

QUICK GOURMET STEAM BAGS

SUGGESTED COOK TIMES

Fresh Vegetables	Medium Bag (1-4 servings)	Large Bag (4-8 servings)
Broccoli, Cauliflower Florets, Asparagus, Zucchini	2 – 3 min	3 – 4 min
Carrots, Potatoes, Turnips, Brussel Sprouts	4 ½ – 5 ½ min	5 ½ – 6 ½
Corn on the Cobb, whole	5 ½ – 6 ½ min	6 ½ -7 ½ min
Sugar Snap Peas, Green Beans, Bok Choy, Kale	2 – 3 min	3-5 min
All frozen vegetables	3 – 6 min	5 – 8 min

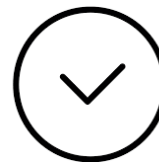


CAUTION

Hot steam escapes through the side steam vents and zipper.

Always cook with bags on a plate.

DO NOT USE BAG IN A TOASTER OVEN OR A CONVENTIONAL OVEN.



COOKING TIMES

Cooking times are approximate, based on a 1000W microwave oven with bags $\frac{3}{4}$ full. Add 1-2 minutes for lower wattage ovens.

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SUGGESTED COOK TIMES

Seafood / Poultry / Pork	Quantity / Weight	Fresh	Frozen
Shrimp	½ lb	2 - 2 ½ min	3 - 3 ½ min
	1 lb	4 - 4 ½ min	5 - 5 ½ min
Fish Fillets	1 (4 oz)	1 ½ min	2 ½ min
	2	2 ½ min	4 min
	3	3 ½ min	5 min
Chicken Breasts	1 (8 oz)	3 min	5 min
	2	5 ½ min	7 min
Pork, Boneless	1 (4.5 - 5.5 oz)	1 ½ - 2 min	3 ½ - 4 min
	2	3 - 4 min	5 - 6 ½ min



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