



UMass Fresh
PRESENTS

UMass Fine Arts Center Gala CELEBRATORY DINNER

HEATING INSTRUCTIONS

Salmon Entrée

- Preheat an oven to 325°F about 20 minutes before you are ready to eat.
- Remove the plastic lids from the salmon, broccolini, and couscous. Pour about 2 tbsp of water over the couscous and cover with aluminum foil.
- About 10-15 minutes before you want to eat, place the salmon, broccolini, and couscous into the oven. After placing those in the oven, heat the carrot puree - this can either be done in a small sauce pot over low heat, or placed in a microwave and heated at 20 second intervals until its hot, stirring in between.
- Cook the salmon to about 140°F on a thermometer and heat the broccolini and couscous to 165°F.

Short Rib Entrée

- Preheat an oven to 325°F about 30 minutes before you are ready to eat.
- Remove the plastic lids from the short ribs and broccolini, and cover the short ribs with aluminum foil.
- About 20-25 minutes before you want to eat, place the short ribs into the oven. After about 15 minutes, remove the aluminum foil and flip the short ribs over using tongs. Recover with aluminum foil and return to the oven along with the broccolini
- After placing those in the oven, heat the potato puree- this can either be done in a small sauce pot over low heat, or placed in a microwave and heated at 20 second intervals until its hot, stirring in between.
- Cook the short ribs and broccolini to 165°F on a thermometer.

Quinoa Black Bean Cakes

- Preheat an oven to 325°F about 20 minutes before you are ready to eat.
- Remove the plastic lids from the quinoa and black bean cakes and sweet potatoes
- About 15 minutes before you want to eat, place the quinoa and black bean cakes and sweet potatoes into the oven.
- Cook the cakes and sweet potatoes to 165°F on a thermometer.
- Slice the avocado and toss with the peppers and a little of the chili verde-maple sauce, reserving the remaining sauce to serve with the cakes.