



Sous Vide Pouched Products



Product Name (A-Z)	Product Code	Min Weight	Reheat Group
Beef Bordelaise with Pancetta and Red Wine	OJBEEFPAN	315g	D
Beef Bourguignon	OJBEBOUR	290g	C
Beef Chilli	OJCHILLCON	315g	C
Beef in a Cream & Brandy Mushroom and Peppercorn Sauce	OJBPIPEPP	300g	D
Beef Rib, Chianti, Red Onion and Rosemary Sauce	OJBEEFRIB	353g	E
Braised Gammon Hock in Honey and Mustard Sauce	OJGAMUST	570g	G
Braised Lamb Knuckle with Root Vegetables	OJBRLAMB	380g	G
Buttered Chicken Balti	OJCHBALT	315g	C
Caramelised Chicken and Smoked Bacon Casserole	OJCHBEAN	305g	D
Chicken filled with Pork, Leek & Bacon Farce Portobello Mushroom and Madeira Sauce	OJCHPORK	265g	D
Chicken in a Cheese, Leek and Bacon Sauce	OJCHCHEE	240g	C
Chicken in a Triple Mustard Cream Sauce	OJCHCIDE	245g	D
Chicken Liver Parfait with Brandy	OJCHLIVER	365g	A – no heating required; serve chilled
Cumberland Sausage in an Onion Gravy	OJCUSAUS	370g	D
Duck Confit with Hoisin Sauce	OJDUHOSI	345g	E
Duck Confit with Orange Sauce	OJDUORAN	345g	E
Five Bean Cajun Chilli	OJBEANCHILLI	325g	C
King Prawn Kerala Masala	OJPRAKERELA	326g	D – Simmer only not microwave
Lamb Shank, Red Wine and Rosemary Sauce	OJLAREDW	316g	G
Lambs Liver and Onions	OJLIONIO	325g	C
Minted Lamb Shank	OJLAMINT	350g	G
Mushroom Stroganoff with Roasted Red Peppers	OJMUSTROG	315g	C
Oak Smoked Chicken Liver Parfait	OJOAKSMOKE	440g	A – no heating required; serve chilled
Pork Belly Roll with Apples and Apricot	OJPOSTUFF	950g	F
Pork, Apple and Cider Terrine	OJPOAPPLE	380g	A – no heating required; serve chilled
Ricotta Cannelloni with Goats Cheese and Spinach	OJRICANN	315g	D – Simmer only not microwave
Salmon Fillet with a White Wine and Basil Sauce	OJSALMON	223g	D
Slow Cooked British Pork Belly	OJPOBELLY	271g	E
Slow Cooked Lamb Shoulder in Mint Glaze	OJSHMINT	335g	G
Spicy Lamb Meatballs	OJLAMBALL	315g	D
Thai Green Chicken Curry	OJTHGREE	316g	C



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To Simmer

1. Defrost to less than 8°C before reheating.
2. Heat water to 90°C.
3. Reheat according to the simmer guidelines, followed by crisp time as recommended below:

Cook Group	SIMMER	Followed by	GRILL or OVEN 180 - 200°C to crisp after simmering
A	N/A Serve cold at less than 8°C		
C	10 minutes	Followed by	N/A
D*	12 minutes		N/A
E*	12 minutes		4 minutes
F*	Whole joint: 12 minutes Sliced: N/A		Whole joint: 10 minutes Sliced: 15 minutes
G*	16 minutes		4 minutes

ENSURE PRODUCTS REACH A MINIMUM CORE TEMPERATURE OF 72°C BEFORE SERVING. SERVE IMMEDIATELY. DO NOT REHEAT. FOR DEFROST / STORAGE INSTRUCTIONS SEE OUTER CASE LABEL

* Refer to separate table below for product-specific guidelines below

Cook Group	Product-specific Guidelines
D*	OJSALMON only: (Salmon co packed with a White Wine and Basil sauce) Simmer the salmon as per guidelines. Add the sauce pouch for the last 3 minutes.
E*	Heat according to Simmer / Microwave guidelines. Remove protein from pouch and drain reserve excess meat juices. Place the protein on a baking tray and crisp under pre-heated grill or in hot oven 180°C – 200°C for the recommended crisping time. If there is separate sauce (duck dishes): Place pouch in simmering water for 3 minutes, then gently shake and pour over crisped duck leg.
F*	OJPOSTUFF only: (Pork Belly Roll with Apple & Apricot) Whole joint: Simmered in pouch and then finished in the oven for the recommended times. Sliced product: Remove product from pouch defrosted and chilled, slice into 4 equal portions, place under pre-heated grill for recommended time.
G*	Products with sauce: Heat according to the Simmer / Microwave guidelines. Remove protein from pouch and place the sauce to one side. Place the protein on a baking tray and crisp under pre-heated grill or in a hot oven 180°C – 200°C for the recommended crisping time. Serve immediately. Gently shake sauce to emulsify, taking care to avoid spillage, then pour over the crisped protein.



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To Microwave

1. Defrost to less than 8°C before reheating.
2. Reheat in microwave, followed by crisp time as recommended below:

Cook Group	800 Watt Microwave					Cook Group	1725 Watt Microwave				
	REHEAT 100% power	Followed by	STAND	Followed by	GRILL or OVEN 180-200°C to crisp after microwaving		REHEAT 100% power	Followed by	STAND	Followed by	GRILL or OVEN 180-200°C to crisp after microwaving
A	N/A Serve Cold at less than 8°C					A	N/A Serve Cold at less than 8°C				
C	3 ½ minutes	Followed by	30 secs	Followed by	N/A	C	1 ½ minutes	Followed by	1 minute	Followed by	N/A
D*	4 ½ minutes		30 secs		N/A	D*	2 minutes		1 minute		N/A
E*	6 minutes		30 secs		4 minutes	E*	1 ½ minutes		1 minute		4 minutes
F*	N/A		N/A		Whole joint: 10 minutes Sliced: 15 minutes	F*	N/A		N/A		Whole joint: 10 minutes Sliced: 15 minutes
G*	8 minutes		30 secs		4 minutes	G*	3 ½ minutes		1 minute		4 minutes

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E*	Heat according to Simmer / Microwave guidelines. Remove protein from pouch, then drain and reserve excess meat juices. Place the protein on a baking tray and crisp under pre-heated grill or in hot oven 180°C – 200°C for the recommended crisping time. Pour the reserved meat juices over the meat before serving. If there is separate sauce: Place pouch in simmering water for 3 minutes, then gently shake and pour over the crisped meat.
F*	OJPOSTUFF only: (Pork Belly Roll with Apple & Apricot) Whole joint: Simmered in pouch and then finished in the oven for the recommended times. Sliced product: Remove product from pouch defrosted and chilled, slice into 4 equal portions, place under pre-heated grill for recommended time.
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