

Thank you for purchasing a Gourmet RockStars Meal Deal. If you didn't already know Gourmet RockStars has offices in 17 Cities and is Famous for High End Catering & Event Planning. So when we decided to Create a Mail Order Meal Deal it had to be Great. So Please Make sure that you Follow our Instructions for Prepping your Feast, If you don't it might not come out the way we hoped it would. But Anyone can do it, its real easy. All you need is a Traditional Oven or Microwave oven, some Ice and a Big Appetite.

We Hope you Enjoy this Meal.

*Instructions for Re-Heating and Chilling your Feast...

CRAB:

The Chefs at Gourmet RockStars cooks our crab in Salt Water and then flash chills them so the crab can stay wonderful for the trip to your home. Once you get your crab and it's still a little solid inside just go ahead and run them under warm water until the crab is perfect for you. Remember the crab might have a salty taste from the shell, you can rinse that off too. We recommend you doing this 30 minutes prior to eating



CLAM CHOWDER SOUP:

Our soup is made with the best ingredients and has no bacon. Because our Clam Chowder is rich and creamy we recommend that you heat them for 5 minutes in the microwave oven, depending on your unit maybe a bit longer, and then let it stand for 30 seconds before you serve it. Yes, the containers are Microwavable.



SHRIMP:

We steam our shrimp until they're perfect. Then we flash chill. Just place the shrimp under warm water for 45 seconds and then put on a bowl of ice. Eat them when you're ready.



CHICKEN WINGS & DRUMS:

We pick the best Chickens for our Wings & drums. We spice and batter the chicken with the best ingredients and then we flash fry them so they're fully cooked. Once they are rested our chefs flash chill the chicken. All you have to do is heat your oven to 425 degrees and put them in the oven for 15 to 20 minutes. Now you're ready to eat.

