

# HOLIDAY PREPARATION INSTRUCTIONS

## FULLY PREPARED MEALS & READY-TO-COOK MEATS

### NATURAL TURKEY MEAL



#### MARY'S ANTIBIOTIC-FREE FULLY COOKED WHOLE TURKEY

##### CONVENTIONAL OVEN

1. Preheat oven to 325°F.
2. Remove thawed turkey from plastic bag. Plastic leg band can be left in place during heating.
3. Place turkey in roasting pan and add 1 cup of water to the bottom of the roasting pan.
4. Cover turkey loosely with foil. (This will help prevent over-browning as the turkey is already fully cooked).
5. Heat approximately 1 1/2 to 2 hours until the internal temperature reaches 140°F.
6. Remove foil from turkey the last 12 minutes of heating to brown. Turkey is thoroughly fully heated when a meat thermometer, not touching any bone, registers 140°F in the deepest part of the breast and thigh.
7. Remove from oven and let stand 10 minutes before carving.

#### ALL MARKET CORNER SIDE DISHES

Refer to the individual packaging for instructions.

#### MARKET CORNER CRANBERRY SAUCE

Keep refrigerated until ready to serve.

#### BRIOCHE PETITE ROLLS

Fully baked, simply enjoy! (Although toasted in the oven is always nice!)

### VEGAN ROAST MEAL

#### FIELD ROAST HAZELNUT CRANBERRY ROAST EN CROUTE

Refer to the individual packaging for instructions.

#### CEDARLANE VEGAN SIDE DISHES

Refer to the individual packaging for instructions.

#### MARKET CORNER SOURDOUGH BREAD

Refer to baking instruction on package.

### NATURAL ROASTED BONELESS TURKEY BREAST MEAL

#### TURKEY BREAST

##### CONVENTIONAL OVEN:

1. Preheat oven to 350°F remove turkey breast from container and put in a shallow baking dish.
2. Place baking dish in center rack of the oven.
3. Heat at 350° F for 15-20 minutes to an internal temperature of 145°F.

##### MICROWAVE:

1. Remove plastic lid.
2. Heat on high for 3-4 minutes or until an internal temperature of 145°F is reached.

#### ALL MARKET CORNER SIDE DISHES

Refer to the individual packaging for instructions.

#### MARKET CORNER CRANBERRY SAUCE

Keep refrigerated until ready to serve.

#### BRIOCHE PETITE ROLLS

Fully baked, simply enjoy! (Although toasted in the oven is always nice!)

### SPIRAL-SLICED HAM MEAL

#### SPIRAL-SLICED HAM

Refer to the Sprouts Spiral-sliced Ham packaging for instructions.

#### ALL MARKET CORNER SIDE DISHES

Refer to the individual packaging for instructions.

#### BRIOCHE PETITE ROLLS

Fully baked, simply enjoy! (Although toasted in the oven is always nice!)



## USDA CHOICE BONELESS RIB ROAST MEAL

### USDA CHOICE BONELESS RIB ROAST

#### CONVENTIONAL OVEN

1. Preheat oven to 325°F.
2. Place roast and all juices into a 2" baking dish, cover tightly with aluminum foil.
3. Place in center rack of oven and reheat covered for approximately 30-40 minutes until the internal temperature at the center reaches 130°F for rare, or 140°F for medium rare.
4. Carefully remove from oven and pull back foil halfway let rest at room temperature for 6 – 10 minutes before serving.

#### MICROWAVE

1. Place packaged roast in a microwavable safe container and pierce 6 holes in the center of the pouch heat on high for 4-6 minutes let rest in microwave another 4 minutes.
2. Cook on high for another 2 minutes let rest another 2 minutes in microwave.
3. Carefully remove from microwave.
4. Place rib and cooking juices on serving platter using caution as contents will be hot.

### ALL MARKET CORNER SIDE DISHES

Refer to the individual packaging for instructions.



## READY-TO-COOK MEATS

### ORGANIC TURKEY (READY-TO-COOK)

Cooking Instructions are on the turkey bag; however, we recommend that you use a calibrated meat thermometer. Turkey should reach 180-185 degrees when inserting thermometer into the thigh. Turkey should reach 170-175 degrees when inserting thermometer into the breast. The thermometer should be inserted into the thickest part of the thigh/breast and should not touch bone in either area.

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### 100% ALL-NATURAL TURKEY (READY-TO-COOK)

Cooking Instructions are on the turkey bag; however, we recommend that you use a calibrated meat thermometer. Turkey should reach 180-185 degrees when inserting thermometer into the thigh. Turkey should reach 170-175 degrees when inserting thermometer into the breast. The thermometer should be inserted into the thickest part of the thigh/breast and should not touch bone in either area.

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### SPIRAL-SLICED HAM (HEAT & SERVE!)

Sprouts Spiral-sliced Hams come with their own glaze packet and complete heating instructions. They are fully cooked for you to simply heat and serve! Sprouts hams are gourmet cured and packaged in their own natural juices for a rich, hickory smoked flavor.

Refer to the Sprouts Spiral-sliced Ham packaging.

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### USDA CHOICE RIB ROAST (READY-TO-COOK)

Bake in a 350-degree oven.

Well Done: 165 degrees, 30-35 minutes per pound;

Medium: 140 degrees, 25-30 minutes per pound;

Rare: 130 degrees F, 20-25 minutes per pound.

