



HOLIDAY MEAL REHEATING GUIDE



TURKEY

Every Mary's oven-roasted turkey comes with its own heating instructions. Here at Metropolitan Market, we have found our own ideal way. Feel free to choose either method.

To enjoy a moist and tender turkey, just remove the chilled bird from the bag, then heat by following these simple instructions.

Leave nylon truss on legs. Truss is oven-safe and can withstand oven temperatures up to 450°F. Place in the roasting pan provided, cover loosely with foil, and heat in a preheated 325°F oven. Turkey will brown naturally.

Approximate heating time for a 10-lb. turkey is 1.5 to 2 hours.

Note: While this oven-roasted turkey is fully cooked, we recommend heating to taste. When using a meat thermometer, heat to suggested internal temperature of 165°F. Let stand 10-15 minutes before carving.

TURKEY BREAST

Unwrap any plastic surrounding the turkey breast. Place in roasting pan with small amount of chicken or vegetable broth in bottom of pan. Cover pan with foil and heat in a preheated 325°F oven until turkey reaches an internal temperature of 165°F.

KUROBUTA HAM *Available in December*

Remove ham from the refrigerator at least 45 minutes prior to cooking and bring to room temperature. Preheat oven to 275°F. Remove the wrapping. Place ham in a roasting pan and cover loosely with aluminum foil. Heat for approximately 12-15 minutes per pound. Remove from the oven when the center of the ham reaches 135°F. For best results, use a meat thermometer. Allow ham to rest tented with foil for an additional 15-30 minutes. Carve and serve.

Note: Cooking time may vary with size and temperature of ham.

PRIME RIB *Available in December*

Preheat oven to 350°F. Remove plastic and foil from around the prime rib and place in provided pan with any liquids from package, plus one cup of water. Cover and seal with aluminum foil. Heat in oven for approximately 1.5 to 2 hours to reach 165°F (well done) or until your personal preferred doneness. Remove foil and let rest at least 15 minutes prior to 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.

SIDE DISHES

Before heating, remove plastic lids from oven-safe containers. For best results, place containers on the middle rack of oven to distribute heat evenly.

Yukon Gold Garlic Mashed Potatoes, Sage Stuffing, Corn Pudding, Quinoa Stuffing, Scalloped Potatoes Au Gratin, Yams and Cranberries, Creamed Spinach and Kale

Preheat oven to 350°F. Heat for 25-30 minutes, or until food reaches an internal temperature of 165°F.

Herbed Green Beans, Roasted Brussel Sprouts with Mushrooms

Stovetop method (recommended): Remove from container.

In a sauté pan, stir over medium heat for 6-8 minutes.

Oven method: Preheat oven to 350°F. Heat for 15-20 minutes, or until vegetables reach an internal temperature of 165°F. (If you prefer your vegetables less done, cook for a little less time.)

Yorkshire Pudding *Available in December*

Preheat oven to 300°F. Heat for 1-2 minutes.

Turkey Gravy, Porcini Mushroom Gravy

Remove from container. In a sauté pan, stir over medium heat for 6-8 minutes.

Dinner Rolls

Preheat oven to 300°F. Place on a cookie sheet and heat for 5-7 minutes.

BUFFET OPTION

Our meals are fully cooked and all entrees can be sliced and served cold.

We recommend heating all meats and hot side dishes to an internal temperature of 165°F.

Admiral
206.937.0551

Crown Hill
206.776.2900

Gig Harbor
253.858.4842

Kirkland
425.454.0085

Magnolia
206.283.2710

Mercer Island
206.232.2577

Proctor
253.761.3663

Sammamish
425.295.0456

Sand Point
206.938.6600

Uptown
206.213.0778

metropolitanmarket.





HOLIDAY MEAL INGREDIENTS



MAIN DISHES

Cranberry Hazelnut en Croute

Wheat gluten and flour, safflower oil, cranberries, ginger, hazelnuts, yeast extract, barley malt, dried apples, garlic, onion, yellow pea flour, sesame oil, lemon, sea salt, carrageenan, red wine, tomato paste, pepper, smoke, sage, rosemary, paprika, potato, puff pastry.

Contains: wheat, tree nuts.

Kurobuta Ham

(Hardwood Smoked/Fully Cooked)

Berkshire pork, water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite.

Mary's Bone-In Turkey Breast

Pre-cooked turkey, water. Contains less than 2% of sea salt, organic cane sugar.

Mary's Oven-Roasted Turkey

Pre-cooked, vegetarian-fed turkey, water. Contains less than 2% of sea salt, organic cane sugar. No antibiotics, no hormones, gluten-free.

Prime Rib

USDA Choice, Painted Hills Natural Boneless Ribeye Roast, coarse sea salt, coarse black pepper.

SIDE DISHES

Corn Pudding

Corn, eggs, cream, buttermilk, butter, flour, baking powder, salt.

Contains: egg, wheat, milk.

Cranberry Kale Salad

Kale, parmesan cheese, canola oil, olive oil, lemon juice, dried cranberries, almonds.

Contains: tree nuts.

Creamed Spinach and Kale

Spinach, kale, milk, onions, peppers, garlic, flour (wheat flour, enzymes, niacin, iron, thiamine mononitrate, riboflavin, folic acid), butter, salt, pepper.

Contains: wheat, milk.

Dinner Rolls

Unbleached enriched wheat flour, yeast, milk, water, eggs, butter, sea salt, poppy seeds, sesame seeds.

Contains: wheat, milk, egg.

Fall Waldorf Salad

Diced sweet apples (non-GMO fresh apples, calcium ascorbate), goat cheese (pasteurized goat milk, salt, cheese cultures, rennet), celery, eggless mayo (expeller pressed non-GMO canola oil, white vinegar, organic sugar, salt, modified food starch, pea protein, spice, beta carotene), dried cranberries (dried cranberries, sugar, sunflower oil), roasted hazelnuts, Italian parsley, sherry vinegar (sulfites).

Contains: milk, tree nuts.

Green Beans Amandine

Green beans, onion, canola oil, olive oil, almonds, garlic in water (citric acid), salt, pepper.

Contains: tree nuts.

Herbed Green Beans

Green beans, parsley, garlic, black pepper, sea salt.

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.

Pumpkin Pie

Pumpkin puree, evaporated milk, sugar, whole eggs, wheat flour, brown sugar, palm oil, salt, cinnamon, ginger.

Contains: milk, wheat, egg.

Quinoa Stuffing

Quinoa, peas, eggless mayo (expeller pressed non-GMO canola oil, white vinegar, organic sugar, salt, modified food starch, pea protein, spice, beta carotene), masa, flax seeds/flax meal, garlic, vegetable oil, olive oil, lemon juice, citric acid, salt, oregano, mint, carrots, black pepper, parsley, salt, dill.

Roasted Brussels Sprouts with Mushrooms

Brussels sprouts, mushrooms, salt, black pepper, olive oil, canola oil.

Roasted Garlic Aioli

Mayonnaise, roasted garlic, lemon juice, sweet pickle relish.

Contains: egg.

Sage Stuffing

CROUTONS (enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], canola and/or sunflower oil [with rosemary extract and ascorbic acid], yeast, sugar, 2% or less of salt, enzymes), water, celery, onions, oil blend (canola and olive oils), butter (cream [milk], salt), turkey base (roasted turkey, salt, hydrolyzed corn protein, sugar, maltodextrin, turkey broth, turkey fat, autolyzed yeast extract, flavors, torula yeast, caramel color, disodium inosinate, disodium guanylate), garlic, salt, black pepper, sage.

Contains: milk, wheat.

Scalloped Potatoes Au Gratin

Potatoes, cream, milk protein, guar gum, tapioca starch, sunflower oil, garlic, salt, xanthan gum, corn starch, spices, asiago cheese.

Contains: milk.

Winter Wild Rice Salad

Barley, wild rice, butternut squash, cranberries, pecans, onion, maple syrup, orange juice, apple cider vinegar, orange oil, canola oil, salt, black pepper, thyme.

Contains: tree nuts.

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.

Yorkshire Pudding

Flour, egg, milk, vegetable oil, butter.

Contains: wheat, milk, egg.

Yukon Gold Garlic Mashed Potatoes

Yukon gold potatoes, sour cream (cultured cream), chopped garlic, salted butter, canola oil, olive oil, salt, white pepper.

Contains: milk.