

RASCAL'S Cajun Express

Boudin Links: Defrosting:

- Thaw in refrigerator until ready to cook (3-5 days max)
- If needed, place product in bowl of cold water in the sink and run cold water over product until thawed

Cook:

- Microwave - Wrap boudin link in a damp paper towel and place on microwavable plate.
Cook for 1 minute then carefully turn the boudin link over.
Cook for an additional minute or until thoroughly heated.
Allow to rest in paper towel on the plate for an additional minute.
- Oven preheat oven to 350. Cook for 15 minutes

Boudin Balls: Defrosting:

- Thaw in refrigerator until ready to cook

Breaded & Fried Boudin Balls

Cook:

- Air Fryer - Select air fryer setting and set to 400 degrees. Cook for 15 minutes *
- Oven - Preheat oven to 350 degrees - Cook for 15-20 minutes
- Microwave on high 1- 1/2 minutes. Roll boudin ball over and cook for another 1 1/2 minutes

(*Recommended method)

Pre-Breaded Boudin Balls ** (not fried yet)

- Take defrosted boudin balls and roll in bread crumbs
- Using a fryer pre-heat oil to 350 degrees. Place boudin ball in fryer basket and cook
- Fry for 6-7 minutes
- Remove from oil when fully cooked and allow excess oil to drain

Un-Breaded Boudin Balls **

- Take defrosted boudin balls and roll in a seasoned breading mixture
- Dunk breaded boudin balls in a bowl of ice cold water
- (Repeat steps 1 & 2)
- Roll boudin ball in a separate bowl of bread crumbs
- Place in pre-heated fryer at 350 degrees
- Fry for 6-7 minutes
- Remove from oil when full cooked and allow excess oil to drain

(**Pre-breaded & un-breaded boudin balls may require "reshaping" as you go through the process)



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Homemade Stuffed Breads

Defrosting:

- Take desired number of breads from freezer
- Place breads on a baking pan lined with parchment paper
- Thaw in refrigerator prior to cooking - (4-6 hours)

Cooking:

*Oven - Preheat oven to 350 degrees and remove the baking pan from the refrigerator

- Once oven is preheated place the baking pan on the center rack of the oven
- Set timer for 22-25 minutes - Check temperature
- Once bread has reached internal temperature of 165 degrees remove from oven
- Brush tops of bread with butter

Air Fryer - Preheat air fryer to 315 degrees and remove the baking pan from the refrigerator

- Spray the basket in air fryer with pan release or olive oil spray
- Once air fryer is preheated place the bread(s) in the air fryer and avoid overcrowding
- Set timer for 16-18 minutes - Check temperature
- Once bread has reached internal temperature of 165 degrees remove from oven
- Brush tops of bread with butter

Ready Made Meals (Boil-n-Bag)

- Follow instructions on the bag
- Heat to minimum of 145 degrees

Pork Cracklins (frozen/unfinished)

- Cook from frozen

*Fryer - Using a home fryer, or dutch oven, add cooking oil about 1/2 full & heat oil to 350 degrees

- Carefully add frozen cracklins to hot oil
- Cook for 5-6 minutes & remove from oil & allow to drain
- Add hot cracklins to a bowl and season with your favorite cajun seasoning & toss to coat

Oven - Preheat oven to 400 degrees

- Place a wire rack on a baking pan and place the cracklins on the wire rack
- Cook for 7-8 minutes & remove from oven
- Add hot cracklins to a bowl and season with your favorite cajun seasoning & toss to coat

For Fully Cooked & Seasoned Pork Cracklins (fresh/ready to heat)

- Enjoy straight out of the bag - or
- For hot cracklins use Air Fryer - Preheat to 325 degrees.
- Cook for 5-6 minutes or until desired taste. Allow to cool

Chicken Cracklins (frozen/unfinished)

- Cook from frozen

*Fryer - Using a home fryer or dutch oven add cooking oil and heat to 350 degrees

- Carefully add frozen cracklins to hot oil
- Cook for 6-7 minutes & remove from oil & allow to drain
- Add hot cracklins to a bowl and season with your favorite cajun seasoning & toss to coat

For Fully Cooked & Seasoned Chicken Cracklins (refrigerated)

- Using an air fryer or oven preheat to 325 degrees & reheat chicken cracklins to 165 degrees



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(*Recommended method)

