

THANKSGIVING FEAST

By Dorothy Johnson

WHAT TO DO AFTER YOUR FOOD BUDGET TOUCHES BOTTOM

The solution to that problem is to spend the time, rather than money. Bargains are few — so few, in fact, that they're almost non-existent. Few vegetables can be classed as bargains. And the so-called "cheaper cuts" of meat that usually provide aid for lean budgets are anything but cheap. The fact remains that food prices are high and with few exceptions, are likely to stay that way for awhile.

You spend your time rather than your money and above all, you plan. Put innovation and imagination on your shopping list. Sometimes adding to recipes or using your own creativity and originality are the most needed spices.

There are some basic costs that simply won't go away, however, when it comes to buying food. Good nutritious staples such as eggs, vegetables, milk, meats and poultry are needed if one is to maintain a healthy diet.

THANKSGIVING DINNER

Most of us have been using turkey the year round, since the super markets sell turkey parts. About 99 percent of all turkeys are sold frozen in vacuum-packed plastic bags. Check carefully before you buy, to make sure the bag is not punctured.

Stuffing: Do not stuff the bird the night before or even 6 or 8 hours before roasting it. Bacteria capable of causing food poisoning can grow in the warm, moist stuffing and survive even through the roasting.

Meat Suggestions

Roast Turkey and Dressing, Stuffed Cornish Game Hens, Yogurt Stroganoff and Rolled Beef Enchiladas.

ROASTING TIME FOR TURKEY —

6 to 8 lbs. — 3 to 3½ hours
 8 to 12 lbs. — 3½ to 4½ hours
 12 to 16 lbs. — 4½ to 5½ hours
 16 to 20 lbs. — 5½ to 6½ hours
 20 to 24 lbs. — 6½ to 7 hours

SOUTHERN CORN BREAD STUFFING

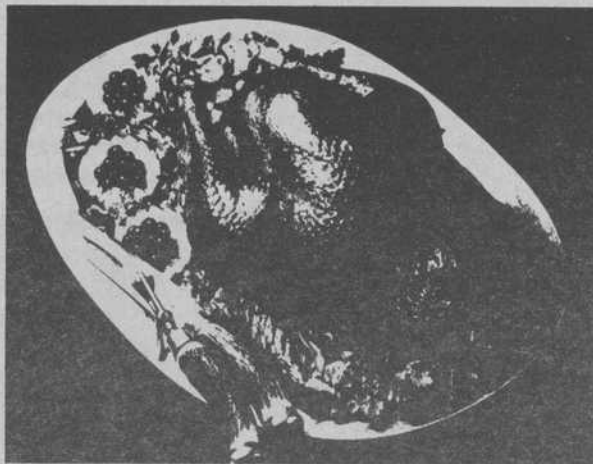
2 sticks butter or margarine, 1 tbsp. minced garlic, 4 cups diced onion, 3 cups diced celery, 2 cups diced, seeded green peppers, 8 cups crumbled Basic Corn Bread, 6 slices toasted white bread cubed, 1 cup chicken broth, 4 eggs slightly beaten, 1½ tsp. salt, 2 tbsp. poultry seasoning, ½ tsp. black pepper.

ANOTHER Easier Way. Use Stove Top Stuffing from General Foods. It is available in both corn bread and chicken flavor varieties and you can prepare it in about fifteen minutes. Add Butter; water needs to be added also. There's no reason you can't add your own final touch: chopped giblets, apples, pecans, etc.

STUFFED CORNISH GAME HENS

6 (1 lb.) Cornish Game Hens, salt and pepper, 2/3 cup butter or margarine, 2 cups finely chopped onion, 1 to 2 cups finely chopped green pepper, 1 cup finely chopped celery, 12 cups white bread cubes, ½ cup finely chopped parsley, 1 (2 oz.) jar pimentos drained and chopped, ¼ tsp. rosemary, 1 egg beaten.

Rinse hens in cold water. Drain and pat dry. Season with salt and pepper to taste. Melt 2/3 cup butter in large skillet. Add onions, green pepper and celery; cook until tender. In large bowl mix bread, parsley, pimentos, 1 tsp. salt, ½ tsp. pepper and rosemary. Stir in onion mixture. Mix well. Blend in egg. Loosely stuff hens using about ½ cup in the cavity of each hen. Place remaining stuffing in greased baking pan. Place hens on stuffing. Roast at 375 degrees for 1¼ to 1½ hours, or until done. Baste often with melted butter.



YOGURT STROGANOFF

1½ lbs. beef stew, 3 tbsp. flour, 1 tsp. salt, 1/8 tsp. pepper, 2 tbsp. butter or margarine, 1 (2 oz.) can mushrooms stems and pieces, 1½ cup sliced onions, 1 cup water, 3 tbsp. catsup, 1 tsp. worcestershire sauce, 1 tsp. garlic powder, 1 (8 oz.) carton plain yogurt, rice or noodles.

Cut beef into 1-inch cubes. Roll beef in flour seasoned with salt and pepper. Brown in butter a few pieces at a time over medium heat. Return all beef cubes to skillet, add liquid drained from mushrooms, onions, water, catsup, worcestershire, and garlic powder. Cover and bring to a boil. Reduce heat and simmer, stirring occasionally about 1 hour, or until beef is tender. Just before serving, stir yogurt until smooth and add along with mushrooms to beef. Heat 1 or 2 minutes. Serve over buttered noodles or rice.



Photo By Bob Morgan

SENTINEL FOOD CONSULTANT — Meet Dorothy Johnson who will be contributing food articles from time to time in our future issues. She attended Kansas State Agricultural School in Manhattan, Kansas and drew interest in the food and home economics field through the catering work of her mother. Ms. Johnson was the Manager of the Milono and New Town Tavern Restaurants in Los Angeles in the '50s and in the early '60s was Manager of the Liquor Department at the Mayfair Market, then located in the Golden West Shopping Center under Art Lurie in Las Vegas. She is a noted food consultant and has written numerous articles in this chosen endeavor.

CRANBERRY RELISH

1 lb. fresh cranberries, 2 seeded oranges, 1 cup sugar. Grind cranberries and oranges in food chopper and add sugar.

AVOCADO SALAD (At present very cheap)

2 lbs. creamed cottage cheese, 2 medium tomatoes diced, ½ cup chopped green pepper, dash of dill weed, 3 or 4 avocados halved and peeled, salad greens.

Blend and chill cottage cheese, tomatoes, green pepper and dill weed. Arrange avocado halves on salad greens and mound cheese mixture on top.

MOZZARELLA SPINACH BAKE

8 slices bread, crust removed, 8 (1 oz.) slices mozzarella cheese, 1 (10 oz.) pkg. frozen chopped spinach, ¼ cup pizza sauce (canned), 2 cups milk, ½ tsp. salt, 3 eggs beaten, ¼ tsp. paprika.

Place bread slices in 8 inch square baking dish. Arrange 4 cheese slices over bread. Heat spinach in small amount of boiling salted water, just until thawed. Drain well. Spread spinach evenly over cheese slices. Top with pizza sauce, remaining cheese and bread slices. Combine milk, salt and eggs and pour over sandwiches. Sprinkle paprika over the top. Bake at 350 degrees for about 45 minutes or until browned.

PUMPKIN PECAN PIE

3 slightly beaten eggs, 1 cup canned pumpkin, 1 cup sugar, ½ cup dark corn syrup, ½ cup canned milk, 1 tsp. vanilla, ½ tsp. cinnamon, ¼ tsp. salt, 1 cup chopped pecans.

In small mixing bowl combine eggs, pumpkin, sugar, corn syrup, vanilla, cinnamon, milk and salt. Mix well. Pour into unbaked pastry shell. Top with chopped pecans. Bake in moderate oven (350 degrees) about 45 minutes. Chill. Serve with whipped cream.

