

LUCY'S KITCHEN

EST  1991

— AND MARKET —

HEATING INSTRUCTIONS

ALL YOUR ITEMS THAT YOU RECEIVE FROM US SHOULD BE PUT IN THE REFRIGERATOR IMMEDIATELY
IT'S BEST TO REMOVE ITEMS FROM REFRIGERATION AT LEAST 30 MINUTES BEFORE RE-HEATING.

SOUPS, BEEF BOURGUIGNON, DUCK RISOTTO

SIMMER ON LOW FOR 10-15 STIRRING FREQUENTLY . FOR A TRAY PLACE IN OVEN COVERED FOR 30-40MIN.

GREEN BEANS, ASPARAGUS, BABY CARROTS, WILD RICE

REHEAT: ADD 1-2 OZ OF WATER PER POUND AND COOK COVERED OVER
MEDIUM HEAT ON THE STOVETOP 2-4 MINUTES (THIS WILL CHANGE THE COLOR)
-OR- MICROWAVE FOR 2-4 MINUTES.

MASHED POTATOES, SWEET POTATO ,

Reheat: IN THE OVEN@ 350°F FOR 30-45. COVERED YOU CAN ADD A LITTLE CREAM OR MILK
TO MASHED POTATOES IF NEEDED.
THESE ITEMS CAN ALSO GO IN THE MICROWAVE IN MICROWAVE SAFE PAN.

QUICHE: IN A 350 OVEN FOR 15-20 MINUTES.

CHICKEN PICCATA, MARSALA TRAYS

REHEAT: 350 F, KEEP LID ON 20 MINS

WHOLE TENDERLOIN, FOR MED-R UNCOVERED 425F 10 MIN.

FOR TENDERLOIN MAKE SURE OVEN IS PIPING HOT, YOUR SHEET PAN SHOULD BE HOT AS WELL

BEEF WELLINGTON REHEAT IN A 400F OVEN FOR 10-12 MINUTES FOR MEDIUM RARE

CANNELLONI, TORTELLINI, LASAGNA, POTATO DAUPHINOISE

CREAMED SPINACH, MAC & CHEESE BY THE TRAY

REHEAT IN THE OVEN 350 F. COVERED FOR 45 MINUTES 10 UNCOVERED
VERY IMPORTANT TO TAKE OUT OF REFRIGERATOR 30-45 MINUTES BEFORE READY TO HEAT.

FINGERLING POTATOES

REHEAT IN THE OVEN 400F FOR 10-12 MINUTES. UNCOVERED

SALMON EN CROUTE

REHEAT IN THE OVEN 350 FOR SLICES 10-12 MINUTES. WHOLE 30 MIN

BAKED BRIE

400 F FOR 15 MIN