

# PLAZA III

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# STEAK SOUP & SEAFOOD BISQUE



## STOVETOP

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- ① Place frozen soup into a pot. When cooking partially thawed soup, add enough water to cover the bottom of the pot to prevent scorching.
- ② Cook over medium heat stirring frequently until heated to 165°F.



## MICROWAVE

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- ① Once thawed, empty freezer container into a microwave-safe bowl and cover with plastic wrap.
- ② Poke holes in the wrap for ventilation and microwave in 2-minute intervals, stirring at each interval.
- ③ Repeat as necessary until the internal temperature is 165°F. Average total cook time is 6 minutes.

### THAWING INSTRUCTIONS:

Defrost in the refrigerator 8 – 10 hours (recommended), or place in a microwavable container and heat on high for 60 seconds.

# PLAZA III

## CRAB CAKES



### PAN SAUTÉ FROM THAWED

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- 1 Heat 1.5 Tbsp. oil per cake in pan for 1 minute over medium heat and then carefully add the crab cakes to the pan and cook for 2.5 – 3 minutes.
- 2 Flip and sauté an additional 2 – 3 minutes until golden brown.
- 3 Place crab cakes on paper towels to remove excess oil before serving.



### BAKE FROM FROZEN

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- 1 Preheat oven to 425°F and place crab cakes on a lightly oiled baking sheet.
- 2 Bake for 15 minutes until golden brown. (Flipping midway through is optional.)

### THAWING INSTRUCTIONS:

Defrost in the refrigerator 8 – 10 hours, or place in a microwaveable container and heat on high for 30 seconds, flip, then heat for 15 seconds.