

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.