



PELMENI

RUSSIAN INSPIRED DUMPLINGS
PRODUCT OF CANADA

- High Protein
- Good Source of Iron



Siberian Recipe

Pork & Beef

Keep Frozen
16.5 OZ (1.03 kg) 400 g
(Approximately)





PELMEŃI

RUSSIAN INSPIRED DUMPLINGS

Siberian Recipe

Try Other Flavors

www.pelmeni.com

Pelmeni (Russian dumplings) are an authentic Russian delight. Exquisitely prepared with fresh ingredients, they are conveniently quick and easy to make. Boiled or pan-fried, they're delicious in every way. Serve them as an entrée, appetizer, or snack. Try them today. We know you'll come back for more!

BOILED (COOK FROM FROZEN)

1. Fill a large pot with 3 quarts of water. Add 1 tbsp of salt. Set on HIGH and bring to a rolling boil.
2. Add 1 pack of frozen pelmeni to the water. Stir gently to avoid sticking to the bottom of the pot.
3. Allow the pelmeni to float, while stirring occasionally.
4. Reduce to MEDIUM and cook for 1-3 minutes until the dough reaches the desired tenderness. Ensure the internal temperature reaches 165°F.
5. Remove pelmeni with a slotted spoon and toss gently with butter.
6. Serve with sour cream or your choice of sauce and toppings.

PAN-FRIED (COOK FROM FROZEN)

1. Add 2 tbsp of oil to a frying pan and set on HIGH.
2. Add 1 pack of frozen pelmeni into the pan, and stir to coat in oil.
3. Add 1¼ cups (10oz) of water, stir, and cover with a lid.
4. Cook on HIGH for 8-10 minutes, stirring them occasionally, until the water evaporates and the pelmeni puff up.
5. Remove the lid. And fry until golden brown on both sides. Ensure the internal temperature reaches 165°F.
6. Serve with sour cream or your choice of sauce and toppings.

SAFE HANDLING INSTRUCTIONS

THIS PRODUCT WAS PREPARED FROM INSPECTED FRESH MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR STORED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS.

- REFRIGERATED OR FROZEN: STORE IN REFRIGERATOR OR FREEZER.
- KEEP FRESH MEAT AND POULTRY SEPARATE FROM OTHER FOODS, INCLUDING SURFACES, INCLUDING CUTTING BOARDS, OPENED, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.
- COOK THOROUGHLY.
- KEEP HOT FOODS HOT, REFRIGERATED FOODS REFRIGERATED.

INGREDIENTS: WHEAT FLOUR (WHEAT FLOUR, AMYLASE, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, BENZOYL PEROXIDE, ASCORBIC ACID, AZOXYCARBONAMIDE), PORK, WATER, ONIONS, BEEF, EGGS, SALT, CANOLA OIL, BLACK PEPPER.
CONTAINS: EGG, WHEAT.

Nutrition Facts

Serving Size 2 pieces (100g)
Servings Per Container About 5

Amount Per Serving

Calories 220

Total Fat 10g

Sodium 100mg

Total Protein 10g

Total Carbohydrate 30g

Total Fat 10g

Total Protein 10g

Total Carbohydrate 30g

Total Fat 10g

Total Protein 10g

Total Carbohydrate 30g

Total Fat 10g

Total Protein 10g

Total Carbohydrate 30g

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Total Fat 10g

Total Protein 10g

Total Carbohydrate 30g

EXP OCT 02 '16
5275 13:35





PELMENI

#88050

Russian Inspired Dumplings
Uncooked

LOT:5275

B.B:Oct 02'16

SIBERIAN RECIPE (Pork & Beef)

Net. wt 12.36lb
(12 x 1.03lb)

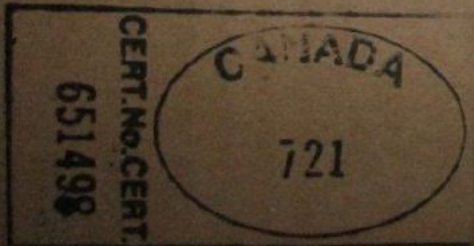


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KEEP FROZEN

Product of Canada

Pelmen Foods
777 The Queensway, Unit E, Toronto, ON, M8Z 1N4





PELMENI

Russian Inspired Dumplings
Uncooked

#88053

LOT:5275

B.B:Oct 02'16

CHICKEN

Net. wt 12.36lb
(12 x 1.03lb)

KEEP FROZEN

Product of Canada



10 692565 88053 0

Pelmen Foods
777 The Queensway, Unit E, Toronto, ON, Canada, M8Z 1N4



Pelmen
FOODS

PELMENI

RUSSIAN INSPIRED DUMPLINGS
PRODUCT OF CANADA

- High Protein
- Good Source of Iron



Chicken

Keep Frozen
NET WT 16.5 OZ (1.03 LB) 468 g
Dumplings (Approximately)



Pelmeni
PELmeni

Try Other Flavors

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Pelmeni (Russian dumplings) are an authentic Russian delight. Conveniently prepared with fresh ingredients, they are conveniently quick and easy to make. Boiled or pan-fried, they're delicious in every way. Serve them as an entrée, appetizer, or snack. Try them today. We know you'll come back for more!

BOILED (COOK FROM FROZEN)

1. Bring a large pot with 3 quarts of water and 1/2 tsp of salt. Set on HIGH and bring to a boil.
2. Add frozen pelmeni to the water. Stir frequently to prevent sticking to the bottom of the pot.
3. Allow pelmeni to float, while stirring occasionally.
4. Reduce to MEDIUM and cook for 1-3 minutes until the dumplings reach the desired tenderness. Confirm the internal temperature reaches 165°F.
5. Remove pelmeni with a slotted spoon and toss gently with butter.
6. Serve with sour cream or your choice of sauce and toppings.

PAN-FRIED (COOK FROM FROZEN)

1. Add 2 tbsp of oil to a frying pan and set on HIGH.
2. Add 1 pack of frozen pelmeni into the pan, and stir to coat in oil.
3. Add 1 1/4 cups (10oz) of water, stir, and cover with a lid.
4. Cook on HIGH for 8-10 minutes, stirring them occasionally, until the water evaporates and the pelmeni puff up.
5. Remove the lid. And fry until golden brown both sides. Ensure the internal temperature reaches 165°F.
6. Serve with sour cream or your choice of sauce and toppings.

SAFE HANDLING INSTRUCTIONS

THIS PRODUCT IS PREPARED FROM INSPECTED AND GRADUATED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR STORED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS.

KEEP REFRIGERATED OR FROZEN. THAW IN REFRIGERATOR OR MICROWAVE.

KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS. WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), SPONGES, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.

COOK THOROUGHLY.

KEEP HOT FOODS HOT. REFRIGERATE IMMEDIATELY OR FREEZE.

INGREDIENTS: CHICKEN, WHEAT FLOUR (WHEAT FLOUR, AMYLASE, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, BENZOYL PEROXIDE, ASCORBIC ACID, AZODICARBONAMIDE), WATER, ONIONS, EGGS, SALT, CANOLA OIL, BLACK PEPPER.

CONTAINS: EGG, WHEAT.

PER 1/2 CUP (100g)	
Total Fat	10g
Sodium	100mg
Total Carbohydrate	20g
Protein	10g
% Daily Value*	
Total Fat	20%
Sodium	20%
Total Carbohydrate	40%
Protein	20%

EXP OCT 02'16
LOT 5275 09-28

PRODUCED BY
PELMEI LTD
1000 BURNHAMTHORPE UNIT E
SCARBOROUGH, ONTARIO M1S 1N6
CANADA