

## Reheating Instructions

### Everything from room temperature

Item	Microwave	r Oven
Game (Venison, Bison, etc.)	Not Advised	425 <sup>0</sup> Uncovered 12-15 Minutes
Beef Tenderloin (sliced)	Not Advised	425 <sup>0</sup> Uncovered 13-17 Minutes
Beef Tenderloin (whole)	Not Advised	425 <sup>0</sup> Uncovered 19-21 Minutes
Veal Tenderloin (sliced)	Not Advised	425 <sup>0</sup> Uncovered 11-16 Minutes
Veal Tenderloin (whole)	Not Advised	425 <sup>0</sup> Uncovered 16-19 Minutes
Striploin Steak	Not Advised	425 <sup>0</sup> Uncovered 14-16 Minutes
Skirt Steak	Not Advised	450 <sup>0</sup> Uncovered 2 Minutes
Flank Steak/ Bavette	Not Advised	450 <sup>0</sup> Uncovered 8 Minutes
Ragu of Braised (Beef, Lamb, etc)	2 Minutes	400 <sup>0</sup> Covered 22 Minutes
Short Ribs / Side Ribs	2 Minutes	400 <sup>0</sup> Covered 18-20 Minutes
Lamb Rack Chops (Single)	Not Advised	425 <sup>0</sup> Uncovered 13-18 Minutes
Lamb Rack / Leg of Lamb	Not Advised	350 <sup>0</sup> Covered 20-25 Minutes
Pork Chop/ Pork Belly	1 ½ Minutes	350 <sup>0</sup> Covered 18-20 Minutes, Uncover last 5 mins.
Chicken in Sauce	2 ½ Minutes	350 <sup>0</sup> Covered 20-25 Minutes
Chicken Supreme	2 Minutes	400 <sup>0</sup> Covered 20-25 Minutes
Beef / Lamb / Bison Burger	Not Advised	400 <sup>0</sup> Uncovered 14 Minutes OR Grill on High Heat 6 Minutes each side and cross grill once
Turkey / Duck Burger	Not Advised	400 <sup>0</sup> Uncovered 12 Minutes OR Grill on High Heat 4 Minutes each side and cross grill once
Chicken (half)	2 ½ Minutes	400 <sup>0</sup> Covered 18-20, Uncovered 4 Minutes
Duck Breast	Not Advised	425 <sup>0</sup> Uncovered 18-20 Minutes
Confit of Duck	2 ½ Minutes	350 <sup>0</sup> Covered 20-25 Minutes
Fish – 1" Thick	1 ½ Minutes	425 <sup>0</sup> Uncovered 12-14 Minutes
Fish – 2" Thick	2 Minutes	425 <sup>0</sup> Uncovered 18-20 Minutes
Shrimp	2 Minutes	425 <sup>0</sup> Uncovered 18-20 Minutes
Ahi Tuna	Not Advised	Sear 10 seconds both sides or grill 8 seconds
Pasta	2 ½ Minutes	400 <sup>0</sup> Covered 18-20 Minutes
Meatloaf	2 Minutes	400 <sup>0</sup> Covered 18-20 Minutes
Vegetables	2 Minutes	350 <sup>0</sup> Covered 10-15 Minutes
Rice	1 ½ Minutes	350 <sup>0</sup> Covered 10-15 Minutes
Potato – Mashed	2 Minutes	350 <sup>0</sup> Covered 20-25 Minutes

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Potato – Roasted	1 ½ Minutes	350 <sup>0</sup> Covered 15-20 Minutes
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