

# market hall **FOODS**

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

## 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.

### **Baked Items (Pot Pies, Quiche, Pasta, Casseroles)**

Heat in a 350° oven 15–30 minutes for small items, 35–50 minutes for large. Please bring to room temperature before heating.

### **Stews, Braised Dishes**

Bring to room temperature. Cover and heat in a 350° oven 15–20 minutes for a one-pound portion. Adjust heating time according to portion size.

### **Soups & Sauces**

Warm gently in a covered saucepan.

### **Poultry**

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.

**Beef**

Serve at room temperature or warm. To warm, cover tri-tip in foil and heat in a 400° oven for approximately 8–10 minutes for one pound, 10–15 minutes for two pounds.

**Ham**

Remove ham from plastic, pat dry and place in baking dish. Heat in a 350° oven for 40–45 minutes. Allow to stand for 5 minutes. Serve with KL Keller Violet Mustard.

**Seafood**

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

**Hearty Vegetable Sides**

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

**Green Vegetables (Broccoli, Asparagus, etc.)**

May be microwaved or sautéed quickly in a nonstick pan.

**Fried Items (Fritters, Crab or Fish Cakes)**

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

**Chicken Wings**

Enjoy at room temperature or heat on a sheet pan in a 400° oven for 8–10 minutes.

**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.

**Frozen Items**

**Do not defrost.** Place frozen items in a single layer on a cookie sheet. Bake in a 400° oven for 10–18 minutes or until golden brown. Allow to cool slightly before serving.

**Cactus Taqueria Tamales**

In a steamer: Place the tamales in a steamer and cook until hot inside, about 20-25 minutes. In the microwave: place in the microwave, wrapped in paper towels, for 2-3 minutes, until hot inside.

**Dessert**

Most desserts may be served at room temperature or warmed. To warm, cover with foil and heat in a 350° oven for 10–15 minutes.