

Happy Holiday! Happy Eating!

Contrary to the popular belief that Christmas is not really Christmas without snow, the spirit and atmosphere of Christmas is just as pervasive here as everywhere else. In nearly every garden poinsettia bushes are in bloom also the red, yellow, and white Chrysanthemums. These, along with Cedar boughs and sprigs of Holly, are carried indoors to decorate the home. Nearly every home has its Xmas Tree.

Christmas day itself means early morning Church services first, then opening of presents--a gay round of egg-nog with neighbors and a quick call to friend's home terminated by Xmas dinner in the late afternoon.

Turkey keeps its crown as King of holiday feasting by grace of the stuffing with which it is filled. The sumptuous aromas of onion, celery, sage and other herbs mingle with the rich fragrance of turkey drippings browning in the roasting pan. The blending of these create that special mouth-watering scent of a holiday feast.

For some families, turkey stuffing is the same year in and year out, as ritualistic as the laden table and the turkey. To others, a change is pleasant. Bread stuffing is the base for most variations--Chestnuts, shrimp, chopped oysters, ham, sausage or giblets.

CHRISTMAS MENU SUGGESTIONS

"ENTREES"

Roast Tom Turkey, Rock Cornish Hens, Standing Rib Roast - Yorkshire Squares, Holiday Leg of Lamb--Mushroom stuffing, Purple Plum Ducklings.

DINNER GO-ALONGS

Rice Mingle, Orange Beets, Green Peas with Mint, Scalloped Oysters, Creamed Onions, Corn Pudding, Mashed Potatoes, Sweet Potato Pudding, Cranberry-Kumquat Relish, Avocado, Grapefruit Salad with Endive, Celery, Olives, Watermelon pickle, Hot Rolls, Pickled peaches, Radishes, Golden Glow Pie, Christmas Cheese Cake.

HOLIDAY LEG OF LAMB (Mushroom Stuffing)

Ask your butcher to bone a large leg of lamb, leaving the last few inches of shank bone in place. He also can grind the veal and pork together for the stuffing.

1/4 lb. each veal and lean pork ground, 1/4 c. fine dry bread crumbs, 1 egg unbeaten, 1 large garlic clove minced, 1/4 c. light cream, 1/2 tsp. each salt, marjoram, and nutmeg, 2/3 lb. fresh mushrooms chopped, 3 tbsp. butter or margarine, 1 large leg of lamb.

In a large mixing bowl combine the veal, pork, crumbs, egg, garlic, cream, salt, marjoram and nutmeg. Mix together. Meanwhile, saute the chopped mushrooms in the butter. Add to first mixture and mix well. Now stretch the cavity of the boned leg and stuff. Sew the cavity. Roast 35 to 40 minutes per pound, basting often with the following: Blend together 1 large can tomato sauce, 1 minced clove garlic, juice of 2 lemons, 2 tbsp. worcestershire sauce, 2 tbsp. brown sugar, 1/2 tsp. each salt and pepper. Add 1 can beef bouillon. Simmer 15 minutes.

ROCK CORNISH HENS

8 frozen Rock Cornish Hens (about 1 lb. ea.), salt, pepper, soft butter, 1/4 c. melted butter or margarine, Rice Mingle (recipe below), 1 10-oz. jar currant jelly.

Remove the giblets from hens, then wash and dry them. Sprinkle hens with salt and pepper. Rub hens with soft butter or margarine. Place in large shallow open roasting pan. Roast hens about 1 hour in 425 F. oven, basting with melted butter or margarine. Melt currant jelly; when hens are done, cut and remove strings--arrange them around the Rice Mingle mound in the center. Over each hen, spoon some of the melted currant jelly, passing the remainder--garnish with parsley.

PURPLE PLUM DUCKLINGS

2-5 to 6 lb. ducklings quartered, onion, salt, garlic salt, 4 oranges halved crosswise, 1/4 c. butter or margarine, 1 med. onion chopped, 1 17-oz. can purple plums, 1 6-oz. can frozen lemonade, 1/3 c. chili sauce.

Food Forum * Dorothy Johnson CHRISTMAS DAY



STORIES BEHIND FAMOUS CAROLS

1/4 c. soy sauce, 1 tsp. worcestershire sauce, 1 tsp. ginger, 2 tsp. prepared mustard, 2 drops Tabasco.

Sprinkle duckling quarters with onion and garlic salt; set each on an orange half in a roasting pan, then roast them at 350 F. for 1-1/2 hours. While ducklings roast, melt butter in large skillet, add onion and cook until tender--set aside. Empty the can of plums, juice and all into a strainer, set over a bowl. Pit plums, then puree them. Add puree to chopped onion, then blend in frozen lemonade, chili sauce, soy sauce, worcestershire, ginger, mustard and Tabasco, and simmer 15 minutes. After ducklings have roasted 1-1/2 hours, remove them and oranges from pan. Drain off fat. Arrange ducklings and oranges side by side, in roasting pan. Brush them with plum sauce and return to 350 degree oven for 15 minutes. Then pour more sauce over them every 10 minutes until tender and both oranges and ducklings glazed. Pass the rest of the sauce.

STANDING RIB ROAST (With Yorkshire Squares)

Select a standing Rib Roast. At your meat counter, pick up a package of marinade. Make small holes in Roast and let stand overnight in marinade. Place fat side up in dutch oven (do not add water, do not cover, do not baste), sprinkle with garlic powder and black pepper. Roast in moderate oven 350 degrees. Rare--18-20 min. per pound. Medium--22-25 min. per pound. Well done--27-30 min. per pound.

RICE MINGLE

1 c. Wild rice, salt, 2 c. boiling water, butter or margarine, 2 med. onions minced, 2 10-1/2 oz. cans condensed beef consomme undiluted, 2 c. uncooked regular white rice, dash pepper.

Wash wild rice in 3 or 4 changes cold water, removing foreign particles. In medium sauce pan, add 1 tsp. salt to boiling water; add wild rice gradually so water keeps boiling. Boil, covered, stirring occasionally with fork, 30 to 45 minutes or until rice is tender. Meanwhile, in 1/4 c. butter or margarine, in large, deep 10-inch skillet, saute onions over medium heat about 5 minutes. Then with fork stir in consomme, 1 soup can water, white rice and 1/2 tsp. salt. Cover skillet tightly; bring mixture to a boil; reduce heat and simmer 20 minutes or until rice is tender and all liquid absorbed. To drained wild rice, add butter and pepper, then with fork, fluff it up, add cooked white rice and toss together.

ORANGE BEETS

In a large sauce pan, melt 2 tbsp. butter; blend in 1 tbsp. grated orange peel and 2 tbsp. flour; stir over medium heat until golden. Add 1 tbsp. each brown sugar and honey, and 1 c. orange juice. Stir over low heat until thickened. Stir in 2 cans (about 1 lb. each) sliced beets, drained. Heat through.

GREEN PEAS WITH MINT

Cook 2 pkgs. (10-1/2 oz.) green peas as directed on package with the following modifications: Add 2 tsp. sugar, 1/8 tsp. pepper and 3 or 4 chopped fresh mint leaves to the boiling salted water just before adding peas. When peas are cooked, drain and butter generously.

YORKSHIRE SQUARES

1/4 c. Crisco, 1 c. sifted enriched flour, 1/3 tsp. salt, 1 c. milk, 2 eggs, 1/4 tsp. nutmeg, 1/8 tsp. mace, 1/8 tsp. Cayenne pepper.

Put Crisco in a shallow baking pan. Sift flour and salt together and moisten with milk to form paste. Add whole eggs, one at a time, beating thoroughly. Add spices and beat mixture 2 to 3 minutes after second egg is added. Heat the pan with Crisco in hot oven until hot but not brown. When hot, pour in half flour-egg mixture; quickly mix the balance of crisco and flour-egg mixture and bake immediately in hot oven 400 to 425 degrees until pudding has risen and set--about 20 minutes. Reduce temperature to 350 F. and continue baking for 25 minutes.

CRANBERRY-KUMQUAT RELISH

Joyous singing of carols at Christmas is traditional. These songs, some are church hymns, celebrate the Birth of Christ and the festival of the Christmas season. Many are centuries old. St. Francis of Assisi is credited with taking the sacred songs out of the church and using them in street festivals about the beginning of the 13th Century. He is called the "father" of Christmas carols because he put the sacred songs into the language of the people.

CAROLS WERE NOT sung in America by the Pilgrims, whose puritanical views were against displaying any festivity at Christmas. However, other settlers, the Dutch in New Amsterdam, the French in New Orleans, the Episcopalians in Virginia and the Moravians, who founded Bethlehem, Pennsylvania, brought the tradition of carols with them. Here are the facts about the composition of some of the most frequently sung carols.

SILENT NIGHT (Stille Nacht! Heilige Nacht!)

This poem set to music is one of the most widely sung carols. The lines were written by Father Josef Mohr in 1818 when he was pastor of the Church of St. Nicholas in the town of Oberndorf, in the Austrian Tyrol. He wrote the poem in German for the evening Christmas service. Franz Gruber, the church organist, is said to have composed the music in two hours, using a guitar because the organ was broken. It became popular in Germany and was first published there in 1840, later spreading elsewhere.

O COME, ALL YE FAITHFUL (Adeste Fideles)

One of the earliest carols, it is sung in both Catholic and Protestant Churches. Its verses have been translated into some 120 languages and dialects. Some authorities speculate that the Latin text may have been used by St. Francis of Assisi. The Carol became popular in France and Germany in the 17th Century. The words and music as sung today have been credited to various authors. John Francis Wade's manuscript is dated 1751. Others credit the musical composition to H. Reading in 1692.

JOY TO THE WORLD

A song that celebrates the redemption of the world from sin and sorrow, it was first published in 1719 in England with words by Isaac Watts. The melody used today comes from a very free adaptation of phrases from Handel's Messiah.

O! LITTLE TOWN OF BETHLEHEM

An American carol Bishop Phillips Brooks, who served as rector of Old Trinity Church, Boston and, before that, as rector of Holy Trinity Church, Philadelphia, wrote the lyrics in 1868 after a three-year trip to Bethlehem. Lewis H. Redner, an American choir director and organist, is credited with the music, although some sources believe the tune earlier appeared in English hymnals.

1 jar (8 oz.) whole preserved Kumquats, 2 c. cranberries, 1/2 c. sugar. Drain kumquats; reserve 1/3 c. syrup. Cut kumquats in half, wash and drain cranberries. Put kumquats and cranberries through coarse blade of food chopper. Add sugar and reserved kumquat syrup. Refrigerate covered overnight.

SWEET POTATO PUDDING (Hilda Musson)

5 lbs. sweet potatoes peeled, cooked, and mashed; 1 tsp. cinnamon, 2 eggs beaten, 1 tsp. alspice, 1 c. flour, 2 c. brown or white sugar, 1/2 tsp. Baking soda, 1/2 c. shortening, 2 tsp. Baking powder, 1 c. milk or cream, 1 tsp. vanilla, orange or lemon rind. Cream shortening and sugar; beat in eggs,

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