



KIPPERS

Cooking Instructions:

For Best Results Cook From Frozen



Grill



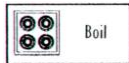
Poach



Microwave
650w



Remove from bag and grill, poach or microwave until thoroughly heated.



Boil

Boil in the bag for 15 minutes.

To re-order telephone:

Mike's Gourmet Seafoods on 077 888 17273

or online at www.mgseafoods.com

Ingredients: Smoked Herring, Salt, Colour (Annatto)