

market hall **FOODS**

Oakland: 5655 College Avenue, (510) 250-6005 • **Berkeley:** 1786 Fourth Street, (510) 250-6004

Thanksgiving Menu 2022 – Heating Instructions

COOK'S NOTES

- **Most items on our menu are ready to eat at room temperature.** You may also enjoy them heated up, following the oven/stovetop heating instructions for each dish.
- **Alternatively, most items reheat very well in the microwave.** Be sure to stir food halfway through heating.
- **Bring food to room temperature before heating.**
- **Specific heating times will vary** depending on portion size, temperature of food prior to heating, oven type and accuracy of temperature. Please keep these considerations in mind when heating.
- **How to tell if poultry on the bone is warmed through?** Take a small, sharp knife or metal skewer and insert it into the meat along the bone. Let it sit for a few moments, then remove and carefully feel the tip of the implement. If the metal is hot, the meat is ready to serve.

MENU ITEMS

Caramelized Leek & Winter Squash Quiche

Bring to room temperature. Heat in a 350° oven for 12–15 minutes or until warmed through.

Creamy Butternut Squash & Apple Soup

Warm gently in a covered saucepan.

Roasted Turkey

Bring to room temperature. Cover with foil and heat in a 350° oven for 15–20 minutes, basting occasionally with a small amount of liquid such as stock or white wine.

Fra' Mani Sweet Apple Ham

Remove ham from plastic, pat dry and place in baking dish. Heat in a 350° oven for 20–30 minutes for 2lb portion, and 35–45 minutes for 4lb portion. Allow to stand for 5 minutes. Serve with maple and crystallized ginger sauce.

Yams & Apples with Cranberries

Cover and heat in a 350° oven for 15–20 minutes. Uncover and heat 5 minutes more.

Brussels Sprouts

Serve at room temperature or warm. To warm, cover and heat in a 350° oven for 15–20 minutes.

Buttery Mashed Potatoes

Cover and heat in a 350° oven for 20-30 minutes or until warmed through.

Green Beans

Cover and heat in a 350° oven for 10–15 minutes, or sauté quickly in a nonstick pan.

Mushroom or Turkey Gravy

Warm in a covered saucepan over low heat, stirring frequently.

Cornbread Stuffing

Sprinkle with stock, if desired, before warming. Cover and heat in a 400° oven for 15–25 minutes. Uncover and heat 10–15 minutes more. **Microwave heating not recommended**

Harvest Grains

Cover and heat in a 350° oven for 15–25 minutes.

Pork Sausage Mix

Sauté, breaking up lumps, until golden brown. Drain on paper towels. Great added to stuffing.

Apple Crumble Pie

To warm, remove from the refrigerator and let sit at room temperature for 30 minutes. Then, cover with foil and heat in a 325° oven for 10–15 minutes.

Classic Pumpkin Pie

To warm, remove from the refrigerator and let sit at room temperature for 30 minutes. Then, cover with foil and heat in a 325° oven for 10–15 minutes.

Pie Shells

Thaw in the refrigerator and keep chilled before using. To par-bake or pre-bake pie shell for custard-based pies and quiches: Place flat sheet pan in oven and pre-heat to 375°F. Line chilled shell with parchment paper, add pie weights to 2/3 full. Place pie pan onto hot sheet pan and bake for 20 minutes. Remove from oven, carefully lift out the paper and weights, then gently prick bottom of the crust with fork. Return to oven, bake for an additional 3-5 minutes (par-baked) or 15-20 minutes (fully baked). Cool completely before filling.

Chanukah Menu 2022 – Heating Instructions

COOK'S NOTES

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MENU ITEMS

Potato Latkes

Heat in a single layer in a 425° oven for 8–10 minutes.

Matzoh Ball Soup

Bring to a gentle simmer in a covered saucepan.

Meema's Noodle Kugel or Autumn Vegetable Kugel

Cover and heat in a 350° oven for 15–45 minutes, depending on size of kugel, until warmed through.

Grilled Salmon

Serve at room temperature or warm. To warm, cover and heat in a 350° oven for 10–12 minutes.

Chickpea & Butternut Squash Tagine

Bring to room temperature. Cover and heat in a 350° oven 12–15 minutes for a one-pound portion. Adjust heating time according to portion size.

Chicken with Preserved Lemons & Olives

Bring to room temperature. Cover and heat in a 350° oven for 15–20 minutes for a one-pound portion. May be microwaved on medium for 4–6 minutes. Stir, and microwave for an additional 30 seconds. Adjust heating time according to portion size.

Couscous with Herbs & Fried Shallots

May be microwaved on high for 2–3 minutes. For oven heating, warm for 10–12 minutes in a 350° oven. Adjust heating time according to the size of the portion.

Sauteed Chard & Kale

Cover and heat in a 350° oven for 10–15 minutes, or in a nonstick pan over medium heat.

Christmas Menu 2022 – Heating Instructions

COOK'S NOTES

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- **Bring food to room temperature before heating.**
- **Specific heating times will vary** depending on portion size, temperature of food prior to heating, oven type and accuracy of temperature. Please keep these considerations in mind when heating.

MENU ITEMS

Winter Vegetable Bisque with Saffron

Warm gently in a covered saucepan.

Chicken Pot Pie or Mushroom Harvest Pot Pie

Pre-heat oven to 350°. Remove pie from fridge and let sit at room temperature for 45 minutes. Cook pie on baking sheet for 25–30 minutes for small pot pies, 45–60 minutes for large. Insert knife into middle to ensure filling is heated through. **Do not heat in microwave.**

Brandade

Bring to room temperature. Heat on a sheet pan in a 350° oven for 5–10 minutes.

Cassoulet

Cover and heat in a 350° oven for 20–30 minutes or until warmed through.

Fra' Mani Sweet Apple Ham

Remove ham from plastic, pat dry and place in baking dish. Heat in a 350° oven for 20–30 minutes for 2lb portion, and 35–45 minutes for 4lb portion. Allow to stand for 5 minutes. Serve with maple and crystallized ginger sauce.

Grilled Salmon

Serve at room temperature or warm. To warm, wrap in foil and heat in a 375° oven for 10–12 minutes.

Butternut Squash & Spinach Cannelloni

Cover and heat in a 350° oven for 15–25 minutes until warmed through.

Caramelized Root Vegetables

If desired, sprinkle with stock before warming. Cover with foil and heat in a 350° oven for 20–25 minutes.

Buttery Mashed Potatoes

Cover and heat in a 350° oven for 20–30 minutes or until warmed through.

Winter Greens Gratin

Cover and heat in a 350° oven for 15–25 minutes until warmed through. For crispy top remove cover and heat an extra 5 minutes.

Roasted Brussels Sprouts

Cover and heat in a 350° oven for 15–20 minutes, or sauté quickly in a nonstick pan.

Christmas Stuffing

Sprinkle with stock, if desired, before warming. Cover and heat in a 400° oven for 15–25 minutes. Uncover and heat 10–15 minutes more. **Microwave heating not recommended**

Apple Crumble Pie

To warm, remove from the refrigerator and let sit at room temperature for 20 minutes. Then, cover with foil and heat in a 325° oven for 15–20 minutes.

Classic Pumpkin Pie

To warm, remove from the refrigerator and let sit at room temperature for 20 minutes. Then, cover with foil and heat in a 325° oven for 10–15 minutes.

Pie Shells

Thaw in the refrigerator and keep chilled before using. To par-bake or pre-bake pie shell for custard-based pies and quiches: Place flat sheet pan in oven and pre-heat to 375°F. Line chilled shell with parchment paper, add pie weights to 2/3 full. Place pie pan onto hot sheet pan and bake for 20 minutes. Remove from oven, carefully lift out the paper and weights, then gently prick bottom of the crust with fork. Return to oven, bake for an additional 3-5 minutes (par-baked) or 15-20 minutes (fully baked). Cool completely before filling.

New Year's Eve Menu 2022 – Heating Instructions

COOK'S NOTES

- **Most items on our menu are ready to eat at room temperature.** You may also enjoy them heated up, following the oven/stovetop heating instructions for each dish.
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- **Bring food to room temperature before heating.**
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MENU ITEMS

Duck Confit

Remove from packaging and place the fat and legs, skin side down, in an ovenproof pan, like cast iron. Heat in a 350° oven for 10–12 minutes, turn over and cook for 5–8 minutes more until the skin is crispy and meat is falling off the bone.

Empanadillas, Phyllo Triangles and Cigars

Do not defrost. Place frozen items in a single layer on a cookie sheet. Bake in a 400° oven for 10–15 minutes or until golden brown. Allow to cool slightly before serving.

Brandade

Bring to room temperature. Heat on a sheet pan in a 350° oven for 5–10 minutes.

Crab Cakes

Heat on a sheet pan in a 350° oven for 6–8 minutes.

Cauliflower & Potato Fritters

Heat on a sheet pan in a 400° oven for 5–10 minutes.

Paella with Chicken, Chorizo & Shrimp

Serve at room temperature or warm. To warm, cover and heat in a 350° oven for 10–12 minutes.

Beef Bourguignon

Bring to room temperature. Cover and heat in a 350° oven for 15–25 minutes.

Truffled Potato Gratin

Cover and heat in a 350° oven for 20–25 minutes.

Honey-Glazed Brussels Sprouts

Cover and heat in a 350° oven for 15–20 minutes.

Cheese Blintzes

Gently sauté with butter in a non-stick pan until golden brown on both sides. Allow to rest for a few minutes before eating.

Quiche

Bring to room temperature. Heat in a 350° oven for 12–15 minutes or until warmed through.

Holiday Gatherings 2022 – Heating Instructions

COOK'S NOTES

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- **Bring food to room temperature before heating.**
- **Specific heating times will vary** depending on portion size, temperature of food prior to heating, oven type and accuracy of temperature. Please keep these considerations in mind when heating.

Chicken Pot Pie or Mushroom Harvest Pot Pie

Pre-heat oven to 350°. Remove pie from fridge and let sit at room temperature for 45 minutes. Cook pie on baking sheet for 25–30 minutes for small pot pies, 45–60 minutes for large. Insert knife into middle to ensure filling is heated through. **Do not heat in microwave.**

Quiche

Bring to room temperature. Heat in a 350° oven for 12–15 minutes or until warmed through.

Lasagne

Bring to room temperature. Remove lid and heat in a 350° oven for 60 minutes or until warmed through. Allow to stand for 10 minutes before cutting.

Empanadillas, Phyllo Triangles and Cigars

Do not defrost. Place frozen items in a single layer on a cookie sheet. Bake in a 400° oven for 10–15 minutes or until golden brown. Allow to cool slightly before serving.