



REHEATING INSTRUCTIONS

WEST HOLLYWOOD & STUDIO CITY
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PROTEIN TRAYS

OVEN:

1. REHEAT IN THE TRAY OR TRANSFER TO SHALLOW BAKING DISH
2. COVER THE TRAY/DISH TIGHTLY WITH FOIL
3. BAKE AT 350

FRIED NATURAL OR ORGANIC CHICKEN

SHELF LIFE: 5 DAYS REFRIGERATED

4. 5 MINS (SMALL TRAY) OR 10 MINS (REGULAR TRAY)
5. MAKE SURE INTERNAL TEMPERATURE IS AT 165°F FOR 15 SECONDS.

GRILLED NATURAL OR ORGANIC CHICKEN

SHELF LIFE: 5 DAYS REFRIGERATED

4. TO KEEP MEAT MOIST, ADD A SPLASH OF WATER TO BOTTOM OF TRAY/DISH BEFORE COVERING
5. 8-10 MINS (SMALL TRAY) OR 10-15 MINS (REGULAR TRAY)
6. MAKE SURE INTERNAL TEMPERATURE IS AT 165°F FOR 15 SECONDS.

PAN ROASTED SALMON

SHELF LIFE: 3 DAYS REFRIGERATED

4. 8 MINS (SMALL TRAY) OR 12 MINS (REGULAR TRAY)
5. MAKE SURE INTERNAL TEMPERATURE IS AT 165°F FOR 15 SECONDS

POT ROAST BRISKET

SHELF LIFE: 5 DAYS REFRIGERATED

4. 10-15 MINS (SMALL TRAY) OR 15-20 MINS (REGULAR TRAY).

TURKEY MEATLOAF

SHELF LIFE: 5 DAYS REFRIGERATED

4. 8-10 MINS (SMALL TRAY) OR 10-15 MINS (REGULAR TRAY).
5. UNCOVER AND BAKE FOR UP TO 5 MINUTES LONGER IF YOU'D LIKE IT BROWN ON TOP.

GRILLED TOFU

SHELF LIFE: 1 WEEK REFRIGERATED

4. TO KEEP TOFU MOIST, ADD A SPLASH OF WATER TO BOTTOM OF TRAY/DISH & COVER TIGHTLY WITH FOIL.
5. 8-10 MINS (SMALL TRAY) OR 10-15 MINS (REGULAR TRAY).

RED LENTIL LOAF

SHELF LIFE: 5 DAYS REFRIGERATED

4. TO KEEP LOAF MOIST, ADD A SPLASH OF COOKING OIL TO THE BOTTOM OF THE PAN/DISH & COVER WITH FOIL.
5. 8-10 MINS (SMALL TRAY) OR 10-15 MINS (REGULAR TRAY).

VEGGIE OR CRISPY CHIK'N PATTIES

SHELF LIFE: 1 WEEK REFRIGERATED

4. 10-15 MINS (SMALL TRAY) OR 15-20 MINS (REGULAR TRAY).

STOVE TOP:

1. HEAT SKILLET ON MEDIUM HIGH HEAT WITH A SMALL AMOUNT OF COOKING OIL

RED LENTIL LOAF

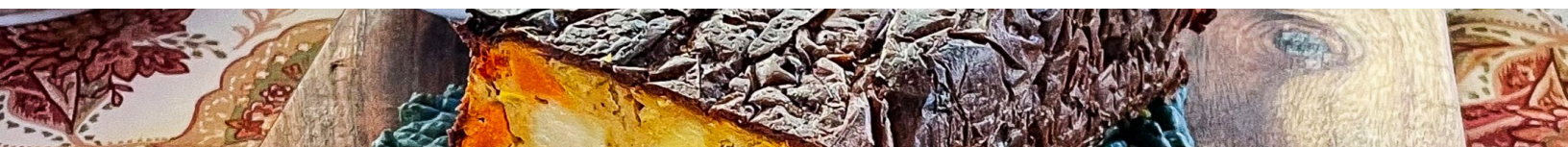
SHELF LIFE: 5 DAYS REFRIGERATED

2. FRY EACH SLICE FOR 2-3 MINUTES PER SIDE.

VEGGIE OR CRISPY CHIK'N PATTIES

SHELF LIFE: 1 WEEK REFRIGERATED

2. COOK PATTIES FOR 2-3 MINUTES ON EACH SIDE UNTIL BROWNED.





ENTREES

OVEN:

1. SET OVEN TO 350
2. REHEAT IN THE TRAY OR TRANSFER TO A SHALLOW BAKING DISH.
3. COVER TRAY/DISH TIGHTLY WITH FOIL.

STIR FRY

SHELF LIFE: 5 DAYS REFRIGERATED

10 MINS (REGULAR TRAY) OR 15-20 MINS (LARGE TRAY).

GREEN CASSEROLE

SHELF LIFE: 5 DAYS REFRIGERATED

10-15 MINS (REGULAR TRAY) OR 20-25 MINS (LARGE TRAY).

ORGANIC BOWL

SHELF LIFE: 5 DAYS REFRIGERATED

8-12 MINS (REGULAR TRAY) OR 15-20 MINS (LARGE TRAY).

MAC & CHEESE

SHELF LIFE: 5 DAYS REFRIGERATED

10-15 MINS (REGULAR TRAY) OR 20-25 MINS (LARGE TRAY).

ORANGE OR CARCIOFI CHICKEN

SHELF LIFE: 5 DAYS REFRIGERATED

10-12 MINS (REGULAR TRAY) OR 15-18 MINS (LARGE TRAY).

SHEPHERD'S PIE

SHELF LIFE: 5 DAYS REFRIGERATED

10-15 MINS (REGULAR TRAY) OR 20-25 MINS (LARGE TRAY).



MARKET SIDES

STOVE TOP:

1. TRANSFER TO A SAUCEPAN.

MICROWAVE:

1. TRANSFER TO A MICROWAVE-SAFE DISH.
2. COVER DISH WITH DAMP TOWEL AND HEAT ON HIGH

BROWN RICE, TURMERIC RICE, QUINOA

SHELF LIFE: 1 WEEK REFRIGERATED
FOR QUANTITIES OF ONE QUART OR BELOW

STOVE TOP:

2. ADD A ½ TBSP OF WATER.
3. HEAT ON MEDIUM FOR 5-7 MINUTES.
4. REMOVE FROM HEAT & FLUFF WITH A FORK.

MICROWAVE:

3. 2-3 MINUTES OR UNTIL THOROUGHLY WARMED.
4. FLUFF WITH A FORK.

POTATOES / BEANS (BLACK BEANS, ROSEMARY POTATOES, YAMS & SWEET POTS)

SHELF LIFE: 1 WEEK REFRIGERATED
FOR QUANTITIES OF ONE QUART OR BELOW

STOVE TOP:

2. ADD A ½ TBSP OF WATER IF DESIRED.
3. HEAT ON MEDIUM FOR 5-7 MINUTES.

MICROWAVE:

3. 3-4 MINUTES OR UNTIL THOROUGHLY WARMED.



MASHED POTATOES OR YAMS

SHELF LIFE: 1 WEEK REFRIGERATED
FOR QUANTITIES OF ONE QUART OR BELOW

STOVE TOP:

2. ADD 1 TBSP OF MILK, WATER, OR BUTTER. MIX WELL.
3. HEAT ON MEDIUM FOR 6-8 MINUTES.
4. STIR FREQUENTLY.

MICROWAVE:

3. 3-4 MINUTES OR UNTIL THOROUGHLY WARMED.
4. STIR HALF-WAY THROUGH.

REHEATING VEGETABLE DISHES

SHELF LIFE: 1 WEEK REFRIGERATED
FOR QUANTITIES OF ONE QUART OR BELOW

STOVE TOP:

2. ADD ½ TABLESPOON OF WATER.
3. HEAT ON MEDIUM FOR 5-7 MINUTES.

OVEN:

1. TRANSFER TO AN OVEN-SAFE DISH.
2. PREHEAT YOUR OVEN TO 350F.
3. BAKE FOR 4-5 MINUTES.

