MYLAR® BAKE
Bakery Items
Croissants

1. Purchase raw, frozen croissants that do not require proofing
2. Place frozen croissants into the formed pocket in an even layer, spaced about 5-10 mm apart
3. Pack with 10-15 mm of headspace and pull a vacuum so that the packaging is snug around the croissants
4. Bake from frozen in a home oven at 425°F or a convection oven at 400°F (reduced fan) until golden brown, about 15-20 min
1. Purchase raw, frozen turnovers  
   - With no proofing needed  
   - Apple, cherry, etc.

2. Place frozen turnovers into the formed pocket in an even layer (as pictured to the right)

3. Pack with 10-15 mm of headspace and pull a tight vacuum but not so tight that the turnovers break

4. Bake from frozen in a home oven at 425°F or a convection oven at 400°F (reduced fan) until golden brown, about 22-25 min
Biscuits

1. Purchase raw, frozen buttermilk or southern style biscuits

2. Place frozen biscuits into the formed pocket in an even layer (as pictured to the right)

3. Pack with 10 mm of headspace and pull a tight vacuum

4. Bake from frozen in a home oven at 400°F or a convection oven at 375°F (reduced fan) until golden brown, about 20 min
Cinnamon Rolls

1. Purchase raw, refrigerated or frozen cinnamon rolls with no proofing needed
2. Freeze individual cinnamon rolls, if needed
3. Place frozen cinnamon rolls in an even layer (as pictured to the right)
4. Pack with 10 mm of headspace and pull a tight vacuum
5. Bake from frozen in a home oven at 400°F or a convection oven at 375°F (reduced fan) until golden brown, about 20 min
Pinwheels

1. Purchase or make pinwheels
2. Freeze individual pinwheels
3. Place frozen pinwheels into the formed pocket in an even layer (as pictured to the right)
4. Pack with 5-10 mm of headspace and pull a tight vacuum
5. Bake from frozen in a home oven at 400°F or a convection oven at 375°F (reduced fan) until golden brown, about 20 min
Quiche

1. Purchase frozen, commercially prepared, individual serving size quiche

2. Place 1 frozen quiche into the formed pocket (as pictured to the right)

3. Pack with 5-10 mm of headspace and pull a tight vacuum but not tight enough to break the crust

4. Bake from frozen in a home oven at 425°F or a convection oven at 400°F (reduced fan) until golden brown with an IT of 165°F
   
   – Optional Cooking Instructions: cook in the microwave on high to an IT of 165°F
• Choose premade frozen products with chemical leavening agents (no proofing needed).

• Pack products frozen! Otherwise the shapes will become deformed under vacuum.

• Store and cook baked good from frozen.

• If baked good contains egg, meat, poultry, fish or seafood, ensure that an IT of 165°F is reached before serving.
Disclaimer

• The information provided herein is offered as a possible helpful suggestion in experimentation you may care to undertake along these lines. It is subject to revision as additional knowledge and experience is gained. DuPont Teijin Films makes no guarantee of results and assumes no obligation or liability whatsoever in connection with this information.

• Note: the cooking instructions provided herein are based off electric home ovens and combi-convection ovens, oven temperatures and performance may vary.

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