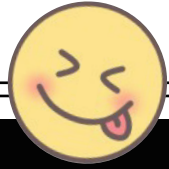


HOW TO PREPARE



Defrosting in hot water

- **Bring water to a boil in a pot and submerge product (in package) in water without a lid.**
- **After submerging product, wait until water reaches a boil again, then simmer for 15 minutes.**
- **Remove from pot, open package, and plate.**

*Product will be very hot,
so please be careful when plating.

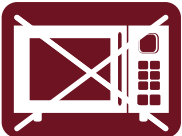
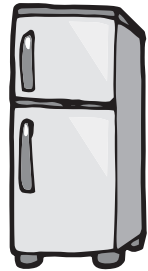


Products not meant for defrosting in hot water

Defrosting in the refrigerator

- **Thaw in refrigerator at 4°C for 8 hours, or thaw under running water.**

*Products meant for defrosting
in hot water, should not be thawed
in any other way.



**CAUTION: DO NOT DEFROST IN MICROWAVE.
PACKAGE MAY EXPLODE.**



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