

# THE THINKING WOMAN

## FOOD FORUM

Dorothy Johnson

Now you can take the left over turkey from the freezer and introduce new ways of preparing the leftover bird. Turkey is a native American game bird, and there are a number of varieties. Wild turkeys were at one time numerous throughout the United States.

The Indians had domesticated turkeys long before the arrival of the early settlers. He is a respectable bird and a true native of America.

### TURKEY HAWAIIAN

- 2 eggs beaten
- 1/2 cup all-purpose flour
- 1/2 tsp. salt
- Water
- 2 cups cubed cooked turkey
- Oil for frying
- 1 can (13-1/2 oz.) pineapple chunks
- 2 tbsps. corn starch
- 2 tbsps. butter or margarine
- 1 tsp. chicken base
- 1 each of green and red peppers, cut into eighths
- 1-1/2 tsp soy sauce
- 1 can (8 oz.) onions, drained

Combine first 3 ingredients and 4 tbsps. water; beat until smooth. Add turkey and stir until all pieces are coated. Drop in to shallow hot oil, and brown on all sides; keep warm. Drain pineapple juice into saucepan. Blend in cornstarch. Add butter, pineapple, and remaining ingredients. Simmer for 5 minutes, stirring frequently. Add turkey, and serve at once.

### TURKEY PAPRIKA

- 2 large onions, sliced
- 1 garlic clove, minced
- 1/4 cup butter or margarine
- 1 can (10-1/2 oz.) tomato puree
- 1/4 cup paprika
- Salt and pepper to taste
- 2 cups turkey broth or 2 chicken bouillon cubes dissolved in 2 cups water
- 3 cups cut-up left-over turkey
- 1 cup dairy sour cream

Brown onions and garlic slightly in butter. Add remaining ingredients except sour cream. Simmer for about 20 minutes. Just before serving, top with sour cream. Serve with noodles or rice.

### TURKEY and BROCCOLI AMANDINE

- 4 oz. (about 2 cups.) medium noodles
- 1 pkg. (10 oz.) frozen broccoli, cooked
- 2 tbsps. butter or margarine
- 2 tbsps. all-purpose flour
- 1 cup each of undiluted evaporated milk and turkey or chicken
- 1 cup diced cheddar cheese
- 1/2 tsp. monosodium glutamate
- 1 tsp. worcestershire
- 1/4 tsp. pepper
- 2 cups diced turkey
- Salt
- 1/4 cup toasted slivered blanched almonds

Cook and drain noodles; put in shallow baking dish. Cut broccoli into 1-inch pieces, and reserve blossoms. Arrange stems on noodles. Make a sauce with the butter, flour, and liquids. Add cheese monosodium-glutamate, worcestershire and pepper; stir until cheese is melted. Add turkey and salt to taste; pour over ingredients in dish. Arrange broccoli blossoms on top, and sprinkle with almonds. Bake in a preheated oven (350 degrees) for about 30 minutes. Good with tomato juice, peas and fudge cake.

### TURKEY RAGOUT

2 cups left-over turkey gravy. Add 1/4 cup sherry, 1 tsp. worcestershire, 1/2 tsp. monosodium-glutamate, 1 tsp. currant jelly, and salt and pepper to taste. Heat, stirring to blend jelly. Add 2 cups cooked turkey, cut into strips. Heat.

## FASHION



FASHION --- THE SEPARATES STORY... This year, with prices the way they are, it's going to take some savvy to get a great fashion look on a budget. But it can be done - with a little imagination and careful coordination of wardrobe pieces.

In a year when what makes the most fashion is what makes the most sense, versatility is the key to smart clothing selection. Winning looks come easy with handy-to-have coordinated separates that intermingle beautifully for as many pulled-together looks as your imagination allows. For Spring, think in terms of the polished look of a casual suit. Shown, an easy wrap jacket over coordinated pants crisp go-togethers from Garland. you can strike up another great but entirely different look by wrapping the same jacket over a gentle skirt from the collection. The beauty of related wardrobe pieces like these lies in their exciting change-around potential.

Good with mashed potatoes, green beans and mushrooms, radishes, green onions, and cheese-cake.

### TURKEY CURRY

- 1 onion, minced
- 1 tart apple, peeled and chopped
- 1/4 cup butter or margarine
- 1/3 cup all-purpose flour
- 1 to 2 tbsps. curry powder
- 1-1/2 tsp. salt
- 1/8 tsp. pepper
- 1/4 tsp. ground ginger
- 1 cup turkey broth
- 1 cup milk
- juice of 1/2 lemon
- 3 cups diced cooked turkey

Cook onion and apple in butter in top part of a double boiler over direct heat until onion is golden. Blend in flour and seasonings. Add broth, and milk; cook over boiling water stirring constantly until thickened. Cook covered for 10 minutes longer. Add lemon juice and turkey. Heat thoroughly. Good with fluffy rice, sauteed bananas cashews, chutney, raisins, and lemonbread pudding.

### TURKEY PIE WITH CORN BREAD

- 1 can (10-1/2 oz.) cream of mushroom soup
- 1 cup milk

## VEGAS MODEL



PAULA CLARK, 19-years-old, is a graduate of Western High School, where she was a member of the band, and a singer in the Jubilation Singing Group. Her hobbies are: singing, sewing, cycling, hiking and dancing.

She is presently studying Office Administration at Clark County Community College and also attends Universal Modeling School. Her ambition is to be a top model in New York.

- 1 cup cooked peas
- 1 pimento, sliced
- 1-1/2 cups cubed left-over turkey
- 3/4 cup yellow cornmeal
- 3/4 cup all-purpose flour
- 2 tsps. baking powder
- 2 tbsps. shortening
- 1 egg, slightly beaten
- 3/4 cup milk

In a saucepan heat soup, milk, peas, pimento, and turkey. Put in a shallow 2 quart casserole. Mix flour, cornmeal, baking powder and salt. Cut in shortening. Mix egg and milk, add to dry ingredients. Mix well. Pour over turkey mixture. Bake in preheated oven (425 degrees) for about 25 minutes

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