

ST. GEORGE MEDITERRANEAN FOOD FESTIVAL

Cooking and Heating Instructions

KIBBEE FOOTBALLS

Kibbee footballs are pre-cooked and simply need to be heated. Remove from freezer and wipe off any ice before heating.

- Microwave for approximately 1.5 minutes from frozen, then check it, flip it over, and continue heating as needed. (Adjust for microwave strength.) Brush with butter and serve.

OR

- Preheat oven to 350 degrees. From frozen, cover with foil and warm in a 350 degree oven for approximately 20 minutes, then uncover and continue heating for approximately an additional 10 minutes. Brush with butter and serve. You can shorten oven time by defrosting just slightly in microwave or thawing in the refrigerator before heating.



MEAT PIES AND SPINACH PIES

Meat pies and spinach pies are pre-cooked and simply need to be heated. Remove from freezer and wipe off any ice before heating.

Preheat oven to 350 degrees. Spray a sheet pan with Pam and place frozen pie covered in foil on pan and heat for 20 -30 minutes. Remove foil, if pie dough seems soggy, leave in oven uncovered for a few additional minutes. You can shorten oven time by defrosting just slightly in the microwave. We do not recommend heating in the microwave, as bread dough becomes hard.



KIBBEE SAYNEE TRAY (8-10 servings)

Kibbee Saynee trays are uncooked, raw meat when frozen and need to be cooked through.

- Preheat oven to 425°. Place frozen, uncovered foil tray into the oven with a piece of foil under it and cook for approximately 30 minutes. Reduce the temperature to 400° and bake an additional 30 minutes or until done. Test for doneness periodically, if edges are too crispy for your taste, but center does not seem done, cover the edges in foil, leaving the center uncovered and continue cooking until done. This will allow center to crisp up without overcooking the edges. (Sometimes aluminum foil trays have small cuts/holes in them and will leak into your oven if not placed on top of foil.)



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GRAPELEAVES

Grapeleaves are uncooked, raw meat when frozen and need to be cooked through.

Choose from two cooking methods...

In a Pot on the Stove Method

Choose a pot appropriately sized for the number of grapeleaves you are cooking and set aside a saucer or plate that fits nicely inside the pot. Line the bottom of the pot with loose grapeleaves - to keep rolled leaves from scorching. Place frozen grapeleaves in the pot alternating the direction of each layer (up and down and then side to side).

Mix together 1 Cup of Lemon Juice (or more to taste) and 2 Tablespoons of melted butter with enough water to completely cover the top layer of grapeleaves. (Add some fresh squeezed lemon juice on top if you like and leave quartered lemon peel on top while cooking if you like more lemon flavor. Or fresh lemon can be sprinkled on after cooking to taste.)

Place the plate upside down on top of the grapeleaves (this holds them down during the boil and ensures they do not unroll during the cooking process).

Bring to a soft boil then turn heat down to a little above a simmer for approximately 20 minutes.

It is important to taste for doneness, rice should be cooked completely, not hard, and the leaves should be tender. There will probably be some liquid in the bottom of the pot even when the leaves are done.

OR

In the Oven Method

Preheat oven to 450 degrees.

Place frozen grapeleaves in a foil tray lined with loose grapeleaves - trays of grapeleaves purchased from St. George already have leaves lining the bottom.

Mix 1 Cup lemon juice and 2 Tablespoons of melted butter with enough water to completely cover the top layer of grapeleaves. (Add some fresh squeezed lemon juice on top if you like and leave quartered lemon peels on top while cooking if you like more lemon flavor. Or fresh lemon can be sprinkled on after cooking to taste.)

Add a top layer of loose grapeleaves (to prevent them from drying out).

Cook covered in a 450 degree oven until you hear them come to a boil (about 15 minutes), then turn down heat to 350 degrees until cooked through (approximately 20 more minutes).

It is important to taste for doneness, rice should be cooked completely, not hard, and the leaves should be tender. There will probably be some liquid in the bottom of the pot even when the leaves are done.

