



CUSACK MEATS

SINCE 1933



HEATING AND PREPARATION GUIDE

CUSACK MEATS

SINCE 1933



Many things have changed since our beginning in 1933, but some things will never change - like our commitment to quality, service and the dedication to produce only the finest products available. We're proud of our heritage and honored to be a licensed distributor of *Certified Angus Beef*® products since 1985. We appreciate your business and look forward to serving your needs. Enjoy!

The Cusack Family



Hank and Ella Mae Cusack shown in the early days of Cusack Meats

cusackmeats.com

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405.232.2114
800.241.MEAT

CERTIFIED ANGUS BEEF® PERFECTLY AGED, HAND-CUT STEAK

CERTIFIED ANGUS BEEF® STEAKS

Certified Angus Beef® steaks are abundantly flavorful, incredibly tender and naturally juicy, delivering satisfaction in each delicious bite! Every steak is perfectly aged, hand cut and vacuum sealed to ensure freshness!



CERTIFIED ANGUS BEEF® TENDERLOIN FILET

The only words to describe our Tenderloin Filets are "fork-tender" and "melt-in-your-mouth." Our #1 selling steak is well-marbled, which imparts a very smooth, mellow flavor.

CERTIFIED ANGUS BEEF® NEW YORK STRIP STEAK

A timeless favorite of steak lovers, the New York Strip Steak is a boneless steak that is richly marbled and tender. Cut from the center of our well-aged strip loins, this is one of our most popular grilling steaks.



CERTIFIED ANGUS BEEF® BONELESS RIBEYE STEAK

These Ribeyes, or "Delmonico" Steaks are cut from well-aged prime rib roasts. The extensive marbling imparts a rich and juicy flavor.

CERTIFIED ANGUS BEEF® CUSHION CUT CLUB STEAK

These beautiful Cushion Cut Club Steaks come from the very center of the Sirloin Top Butt. Natural juiciness, lean texture... a favorite at anyone's cookout!



CERTIFIED ANGUS BEEF® T-BONE STEAK

A combination of the New York Strip and the Tenderloin Filet, this sizable T-Bone Steak cut will satisfy even the heartiest of appetites.

CERTIFIED ANGUS BEEF® BONE-IN RIBEYE

A Bone-In Ribeye Steak makes a beautiful plate presentation. The tail end of the bone is "Frenched" (trimmed to expose the bone) which adds a touch of elegance. It's a big steak that you can really sink your teeth into.



PREPARATION

Grilling Tips on next page

TO THAW:

- Remove product from box.
- Leave product sealed and place in refrigerator for 1 day.
- Prior to heating: Remove from refrigerator and take steaks out of packaging. Let sit on counter for 30 minutes to 1 hour prior to cooking/grilling. This will allow steaks to bloom and return to their natural red color prior to heating.

TO HEAT:

- Make sure steaks have been removed from plastic bag and discard bag.
- Cooking & Grilling equipment temperatures vary.
- All heating times are approximate. Adjust accordingly.

USE A MEAT THERMOMETER TO DETERMINE INTERNAL TEMPERATURE AND DONENESS.

- For the most accurate reading, insert the meat thermometer into thickest part of product.

GRILLING TIPS

Approximate total cooking time for Medium (145°F) to Well-Done (160°F):

	Thickness	CHARCOAL GRILLING	GAS GRILLING
Bone-In Ribeye Steak	1 1/2"	19-24 minutes	20-25 minutes
Boneless Ribeye Steak	1"	10-14 minutes	9-14 minutes
T-Bone Steak	1 1/2"	19-24 minutes	20-25 minutes
Boneless Tenderloin Filet	1"	10-14 minutes	11-15 minutes
Boneless Strip Steak	1"	11-14 minutes	11-15 minutes
Cushion Cut	1"	11-15 minutes	13-16 minutes

Charcoal grilling times are based on cooking over medium heat. Equipment temperatures vary. Please refer to your grill's owner manual and adjust accordingly.



RARE – The human hand is in an open, relaxed state. Press the large thumb muscle between thumb and index finger, and it will feel like a rare steak.



MEDIUM – Stretch out your hand. Press the same muscle and it will feel like a steak cooked to medium doneness.



WELL-DONE – Clench a tight fist, and the thumb muscle will feel like a well-done steak.

To gauge a steak...

Use the "firmness to touch" method to gauge a steak's doneness.

DEGREE OF DONENESS



Cooking times and temperatures vary with the method of preparation used, the size and shape of the Certified Angus Beef® cut and the desired degree of doneness.



CERTIFIED ANGUS BEEF® PRIME RIB ROAST - BONE-IN OR BONELESS, READY-TO-COOK

Certified Angus Beef® prime rib roasts are beautifully marbled and perfectly aged, ready for you to add your own special seasonings. Excellent roasted, smoked or on the grill. It's up to you!



PREPARATION Ready to Cook

TO THAW:

- Remove product from box.
- Leave product sealed and place in refrigerator for 3-4 days.
- Prior to heating: Remove from refrigerator and set sealed product on counter for 30 minutes to 1 hour prior to cooking.

TO HEAT:

- Remove product from plastic bag and discard bag.
- Cooking & Grilling equipment temperatures vary.
- All heating times are approximate. Adjust accordingly.

USE A MEAT THERMOMETER TO DETERMINE INTERNAL TEMPERATURE AND DONENESS.

- For the most accurate reading, insert the meat thermometer into thickest part of product.

READY TO COOK / OVEN

Preheat oven to 325°F. Season meat as desired. Place meat in a roasting pan uncovered, fat side up. Removed from oven when roast reaches desired doneness.

READY-TO-COOK PRIME RIB (Bone-In or Boneless)

130°-135°F	Med-Rare	15-18 min. per lb.
140°F	Medium	20-23 min. per lb.
155°F	Well-done	23-26 min. per lb.

After removing from oven, let roast stand 15-20 minutes before carving.

*(temperature will rise another 5-10 degrees during this period). Slice to desired thickness.

CERTIFIED ANGUS BEEF® PEELED TENDERLOIN ROAST (CHATEAUBRIAND)

Our *Certified Angus Beef®* chateaubriand is "fork tender" and "melt-in-your-mouth" delicious!



PREPARATION

TO THAW:

- Remove product from box.
- Leave product sealed and place in refrigerator for 1-2 days.
- Prior to heating: Remove from refrigerator and set sealed product on counter for 30 minutes to 1 hour prior to cooking.

TO HEAT:

- Remove product from plastic bag and discard bag.
- Cooking & Grilling equipment temperatures vary.
- All heating times are approximate. Adjust accordingly.

USE A MEAT THERMOMETER TO DETERMINE INTERNAL TEMPERATURE AND DONENESS.

- For the most accurate reading, insert the meat thermometer into thickest part of product.

OVEN

Preheat oven to 425°F. Place roast on shallow rack in roasting pan (do not add water). Press any seasonings evenly into surface of beef roast. Roast, uncovered, in oven approximately 50-60 minutes for medium rare (125-130°F) to medium (130-140°F). Insert meat thermometer into thickest part of roast. Pull roast at preferred internal temperature. Cover loosely with foil and let roast stand for 10-20 minutes. The internal temperature will rise an additional 5-10° during this time. Serving: Slice the roast across the grain to desired thickness.

MORE CUSTOMER FAVORITES

WARMING & COOKING

GARLIC HERB SUNDRIED TOMATO FRENCHED RACK OF PORK

Rubbed with our own special blend of spices and infused with Garlic Herb and Sundried Tomato flavoring, our Garlic Herb Sundried Tomato French Cut Bone-In Pork Loin is ready to grill or bake to perfection.



PREPARATION

TO THAW:

- Remove product from box.
- Leave product sealed and place in refrigerator for 1-2 days.
- Prior to heating: Remove from refrigerator and set sealed product on counter for 30 minutes prior to cooking.

TO HEAT:

- Remove product from plastic bag and discard bag.
- Cooking & Grilling equipment temperatures vary.
- All heating times are approximate. Adjust accordingly.

USE A MEAT THERMOMETER TO DETERMINE INTERNAL TEMPERATURE AND DONENESS.

- For the most accurate reading, insert the meat thermometer into thickest part of product.

OVEN

Preheat oven to 325°F. Place in the pan, fat side up. Cover the exposed rib bones with foil. This roast does not need any additional seasoning. After cooking for 45 minutes, pull the foil off the bones. Continue cooking another 45 minutes. Pull from oven when internal temperature reaches 155°F. Let Pork Loin stand for 15 minutes before slicing.

TO SLICE: cutting right to left on the Pork Loin, place the knife on the left side of the first rib bone, then slice downward through the roast, following the bone as a guide.

GARLIC HERB SUNDRIED TOMATO BONE-IN PORK CHOP

Infused with Garlic Herb and Sundried Tomato flavor, and then rubbed with spices. Our Garlic Herb Sundried Tomato Bone-In Pork Chops are perfectly seasoned and ready to grill or bake.



(SHOWN HERE GRILLED)

PREPARATION

TO THAW:

- Remove product from box.
- Leave product sealed and place in refrigerator for 1 day.

TO HEAT:

- Remove product from plastic bag and discard bag.
- Cooking & Grilling equipment temperatures vary.
- All heating times are approximate. Adjust accordingly.

USE A MEAT THERMOMETER TO DETERMINE INTERNAL TEMPERATURE AND DONENESS.

- For the most accurate reading, insert the meat thermometer into thickest part of product.

GRILL

Preheat grill to medium heat. Over direct heat, grill for 8-12 minutes, turning once halfway through the grilling process. Cook to a minimum internal temperature of 145°F. Let rest 3 minutes prior to serving.

MORE CUSTOMER FAVORITES

WARMING & COOKING

LOBSTER TAILS

Succulent, carefully selected, tender and firm. Serve as your entrée or with any of our **Certified Angus Beef®** steaks as a Surf and Turf combination.



PREPARATION

TO THAW:

- Remove product from box.
- Thaw tails under cool running tap water and refrigerate until ready to bake.
- DO NOT HOLD MORE THAN TWO HOURS before cooking as enzyme action may ruin the meat by making it mushy and turning it black where it touches the shell.

TO HEAT:

- Remove product from plastic bag and discard bag.
- Cooking & Grilling equipment temperatures vary.
- All heating times are approximate. Adjust accordingly.

OVEN

Preheat oven to 500°F. Split top of shell lengthwise; separate meat from shell, allowing tail portion to remain attached. Place meat on top of shell "piggy-back" style. Brush meat with butter, a butter-garlic-lemon sauce, or a white wine sauce, then sprinkle with paprika and bread crumbs, if desired. Pour a small amount of water into baking pan (important, as this will aid in moisture retention). Place tails in baking pan and bake.

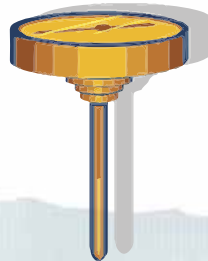
Baking time will vary according to the size of tail and heating characteristics of individual ovens, so some experimentation may be necessary. As a guide, 8 oz. tails take about 8-9 minutes in a conventional oven. As soon as the color of flesh changes from translucent to white throughout, the tail is fully cooked. If additional color is desired, finish under broiler.

QUICK THAW TIPS

QUICK THAWING:

- Remove product from the box, but leave the product inside the plastic bag.
- Fill your kitchen sink with COOL water and place your product in the water.
- As product thaws, it will chill the water, so drain and replace the water as needed.
- Depending on the density of the product (ham/turkey) this process can take several hours.

Use a meat thermometer to check your internal heating temperature



NATIONWIDE
SHIPPING AVAILABLE



CUSACK GIFT
CARDS AVAILABLE!



CUSACK MEATS GUARANTEE

All Cusack Meats products have a 100% guarantee. If you are not satisfied with your purchase, please notify us and we will promptly work to resolve your issue to your satisfaction.

HOLIDAY TRADITIONS

WARMING & COOKING

HICKORY SMOKED TURKEY

Lightly cured, using our special brine solution, then slow smoked over natural hickory.

Our Hickory Smoked Turkey is fully cooked and ready to heat and serve.



PREPARATION

TO THAW:

- Remove product from box.
- Leave product sealed and place in refrigerator for 3-4 days.
- Prior to heating: Remove from refrigerator and set sealed product on counter for 30 minutes to 1 hour prior to warming.

TO HEAT:

- Remove product from plastic bag and netting and discard bag.
- Cooking & Grilling equipment temperatures vary.
- All heating times are approximate. Adjust accordingly.

USE A MEAT THERMOMETER TO DETERMINE INTERNAL TEMPERATURE AND DONENESS.

- For the most accurate reading, insert the meat thermometer into thickest part of product.

OVEN

Preheat oven to 325°F. Our Hickory Smoked Turkey is fully cooked and smoked. Make sure to remove netting prior to placing in oven. Place turkey in a covered roaster or in a deep roasting pan covered with foil. Heat for approximately 1 ½ hours. Pull turkey from oven when internal temperature reaches 150°F. Let rest uncovered for 15-20 minutes before carving.

Quick Thaw Tips on page 13

HONEY GLAZED SPIRAL SLICED BONE-IN HAM AND SLICED BONELESS HAM

Sensational Centerpieces! Whatever your celebration, our hams are sure to become a welcome tradition at your dinner table. **Each ham is fully cooked and ready to heat & serve.**



PREPARATION

TO THAW:

- Remove product from box.
- Leave product sealed and place in refrigerator for 1-2 days (Boneless) and 3-5 days (Bone-In).
- Prior to heating: Remove from refrigerator and set sealed product on counter for 30 minutes to 1 hour prior to warming.

TO HEAT:

- Remove product from plastic bag and discard bag.
- Cooking & Grilling equipment temperatures vary.
- All heating times are approximate. Adjust accordingly.

USE A MEAT THERMOMETER TO DETERMINE INTERNAL TEMPERATURE AND DONENESS.

- For the most accurate reading, insert the meat thermometer into thickest part of product.

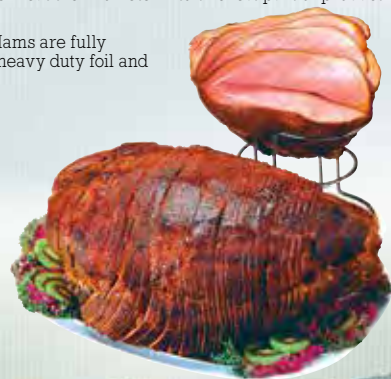
OVEN

Preheat oven to 325°F. Our Honey Glazed Hams are fully cooked and smoked. Leave the ham in the heavy duty foil and place in the oven and heat for approx.:

Whole Bone-In Ham:.....	1 ½ hour
Half Bone-In Ham:.....	1 hour
Sliced Boneless Ham:.....	20 minutes

When initial heating time is complete, pull back foil, baste with glaze in pan and brown for an additional 30 minutes uncovered. Check internal temperature with a meat thermometer. Pull ham from oven at 140°F.

Let ham rest for 15 minutes to cool down. Carefully remove the ham from the foil and pan. The ham may need to cool down and additional 5-10 minutes before serving.



MORE HOLIDAY TRADITIONS

WARMING & COOKING

HICKORY SMOKED OLD-FASHIONED BONE-IN HAM

Old fashioned, cured and smoked over natural hickory. Our Old-Fashioned Bone-In Ham is fully cooked and ready to heat & serve.



HICKORY SMOKED BONELESS PIT STYLE HAM

Same great taste as our Old-Fashioned Bone-In Ham, but boneless for ease and convenience when serving! Our Boneless Pit Style Ham is fully cooked and ready to heat & serve.

PREPARATION

TO THAW:

- Remove product from box.
- Leave product sealed and place in refrigerator for 4-5 days.
- Prior to heating: Remove from refrigerator and set sealed product on counter for 30 minutes to 1 hour prior to warming.

TO HEAT:

- Remove product from plastic bag and discard bag.
- Cooking & Grilling equipment temperatures vary.
- All heating times are approximate. Adjust accordingly.

USE A MEAT THERMOMETER TO DETERMINE INTERNAL TEMPERATURE AND DONENESS.

- For the most accurate reading, insert the meat thermometer into thickest part of product.

OVEN

Preheat oven to 325°F. Place ham in a deep roasting pan. Heat for approximately 2 – 2 ½ hours. At 2 hour mark, insert meat thermometer into ham. Pull ham from oven when internal temperature reaches 140°F. Let rest uncovered for 15-20 minutes before carving.

Quick Thaw Tips on page 13

HICKORY SMOKED FRENCHED RACK OF PORK

Marinated with a special Garlic Herb and Sundried Tomato combination. Delicious and unforgettable! Our Smoked Rack of Pork is fully cooked and ready to heat & serve.



PREPARATION

TO THAW:

- Remove product from box.
- Leave product sealed and place in refrigerator for 1-2 days.
- Prior to heating: Remove from refrigerator and set sealed product on counter for 30 minutes prior to warming.

TO HEAT:

- Remove product from plastic bag and discard bag.
- Cooking & Grilling equipment temperatures vary.
- All heating times are approximate. Adjust accordingly.

USE A MEAT THERMOMETER TO DETERMINE INTERNAL TEMPERATURE AND DONENESS.

- For the most accurate reading, insert the meat thermometer into thickest part of product.

OVEN

Preheat oven to 325°F. Place the roast in a roasting pan for approx. 45 minutes. Check temperature with a meat thermometer. Pull roast at 145°F. Let roast stand for 10 minutes before carving.

TO SLICE: cutting right to left on the Pork Loin, place the knife on the left side of the first rib bone, then slice downward through the roast, following the bone as a guide.

CUSTOMER FAVORITES

WARMING & COOKING

CERTIFIED ANGUS BEEF® HICKORY SMOKED BONELESS PRIME RIB

Made from the highest quality

Certified Angus Beef®, our Hickory Smoked Boneless Prime Rib is rubbed with our flavorful seasonings and slow smoked over real hickory for hours giving it that rich, juicy flavor and tenderness! **Our Hickory Smoked Prime Rib is fully cooked and ready to heat & serve.**



PREPARATION **Fully Smoked**

TO THAW:

- Remove product from box.
- Leave product sealed and place in refrigerator for 3-4 days.
- Prior to heating: Remove from refrigerator and set sealed product on counter for 30 minutes to 1 hour prior to warming.

TO HEAT:

- Remove product from plastic bag and discard bag.
- Cooking & Grilling equipment temperatures vary.
- All heating times are approximate. Adjust accordingly.

USE A MEAT THERMOMETER TO DETERMINE INTERNAL TEMPERATURE AND DONENESS.

- For the most accurate reading, insert the meat thermometer into thickest part of product.

OVEN

Preheat oven to 325°F. Place prime rib on a rack in a roasting pan. If desired add 1 cup of water to the pan. Cover with foil and heat for approximately 1-1/2 hours. Pull from oven when internal temperature reaches 135°F. Let rest uncovered for 15-20 minutes. Slice to desired thickness.

Quick Thaw Tips on page 13

CUSTOMER FAVORITES

WARMING & COOKING

CERTIFIED ANGUS BEEF® HICKORY SMOKED BONELESS PRIME RIB SLICES

Our delicious Hickory Smoked Boneless Prime Rib in a pre-portioned 10oz serving for ease and convenience. Each slice is individually packaged, fully cooked, and ready to heat & serve!



PREPARATION **Fully Smoked to Medium-Rare Perfection**

TO THAW:

- Remove product from box.
- Leave product sealed and place in refrigerator for 1 day.

TO HEAT:

- Remove product from plastic packaging and discard packaging.
- Cooking equipment temperatures vary.
- All heating times are approximate. Adjust accordingly.

OVEN

Preheat oven to 300 degrees. Place the Smoked Prime Rib slice in a roasting pan. Heat for 5-7 minutes (or) until warm. Important: Do not "over warm", as this may dry out the product. For maximum enjoyment, heat only until warm.



CERTIFIED ANGUS BEEF® HICKORY SMOKED BEEF BRISKET – SLICED

Made from the highest quality **Certified Angus Beef®**, our Hickory Smoked Beef Brisket is seasoned with a special blend of spices, and then slow smoked over real hickory. **Our Hickory Smoked Beef Brisket is fully cooked and ready to heat & serve.**

PREPARATION

TO THAW:

- Remove product from box.
- Leave product sealed and place in refrigerator for 3-4 days.
- Prior to heating: Remove from refrigerator and set sealed product on counter for 30 minutes to 1 hour prior to warming.

TO HEAT:

- Remove product from plastic bag and discard bag.
- Cooking & Grilling equipment temperatures vary.
- All heating times are approximate. Adjust accordingly.

OVEN

Preheat oven to 350°F. Our Hickory Smoked Beef Brisket is fully cooked and smoked. Place brisket on a rack in a roasting pan. Add 1 cup of water to the pan. Cover with foil and warm for approximately 30 minutes or put brisket in a roasting pan, pour 1-2 cups of Bar-B-Que sauce over the brisket, cover with foil and warm for approximately 40 minutes. Slice as desired.

Quick Thaw Tips on page 13

HICKORY SMOKED PORK SPARE RIBS

Delicious and meaty, seasoned with special spices, then slow smoked over natural hickory. **Our Hickory Smoked Pork Spare Ribs are fully cooked and ready to heat & serve.**



HICKORY SMOKED PORK BABY BACK RIBS

Marinated in apple juice, seasoned with special spices, then smoked over natural hickory. **Our Hickory Smoked Pork Loin (Baby Back) Ribs are fully cooked and ready to heat & serve.**

PREPARATION

TO THAW:

- Remove product from box.
- Leave product sealed and place in refrigerator for 1 day.

TO HEAT:

- Remove product from plastic bag and discard bag.
- Cooking & Grilling equipment temperatures vary.
- All heating times are approximate. Adjust accordingly.

OVEN / GRILL

OVEN: Preheat oven to 325°F. Line broiler pan with foil. Pour 1-2 cups of water in pan. Place broiler rack on pan, spray with nonstick cooking spray. Place ribs on broiler rack and cover with foil. Heat for approximately 30 minutes.

GRILL: Preheat grill to medium heat. Wrap ribs in foil loosely. Place on grill for approximately 15 minutes. Open foil and add sauce (if desired). Return to grill for another 15 minutes or until heated thoroughly.

SMOKEHOUSE FAVORITES

WARMING & COOKING



HICKORY SMOKED HOT LINK SAUSAGES

Our Hickory Smoked Hot Link Sausages are a pork and beef mixture with just the right amount of spice. **Fully cooked and ready to heat & serve.**

HICKORY SMOKED POLISH SAUSAGE LINKS

The mildest of our three sausages. Our Hickory Smoked Polish Sausage is a pork & beef sausage, perfect on a bun or added to your favorite recipe for flavor.

Fully cooked and ready to heat & serve.

ANDOUILLE (SPICY CAJUN) SAUSAGE LINKS

A great sausage with a real kick! Pork sausage with potatoes, onions, and a combination of red, white and black pepper. The longer you heat it, the spicier it gets. **Fully cooked and ready to heat & serve.**

PREPARATION

TO THAW:

- Remove product from box.
- Leave product sealed and place in refrigerator for 1 day.
- Prior to heating: Remove from refrigerator.

TO HEAT:

- Remove product from plastic bag and discard bag.
- Cooking & Grilling equipment temperatures vary.
- All heating times are approximate. Adjust accordingly.

STOVETOP: Put in a saucepan on medium heat. Put water in pan to cover. Bring to a boil.

MICROWAVE: Place in a microwave safe bowl and heat on high for approximately 1-2 minutes or until thoroughly heated.

GRILL: Heat until steaming.

HICKORY SMOKED CHOPPED PORK WITH SAUCE (NOT PICTURED)

Our Hickory Smoked Chopped Pork with Sauce is fully cooked and ready to heat & serve.

PREPARATION

TO THAW:

- Remove product from box.
- Leave product sealed and place in refrigerator for 1 day.

TO HEAT

- Remove product from plastic bag and discard bag.
- Cooking & Grilling equipment temperatures vary.
- All heating times are approximate. Adjust accordingly.

STOVETOP / MICROWAVE

STOVETOP: Put in a saucepan on medium heat until thoroughly heated.

MICROWAVE: Place in a microwave safe bowl and heat on high for approximately 1-2 minutes or until thoroughly heated.

HICKORY SMOKED PORK TENDERLOIN

Apple marinated and Hickory Smoked, our pork tenderloins are fully cooked and ready to heat and serve.

PREPARATION

TO THAW:

- Remove product from box.
- Leave product sealed and place in refrigerator for 1 day.

TO HEAT:

- Remove product from plastic bag and discard bag.
- Cooking & Grilling equipment temperatures vary.
- All heating times are approximate. Adjust accordingly.

USE A MEAT THERMOMETER TO DETERMINE INTERNAL TEMPERATURE AND DONENESS.

- For the most accurate reading, insert the meat thermometer into thickest part of product.

GRILL

- Preheat grill to medium-hot (400°F). Place tenderloin on grill and heat, turning as needed, until internal temperature reaches 145°F.

OVEN

- Preheat oven to 325°F. Wrap tenderloin in foil, or place in a shallow pan and cover with foil. Heat approximately 15-20 minutes, or until internal temperature reaches 145°F.



Proud to be Family
Owned & Operated
SINCE 1933



Scan here to
visit us online now

CUSACK MEATS

SINCE 1933



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(Approximately 1 mile south of the Chesapeake Energy Arena)

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