

USDA/FDA Meat Temperature Guide:

Beef & Pork – 145F

Poultry – 165F

Ham - Uncooked Fresh/Smoked - 145F

Ground Meats (Beef, Pork) – 160F

Fish & Shellfish – 145F

Leftovers & Casseroles – 165F

Stuffed Meats – Stuffing must reach an internal temperature of 165F

All Meats – Once the desired temperature is reached, let the meat rest for 3 minutes before carving or consuming.

Beef Roast Cooking Tips

Rare: Remove from oven at 125F. Temperature will rise to 135F in 10-15 minutes.

Medium Rare: Remove from oven at 130F. Temperature will rise to 140F in 10-15 minutes.

Medium: Remove from oven at 140F. Temperature will rise to 150F in 10-15 minutes.

Medium Well: Remove from oven at 145F. Temperature will rise to 155F in 10-15 minutes.

Use the following times as a guideline in addition to using a meat thermometer inserted into meat not in an area touching bone. Cooking times for the following are based on medium rare doneness, except for the Pork Roast, which should be cooked to 145F for perfect doneness.

Beef Tenderloin: Season the tenderloin by rubbing with Casey's "Steak and Roast Seasoning" or your favorite seasoning. Place in a shallow roasting pan with or without a rack and roast in a 425F oven for 45 minutes. Remove from oven, let rest 10-15 minutes, carve and serve.

Rib Roast: Stand on bone in roasting pan. Cook in 325F oven for 20-25 minutes per pound. Remove from oven, let rest 10-15 minutes, carve and serve.

Rib Eye Roast: Season to taste with Casey's "Steak and Roast Seasoning" or your favorite seasoning. Place on rack in shallow roasting pan in a 325F oven for 20-25 minutes per pound. Remove from oven, let rest 10-15 minutes, carve and serve.

Crown Roast of Pork: Season with Casey's "Pork Roast Seasoning" or your favorite seasoning. Place in shallow roasting pan in a 325F oven. For roast with fewer than 16 ribs, roast for 26 minutes per pound. For roast with 18 ribs or more, roast for 20 minutes per pound.

Holiday Cooking Instructions

Fresh Turkey

Follow these guidelines for cooking your Fresh HoKa Turkey! Always cook turkey to 165 degrees Fahrenheit internal temperature!

Cooking times are approximate, at 325 degrees Fahrenheit, for a **FRESH** turkey:

| Weight in Pounds | Not Stuffed | Stuffed |
|------------------|-------------------|-------------------|
| 6 to 8 lb Breast | 2.25 - 3.25 hours | |
| 8 to 12 | 2.75 - 3.00 hours | 3.00 - 3.50 hours |
| 12 to 14 | 3.00 - 3.75 hours | 3.50 - 4.00 hours |
| 14 to 18 | 3.75 - 4.25 hours | 4.00 - 4.25 hours |
| 18 to 20 | 4.25 - 4.50 hours | 4.25 - 4.75 hours |
| 20 to 24 | 4.50 - 5.00 hours | 4.75 - 5.25 hours |
| 24 to 30 | 5.00 - 5.25 hours | 5.25 - 6.00 hours |

Turkey is fully cooked at 165 degrees F - at inner thigh, not touching bone with thermometer. Check turkey temperature one hour prior to recommended cooking time! Turkey will continue to cook even after being removed from the oven, so remove at 165F and wait 20 minutes before removing stuffing and carving.

- Roast turkey on flat rack in 2 in deep roasting pan.
- Brush skin with oil to prevent drying and to aid in obtaining golden color.
- Place turkey in preheated 325 degree oven.
- If turkey is stuffed, make sure stuffing temperature reaches 165 degrees before removing turkey from oven.
- Temperature of turkey should be checked at the inner thigh, not touching any bone.
- Juices from the turkey should be clear, not reddish pink.
- When desired level of browning occurs, cover breast with foil to prevent drying.
- After removing turkey from oven, let turkey rest at least 20 minutes before removing stuffing and carving.

No Basting Method – No need to cover with foil!

Wash turkey in cold water. Season turkey to desired taste, then wrap it in cheesecloth. Melt butter and pour over cheesecloth or use basting brush to paint cheesecloth. Cook turkey with cheesecloth on. Remove cheesecloth after removing turkey from oven, then let turkey rest for 15 minutes before carving. No need to baste, no need for foil tent. Turkey will brown and cook beautifully.

Casey's Foods Turducken

Turducken is a recipe idea that came from Cajun Chef Paul Prudhomme. It is a turkey, stuffed with duck, stuffed with chicken, with layers of stuffing and seasonings between each of the birds. The chicken and duck are de-boned, and the turkey is also de-boned except for the wings and legs. A turducken weighs between 18 and 20, and feeds 18 to 20 people.

Some time ago, an article appeared in the Wall Street Journal about this unusual combination, which created some interest in this area. Thanks to WGN's Spike O'Dell and Dean Richards who plugged our store by calling our butchers for information about the Turducken and telling their listeners how to order from us!

Cooking Instructions:

The traditional Cajun cooking method is to place the Turducken into an ungreased 11" x 15" baking pan with sides at least 2.5 inches deep. Bake the Turducken at 190F, about 12 hours, until meat thermometer reads 165F. There is no need to baste, but you will need to remove accumulated drippings from the pan every so often so that the lower portion of the turkey doesn't deep fry in the hot oil. A rack may also be used to lift the Turducken from the juices.

Alternative Cooking Instructions:

Bake at 300F for 6 to 7 hours, until meat thermometer reaches 165F.

When done, remove Turducken from oven and let rest and cool for one hour. Gravy can be made with the pan drippings. With strong spatulas inserted underneath (remember there are no bones to support the bone structure), carefully transfer the Turducken to a serving platter and present it to your guests before carving. Be sure to make your slices crosswise so that each slice contains all three meats.

Turducken Breasts can be cooked at either 190F for 6 to 7 hours, or 300F for approximately 4 hours. Turducken breasts contain no bones. Turducken breasts weigh 8 to 10 pounds and feed 8 to 10 people.