

PEROGY FACTORY

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WEBSITE: WWW.PEROGYFACTORY.CA

DOUGH, TAPIOCA FLOUR, CORN STARCH,
POTATO STARCH, CHICK PEA FLOUR, CANOLA
OIL OR OLIVE OIL, SUNFLOWER OIL,
MUSTARD SEED; GARLIC POWDER; RED
PEPPER, DRIED ONION, PARSLEY

Perogy Cooking Instructions: COOK FROM FROZEN

Bring water to a boil on high heat. Place perogies into the boiling water. Do not overcrowd. Gently stir the perogies to make sure none are stuck to the bottom of the pot. Let water come back to a boil. When perogies float to the top of the pot that are ready in 6-10 minutes. To stop the dough from over cooking, we rinse the perogies in cold water which shocks the dough, we shake a small amount of oil over the perogies and we move them to a non-stick frying pan and continue to lightly brown your perogies.

Cabbage Roll Instructions: COOK FROM FROZEN OR DEFROSTED

There is no sauce on your cabbage rolls. preheat oven to 350 degrees. line a casserole dish with parchment paper. Place the cabbage rolls into the casserole dish and cover with tin foil. Bake for about an hour, and then add a sauce to complete cooking. Bake for another 1.5 hours or until cabbage is tender. if you are cooking more than one dozen cooking time may need to be longer.

Some of the products that we currently make

Perogies

Potato Bacon Onion Cheddar
Potato Bacon Onion
Potato Cheddar
Potato Onion
Potato Mushroom

Spinach feta artichoke jalapeno Cream Cheese
Buffalo Chicken
Philly Steak
Sauerkraut
Sauerkraut Mushroom

Spinach Mushroom
Yam Rosemary Garlic
Potato Onion Leek
Sweet Potato Rosemary
Yam Curry Cumin

Cabbage Rolls

Beef and Rice
Beef Bacon
Rice and Onion
Vegan Delight [rice, lentils and beans]

If you have any questions regarding ingredients don't hesitate to phone or email us.