

## Wagshal's Reheating Instructions:

These reheating instructions will serve as a general guide for Wagshal's products in the event they are not individually marked instructions. Most dishes will reheat best and retain their quality using a conventional oven. As your oven calibration or microwave capacity and wattage may vary –using an instant-read dial or digital thermometer will ensure accurate best results.

### SPRING VALLEY FROZEN MEALS:

**Oven:** Preheat oven to 350, loosen the cover and bake for 30-45 min.

**Microwave:** Keep the cover on, microwave on high for 5-10 min, turn 2-3 times.

### Proteins:

**Roasted Chicken:** Place in a pre-heated 350-degree oven for 20-25 minutes or until internal temperature of 165 degrees is reached.

**Roast Beef** (including Tenderloin): Whole roasts will vary widely based on weight. Check temperature every 5-7 minutes until desired done-ness is reached. Place in a preheated 350-degree oven on a roasting rack, uncovered. For a 1 ½ lb roast 15 minutes for rare, 20 minutes for medium rare, 25 for medium well & 35 minutes for well done.

**Filet Mignon or Steaks:** For reheating steaks, place on a roasting rack in a preheated 350-degree oven. For 8 oz steaks, 7-9 minutes for rare, 12-18 minutes for medium rare, 17-23 minutes for medium well and 22-26 minutes for well done.

**Broasted Chicken:** Heat uncovered on a sheet pan in a pre-heated oven for 20-25 minutes. For boneless chicken, reduce time by ½ . Check for internal temperature of 165 degrees.

**Broasted Perch/Fish:** Heat uncovered a sheet pan in a pre-heated oven for 12-15 minutes. Check for internal temperature of 165°

**Grilled Salmon:** Place in oven-safe container and reheat uncovered in a preheated 350-degree oven for 10-12 minutes.

**Grilled Chicken Breast:** Place in oven-safe container, reheat uncovered in preheated 350-degree oven for 8-10 minutes.

**Meat or Vegetable Lasagna:** Place in an oven-safe container covered with foil and re-heat for 30-40 minutes. Or, reheated in microwave, covered with plastic wrap.

### Soups, Sauces:

**Stovetop:** Place soup or sauce into a saucepan over medium heat. Stir frequently until 165 degrees

**Microwave:** Soups may be microwave reheated in PET plastic containers as packaged. Alternatively, place into a non-reactive plastic or glass bowl covered with plastic wrap. Reheat on high for 1 minute, stir once. Reheat for an additional time until 165 degrees.

### Sides:

**Fried items:** Corn Fritters, Sidewinders, Loaded Sidewinders, Fried Okra, Pholourie, Salted Cod Fritters, Latkes: Preheat oven to 400 degrees, spread evenly on baking sheet and warm for approximately 3-5 minutes.

**Mashed potatoes:** Cover well with plastic & foil. Place in oven and heat to 350 degrees for 20 minutes. Check temperature at 15 minutes. For microwave reheating, cover well w/ plastic & heat for 2 min., check temperature, heat additional minutes as needed.

**Rice, Vegetables and Potatoes:** Cover with foil, and place in pre-heated 350-degree oven for 10 minutes. For microwave reheating, cover with plastic and put into microwave oven for 1-2 minutes.

**Baked Beans and Mac 'n Cheese:** Cover w/ foil & place in a 350-degree oven for 12-15 min. For microwave, reheat for 1 minute.

**Collards:** Reheat in sauté pan over medium heat. For microwave, cover w/ plastic wrap & heat on full power for 45 seconds.

**Cheesy Grits:** Cover w/ foil & place in 350-degree preheated oven for 10 min. For microwave, cover w/ plastic, heat for 1 minute.

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### Baked Goods:

**Breads, Croissants, Scones:** Refresh breads by preheating oven to 350 degrees, place items directly on oven rack for 3-4 minutes.

**Cornbread:** Place in microwave for 30 seconds or in a preheated oven at 220 degrees for 10-15 minutes

**Buttermilk or Cheddar Biscuits:** Place in microwave for 30 seconds or place in preheated 350-degree oven for 3-4 minutes.

**Quiche and Empanadas:** Remove from packaging and heat uncovered in a preheated 350-degree oven for 20-30 minutes or until 165 degrees. If the crust begins to brown, cover with foil for the last few minutes.

**Bread Pudding/Breakfast Casserole:** Place aluminum container in to 350 degrees pre-heated oven until 165 degrees.

**Pies:** Total time 55 minutes. Remove pie from plastic package. **In a cold oven** - place pie directly on center rack. Set oven to 325 and timer for 45 minutes. If pie begins to brown, loosely cover with foil. Bake for 10 minutes more. Check for temperature of 140 degrees and serve.

