

market hall **FOODS**

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

Rosh Hashanah & Yom Kippur Menus 2023 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

Heat in microwave 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 and Savory Vegetable Kugel

Cover and heat in a 350°F oven for 20–25 minutes (45–50 minutes for an extra large size tray). Uncover and heat 5 minutes more.

Chicken Dishes

Cover and heat in a 375°F oven for 15-20 minutes (for a one pound portion). Adjust heating time according to size of portion.

Grilled Salmon

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

Basmati & Garbanzo Pilaf with Apricots & Pistachios

Heat in microwave on high for 1-2 minutes, or in a 350°F oven, covered, for 20-30 minutes, stirring halfway through.

Couscous with Crispy Shallots & Herbs

Heat in microwave on high for 2–3 minutes, or in a 350°F oven, covered, for 10–12 minutes.

Tzimmes

Heat in microwave on high for 1–2 minutes, or in a 350°F oven, covered, for 10–12 minutes.

Broccolini

Heat in microwave on high for 1-2 minutes, or sautéed quickly in a pan over medium high heat.

Harissa & Maple Roasted Carrots

Heat in microwave on high for about 1 minute, or in a 350°F oven, covered, for 8–10 minutes.