

## STANDING BEEF RIB ROAST AU JUS, WHOLE (READY TO COOK)

**Rib Roast: Oven:** Preheat oven to 325°F. Add 1 cup of water to bottom of tray and cook roast in tray, uncovered, for 3 hours and 15 minutes. Insert a thermometer into the center, avoiding bone, to check temperature and continue to cook for desired doneness as needed. Allow to rest for 10 minutes, then slice and serve with warm jus. **Jus:**

**Stovetop:** In a saucepan over medium-low heat, warm to a gentle simmer, about 10 minutes. **Microwave:** Remove lid. Heat on high for 3-5 minutes, stirring midway through.

*Beef and lamb internal temperatures: Rare (120°F); Medium (135°F); Well Done (160°F).*

## STANDING BEEF RIB ROAST AU JUS, HALF (READY TO COOK)

**Rib Roast: Oven:** Preheat oven to 325°F. Add 1 cup of water to bottom of tray and cook roast in tray, uncovered, for 2 hours and 15 minutes. Insert a thermometer into the center, avoiding bone, to check temperature and continue to cook for desired doneness as needed. Allow to rest for 10 minutes, then slice and serve with warm jus. **Jus:**

**Stovetop:** In a saucepan over medium-low heat, warm to a gentle simmer, about 10 minutes. **Microwave:** Remove lid. Heat on high for 3-5 minutes, stirring midway through.

*Beef and lamb internal temperatures: Rare (120°F); Medium (135°F); Well Done (160°F).*

## WHOLE FILET OF BEEF AU JUS (READY TO COOK)

**Beef Filet: Oven:** Preheat oven to 325°F. Add 2/3 cup of water to the bottom of tray and cook filet, uncovered, on middle rack of oven for 45-60 minutes. Check for desired doneness by inserting a thermometer into the thickest part of the filet. Allow to rest for 10 minutes before slicing. **Jus: Stovetop:** In a saucepan over medium-low heat, warm to a gentle simmer, about 10 minutes.

**Microwave:** Remove lid. Heat on high for 3-5 minutes, stirring midway through.

*Beef and lamb internal temperatures: Rare (120°F); Medium (135°F); Well Done (160°F).*

## BUTTERFLIED CORIANDER-SAGE CORNISH HENS (READY TO COOK)

**Oven:** Preheat oven to 400°F. Place tray on middle rack and roast, uncovered, for 30-35 minutes (for a crisper skin, transfer hens to a baking sheet for cooking and raise temperature to 450°F for final 5 minutes). Remove from oven and allow to rest before serving. **Grill:** Place hens skin-side down, grill over medium heat until skin is golden brown, about 8 minutes uncovered. Flip, close lid and cook for an additional 10 minutes or until done.

*The USDA recommends cooking poultry to a minimum internal temperature of 165°F as measured with a food thermometer.*

## FRENCHED RACKS OF LAMB (READY TO COOK)

Preheat oven to 350°F. Uncover lamb and stand up with bones interlocking. Place on middle oven rack and roast 30-35 minutes before beginning to check for desired doneness. Check lamb for desired doneness by inserting a thermometer into the centermost area, avoiding bone. When done, remove from oven and let stand for 10 minutes before slicing.

*Beef and lamb internal temperatures: Rare (120°F); Medium (135°F); Well Done (160°F).*

## LEG OF LAMB AU JUS (READY TO COOK)

**Lamb: Oven:** Preheat oven to 325°F. Add 1 cup of water to the bottom of tray and place tray on middle rack. Roast to desired doneness, checking temperature approximately 1 hour and 30 minutes after placing the roast in the oven. Check for desired doneness by inserting a thermometer into the centermost area. When cooked, remove from oven, cover, and let rest for 15 minutes, turning once midway through. Slice and serve with warmed jus. **Jus: Stovetop:** In a saucepan over medium-low heat, warm the liquid to a gentle simmer, about 10 minutes. **Microwave:** Remove lid. Heat on high for 3-5 minutes, stirring midway through.

*Beef and lamb internal temperatures: Rare (120°F); Medium (135°F); Well Done (160°F).*

## FARM-RAISED LEMON-DILL SALMON, HALF AND WHOLE (READY TO COOK)

Preheat oven to 325°F. Pour white wine in tray and cover loosely. Place salmon in oven and bake for 45-55 minutes, or until center is light pink.

*The FDA recommends cooking fish to an internal temperature of 145°F, or until it's opaque and flakes with a fork.*

## WHOLE ROASTED TURKEY with Gravy & Cranberry Sauce (HEAT & EAT)

**Fully Cooked Turkey: Oven:** Preheat oven to 325°F. Remove turkey from packaging. Discard plastic wrap, but keep the tie around the legs for easier handling. Place turkey in an aluminum tray and pour 1/2 cup water into the tray around the bird. Cover tray tightly with aluminum foil and place on a baking sheet. Place on bottom rack of oven and heat for 75 minutes. Increase oven temp to 400°F. Uncover tray, fold the foil and cover only the legs. Continue to heat turkey for 20-30 minutes or until it begins to brown. Remove turkey from oven. Loosely cover with aluminum foil and allow to rest for 20 minutes before carving. **Gravy: Stovetop:** Heat over medium heat stirring frequently for about 20 minutes or until warmed throughout.

*The USDA recommends cooking poultry to a minimum internal temperature of 165°F as measured with a food thermometer.*

## SMOKED BONELESS CARVING HAM, SMALL AND LARGE (HEAT & EAT)

**Fully Cooked Ham: Oven:** Preheat oven to 350°F. Remove plastic wrap from ham and place ham in provided pan. Pour 1/2 cup water into the pan and cover with foil, sealing edges tightly to pan. Bake for approximately 15 minutes per pound, or to an internal temperature of 140°F. Let ham rest for 10 minutes before slicing and serving.

*The USDA recommends reheating to a minimum internal temperature of 140°F as measured with a food thermometer.*

## BRISKET OF BEEF with Roasted Vegetables & Gravy (HEAT AND EAT)

Preheat oven to 375°F. Pour one container of gravy over brisket and vegetables, cover pan with foil and heat brisket for about 1 hour 30-45 minutes, or until warmed throughout. Slice and serve with warmed gravy. **Gravy: Stovetop:** In a saucepan over medium-low heat, warm to a gentle simmer, about 10 minutes. **Microwave:** Remove lid. Heat on high for 5-7 minutes, stirring midway through.

*The USDA recommends reheating to a minimum internal temperature of 165°F as measured with a food thermometer.*



## BAKED MACARONI & GRUYERE CHEESE with Parmesan Breadcrumbs (HEAT & EAT)

**Oven:** Preheat oven to 350°F. Remove plastic wrap and lid and cover loosely with aluminum foil. Place on center rack and bake covered for about 40 minutes. Remove foil and continue to cook for an additional 15-20 minutes, until top is lightly browned and center is hot. **Microwave:** Remove plastic wrap and lid. Heat uncovered on high for 12-15 minutes or until heated, stirring midway through.

## BAKED ZITI (HEAT & EAT)

**Ziti:** **Oven:** Preheat oven to 350°F. Remove plastic wrap and lid from pan. Spoon whipped ricotta over the top of the ziti (spread evenly or dollop; whichever you prefer) and place on upper oven rack. Cook for 40-45 minutes or until heated through and browned. Allow to rest for 5 minutes before serving. **Sauce:** **Stovetop:** Pour sauce into a saucepan. Bring to a simmer over medium-low heat, stirring occasionally. **Microwave:** Remove lid and heat on high, stirring midway through, until hot, about 3-4 minutes.

## BEEF MEATBALLS & SLOW-COOKED TOMATO SAUCE with Spaghetti (HEAT & EAT)

**Meatballs & Spaghetti:** **Oven:** Preheat oven to 350°F. Remove plastic wrap and lids from meatballs and spaghetti. Add 1/2 cup of water to the spaghetti and cover both trays with aluminum foil. When oven is hot, heat the meatballs only on the bottom rack for 20 minutes. Put spaghetti on top rack of oven, uncover the meatballs and continue to heat for an additional 15-20 minutes, or until heated through. **Microwave:** Remove plastic wrap and lids from both trays. Add 1/2 cup of water to the spaghetti and cover both trays with plastic wrap. Heat meatballs first, cooking on high for 8-10 minutes, stirring midway through. Cook spaghetti on high for 3-4 minutes, stirring midway through. **Tomato Sauce:** **Stovetop:** Pour sauce into a saucepan. Bring to a simmer over medium-low heat, stirring occasionally. **Microwave:** Remove lid and heat on high, stirring midway through, until hot, about 3-4 minutes.

## CHICKEN MARSALA with Egg Noodles (HEAT & EAT)

**Chicken & Egg Noodles:** **Oven:** Preheat oven to 350°F. Remove plastic wrap and lids from chicken and noodles. Add 1/2 cup of water to the noodles and cover both trays with aluminum foil. When oven is hot, heat the chicken only on the bottom rack for 20 minutes. Put noodles on top rack of oven, uncover the chicken and continue to heat for an additional 15-20 minutes, or until heated through. **Microwave:** Remove plastic wrap and lids from both trays. Add 1/2 cup of water to the noodles and cover both trays with plastic wrap. Heat chicken first, cooking on high for 8-10 minutes, stirring midway through. Cook noodles on high for 3-4 minutes, stirring midway through. **Mushroom Marsala Sauce:** **Stovetop:** Pour sauce into a saucepan. Bring to a simmer over medium-low heat, stirring occasionally. **Microwave:** Remove lid and heat on high, stirring midway through, until hot, about 3-4 minutes.

## CHICKEN PARMESAN with Slow-Cooked Tomato Sauce & Spaghetti (HEAT & EAT)

**Chicken & Spaghetti:** **Oven:** Preheat oven to 350°F. Remove plastic wrap and lids from chicken and spaghetti. Add 1/2 cup of water to the spaghetti and cover both trays with aluminum foil. When oven is hot, heat the chicken only on the bottom rack for 40 minutes. Put spaghetti on top rack of oven, uncover the chicken and continue to heat for an additional 15-20 minutes, or until heated through. **Microwave:** (We do not recommend heating the chicken in the microwave). →

For the spaghetti, add 1/2 cup of water to the pan and cook on high for 3-4 minutes, stirring midway through. **Tomato Sauce:** **Stovetop:** Pour sauce into a saucepan. Bring to a simmer over medium-low heat, stirring occasionally. **Microwave:** Remove lid and heat on high, stirring midway through, until hot, about 3-4 minutes.

## SPINACH STUFFED SHELLS with Slow-Cooked Tomato Sauce (HEAT & EAT)

**Stuffed Shells:** **Oven:** Preheat oven to 350°F. Remove plastic wrap and lid from pan. Cover pan with aluminum foil. Place on center rack and heat for 30 minutes. Carefully remove foil and cook for an additional 10-15 minutes or until heated through. **Microwave:** Remove plastic wrap and lid. Cover tray with plastic wrap and heat on high for 8-10 minutes or until heated through. **Sauce:** **Stovetop:** Pour sauce into a saucepan. Bring to a simmer over medium-low heat, stirring occasionally. **Microwave:** Remove lid and heat on high, stirring midway through, until hot, about 3-4 minutes.

## THREE-CHEESE LASAGNA with Bolognese Sauce (HEAT & EAT)

**Lasagna:** Preheat oven to 350°F. Remove plastic wrap and place lid loosely atop the pan. Place on center rack and bake covered for about 40-50 minutes. Remove the lid and continue to bake for an additional 20 minutes, or until heated through and browned on top. Remove from oven and let sit for 10 minutes before portioning and serving with warmed sauce. **Tomato Sauce:** **Stovetop:** Pour sauce into a saucepan. Bring to a simmer over medium-low heat, stirring occasionally. **Microwave:** Remove lid and heat on high, stirring midway through, until hot, about 3-4 minutes.

## TURKEY MEATBALLS & SLOW-COOKED TOMATO SAUCE with Spaghetti (HEAT & EAT)

**Meatballs & Spaghetti:** **Oven:** Preheat oven to 350°F. Remove plastic wrap and lids from meatballs and spaghetti. Add 1/2 cup of water to the spaghetti and cover both trays with aluminum foil. When oven is hot, heat the meatballs only on the bottom rack for 20 minutes. Put spaghetti on top rack of oven, uncover the meatballs and continue to heat for an additional 15-20 minutes, or until heated through. **Microwave:** Remove plastic wrap and plastic lids from both trays and cover with plastic wrap. Heat meatballs first, cooking on high for 8-10 minutes, stirring halfway through. Add 1/2 cup of water to the spaghetti and cook on high for 3-4 minutes, stirring midway through. **Tomato Sauce:** **Stovetop:** Pour sauce into a saucepan. Bring to a simmer over medium-low heat, stirring occasionally. **Microwave:** Remove lid and heat on high, stirring midway through, until hot, about 3-4 minutes.

## VEGETARIAN SPINACH & MUSHROOM LASAGNA (HEAT & EAT)

**Lasagna:** Preheat oven to 350°F. Remove plastic wrap and place lid loosely atop the pan. Place on center rack and bake covered for 40-50 minutes. Remove the lid and bake for an additional 20 minutes, or until heated through and browned on top. Remove from oven and let sit for 10 minutes before portioning and serving with warmed sauce. **Tomato Sauce:** **Stovetop:** Pour sauce into a saucepan. Bring to a simmer over medium-low heat, stirring occasionally. **Microwave:** Remove lid and heat on high, stirring midway through, until hot, about 3-4 minutes.

