that your food is becoming too browned, and yet still needs more time, wrap the item carefully with tin foil and continue baking.

### COOKING PASTRY

Pastry likes a hot and windy environment. If you have a convection fan, then definitely use it. If not, you may want to increase your oven temperature by 10%.

Check your pastry halfway through the cooking time, and regularly thereafter. The colour and look of the pastry should gradually change to a medium brown. Adjust time and temperature to ensure thvat the crisp browning matches with the internal temperature for a perfect finished product.

If your pastry is browning on top, but is not toasting up on the bottom, cover the pie with foil and continue baking. Pastry can be tricky, and we battle this issue often. Placing the pie on the bottom oven rack will help toast the bottom of your pie.

Egg Wash - All pastry requires a glaze of beaten egg. This gives the pastry its brown and glossy sheen. If you do not have an egg, you can use milk or even a non dairy creamer in a pinch, as long as it is unsweetened.

# INSTRUCTIONS

## REHEATING HAND PIES

Thaw before reheating. Ensure core temperature of 165° F has been achieved.

### Thawing Instructions

Traditional method - Leave frozen Pie in the fridge overnight.

Fastest Method - Microwave pie on defrost for 2-3 minutes

Best Method - Leave frozen pie on counter for 1 hour.

### Reheating Instructions

Traditional Method - 20-25 minutes in a low oven (300° F)

Fastest Method - 90 seconds in Microwave on High

Best Method - 1 minute in microwave on high, followed by 10-15 minutes in a moderate oven (350° F)

## CHICKEN POT PIE BAKING INSTRUCTIONS

Thaw Pie (without using the microwave)

Brush Top with Egg Wash. Add a sprinkling of Sesame Seeds

Bake @ 400° F for 20-25 minutes, check for doneness - internal temperature of 165° F

For baking a frozen Pot Pie, reduce temperature and increase time. (325° F for 40-50 minutes)

## SHEPHERDS PIE BAKING INSTRUCTIONS (individual size)

Thaw Pie (without using the microwave)

Bake @ 400° F for 20-25 minutes, check for doneness - internal temperature of 165° F

From frozen, reduce temperature and increase time. (325° F for 40-50 minutes)

## LASAGNE

For best results, thaw before cooking. (without using the microwave)

### From Thawed

Bake @ 400° F for 25-30 minutes, until an internal temperature of 165° F has been reached.

### From Frozen

Cover with foil and bake @ 325° F for 45 minutes, remove foil cover, and finish uncovered for 10 - 20 minutes, or until an internal temperature of 165° F has been reached.

## MAC N CHEESE

For best results, thaw before cooking. (without using the microwave)

### From Thawed

Bake @ 400° F for 25-30 minutes, until an internal temperature of 165° F has been reached.

### From Frozen

Cover with foil and bake @ 325° F for 45 minutes, remove foil cover, and finish uncovered for 10 - 20 minutes, or until an internal temperature of 165° F has been reached.

## SAUSAGE ROLLS - REHEATING BAKED ROLL

### From Frozen

Microwave Baked Roll for 90-120 seconds

### From Thawed

Microwave Baked Roll for 45- 60 seconds

## SAUSAGE ROLLS - BAKING UNCOOKED ROLL

Thaw roll fully.

Brush pastry with Egg wash, bake for 20 minutes at 400° F or until an internal temperature of 165° F has been achieved.

## SAUSAGE ROLLS - APPIE ROLLS

Thaw rolls. bake at 385° F for 20 - 25 minutes, or until an internal temperature of 165° F has been reached.

From frozen, bake at 325° F for 40 - 45 minutes, or until an internal temperature of 165° F has been reached.

## SOUPS AND GRAVY

Reheat slowly on stovetop. Add water to get the right consistency, and stir as soup heats.

## CHOWDER AND CREAMY SOUPS

Reheat slowly on stovetop. Add milk to get the right consistency, and stir as soup heats.

## PASTIES

Thaw Pastie. Brush pastry with Egg wash, bake for 20 minutes at 400° F or until an internal temperature of 165° F has been achieved.

## FAMILY PIES - SWEET

Bake these pies from frozen. Brush top with egg wash and place into a 400° F oven for 20 minutes. Reduce temperature to 350° F and continue baking for 40 - 50 minutes or until crust is brown and filling is bubbling. Allow pie to rest for 10 minutes before serving.

## FAMILY PIES - SAVOURY

### From Thawed

Brush top with egg wash. Preheat oven to 400° F. Bake pie for 35 - 40 minutes or until desired crispness has been achieved. Let pie rest for 10 minutes before serving.

### From Frozen

Brush top with egg wash. Preheat oven to 400° F and bake for 15 minutes. Turn oven down to 350° F and continue to bake for 45 minutes or until golden brown. Let pie rest for 10 minutes before serving.