



## HOLIDAY MEAL REHEATING GUIDE

Our meals are fully cooked and can be served cold. To ensure food safety, we recommend heating all fully cooked foods to an internal temperature of 165°F.

## MAIN DISHES

Cooking times may vary based on the specific size of your item and your oven's performance. For best results, use a probe thermometer to monitor the internal temperature as you reheat.

### Turkey

Mary's fully cooked oven-roasted turkey comes with its own reheating instructions. At Metropolitan Market, we've perfected our own method, which you can choose to follow instead.

Remove turkey from refrigerator at least 45 minutes before heating to allow it to reach room temperature. Preheat oven to 325°F. Discard plastic packaging but leave oven-safe (up to 450°F) nylon truss on the legs. Place turkey in a roasting pan with any juices from the packaging and add a cup of chicken or vegetable stock. Cover loosely with foil. Bake until a probe thermometer inserted into the thickest part of the turkey reads 165°F, which should take about 60 to 75 minutes for a 10-pound turkey. Let turkey rest, tented with foil, for 10 to 15 minutes before carving.

### Turkey Breast

Remove turkey breast from refrigerator at least 30 minutes before heating to allow it to reach room temperature. Preheat oven to 325°F. Remove turkey breast from plastic packaging and place it in a roasting pan. Add a half cup of chicken or vegetable stock to the pan. Cover loosely with foil. Bake until a probe thermometer inserted into the thickest part of the breast reads 165°F. Let turkey rest, tented with foil, for 8 to 10 minutes before carving.

### Kurobuta Ham *Available in December*

Remove ham from refrigerator at least 45 minutes before heating to allow it to reach room temperature. Preheat oven to 275°F. Remove wrapping from ham and place it in a roasting pan. Cover loosely with foil. Bake for approximately 12 to 15 minutes per pound until a probe thermometer inserted into the thickest part of the ham reaches 165°F. Let ham rest, tented with foil, for 15 to 30 minutes before carving.

### Prime Rib

Remove prime rib from refrigerator at least 45 minutes before heating to allow it to reach room temperature. Preheat oven to 350°F. Remove plastic and foil from prime rib. Place meat in a roasting pan, adding any liquids from the package along with one cup of water. Cover pan tightly with foil. Bake for about 1.5 to 2 hours, or until a probe thermometer inserted into the thickest part of the roast reads 165°F for well-done, or to your desired doneness. Remove foil and let prime rib rest for at least 15 minutes before carving.

### Cranberry Hazelnut en Croute

Preheat oven to 300°F. Remove from packaging and place on a parchment-lined sheet pan. Heat for 30 minutes until a probe thermometer inserted into the thickest part reads 165°F.

## STARTERS

### Cheesy Pull-Apart Bread

Preheat oven to 325°F. Remove bread from plastic packaging and place it on a sheet pan. Cover bread with foil and bake for 25 to 30 minutes, or until the cheese is melted and gooey. Remove foil and bake for an additional 10 minutes to crisp the top. Serve warm.

### Tamales

Arrange tamales on a microwave-safe plate. Cover with a damp paper towel. Microwave on high for 2 minutes. Flip each tamale, cover again, and microwave for an additional 2 minutes, or until heated through. Let stand for 5 minutes before removing the corn husks. Alternatively, steam tamales for 15 minutes, or until heated through. Let stand for 5 minutes before removing the corn husks.

## SIDE DISHES

Before heating, remove plastic lids from oven-safe containers. For even heating, place the containers on the middle rack of the oven.

**Yukon Gold Garlic Mashed Potatoes, Savory Sage Stuffing, Corn Pudding, Scalloped Potatoes, Yams and Cranberries, Roasted Rainbow Carrots with Maple Syrup, Roasted Cauliflower Parmesan** Preheat oven to 350°F. Heat for 25-30 minutes, or until food reaches an internal temperature of 165°F.

### Herbed Green Beans, Roasted Brussels Sprouts

Stovetop method (recommended): Remove from container. In a sauté pan, stir over medium heat for 6 to 8 minutes, or until heated through.

Oven method: Preheat oven to 350°F. Heat for 15 to 20 minutes, or until heated through.

### Yorkshire Pudding *Available in December*

Preheat oven to 350°F. Heat for 1 to 2 minutes.

### Turkey Gravy, Porcini Mushroom Gravy, Au Jus

Pour gravy or au jus into a saucepan. Cook over medium heat, whisking constantly for 6 to 8 minutes until it comes to a simmer.

### Macrina Buttermilk Dinner Rolls

Preheat oven to 350°F. Place rolls on a sheet pan and heat for 5 to 7 minutes until warmed through.

## HOLIDAY MEAL INGREDIENT GUIDE

See what's inside for total transparency and confidence in what you're preparing this holiday season.

## STARTERS

### Cheesy Pull-Apart Bread

Skagit Valley Miche bread (stone-milled organic whole grain flour, water, yeast, salt), Alpine cheese blend (Emmental, Gruyere, cow's milk, cheese culture, salt, enzymes), garlic butter (butter (milk), safflower oil, sea salt, chopped garlic in water (garlic, water, citric acid), black pepper, parsley, oregano, thyme, rosemary), everything bagel seasoning (onion, sesame seeds, poppy seeds, granulated garlic, salt). **Contains: wheat, milk, sesame.**

### Tamales

Red masa (water, organic ground corn flour (trace of lime), expeller pressed canola oil, red chili paste (water, red chili, sea salt), sea salt, baking powder (monocalcium phosphate, sodium bicarbonate, cornstarch), organic vegetable base (organic carrot, organic tomato, organic onion, organic potato, organic garlic, organic dextrose, organic raw cane sugar, organic canola oil, organic spices, organic turmeric)), filling (pork meat, water, red chili, onion, sea salt, garlic).

## MAIN DISHES

### Mary's Oven-Roasted Bone-In Turkey Breast

Turkey, water. Contains less than 2% of sea salt, organic cane sugar.

### Mary's Oven-Roasted Boneless Turkey Breast

Turkey, water. Contains less than 2% of sea salt, organic cane sugar.

### Mary's Oven-Roasted Whole Turkey

Turkey, water. Contains less than 2% of sea salt, organic cane sugar.

### Mary's Oven-Roasted Whole Organic Turkey

Organic turkey, water. Contains less than 2% of sea salt, organic cane sugar.

### Mary's Pecan Smoked Whole Turkey

Turkey, water. Contains less than 2% of sea salt, organic cane sugar, pecan smoke flavor.

### Prime Rib

USDA Choice boneless ribeye roast, sea salt, black pepper.

### Kurobuta Ham *(hardwood smoked/fully cooked)*

Berkshire pork, water, sea salt, turbinado sugar, brown sugar, celery powder.

### Cranberry Hazelnut en Croute

Hazelnut cranberry roast: filtered water, vital wheat gluten, expeller pressed safflower oil, cranberries, crystalized ginger (ginger, cane sugar), roasted hazelnuts, wheat protein isolate (wheat gluten, trisodium phosphate, malic acid, l-cysteine), yeast extract, barley malt extract, whole wheat pastry flour, dehydrated garlic, unsulfured dried apples, onion powder, yellow pea flower, ginger juice concentrate (ginger, citric acid), sesame oil, spices, lemon juice concentrate, sea salt, tomato paste, garlic, natural smoke flavor (torula yeast, smoke flavor), rubbed sage, rosemary.

### Puff pastry

Unbleached wheat flour, organic expeller pressed palm fruit oil, filtered water, salt, citric acid. Contains: wheat, tree nuts, sesame.

## SIDE DISHES

### Corn Pudding

Corn, heavy cream (milk, carrageenan), eggs, buttermilk (cultured low-fat milk, sodium citrate, salt, vitamin A palmitate, vitamin D3), sugar, butter (pasteurized cream (milk), salt), salt, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), baking powder (corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate). Contains: egg, wheat, milk.

### Yorkshire Pudding

Eggs, unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, milk (milk, vitamin D), water. Contains: wheat, milk, egg.

### Macrina Buttermilk Dinner Rolls

Enriched unbleached wheat flour (wheat flour, ascorbic acid, enzyme, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), buttermilk (cultured low-fat milk, salt), unsalted butter (cream [milk], natural flavoring), sea salt, yeast. Contains: wheat, milk.

### Herbed Green Beans

Green beans, parsley, garlic, black pepper, sea salt, blended oil (canola oil, olive oil).

### Orange Cranberry Sauce

Cranberries, sugar, orange juice, orange peel, cinnamon, water.

### Porcini Mushroom Gravy *(vegan, gluten-free)*

Water, cremini mushrooms, yellow onions, canola oil, cornstarch, powdered porcini mushrooms, brown sugar, balsamic vinegar, salt.

### Turkey Gravy

Water, turkey stock (water, roasted turkey meat, salt, chicken fat, sugar, natural flavor, rice flour, guar gum, turkey broth), modified corn starch, contains 2% or less of turkey broth, turkey fat, mirepoix base (carrots, onions, celery, salt, sugar, corn oil, potato flour, carrot powder), butter (cream, salt), chicken fat, natural flavor, whey protein concentrate, acacia and xanthan gum, salt, yeast extract, onion powder, garlic powder, nisin preparation, and spices. Contains: milk.

### Brussels Sprouts

Brussels sprouts, safflower oil, salt, black pepper.

### Roasted Rainbow Carrots with Maple Syrup

Carrots, maple syrup, salt, black pepper, canola oil.

### Roasted Cauliflower Parmesan

Cauliflower, Parmesan cheese (milk, salt, enzymes), onion, thyme, garlic, salt, black pepper, olive oil. Contains: milk.

### Horseradish Sauce

Prepared horseradish (horseradish, vinegar, salt, sodium bisulfite), Dijon mustard (water, mustard seed, vinegar, salt), mayonnaise (soybean oil, water, whole eggs, egg yolks, vinegar, salt, sugar, dextrose, lemon juice concentrate, calcium disodium, natural flavors). Contains: egg, soy.

### Au Jus

Water, beef au jus base (beef broth, salt, yeast extract, sugar, beef fat, potato flavor, onion powder, caramel color, garlic powder, flavoring).

### Savory Sage Stuffing

Croutons (enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], canola and/or sunflower oil, whey, salt, yeast, high fructose corn syrup, 2% or less of sugar, spices, calcium propionate [preservative], dehydrated parsley, onion powder, paprika [color], turmeric [color], extractive of paprika [color], spice extractive, enzymes, ascorbic acid, tbhq [to preserve freshness]), yellow onions, celery, butter, (cream (milk), salt), sunflower and extra virgin olive oil blend (80% rbd high oleic sunflower oil, 20% extra virgin olive oil), turkey base (oven-roasted turkey with natural turkey juices, salt, cornstarch, yeast extract, turkey flavor (contains rendered turkey fat), natural flavor, onion powder), garlic (garlic, water, citric acid), kosher salt, sage, black pepper. Contains: milk, wheat.

### Scalloped Potatoes

Potatoes, Asiago cheese (milk, potato starch, salt, enzymes), salt, cream, garlic, modified cornstarch, water, tapioca starch, guar gum, xanthan gum, sunflower oil, milk protein. Contains: milk.

### Yams and Cranberries

Yams, brown sugar, heavy cream, cranberries, margarine (vegetable oil blend (palm, canola, soybean, flax, and olive oils), water, contains 2% or less of salt, natural flavor, pea protein, sunflower lecithin, lactic acid, annatto extract), salt, canola oil. Contains: milk.

### Yukon Gold Garlic Mashed Potatoes

Yukon Gold potatoes (flesh and skin), sour cream (cultured cream), butter (pasteurized cream, salt), raw garlic, olive/safflower oil blend (olive oil, safflower oil), salt, white pepper. Contains: milk.

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