

## 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 375° and bake an additional 30-45 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.) Thawing the tray of kibbee first would reduce cooking time.



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#### GRAPELEAVES (Tray of 2 dozen)

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

#### 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 or parchment paper - to keep rolled leaves from scorching. Place frozen grapeleaves in the pot alternating the direction of each layer (up/down and then side/side).

Mix together 1/2 - 1 Cup (to taste) of Lemon Juice and 1½ - 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. Frozen grapeleaves will take longer to come to a boil than fresh or thawed.

The best way to tell if they are done is to taste one. The 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 a Tray in the Oven Method

Preheat the oven to 425 degrees. Wrap bottom of tray with foil to prevent leaking.

Trays of grapeleaves purchased from St. George already have loose leaves or parchment paper lining the bottom. Remove the loose leaves or parchment on the top and set aside.

Make juice mixture and pour over rolled grapeleaves. Juice mixture: Mix ½ - 1 Cup (to taste) lemon juice and 1½-2 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. Alternatively, fresh lemon can be sprinkled on after cooking to taste.)

Place the loose grapeleaves or parchment paper back on top of the rolled grapeleaves and juice mixture to cover (these prevent the rolled grapeleaves from drying out).

Cover tightly with foil and bake in a 425 degree oven until you hear them come to a boil (about 15 minutes), then turn down heat to 350 degrees and continue baking until leaves are tender and rice is cooked. Total Cooking time about 45-55 minutes. If your leaves are baked from frozen, then they make take longer to come to a boil.

The best way to tell if they are done is to taste one. The rice should be cooked completely, not hard, and the leaves should be tender. There will probably be some liquid in the bottom of the tray even when the leaves are done.

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**CABBAGE ROLLS (Tray of 1 dozen)**

Cabbage rolls in the trays are uncooked, raw meat when frozen and need to be cooked through completely. A tomato mixture needs to be added and is not included see ingredients below.

First make the tomato mixture by combining:

- 1 Can (28oz) crushed tomatoes
- $\frac{3}{4}$  Cup water
- 1 tsp salt
- 1 tsp pepper
- 1 Tbsp sugar

Remove loose cabbage leaves from the top and set aside. (There are also leaves on the bottom under the cabbage rolls. These loose leaves on the bottom and the top protect the leaves of the rolls from drying out or burning.) Pour tomato mixture over rolled cabbage and place loose cabbage leaves back on top covering completely. Cover tightly with foil and bake at 425° until it boils. Upon boiling reduce the heat to 350° and cook for approximately 1 hour. Taste to be sure cabbage and rice are cooked. Cabbage leaves should be tender and rice should be cooked not hard.