## ZUPAN'S MARKETS

# FULLY COOKED ITEMS REHEATING INSTRUCTIONS

#### **FULLY COOKED TURKEY**

Preheat oven to 325°F. Remove wrap from turkey and cover loosely with foil. Bake at 325°F for approximately 90-120 minutes or until it reaches 165°F internal temp. Let stand 10-15 minutes, carve & serve.

#### **BONELESS RIBEYE ROAST**

Item can be served at room temperature.\* To serve warm, preheat oven to 325°F. Place in a shallow pan, loosely cover with aluminum foil on the center rack of the oven for 20-45 minutes (larger roasts will take longer to warm up) until desired temperature.

#### **ROASTED TRI-TIP**

Item can be served at room temperature.\*
To serve warm, preheat oven to 325°F. Place in a shallow pan, loosely cover with aluminum foil on the center rack of the oven for 20-45 minutes (larger roasts will take longer to warm up) until desired temperature.

#### LOBSTER

Item can be served cold. To serve warm, fill a large pot with water and bring to a boil. Place lobster in boiling water for two minutes, remove from water and place directly on serving platter. Melt clarified butter on stovetop over low heat or warm in microwave for 10 second increments.

#### **SALMON**

Best served at room temperature.\*

#### **HAM**

For the best flavor we recommend serving ham at room temperature.\*

To serve warm, preheat oven to 325°F. Remove clear plastic wrap. Leave ham in gold foil wrap. Place ham in shallow pan flat side down on center rack of oven. Cover bottom of pan with water. Bake the ham approximately 7 minutes per pound until ham is slightly warm.

### SIDE DISHES:

Please allow time for items to come to room temperature before heating (approximately 30 minutes). Before heating, remove plastic lids from oven-safe containers. For best results, place containers on the middle rack of oven to distribute heat evenly. Stir items thoroughly before and after heating. Multiple items in oven will require longer heating time.

#### **SOUP & GRAVY**

Remove from container. In a sauce pan, stir over medium heat for 10-15 minutes.

#### POTATOES, STUFFING, YAMS

Preheat oven to 350°F. Heat for 30-45 minutes, or until food reaches an internal temperature of 165°F. *Option*: Uncover stuffing for the last 15 minutes of heating for a light crust on top.

#### **GRILLED ASPARAGUS**

Best served at room temperature.

## GREEN BEAN AMANDINE, CARROTS & BRUSSELS SPROUTS

Stovetop method (recommended): Remove from container. In sauté pan, stir over medium heat for 10 minutes. Oven method: Preheat oven to 350. Heat for 15-20 minutes, or until vegetables reach an internal temperature of 165°F.

#### **ROLLS**

Preheat oven to 325. Wrap in foil and heat for 8-10 minutes until warm. Or place on cookie sheet and heat for 5-7 minutes.

<sup>\*</sup>remove from refrigerator approximately 1 hour prior to serving.

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## MAIN DISH COOKING INSTRUCTIONS

#### **COOKING TIPS:**

- Always use a meat thermometer to check doneness. Remember that item will continue to cook once removed from oven.
- Bring beef items to room temperature before cooking. Approximately 1 hour before cooking.
- For optimal flavor, season your meat with herbs and your favorite light oil.

#### STANDING RIB ROAST:

Rib roasts are best when cooked rare to medium rare. (rare 130-135°F, medium rare 135-140°F)
Dry-aged beef is best when cooked rare to medium rare. (rare 120-125°F, medium rare 125-130°F)

Dry-aged beef will cook faster than a traditional roast.

- 1. Season your roast and place on rack in roasting pan.
- 2. Set oven temperature to 450°F. Roast meat for 15 minutes (to sear the outside).
- 3. Reduce heat to 350°F.
- 4. Continue roasting, checking the meat's internal temperature every 30 minutes.
- 5. When roast reaches 10°F less than desired internal temperature, remove it from the oven.
- 6. Cover loosely with foil and allow to rest for at least 20 minutes before carving.

#### **CROWN PORK ROAST:**

Pork rib roasts are best when cooked medium. (medium 145°F)

- 1. Season your roast and place on rack in roasting pan.
- 2. Set oven temperature to 375°F.
- 3. Fill the cavity of the roast with your favorite stuffing.
- 4. Cover the stuffing and tips of the bones with aluminum foil.
- 5. Roast for approximately 2 hours, until the internal temp of your roast reaches the desired temperature.
- 6. 30-45 minutes prior to doneness, remove foil to brown stuffing.
- 7. Remove roast from oven and loosely tent will foil, allowing meat to rest before serving.

#### **BEEF TENDERLOIN ROAST:**

Beef tenderloin roasts are best when cooked rare to medium rare. (Internal temp: rare 130-135°F, medium rare 135-140°F)

- 1. Season your roast.
- 2. Set oven temperature to 475°F.
- Heat some olive oil in a heavy skillet. Once oil is hot place tenderloin in pan to sear it. Approximately 1-2 minutes per side, browning on all sides.
- 4. Remove from skillet and place on rack in roasting pan.
- 5. Place roast in oven, until desired internal temp is reached.
- 6. Remove roast and loosely tent with aluminum foil, allowing meat to rest before serving.

#### **TURKEY:**

- Remove the packet of giblets from the cavity of the bird and save them for gravy if you choose.
   Next, rinse the bird inside and out (optional) and pat dry with paper towels.
- 2. Tie drumsticks together with string and brush the skin with melted butter or oil and salt the skin.
- 3. Place the bird on a rack in a roasting pan, and into a preheated 350°F oven.
- 4. General rule for cooking a turkey is 12-15 minutes per pound, but that can vary across ovens. The turkey is done when the thigh meat reaches an internal temperature of 165°F.
- 5. Roast until the skin is a light golden color, and then cover the breast loosely with a foil tent to prevent further browning. During the last 45 minutes of baking, remove the foil tent to brown the skin.
- 6. When the turkey is done, remove from the oven and cover with foil, allowing it to rest for 20 minutes before carving. This allows the juices to redistribute throughout the meat, and makes for easier carving.