

## Hill's Cooking & Heating Instructions

Our talented kitchen team makes a large variety of prepared foods featuring our high-quality seafood. Many can be cooked or heated in just minutes in your oven, under the broiler or in a hot pan. Here, we've broken down the best ways to enjoy them.

### Jumbo Lump Crab Cakes, Chesapeake Crab Cakes and Fish Cakes

**Bake:** Preheat oven to 375 degrees. Place crab or fish cakes on a flat pan and bake for 16–18 minutes until a light golden brown crust forms on top.

**Pan Sear:** Press crab or fish cakes down to 1-inch thickness and sauté in butter or olive oil for 2 minutes per side, or until golden brown.

### Breaded Jumbo Shrimp and Oysters

Keep frozen, do not thaw. Fry at 325–350 degrees for 3–5 minutes or until golden brown.



### Crab Imperial

**Bake:** Preheat oven to 375 degrees and bake for 18–20 minutes.

**Broil:** Broil 4 inches from heat source for 6 – 8 minutes.

### Crab-Stuffed Salmon

Season with your favorite spices and bake at 375 degrees for 20–25 minutes. Try with Paul Prudhomme's Seafood Magic.

### Crab-Stuffed Flounder & Tilapia

**Bake:** Preheat oven to 375 degrees. Place fish with water and lemon juice and/or white wine in a pan. Top with lemon and butter. Bake for 18–20 minutes.

### Crusted Salmon, Tilapia or Flounder

**Bake:** Preheat oven to 375 degrees and bake 16 – 18 minutes.

### Deviled Clams

**Bake:** Preheat oven to 375 degrees. Bake for 18 minutes.

### Oven-Ready Lobster Tails

**Bake:** Preheat oven to 450 degrees. Place a little water in bottom of a baking dish and baste tails with lemon & butter. Then bake according to size:

4–6oz: 8–10 minutes  
6–7oz: 11–12 minutes  
8–9oz: 12–14 minutes  
10–12oz: 14–15 minutes  
12–16oz: 18–20 minutes  
16–24oz: 20–25 minutes

### Seafood Pot Pies

**Bake:** Preheat oven to 375 degrees and bake for 45 minutes when thawed, 1 hour if starting from frozen.

### Seafood Strudel

**Bake:** Preheat oven to 375 degrees and bake 18 – 20 minutes.

### Shrimp Rolls

**Bake:** Preheat oven to 350 degrees and bake for 14–16 minutes until warmed through.

### Fish Sticks

**Bake:** Preheat oven to 350 degrees and bake for 14–16 minutes until warmed through.

Breaded Jumbo Shrimp & Oysters	Pan Fry	Butter or Olive Oil	1-2 minutes per side
Crab Imperial	Bake	375 degrees	18-20 minutes
Crab Imperial	Broil	4 inches from heat	6-8 minutes
Crab-Stuffed Salmon	Bake	375 degrees	20-25 minutes
Crab-Stuffed Flounder & Tilapia	Bake	375 degrees	18-20 minutes
Crusted Salmon, Tilapia or Flounder	Bake	375 degrees	16-18 minutes
Deviled Clams	Bake	375 degrees	8 minutes
Fish Cakes	Bake	375 degrees	16-18 minutes
Fish Cakes	Pan Sear	Butter or Olive Oil	2 minutes per side
Fish Sticks	Bake	350 degrees	14-16 minutes
Jumbo Lump & Chesapeake Crab Cakes	Bake	375 degrees	16-18 minutes
Jumbo Lump & Chesapeake Crab Cakes	Pan Sear	Butter or Olive Oil	2 minutes per side
Oven-Ready Lobsters Tails	Bake	450 degrees	4-6oz: 8-10 minutes 6-7oz: 11-12 minutes 8-9oz: 12-14 minutes 10-12oz: 14-15 minutes 12-16oz: 18-20 minutes 16-24oz: 20-25 minutes
Seafood Pot Pies	Bake	375 degrees	45 minutes thawed   1 hour frozen
Seafood Strudel	Bake	375 degrees	18-20 minutes
Shrimp Rolls	Bake	350 degrees	14-16 minutes

