

### Ribs

In the oven, put the ribs in a pan with a small amount of water. Cover with foil and heat for 20- 30 minutes. On the grill, set to temperature to low/medium and heat for 10 – 15 minutes.

### Pulled Pork

Place in a 325° oven for 35-40 minutes until heated through, stirring occasionally

### Sweet Sliced Holiday Ham (Pre-cooked)

Cover with foil and place in a preheated 350° oven for 30 to 35 minutes, remove foil for the last 10 minutes of heating

### Flat Iron

Place on a grill on medium heat for 10-12 minutes. If sliced, place in foil on the grill or in the oven and heat for 8-10 minutes until heated through.

### Filet Mignon (Pre-cooked)

Place in an oven safe pan, cover with foil loosely, and heat in a 350° oven until heated through, 10-12 minutes. For well done, heat for 25 minutes

**Sausage & Peppers:** Heat in a 325° oven uncovered for 30-45 minutes

**Flounder & Tilapia:** Place in 350° oven uncovered for 10-12 minutes until heated through

**Beer Battered Cod:** Bake in 350° oven for 10-15 minutes

### Grilled Salmon

Place in 350° oven, covered for 20-25 minutes until heated through

### Crab Cakes

(small) Heat in a 300° oven uncovered for 5-10 minutes; (large) 10-15 minutes

### Shrimp & Spinach

Microwave uncovered for 45 second intervals with a 30 second pause in between until heated

### Cilantro Shrimp

On a grill medium heat for 3-5 minutes or in oven 325° for 5-7 minutes

### Mini Meals

Microwave 1 minute increments uncovered until heated to desired temperature (about 3 minutes). Oven place in oven safe dish at 325° for 10-20 minutes until desired temperature is reached.

### Family Size Mini Meals

Microwave: 1 minute increments until heated to desired temperature (about 5 minutes). Oven: place in oven safe dish at 325° and heat for 20-30 minutes until heated to desired temperature.

### Quiches

Place a foil covered quiche in a 325° oven for 20 minutes. Remove foil and bake for an additional 10 minutes or until golden brown

### Soups & Sauces

**Soups, Bisques & Chowders:** Place in a pot (uncovered) and heat on low until hot or place in microwave safe dish and heat at 1 minute intervals stirring in between until hot about 4 minutes

**Sauces:** All sauces can be heated in microwave (uncovered) on short intervals of 25-30 seconds until hot. Thin with water if too thick after heating

**Gravies:** Place in a pot (uncovered) and heat on low until hot or place in microwavable container and heat at 1 minute intervals stirring in between until hot, about 4 minutes

# SICKLES MARKET

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# Reheating Instructions Starters, Vegetables & Entrees

HARRISON AVENUE OFF RUMSON ROAD, LITTLE SILVER  
MONDAY THROUGH SUNDAY 9-6  
SICKLESMARKET.COM  
TEL: 732.741.9563

## Starters

### **Crab Cakes, Black Bean Fritters, Stuffed Mushrooms**

Heat in a 325° oven, uncovered for 10-12 minutes

### **Pigs in a Blanket**

Heat in a 325° oven, uncovered for 8-10 minutes

### **Wing Dingz**

Heat in a 325° oven, uncovered for 15-20 minutes

### **Arancini**

Bake uncovered in a 325° oven for 7 – 10 minutes

### **Falafel**

Bake on a sheet pan, uncovered in a 350° oven for 7-10 minutes

### **Truffle Mac and Cheese, Potato Skins**

On a sheet pan, uncovered in a 350° oven for 7-10 minutes

### **Pimento Fritters**

On a sheet pan, uncovered in a 300° oven for 5-7 minutes

### **7 Layer Dip**

325° oven covered for 30-35 minutes, uncovered for an additional 15 minutes

### **Stuffed Mushrooms**

On sheet pan, uncovered in a 350° oven for 10-15 minutes

### **Potato Pancakes**

Place in a 350° oven uncovered until hot for about 10-12 minutes

### **Chicken Fingers, Buttermilk Chicken Bites, Buffalo Chicken Tenders & Hot Honey Chicken Tenders**

Heat in a 325° oven uncovered for 12-15 minutes

## Vegetables

### **Roasted Asparagus**

Place in a 300° oven covered for 10-15 minutes until heated through

### **Carrots & Parsnips**

Place in a 350° oven for 10-15 minutes or place in a microwavable container uncovered, and heat 2 to 3 minutes at a time, stirring occasionally, until hot

### **Creamy Pearl Onions & Corn Pudding**

Place in an oven safe pan, cover with foil. Heat in a 350° oven for 15-20 minutes or place in a microwavable container, uncovered. Heat in 1 minutes intervals, stirring occasionally, until hot

### **Steamed or Grilled Vegetables, Brussels Sprouts & Roasted Squash, Autumn Vegetables**

Place in an oven safe pan, cover with foil and heat in a 350° oven for 10-20 mins. or place in a microwavable container, uncovered, and heat in 1 min intervals, stirring occasionally, until hot

### **Green Beans**

Place in microwavable container covered. Heat on high for 5 minutes in 1 minute intervals

### **Steamed Broccoli**

Place in sauté pan for 3-5 minutes, stirring occasionally

### **Italian Style Broccoli Rabe**

Place in sauté pan for 5-7 minutes, stirring occasionally

### **Sautéed Spinach**

Place in an oven safe dish, cover and place in 350° oven for 10-15 minutes

## Side Dishes

### **Polenta**

Place in a 300° oven covered for 25-30 minute, stirring after 15 minutes, until heated through

### **Potatoes Au Gratin**

Preheat oven to 325°. Heat 40 - 60 minutes until heated. Keep covered until last 10 minutes.

### **Potatoes (Mashed and Sweet Potatoes)**

Transfer to oven safe pan and place in a preheated 350° oven for 20 to 25 minutes or place in a microwavable container, cover and heat at 5 minute intervals, mixing occasionally, until heated

### **Roasted Baby Potatoes**

Transfer to oven safe pan and place in a 350° oven until hot, about 10-15 minutes or place in a microwavable container, cover and heat at 2 min intervals, mixing occasionally, until heated

### **4-Cheese Stuffed Baked Potatoes**

Place potatoes in a 375° oven, uncovered for 15-20 minutes

### **Rice Dishes & Farro Risotto**

Transfer to oven safe pan and place in a preheated 350° oven for 20 -25 min. or place in a microwavable container, cover and heat at 5 min intervals, mixing occasionally, until heated

### **Stuffing**

Place in oven safe pan, cover loosely with foil. Heat in a preheated 350° oven for 10-15 mins

## Entrees

### **Eggplant Parmesan**

Preheat oven to 325°. Heat for 40-60 minutes until heated. Keep covered until last 15 minutes

### **Eggplant Stacks**

Bake in 350° oven for 10-12 minutes

### **Eggplant Rollatini**

Preheat oven to 325°. Heat uncovered for 20-30 minutes until heated through

### **Lasagna**

Preheat oven to 325°. Heat for 40-60 minutes until heated. Keep covered until last 15 minutes

### **Penne Vodka**

Place in a 350° oven covered for 30 minutes until heated through

### **Mac & Cheese**

Place in a 300° oven for 30-40 minutes until heated. Keep covered until last 15 minutes

### **Chicken (Boneless Breast) Grilled, BBQ**

Place in a 325° oven uncovered for 12-15 minutes until heated through

### **Fried Chicken or Nashville Hot Chicken**

Place in a 325° oven uncovered for 25-30 minutes until heated through

### **Chicken Francese, Chicken Parmesan**

Place in a 300° oven uncovered for 15-20 minutes until heated through

### **Chicken Marsala**

Place in a 350° oven uncovered for 25 minutes until heated through

### **Turkey Breast (Roasted)**

Place in an oven safe pan; add 1/4 inch chicken or turkey broth, and cover loosely with foil. Heat in a preheated 350° oven until heated through, about 7-10 minutes per pound

### **Meatballs**

Place in a 350° oven uncovered for 25 minutes until heated through