COOKING INSTRUCTIONS

Keep tamales in freezer until ready to enjoy.

In a steamer, layer the frozen tamales that you want to cook. Do not thaw beforehand.

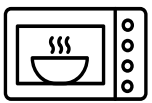
Make sure the steamer has enough water but make sure the water is not touching the tamales.

After the water starts to boil, cook for 45 minutes. Do not open steamer unless you need to add more water.

To avoid a fire and burning your tamales, make sure your steamer does not run out of water. Check at least once every 20 minutes.

Once 45 minutes have passed, tamales are ready to be enjoyed with your Frelard Tamales toppings or your favorite homemade salsa. Make sure tamales have reached an internal temp of 160° F.

You can freeze leftovers and reheat by following these steps.



We do not recommend using a microwave to cook tamales the first time. You can, however, reheat tamales in the microwave for 3 minutes wrapped in a wet towel.

While we have not tried this method, many of our customers report cooking tamales in their pressure cooker for 15 minutes and swear by the results.

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COLOR CODE KEY

SCAN ME TO LEARN ALL COLORS

Use this color code key to help you determine the flavors of your tamales. For additional flavors including our rotating seasonal flavors, please scan the QR code to visit our website and find the entire color coding key.

Salsa Verde Chicken	Salsa Roja Pork	Chorizo & Cheese	Jalapeño & Cheese
Bean & Cheese	Mushroom & Cheese White	Fajita Veggies	Sweet Potato Mole Burgandy
Soyrizo & cheese	Pork Belly Color: Bright pink	Chicken Mole No color twine	Pork & Nopales Color: Light baby pink

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Schedule your next pick up at our Bellingham or Seattle taprooms or home delivery (home delivery in Seattle only).

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