

Empire Kosher Offers Tips For Stuffing Your Holiday Turkey Or Chicken

To most people, a big beautiful roast chicken or turkey, stuffed with delicious homemade dressing, sitting on a large platter in the middle of the family dining table is an important part of the traditional holiday scene.

Today, however, many homemakers are not painting this complete picture. They may be preparing the roast turkey or chicken, but many times the stuffing is either missing or prepared in a casserole or sauce pan.

Stuffing, roasted right inside the body cavity of the chicken or turkey, takes on a special flavor that cooking in a casserole or sauce pan can never give.

The reason most homemakers list for not preparing the stuffing in the chicken or turkey is "time." True, it takes longer to prepare the stuffing, stuff the bird and cook the turkey or chicken, if the stuffing is inside, but the results are certainly worth the extra time and effort.

To provide some basic guidelines on how to stuff and cook a stuffed turkey or large roasting chicken, the good cooks at Empire Kosher Foods offer the following suggestions:

- The time to stuff the turkey or chicken is just before the bird goes to the oven. Be sure that the bird is fully thawed and that it has been rinsed, inside and out, with cold water and then dried with paper towels.

- Prepare enough stuffing to equal 3/4 cup of stuffing for each pound of turkey (for birds over 10 pounds). For chicken and turkeys under 10 pounds, one-half cup of stuffing per pound should be sufficient.

- Spoon the stuffing loosely into the neck cavity; pull skin down over stuffing and fasten skin securely to the back with a skewer.

- Place the bird, neck side down, in a large bowl. Lightly spoon stuffing into body cavity.

- Holding the bird by the legs, gently shake the stuffing down. Do not pack the stuffing or the mixture will not cook properly.

- Pull the skin over the opening and secure with skewers; tie legs to tail.

- Do not freeze stuffing in a cooked or uncooked turkey or chicken.

- Place the whole stuffed turkey or chicken on a rack in a shallow roasting pan. Cover bird with a

loose tent of foil. Roast in 325° oven.

- The following are approximate times to cook a stuffed turkey or chicken:

Weight	Cooking Time
6 to 8 pounds	3 to 3-1/2 hours
8 to 12 pounds	3-1/2 to 4-1/2 hours
12 to 16 pounds	4-1/2 to 5-1/2 hours
16 to 20 pounds	5-1/2 to 6-1/2 hours
20 to 24 pounds	6-1/2 to 7 hours

- The bird is done when a meat thermometer, inserted into the thigh meat, reads 180° to 185°. Also, upon moving the drumstick up and down, the leg joint should give or break readily.

- To be sufficiently cooked, the temperature of the stuffing must reach at least 165°.

Now that we have covered the basic "how to's" of stuffing, the question that many will have is "what do I use for stuffing?" In answer to this question, the folks at Empire Kosher also offer the following stuffing recipes:

HERB STUFFING

- 4 cups dry bread crumbs
- 2 tablespoons chopped onion
- 2 tablespoons chopped chives
- 1 teaspoon dried thyme
- 1 teaspoon dried tarragon
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup melted margarine
- 1 cup hot water
- 2 tablespoons chopped fresh parsley

Combine all ingredients in a large bowl. Makes enough stuffing for a 6 to 8 pound chicken or turkey.

CRANBERRY-APPLE STUFFING

- 1 cup cooked wild rice
- 1-1/2 cups cooked long grain rice

- 1/4 teaspoon thyme
- 1 tablespoon chopped chives
- 1 tablespoon chopped celery leaves
- 1 cup chopped celery
- 2-1/2 cups chopped apple
- 1-1/2 cups fresh cranberries (cut in half)

Combine all ingredients in a large bowl. Makes enough stuffing for an 8 to 10 pound turkey.

POTATO AND BREAD STUFFING

- 1/2 cup water
- 1/2 cup chopped celery, with leaves
- 1/4 cup chopped onion
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon chopped parsley
- 2 cups mashed potatoes
- 3 eggs, lightly beaten
- 2 cups fresh bread crumbs
- 1/2 cup chicken or turkey broth

Place water in small saucepan; add herbs. Bring to a boil and then simmer for about 8 to 10 minutes. When herb mixture is ready, combine all ingredients in a large bowl. Makes enough stuffing for a 6 to 8 pound chicken or turkey.

UNLV for the second straight year has enrolled a record number of students. The Fall 1986 headcount stands at 12,852, an increase of 7 percent over last fall's record 12,011 students, according to unofficial preliminary figures released this week by the Registrar's Office.

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