

market hall **FOODS**

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Housemade Food 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. Most items also 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 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)

Pre-heat oven to 350°. Remove from the fridge and let sit at room temperature for 30 minutes. Cook on a baking sheet for 25–30 minutes for small items, and 45–60 minutes for large. Do not heat in the microwave.

Stews, Braised Dishes

Bring to room temperature. Cover and heat in a 375°F oven for 15–20 minutes for a one pound portion. Adjust heating time according to portion size.

Fresh Pasta Shop Pasta

- **Filled Pasta (Ravioli, Tortellini, Tortelloni):** For one pound of pasta, bring 3–4 quarts of water to a rolling boil. Add salt and pasta. Stir to separate pasta. Reduce heat so that pasta is simmering (tortellini and tortelloni may be cooked more vigorously). Simmer ravioli or tortellini for 4–6 minutes, tortelloni for 8–10 minutes.
- **Gnocchi:** For one pound of pasta, bring 3–4 quarts of water to a rolling boil. Add salt and gnocchi, gently stir and cook for 30–40 seconds. Remove promptly.
- **Pasta Sheets (for Lasagne, Cannelloni and more):** Toss in simmering water for 20–30 seconds, then add to an oven-safe pan in layers with your favorite toppings. Bake at 350°F until crispy, golden and bubbling.
- **Rolled Pasta:** For one pound of pasta, bring 3–4 quarts of water to a rolling boil. Add salt and pasta. Stir to separate pasta. Boil for 30–90 seconds, depending on the width of the pasta. Capellini (30–35 seconds), Tagliatini and Linguine (50–60 seconds), Fettucine (60–70 seconds), Pappardelle (70–90 seconds).
 - **Extruded Pasta (Penne, Bucatini, Rigatoni, Spaghetti, etc.):** For one pound of pasta, bring 3–4 quarts of water to a rolling boil. Add salt and pasta. Stir to separate pasta. Boil for 3–5 minutes (except Rigatoni: 6–8 minutes).

Soups & Sauces

Warm gently in a covered saucepan, stirring occasionally.

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 in foil and heat in a 400° oven for approximately 8–10 minutes for one pound, 10–15 minutes for two pounds.

Ham

- **Whole:** Bring ham to room temperature. Preheat oven to 350°. Place ham in a small roasting pan. Pour approximately 1/2 cup chicken stock over ham, then pour glaze over ham. Cover with foil and heat for 20–25 minutes (for a two pound portion). Adjust heating time according to size of portion. Uncover and cook for an additional 5 minutes until nicely caramelized. Allow to stand 5 minutes before slicing.
- **Sliced:** Bring to room temperature. Cover with foil and heat in a 350° oven for 10–15 minutes (for one pound portion), basting occasionally with a small amount of liquid, such as stock. Uncover and drizzle warmed glazed ovetop ham and cook for an additional 3–5 minutes until nicely caramelized.

Seafood

Best enjoyed at room temperature. To heat, bring to room temperature, wrap in foil and warm in a 375° oven for 12–15 minutes.

Hearty Vegetable Sides

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

Green Vegetables (Broccolini, Asparagus, etc.)

May be microwaved or sautéed quickly in a non-stick pan.

Fried Chicken

Heat on a sheet pan in a 400° oven for 12–15 minutes.

Other Fried Items

Heat on a sheet pan in a 400° oven for 6–8 minutes.

Chicken Wings

Heat on a sheet pan in a 375° oven for 6 – 8 minutes.

Duck Confit

Remove duck from packaging and place the legs and any fat from the bag, skin side down in a non-stick pan. Heat in a 350° oven for 10-12 minutes. Turn over and continue to cook for 5-8 minutes until the skin is crispy and the meat is falling off the bone.

Frozen 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°. 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.

Other Frozen Items

- **Empanadillas:** Preheat oven to 400°. Bake frozen in a single layer on a cookie sheet for 10 –15 minutes.
- **Pigs in a blanket:** Preheat oven to 400°. Bake frozen in a single layer on a cookie sheet for 20 –25 minutes.
- **Spanakopita:** Preheat oven to 375°. Bake frozen in a single layer on a cookie sheet for 8-12 minutes.
- **Lasagne and Mac & Cheese:** Do not defrost. Pre-heat oven to 350°F. Remove plastic lid and cover with foil. Heat on a baking sheet for 70 minutes. Remove foil and continue baking for approximately 10 minutes, or until lightly golden.
- **Pot Pies:** Do not defrost. Preheat oven to 375°. Place on baking sheet and cook for 50-60 minutes, until golden brown. Allow to cool for 5 minutes before eating.
- **Baked Pasta and Tetrazini:** Do not defrost. Pre-heat oven to 350°. Remove the plastic lid and cover with foil. Heat on a baking sheet for 60 minutes. Remove foil and continue baking for approximately 10 minutes, or until lightly golden.

Raw Marinated Meats

- **Pork Loin:** Preheat oven to 375°. Remove pork from the refrigerator and let sit 30 minutes. Remove pork from packaging and place on a sheet pan. Cook until the internal temperature reaches 130°F (approximately 35 – 45 mins.) Allow to rest 15 minutes before slicing.
- **Spatchcock Chicken:** Preheat oven to 375°. Remove from the fridge and let sit 30 minutes. Remove from packaging and place skin side up on a sheet pan. Roast for 40 minutes. Rotate pan, baste, cook for another 30 – 35 minutes, or until the internal temperature of the thigh reaches 180°F. Allow to rest for 10 minutes before slicing.
- **Chicken Breast:** Preheat oven to 400°F. Remove from refrigerator and let sit 15 minutes. Remove peppercorns, garlic and herbs. Heat a non-stick, ovenproof pan on medium high. Sear chicken, skin side down, for 1 – 2 minutes. Turn chicken over and place the pan in the oven. Cook until internal temperature reaches 145°F (approximately 20 – 25 minutes). Allow to rest for 10 minutes before slicing.
- **Chicken Thighs:** Preheat oven to 400°. Remove from fridge and let sit for 15 minutes. Remove from packaging, place on a sheet pan and brush with olive oil. Cook until internal temperature reaches 175°F – 180°F (approximately 30 minutes). Allow to rest for 5 minutes 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.