

VEGAS MEALS

Quick ✓ Easy ✓ Value ✓

Warning

Our new FREE RANGE PRODUCTS
are **DELICIOUS!**

VEGAS FLAVOURS OF THE WORLD!

Free Range Peking Chicken Chops
Free Range Peking Chicken Breast Fillets

Free Range Yiros Chicken Chops
Free Range Yiros Chicken Breast Fillets

Free Range Chimichurri Chicken Chops
Free Range Chimichurri Chicken Breast Fillets

Free Range French Roulade Chicken Rolls

ALSO AVAILABLE

Free Range Skinless Breast Schnitzels
Free Range Plain Chicken Fillet Sausages

Are you a VEGAS WEBSITE MEMBER yet?

If not, log onto www.vegaspoultry.com.au
to register

Members receive monthly recipes and
exclusive VEGAS specials.

It's that EASY!



Vegas Poultry is 100% South Australian owned and has been proudly serving in the Central Market for over 20 years.

Vegas Free Range Chickens are grown and fed with local grains, wheat, barley, soya meal, peas, vitamins, vegetables, oil and salt.

Vegas Certified Organic Chickens are fed on CERTIFIED ORGANIC feed and are certified by the Organic Food Chain (OFC).

Vegas Free Range and Organic Chickens roam free in spacious country paddocks with natural sunlight and fresh air in a natural environment and contain no Antibiotic or Growth Hormones - the way nature intended!

Enjoy your Vegas meal.



COOKING INSTRUCTIONS

Stall 62

Central Market, Adelaide

Telephone: 8212 1476

Fax: 8332 7921

www.vegaspoultry.com.au

Trading Hours:

Tuesday: 7.00am - 5.30pm
Wednesday: 9.00am - 5.30pm
Thursday: 7.00am - 5.30pm
Friday: 6.00am - 9.00pm
Saturday: 7.00am - 3.00pm

VEGAS COOKING INSTRUCTIONS

VEGAS CRUMBED CHICKEN PRODUCTS

Kiev, Cordon Bleu	Shallow Fry* 15 mins each side 150°C (med/low) Oven Bake** 45-55 mins 180°C (med)
Schnitzel	Shallow Fry* 10 mins each side 150°C (med/low) Oven Bake 30-35 mins (med)

HINTS

- * When shallow frying use only each oil to lightly cover base of pan and ensure the oil is heated before adding product.
- ** Oven Bake for a lower fat product or alternatively brush product with butter or oil/olive oil before baking.
- ** When Oven Baking, cover dish with foil and remove last 15 mins of cooking.

Pandan	Oven Bake 50-60 mins 180°C (med) BBQ 45-50 mins (low heat) Grill 45-50 mins (med)
--------	---

Breast Fillet, Chicken Rolls	Oven Bake 50-60 mins 180°C
------------------------------	----------------------------

VEGAS MARINATED CHICKEN PIECES

Chicken Steaks	Oven Bake 40-45 mins 180°C (med)
	Microwave 3 mins per piece (high)
	Pan Fry or BBQ 25-30 mins (low heat)
Marinated Trumpets Shazlicks, Chops,	Oven Bake 45-50 mins 180°C-200°C
	Microwave 5 mins per piece (high)
	BBQ 45-50 mins (low heat) Grill 25-35 mins each side (med)
Tenderloin Strips	Pan Fry or BBQ Approx. 5 mins each side
HINTS	Turn regularly to ensure even cooking.

VEGAS CHICKEN ROASTS

Breast Rolls	Oven Bake 60-70 mins 180°C (med)
	Microwave* 15 mins (med/high) (turn at 7 mins)
Whole (Deboned Chicken) Rolls	Oven Bake Approx. 1hr 20 mins 180°C (med)
	Microwave* 35 mins (med/high) (turn at 20 mins)
HINTS	* When microwave cooking, place roast on one side of carousel plate. Midway through process, move to other side of carousel plate and turn so product cooks evenly. • Let roast stand for 10 mins when cooked and it will be easier to carve.

VEGAS PATTIES AND SAUSAGES

Chicken Patties	Shallow Fry 5 mins each side 160°C (med/low)
	Oven Bake 20 mins each side 180°C (med)
	Microwave 3 mins per unit (high)
Chicken Sausages	Pan Fry or BBQ 15 mins each side (low heat)
	Pan Fry 15 mins each side 160°C (med/low)
	Grill 10 mins each side (med)
	Microwave 3 mins per unit (high)
	BBQ 15 mins each side (low heat)

VEGAS WHOLE FREE-RANGE & ORGANIC CHICKENS

Chickens	Oven Bake	Size 13 1hr 20 min 180°C (med)
		Size 15 1hr 40 min 180°C (med)
		Size 18 1hr 45 min 180°C (med)
		Size 21 2hr 180°C (med)

VEGAS CHICKEN DIM SIMS

STEAM Place Dim Sims in a steamer and steam over boiling water for up to 15-20 minutes until soft.
or
DEEP FRY Pre-heat oil to 170-180°C. Deep Fry for up to 4-5 minutes until golden brown. Drain oil and serve.

VEGAS TIPS

- Drizzle oil on baking dish/pan and product.
- When Oven Baking, cover dish with foil and remove last 30 mins of cooking.
- Cooking times are based on a pre-heated conventional oven.
- Fan forced ovens may require less time.
- Microwave times are based on a 750 watt oven.
- When using a Weber®, add 10-15 mins to cooking time.

VEGAS DUCK & QUAIL

QUAIL (WHOLE)	
Oven Bake	50-60 mins 180°C (med)
BBQ	40-45 mins (low heat)
Grill	15-20min (each side)

DUCK (WHOLE)	
Oven Bake	2hr 15min 180°C (med)

DUCK VEGAS TIPS

- When oven baking duck breast, cover dish with foil and remove last 3 mins of cooking.
- When oven baking whole ducks or legs, cover dish with foil and remove last 15 mins of cooking.
- When BBQ, seal each side first.
- Turn regularly to ensure even cooking.
- Lightly season with a little salt and pepper.
- Cooking times are based on a pre-heated conventional oven.
- Fan forced ovens may require less time.
- When using a Weber, add 10-15 mins.

DON'T MISS OUT - Saturdays

Due to VEGAS only selling fresh poultry, we may sell out of some products. To avoid disappointment, please phone your order in on Friday or early Saturday morning, so we can put the products away for you.

Thank you - The VEGAS Team

Dear Customer

To maintain freshness and quality, please unwrap your VEGAS Products before placing in the refrigerator.

"Going to freeze your FRESH Vegas products?" - No Problem...

TO FREEZE:

Wrap chicken in plastic or place in freezer bag and secure with tie. (Make sure all air is out of bag.)

TO THAW:

Remove chicken from freezer and place in refrigerator to thaw or microwave according to manufacturers instructions.