

Media Info Pack

Legendary Northwoods!
Complete Breeding Mix

Easy to Use!



*Everything's
in the bag...
Milk & Eggs Included*

*Just wet it...
to bread it!*



Cholesterol Free | Fat Free | Carbs: **6** Grams

- 4 Great Flavors: Original, Panfish Lite, Mild Cajun, Gold
- Bake, Broil, Grill or Fry Poultry, Seafood, Meats, Vegetables, Wild Game.
- Thin light coating won't fall off.



Bake, broil, fry, or grill... the possibilities are delicious.



Fish



Chicken



Pork



Shrimp



Vegetables



Beef

Corporate Mission

Provide convenient and complete breading mixes for the novice or professional cook to prepare the ultimate catch outdoors or at home.

Company Profile

The company was established in 2001 by food product & sports fishing consultants who have expertise in marketing innovative product lines to the fishing industry.

Company Products

Legendary Northwoods
MULTI-PURPOSE GOLD

Quick 'n Easy

Directions
Place coating mix into a large ziplock bag or bowl. Moisten food product in warm tap water.

Let sit 1-2 minutes. It will create its own batter.

Fry at 350 degrees. Also, ideal for pan frying, baking or grilling. When baking or grilling, lightly spray with water to seal in natural juices and promote browning.

Ingredients
Enriched Flour, Fine, Servis, salt, starch, (thiamin mononitrate), salt, spice mixture (monosodium glutamate, paprika, egg, defatted soy flour, nonfat milk, hydrolyzed oil, whey).

Nutrition Facts
Serving Size: 2 Tbsp. (15g) (4oz)
Amount Per Serving
Calories 30
Total Fat 0g
Cholesterol 0mg
Sodium 300mg
Total Carbohydrate 5g
Fiber 0g
Protein 1g
Vitamin A 0%
Vitamin C 0%

Mies Products, Inc.
300 Commerce St., P.O. Box 101, West Bend, WI 53090
Tel: 1-800-888-6437 www.legendarynorthwoods.com

**Gold
8 oz**

Legendary Northwoods
Warm, Spicy Flavor

Mild Cajun
Complete Breading Mix

Cholesterol Free | Fat Free | Carbs: 6 Grams

Quick 'n Easy

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Place coating mix into a large ziplock bag or bowl. Moisten food product in warm tap water.

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**Mild Cajun
8 oz**

Legendary Northwoods
Bake, Broil, Fry, Grill Golden Brown

Original
Complete Breading Mix

Cholesterol Free | Fat Free | Carbs: 6 Grams

Quick 'n Easy

Directions
Place coating mix into a large ziplock bag or bowl. Moisten food product in warm tap water.

Let sit 1-2 minutes. It will create its own batter.

Fry at 350 degrees. Also, ideal for pan frying, baking or grilling. When baking or grilling, lightly spray with water to seal in natural juices and promote browning.

Ingredients
Enriched Flour, Fine, Servis, salt, starch, (thiamin mononitrate), salt, spice mixture (monosodium glutamate, paprika, egg, defatted soy flour, nonfat milk, hydrolyzed oil, whey).

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**Original
8 oz**

Legendary Northwoods
Light, Tasty Coating

Panfish Lite
Complete Breading Mix

Cholesterol Free | Fat Free | Carbs: 6 Grams

Quick 'n Easy

Directions
Place coating mix into a large ziplock bag or bowl. Moisten food product in warm tap water.

Let sit 1-2 minutes. It will create its own batter.

Fry at 350 degrees. Also, ideal for pan frying, baking or grilling. When baking or grilling, lightly spray with water to seal in natural juices and promote browning.

Ingredients
Enriched Flour, Fine, Servis, salt, starch, (thiamin mononitrate), salt, spice mixture (monosodium glutamate, paprika, egg, defatted soy flour, nonfat milk, hydrolyzed oil, whey).

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**Panfish Lite
8 oz**

What makes a product Legendary?

A legend is built on delivering the promise. A reputation grows from customer excitement, satisfaction and referral.

Legendary Northwoods Breading promises to always deliver a simply delicious meal.

Legendary Northwoods was created to seal in fish's flavor, seal out the oil and serve up a delectable meal anywhere.

Easy. Successful results every time. Distinctive, individual delicious flavor.

Company Contacts

Mies Products, Inc.
505 Commerce Street
West Bend WI 53090

Phone: (262) 338-0676
Fax: (262) 338-1244
Toll Free: (800) 480-6437

www.LegendaryNorthwoods.com

Why is Legendary Unique?

Legendary Northwoods is the only complete breading mix.

Everything is in the bag. The milk, the eggs, the special spices and ingredients work together to make any food taste distinctively delicious.

Just rinse the food with water and bread it for a fresh taste sensation. Savor the flavor and enjoy 0 fat, 0 cholesterol and 6 grams of carbs.

It completely covers food economically too. Each one pound bag of breading covers four 14 pound turkeys, or up to 10 pounds of fish.

Recipes

Mouth Watering Venison or Pork Tenderloins

First strip your venison tenderloins, either the inside or back loins, or have your meat processor do it for you. Next cut your loin into chunks about 2 inches thick. Using a spiked tenderizing hammer begin to pound your loin chunks into a thin cutlet (pound both sides until the size of a hamburger patty). Now moisten and bread your cutlet in either the Legendary Northwoods Original or for a kicked up version the Cajun breading. Let stand for about 30 seconds. Get a medium pan. Put in about 1/2 inch cooking oil (your choice) place on high heat until oil is ready. To check if oil is hot enough drop a pinch of breading in the oil if it fumes or bubbles it is ready. Carefully place cutlets in oil use tongs or fork fry for 45 to 60 seconds per side. Depending on the thickness of your cutlet. To check for doneness cut cutlet and make sure there is no pink meat. This is very important for the pork.



Potato Pancakes

Shred 6 medium potatoes and drain well. Mix shredded, drained potatoes with 1/3 cup Legendary Northwoods Panfish Breading. Form into patties. Pan-fry in a small amount of hot olive oil. Right on the stove top add one shredded onion for extra flavor.

Beer-Breaded Fish

Instead of that heavy beer batter for your fish, use this recipe. Place rinsed fish fillets in a zipper-sealed plastic bag. Pour in the beer and let the fillets sit for about 20 minutes. Remove fillets and put them in a separate bag with Legendary Northwoods Breading. Gently remove and let them sit for about 30 seconds. You're ready to cook! Wow, what a great idea! Beer BREADED Fish! All the great flavor, but with a thin, crispy coating.



Baked Potato Wedges

Preheat oven to 350°. Cut potatoes into quarters. Prepare with Legendary Northwoods Breading. Be sure to press raw edges of the potato into the Breading for good coating. Spray cookie sheet or other flat pan with non-stick cooking spray. Place prepared potatoes on pan, skin side down. Bake approximately 45 minutes, until golden brown and tender.

French Fries

Preheat oven to 350° F. Moisten fresh cut or frozen french fries with water. Prepare fries with Legendary Northwoods Original Breading. Spray cookie sheet or other flat pan with non-stick cooking spray. Place prepared fries on pan. Bake until golden and tender, approximately 20-30 minutes. Turn once during baking. Amazing seasoned fries!

Oven Broiled Pork Chops

Enjoy pork chops and control the fat in your diet too! Spray grill rack with non-stick cooking spray and set in a shallow pan (jelly roll pan or sided cookie sheet). Prepare pork chops with Legendary Northwoods Original Breading. Place items on rack and set in the oven to broil. Cook about 7-10 minutes per side. This recipe also works great with venison chops. Tender, juicy and full of flavor!

Deep Fried Shrimp

Buy the size shrimp or prawns you prefer. You may remove the shell completely, or for a fancier look, leave the last section and the tail on the shrimp. De-vein the shrimp. If you wish to butterfly the shrimp, simply make the cut deeper, cutting almost all the way through. Fan out the shrimp and prepare with Legendary Northwoods Original Breading. Deep fry in hot oil. Oh, what a treat!



Vegetables

Legendary Northwoods Panfish Breading works great for deep-frying or pan-frying vegetables. Try mushrooms, cauliflower, zucchini, eggplant, green tomatoes, pickles, hot or sweet peppers, and crinkle cut, waffle cut, wedges or shoestring potatoes.

