

# market hall **FOODS**

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

## Rosh Hashanah & Yom Kippur Menus 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.

### MENU ITEMS

#### **Matzoh Ball Soup**

May be microwaved on high for 3–5 minutes or until warmed through. For stovetop heating, bring to a gentle simmer on medium-high heat in a covered saucepan.

#### **Meema's Noodle Kugel**

Warm, covered, in a 350°F oven for 20–25 minutes (45–50 minutes for a feast size tray). Uncover and heat 5 minutes more.

#### **Savory Vegetable Kugel**

Warm, covered, in a 350°F oven for 20–25 minutes (45–50 minutes for a feast size tray). Uncover and heat 5 minutes more.

#### **Chicken Dishes**

May be microwaved on medium for 4–6 minutes. Stir, and microwave for an additional 30 seconds. For oven heating, warm, covered, in a 350°F oven for 12–15 minutes for a one-pound portion. Adjust heating time according to the size of portion.

**Grilled Salmon**

Best enjoyed at room temperature. Alternatively, warm in the microwave on medium for 30 seconds. For oven heating, bring salmon to room temperature, wrap in foil and warm in a 375°F oven for 12–15 minutes.

**Kasha Varnishkes**

May be microwaved on high for 2 minutes, or sautéed quickly in a pan over medium high heat.

**Couscous with Crispy Shallots & Herbs**

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

**Tzimmes**

May be microwaved on high for 1–2 minutes. For oven heating, warm, covered, in a 350°F oven for 10–12 minutes.

**Broccolini**

May be microwaved, or sautéed quickly in a pan.

**Harissa & Maple Roasted Carrots**

May be microwaved on high for about 1 minute. For oven heating, warm, covered, in a 350°F oven for 8–10 minutes.