

COMMON MARKET STEP BY STEP RE-HEAT & COOKING

DIRECTIONS FOR TAKE & BAKE ITEMS

Please remember: make sure you check on item while cooking because individual oven temperatures can vary especially, if you have more than one item in the oven

Beef Tenderloin

Preheat oven to 425 degrees

Take meat & sauce out of fridge and let sit on counter to bring meat temp closer to room temp

Put tenderloin in oven in pan uncovered...estimated time to cook is 40 minutes

Put the sauce in saucepan on stovetop on low...all you need to do is heat this sauce

You might need a spatula to get all the sauce out of container because it hardens in fridge

Start checking internal temp at 35 minutes because everyone's oven varies

Correct internal temps to take out of oven...based on your desired doneness

internal temp 135° = medium rare, 140° = medium 145° = medium well..

let tenderloin sit for 7- 10 minutes before cutting and serving...

loosely cover & tent with foil while you get your other items ready

Ziti Chicken & Broccoli

We have already cooked the chicken, ziti & broccoli and wrapped it in plastic and foil to keep tender and moist...so just preheat oven to 350

Put pan in oven covered just like you got it for 20 minutes

Take out, uncover and stir and make sure hot

add salt & pepper to taste

(hint: cut into one of the chicken tenderloins to make sure it's hot all the way through)

Whole Roasted Turkey

Remove turkey from refrigerator & let sit on counter 30 minutes & preheat oven to 350°

Keep turkey in roasting pan, add 1 cup of water to roasting pan and cover tightly with foil..make sure oven is hot...put in oven & cook turkey for 1 hour...you will need to re-heat until internal temperature of 145° -150°

...you might want to check it's internal temperature once or twice while cooking

Take foil off of turkey and leave in oven for another 15-20 minutes to brown.

Take internal temperature of bird and make sure it is at 145° - 150°

Take turkey out of oven, put on platter and tent with aluminum foil

Keep any drippings (and add to gravy if you want). You'll need to re-heat gravy on stovetop on low

Grilled Steak Tips

Let steak tips sit on counter for 15 minutes

Preheat oven to 350 degrees

We have marinated and seared off the tips and cooked to rare temp so you just need to finish off the way you like them (rare, medium, medium well, well)

Keep tips covered & cook in oven for 15 minutes then...cut into one to make sure it's to your liking

Easiest to re-heat peppers and onions in microwave until hot. Either toss with steak tips or serve separately

Remove the foil cover and cook for another 3-5 minutes

Spiral Cut ½ Ham

Take ham out of fridge & preheat oven to 275 degrees

Place your oven rack on the lowest level. You can wrap ham in foil

Put a little warm water in bottom of shallow pan for additional moisture

Ham is already cooked...so you just need to warm it up slowly

Figure 10 minutes per pound (7/8 lb hams will take about 70 minutes)

Check temperature after 60 minutes to make sure not drying out

Heat sauce separately on low on stovetop

Lobster Pie

Take lobster pie out of fridge & preheat oven to 350
Remove lemons and butter from inside pan
Bake covered for 10 minutes
At same time, re-heat butter on stove on low
Top lobster pie with ½ the melted butter and crumbs
Cook another 5-7 minutes until crumbs brown
Use rest of unused butter if you'd like when serving

Baked Stuffed Haddock

Remove from fridge & preheat oven to 350 degrees
Cook fish covered in oven for approximately 20-25 minutes
Remove foil, drain some of the juices from pan and...
Add crumb topping on top for 6-9 more minutes uncovered
Remove seafood dish after 6-9 minutes or when crumbs brown

Meat Lasagna

Remove Lasagna from fridge for 10 minutes and place on counter. Heat in the same foil pan covered on 250 degrees for 30 minutes. Heat up sauce on side in microwave or on stovetop on low. Make sure lasagna evenly hot and even bubbling around the edges is good.

Chicken Marsala

Heat on the same foil pan covered at 350 degrees for 25 minutes. Stir tenderloins, cover and cook for another 10 minutes. Heat up sauce on side in microwave and add at end.

Chicken Parmesan

Remove from fridge & Preheat oven to 350 degrees
Cook chicken for 15-20 minutes or until cheese on top is melted and lightly browned
At same time, re-heat marinara sauce in pan on stove on low-medium
You can either have extra sauce on the side or add it on top of your chicken parmesan

Rigatoni all Vodka

Remove from fridge and keep out on counter
Boil water and add fresh pasta for 4 minutes to cook
Heat vodka sauce in saucepan
Strain pasta and add to heated pasta sauce and stir

Calzones (Chicken Parmesan, Buffalo Chicken, Italian Cold Cut)

Remove from fridge & Preheat oven to 300
Cook uncovered for 20 minutes

Short Rib Calzone

Remove from fridge & Preheat oven to 300
Cook covered for 25 minutes
Remove cover and serve

Bruschetta

Preheat oven to 300
Toast bread for 3 minutes in oven
Take tomato mixture and spoon on bread, add cheese and heat until melted
Sprinkle parmesan cheese on top and drizzle balsamic glaze after taking out of oven

Family Meals

Option A: Plate individual meals and microwave until hot

Option B: Put sides and protein in oven at 350 degrees, covered for 10 minutes until hot (add 3 oz hot water to turkey). Microwave any gravy

Appetizers / Others

Scallops & Bacon

Remove from fridge & Preheat oven to 350 degrees

Remove scallops & bacon from foil pan

Best to cook in casserole dish, on sheet pan or on a wire rack with drip pan underneath

Cook in oven for 10 minutes

Turn over, cook 10 more minutes until browned on top and crisp

Drain and serve with lemon wedges

Cocktail Meatballs

Cook on stovetop on medium heat until sauce hot (approximately 15 minutes)

Stir occasionally and test for hotness before serving

Vegetable Spring Rolls

Preheat oven to 350 degrees

(Best to use a sheet pan or a even wire rack in a sheet pan)

Cook for 10 minutes uncovered, turn and cook another 5 minutes until browned/crisp

Some people like to put them on paper towel to remove any excess oil for a minute before plating

Serve with sauce provided on the side

Spanakopita Filos or Chicken Tenders

Preheat oven to 350 degrees

(Best to use a sheet pan or even better a wire rack on a sheet pan)

Cook for 10 minutes uncovered, turn and cook another 5 minutes until browned, hot

Short Ribs & Bacon

Preheat oven to 350 degrees

(Best to use a sheet pan or a even wire rack in a sheet pan)

Cook for 10 minutes uncovered, turn and cook another 5 minutes until browned/crisp

Some people like to put them on paper towel to remove any excess oil for a minute before plating

Heat dipping sauce before serving.

Dinner Rolls

Preheat oven to 350, cook for 5 minutes until hot & crisp

Chowder

Pour contents into saucepan, re-heat on medium heat and occasionally stir until hot

Vegetables & Potatoes (quarts or ½ pans)

Basically, you just need to re-heat the vegetables or potatoes...we've already par-baked or par-steamed them
Certain items re-heat better in the microwave and other re-heat better in the oven.

A few helpful hints..

Baked Stuffing (you might want to add a little water to stuffing before re-heating to keep moist)

Mac & Cheese (you might want to add a little milk before microwaving)

If you use the microwave, just re-heat vegetables and/or potatoes until hot

If you use the oven, just cover them in aluminum foil so they don't get dry