

HAPPY EATING HAPPY HOLIDAYS

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 Poinsetta 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 Christmas tree.

Christmas Day itself means early morning church services first; then opening of presents - a gay round of nog with neighbors and a quick call to friends' homes, terminated by Christmas dinner late in the 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, apricots, oranges or giblets.

CHRISTMAS MENU SUGGESTIONS

"Entres"

Roast Tom Turkey, Pot Roasted Chicken Jamaica Style, Standing Rib Roast with Yorkshire Pudding, Holiday Leg of Lamb with Mushroom Stuffing, or Purple Plum Ducklings.

Dinner Go-Alongs

Rice Mingle, Orange Beets, Creamed Onions, Corn Pudding, Mashed

Potatoes, Sweet Potato Pudding, Cranberry-Kumquat Relish, Avocado and Grapefruit Salad with Endive, Celery, Olives, Watermelon Pickles, Hot Rolls, Pickled Peaches, Radishes, Golden Glow Pie and Christmas Cheese Cake.

HOLIDAY LEG OF LAMB

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 pork ground, 1/4 cup fine dry bread crumbs, 1 egg unbeaten, 1 large garlic clove minced, 1/4 cup light cream, 1/2 tsp. each salt, majoram and nutmeg, 2/3 lb. fresh mushrooms chopped, 3 tbsp. butter or margarine, 1 large leg of lamb. In a large mixing bowl combine veal, pork, crumbs, egg, garlic, cream, salt, majoram 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 of lamb 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, 2 tbsp. brown sugar, 1/2 tsp. salt and pepper. Add 1 can beef bouillon; simmer 15 minutes.

POT-ROASTED CHICK- EN JAMAICA STYLE

1 roasting chicken (about 4 lbs.), 2 tbsp. butter or margarine, 1-1/2 cups chicken broth, 3/4 cup sliced celery, 1 medium onion chopped, 1/2 tsp. garlic salt, 2 dried red peppers crushed, 1 tbsp. vinegar, 1/4 tsp. ground allspice, 1/2 cup sliced green olives, 1 medium green pepper sliced, 2 tbsp. cornstarch, salt and pepper. Brown chicken on all sides in the butter in heavy kettle. Put chicken on rack

in kettle. Add next 7 ingredients, cover and simmer for 1-1/2 hours, or until chicken is tender. Add olives and green peppers; cook for 10 minutes longer. Remove chicken to hot platter and thicken liquid in kettle with cornstarch blended with a little cold water. Season to taste with salt and pepper; pour over chicken.

PURPLE PLUM DUCK

2-5 to 6 lb. ducklings quartered, onion salt, garlic salt, 4 oranges halved crosswise, 1/4 cup butter or margarine, 1 medium onion chopped, 1-17 oz. can purple plums, 1-6 oz. can frozen lemonade, 1/3 cup chili sauce, 1/4 cup soy sauce, 1 tsp. Worcestershire sauce, 1 tsp. ginger, 2 tsp. prepared mustard, 2 drops Tabasco sauce. Sprinkle duckling quarters with onion and garlic salt; set each on an orange half in a roasting pan, then roast them at 350 degrees F for 1-1/2 hours. While duckling roasts, 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. 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 are glazed. Pass the rest of the sauce.

RICE MINGLE

1 cup Wild Rice, salt, 2 cups boiling water, butter or margarine, 2 medium onions minced, 2-10 1/2 oz. cans condensed beef consommé undiluted, 2 cups uncooked regular white rice, dash of pepper.



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.

Wash wild rice in 3 or 4 changed of cold water, removing foreign particles. In medium sauce pan add 1 tsp. salt to boiling water; add wild rice gradually so that water keeps boiling. Boil, covered, stirring occasionally with fork, 30 to 45 minutes or until rice is tender. Meanwhile, in 1/4 cup 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 of 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 is absorbed. To drained wild rice add butter and pepper; then with fork, fluff it up, add cooked white rice and toss together.

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 sprigs chopped fresh mint leaves to the boiling salted water just before adding peas. When peas are cooked, drain and butter generously.

SWEET POTATO PUD- DING

5 lbs. sweet potatoes peeled, cooked and mashed, 1 tsp. cinnamon, 2 eggs beaten, 1 tsp. allspice, 1 cup flour, 2 cups brown or white sugar, 1/2 tsp. baking soda, 1/2 cup shortening, 2 stp. baking powder, 1 cup milk or cream, 1 tsp.

vanilla, orange or lemon rind. Cream shortening and sugar; beat in eggs, then mashed potatoes. Add flavoring. Sift dry ingredients together and add alternately with milk. Bake in a large buttered cake pan at 350 degrees for about 3/4 of an hour or until done.

CRANBERRY-KUMQU- AT RELISH

1 jar (8 oz.) whole preserved Kumquats, 2 cups cranberries, 1/2 cup sugar. Drain kumquats; reserve 1/2 cup 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.

PECAN TOPPED PRALINE PUMPKIN PIE

2 eggs lightly beaten, 1 1/2 cups pumpkin, 3/4 cup sugar, 1/2 tsp. salt, 1 tsp. cinnamon, 1/2 tsp. ginger, 1/4 tsp. cloves, 1 1/2 cups evaporated milk, 1/3 cup praline flavored liqueur, 1 deep 9-inch unbaked pie shell with high crust, 1 cup coarsely chopped pecans. Mix eggs, pumpkin, sugar, salt, cinnamon, ginger, cloves, evaporated milk and liqueur. Pour into pie shell and bake at 425 degrees for 15 minutes. Reduce heat to 350 degrees and continue baking an additional 45 minutes until done. When cooked, sprinkle top with nuts for a crunchy pecan topping.