



UMass Fresh®

Holiday Dinner

COOKING INSTRUCTIONS

HOURS/MINUTES UNTIL SERVING:

IF YOU DID NOT PURCHASE A HAM OR DUCK

- :90** About an hour and a half before you want to eat, pre-heat your oven to 350°F for 30 minutes. Remove all covers from the food. Cover the pierogi and mac & cheese with aluminum foil.
- :60** Place Mac & Cheese in the oven.
- :45** Place mashed potatoes in the oven.
- :30** Place sweet potatoes and butternut squash in the oven.
- :20** Place pierogi and green vegetable in the oven.
- :10** Remove aluminum foil from the mac & cheese.
- :05** Combine Little Leaf lettuce with raisins, beets, almonds, and blue cheese and, toss lightly. Serve with the cider-honey vinaigrette.

IF YOU PURCHASED A HAM

Pre-heat your oven to 350°F about 2½ hours before you want to eat.

Remove the ham from plastic and place in a foil pan, add about 1/2 cup of water to the bottom of the pan and place in the preheated oven for 2 -2½ hours.

After 30 minutes, continue following directions above.

For the cider glaze, pour it into a sauce pan and heat gently on medium-low heat, stirring often, until it reaches a simmer. Keep warm.

When the ham reaches 165°F, brush it with a little bit of the glaze and return to the oven for another 5 minutes.

Serve the remaining glaze on the side.

*A note about cooking times; oven times and temperatures may need to be adjusted as many home ovens operate differently. It's best to plan for additional time just in case. If you have a convection oven, using the convection fan will generally speed up cooking times. Additionally, if reheating is taking longer than anticipated, it is perfectly fine to increase the temperature of the oven to 375°F or even 400°F, or if reheating seems to be going quite a bit faster, turn the oven down to 300°F and wait to put the green vegetable in the oven until you are closer to serving.

Questions? 413-545-2472

Approximate Cooking Times and Temperatures

Mac & Cheese	350°F for 45 minutes to 1 hour
Mashed Potatoes	350°F for 20-40 minutes
Sweet Potatoes	350°F for 20-30 minutes
Green Vegetable	350°F for 10-20 minutes, or simply saute in a pan for 2-3 minutes before serving
Pierogi	350°F for 10-20 minutes, or simply saute in a pan for 3-4 minutes before serving
Swedish Limpa Rye Bread	Remove from plastic bag 350°F for about 5 minutes
*If Purchased-Ham	350°F for 2 to 2½ hours
Cider Glaze	Heat in a pot on the stove top and serve warm
*If Purchased-Duck	See back for instructions

Check internal temperature of all menu items with thermometer. Internal temperature should reach 165°F for 15 seconds.

If internal temperature is below 165°F place back in oven, continue baking until internal temperature reaches 165°F or above.



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IF YOU PURCHASED A DUCK

Cooking times and temperatures will be a little trickier for the duck. It is best cooked at a lower temperature (250°F-275°F) for about 60-75 minutes, then cooked at 400°F for an additional 20 minutes to crisp the skin.

Pre-heat your oven to 275°F about 1 ½ hours before you want to eat and place the duck in the oven.

After 15 minutes, place the mac & cheese in the oven.

After another 15 minutes, place the mashed potatoes in the oven, and then add the root vegetable hash & butternut squash in the oven 15 minutes after the potatoes.

Remove the duck from the oven after 1 hour, cover with aluminum foil to keep warm, set aside.

Check the temperatures of the mashed potatoes, hash, and squash- if they are above 165°F, remove from the oven, cover, and keep warm. If they are not 165°F yet, raise the oven temperature to 400°F and check the temperatures every 5-10 minutes, removing them once they are at 165°F.

Once the oven is at 400°F, uncover the duck, and place it back in the oven on a rack closer to the bottom of the oven.

After 10 minutes, uncover the mac & cheese and place it back in the oven along with the pierogi and green vegetable. Mashed potatoes, root vegetables, and squash can also be placed back in the oven to be quickly rewarmed if needed as well.

For the cider glaze, pour it into a sauce pan and heat gently on medium low heat to a simmer.

When the duck reaches 150°F, brush it with a little bit of the glaze and return to the oven for another 5 minutes, then remove all items from the oven. Serve the remaining glaze on the side of the duck.

For the salad, combine the Little Leaf lettuce with craisins, beets, almonds and blue cheese and toss lightly. Serve with the cider-honey vinaigrette.

**The duck has been "spatchcocked"; its backbone has been removed and has been laid flat allowing it to cook more evenly and have a crispier skin. If you are not familiar with how to carve a spatchcock duck, there are some great videos online that will show you how (same process as carving a spatchcock chicken).*



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