

# JANSSEN'S MARKET

**Be sure to check your order before you leave the store - to ensure you have everything!**

## **REHEATING YOUR COOKED MEATS AND SIDES**

***The instructions provided are guidelines and may vary with each home oven.  
Measure the temperature with a food thermometer in the thickest part of the product.  
• Reheated foods should reach 165°F before consumption.***

### **GENERAL REHEATING INSTRUCTIONS INCLUDING APPETIZERS:**

- Place Items on counter and allow to warm up to room temperature **before** placing in a preheated 325°F oven. Food items will reheat more evenly if there are room temperature than if they are reheated cold from the refrigerator. Start with 10 minutes and monitor closely
- To keep the tops or skins from getting too dark cover loosely with foil. Remove all plastic wrap.

### **+++ COOKED MEATS +++**

**RED MEATS:** Place in roasting pans and leave dry or add a tad of wine or stock. Reheat at 325 °F. Cooking times will vary depending upon how you wish the meat to be done. Please see cooking temperature chart below.

**SPIRAL HAMS:** Allow to come up to room temperature before placing in the oven. Place cut side down in a roasting pan. Cover the ham with heavy aluminum foil and heat at 325 °F for about 10 minutes per pound, glazing every hour. Uncover last 10 mins and add final glaze.

**DECONSTRUCTED AND CARVED TURKEYS:** Allow turkey meat to come to room temperature before placing in 325°F oven. Drizzle with turkey stock, gravy, wine or water. This will help to keep the turkey moist while it is reheating. COVER and reheat until a meat thermometer reads 165°F for Turkeys. Remember the more meat you have the longer it will take to reheat. Assume 3-4 min per pound but check often!

**WHOLE COOKED TURKEYS:** Preheat your oven to 375°F. If you feel comfortable, turn it breast-side down in the roasting pan provided. This allows the fat juices from underneath the bird to drip down while it heats up, helping to ensure a moist, tender breast. You can use bunched up foil to keep it steady or propped up. Add stock, wine or gravy to the pan. Cover the turkey with foil and place in the oven. *Drop the temperature to 275°F. Reheat your Turkey for around 5 minutes per pound.* USDA recommends cooking and reheating all poultry to an internal temperature of 165°F.

Allow all meat to rest outside of the oven for 15 minutes before carving. While resting the meat may rise anywhere between 5 and 20 degrees.

**GRAVY:** We suggest you reheat slowly in a pot on your stovetop. Be sure to stir as the gravy is reheating. This will help it to reheat correctly and prevent it from burning to the bottom of the pan. We do not recommend using the microwave.

- *Reheated foods should reach 165°F before consumption.*

### **+++ Cooking Temperature Chart +++**

**Beef & Lamb - Med Rare = 130<sup>o</sup>- 135<sup>o</sup> - center is bright red and pinkish towards the exterior  
Medium = 140<sup>o</sup>-145<sup>o</sup> - center is very pink, slightly brown towards the exterior  
Medium Well = 150<sup>o</sup>- 155<sup>o</sup> - not pink  
Well = 160<sup>o</sup> and above - meat is uniformly brown throughout**  
**Turkey / Chicken/ Pork = 165<sup>o</sup> - juices run clear - legs will move easily**  
**Fully Cooked Ham = 140<sup>o</sup> - 145<sup>o</sup>**

### +++ COOKED VEGETABLES and STARCHES +++

*The instructions below are guidelines and may vary with each home oven. Measure the temperature with a food thermometer in the thickest part of the product.*  
• *Reheated foods should reach 165°F before consumption.*

1. Allow side dishes to come to room temperature and be sure they are in an oven proof container. The more quantity you have and the denser the product the longer it will take to warm up. It also helps to unwrap and loosen the lid.
2. **Preheat your oven to 325°F.** We suggest you lightly cover your items with foil to prevent overbrowning. Remember the more you have the longer it will take. Such as... a pound of vegetables may heat up in 5-7 minutes but 5 lbs. may take 20 - 30 minutes or longer. Smaller thinner vegetables such as green beans will reheat faster than Butternut Squash. So if the product is dense (ie. Scalloped Potatoes, Yams...) reheating may take longer. And since every oven is a bit different. We suggest you check several times during the reheating process and, if possible, toss or stir at least once. Items like Mashed Potatoes may become runny if overheated.
3. You can use the stovetop or Microwave to reheat. If Microwaving please make sure your food is in a Microwave safe container. Again, start with a short time and check several times to see how the product is reheating. It helps to toss or stir, if possible, one or twice during the reheating process. So that you get a more even reheat.
4. If there is a topping please add after reheating. You can return it to the oven or place under the broiler for a few minutes uncovered to crisp off or brown. Just be sure to keep your eye on it so it doesn't burn.

**If you have any questions and can't reach us at the store we suggest checking the internet for cooking guidelines. Websites such as Food Network, Betty Crocker, or Google can be very helpful.**

## Turkey roasting times **FOR RAW TURKEYS**

The U.S. Department of Agriculture says that poultry – both dark and light meat – is safe when cooked to an internal temperature of 165 degrees. However, some people prefer the texture of dark meat when it's cooked to 170 degrees.

● Use a meat thermometer or instant-read thermometer to check doneness. Never rely on the plastic pop-up timers that come with many turkeys.

● A brined turkey can cook faster than the times indicated on this chart, so be sure to monitor its temperature.

Use this chart to estimate times needed to reach at least 165° in the breast, thigh or stuffing baked at **325 degrees.**

Unstuffed	Pounds	Total time
	8 to 12	2¾ to 3 hrs.
	12 to 14	3 to 3¾ hrs.
	14 to 18	3¾ to 4¼ hrs.
	18 to 20	4¼ to 4½ hrs.
	20 to 24	4½ to 5 hrs.
	24 to 30	5 to 5¼ hrs.

Stuffed	Pounds	Total time
	8 to 12	3 to 3½ hrs.
	12 to 14	3½ to 4 hrs.
	14 to 18	4 to 4¼ hrs.
	18 to 20	4¼ to 4¾ hrs.
	20 to 24	4¾ to 5¼ hrs.
	24 to 30	5¼ to 6 hrs.