



REHEATING TIPS

Whether reheating a smoked ham, chicken ballotine, or roasted turkey breast, the goal is the same - keep the meat warm and juicy without over-cooking or drying out. Here are some tried and true tips we have learned over the years.

- ∞ The smaller the thickness, the easier to reheat.
 - Slicing the meat before heating ensures that your efforts are aimed at reheating a smaller slice of meat rather than an entire ham, chicken, or turkey.
 - Spread out the slices in an even layer to avoid overcooking.
- ∞ Warming in liquid ensures juicy meat.
 - Bone broth or another mildly flavored liquid is best – use something that will not overpower the flavor of the meat.
 - Avoid wine, beer, and spirits, as the alcohol will not cook out and may leave a somewhat harsh flavor behind.
- ∞ Gradually warming the meat will help ensure it is evenly warmed, not overcooked on the outside
 - Reheating in the oven: Preheat the oven to 325°F, place the meat in a casserole dish, and add enough liquid to coat the bottom of the dish, and loosely cover the dish with foil to lock-in the moisture.
 - On the stove-top: In a sauté pan with over medium heat, space the meat out over the pan and avoid overcrowding, add enough liquid to coat the bottom on the pan, and loosely cover the pan to lock-in moisture.

- ☞ Reheat the meat to an internal temperature of 145-165°F, depending on your preference.
 - This temperature really depends on your personal taste. Some people prefer their food tempered more closely to room temperature and some people like it hot! A good range to aim for is 145-165°F. Going above 165°F will overcook the meat and make it dry and crumbly.