

# Thanksgiving



## Suggestions For The Traditional Bird

Many people will be hard pressed to get a Thanksgiving dinner together this year. And we all are feeling the crunch of Reaganomics. However, hopefully most of us will be able to get some sort of Thanksgiving Feast together. Let us do the best we can and give thanks for life and breath and for whatever we are able to prepare.

By far, the best meat buy this time of year is turkey. Therefore, for Thanksgiving Day build your meal around the traditional bird, if at all possible. If your family is large, you will need the large amount of meat furnished by a turkey. If your family is small, you can buy a smaller turkey and still be able to count on the bird to furnish several additional meals beyond the Thanksgiving Day feast.

Therefore, our Feast Page features a suggested menu for the Thanksgiving Day dinner, instructions for cooking the traditional bird and then a series of delicious recipes for building meals around your left-over turkey.

These taste-tested recipes are based on deliciousness and economy and are planned for a family of six. The menu is also planned with good nutrition in mind.

**HAPPY THANKSGIVING and ENJOY!!!**

### Suggested Menu for Thanksgiving Day Feast

- Cream of Mushroom Soup
- Tossed Vegetable Salad
- Roast Turkey with Stuffing
- Candied Carrots or Candied Yams
- Mashed Potatoes with Giblet Gravy
- Green Beans
- Cranberry Sauce
- Hot Rolls      Butter
- Pumpkin Pie with Whipped Cream Topping

**Basic Preparation**—If turkey is frozen, thaw in refrigerator in original wrapping. Put in shallow pan and allow 1 to 3 days for thawing. A thawed, fresh ready-to-cook turkey can be kept on the refrigerator shelf at 38°F. for 1 to 2 days. After thawing, it is important to remove the original wrapping and to rewrap very loosely. Do not refreeze.

□ **To Roast**—When ready to prepare turkey, rinse bird inside and out with cold water, drain and pat dry. Rub skin and cavity lightly with salt. Insert stuffing and stuff neck cavity; fasten skin to back with a skewer. Stuff body cavity loosely and close with skewers or stitching. Fold wings and bring wing tips onto the back. (If bird is too big for this, let wings stay close to body of bird.) Push drumsticks under band of skin at tail or tie them to tail with string. Line a shallow roasting pan with foil to avoid messy clean-up. Place bird on a rack in the foil-lined pan. Brush all over with vegetable oil. Roast according to directions on foil package or in preheated slow oven (325°F.), according to the Timetable at left, basting several times with drippings in pan. When turkey breast is brown, cover with a loose tent of foil. To make tent, tear off a sheet of heavy foil 5 to 10 inches longer than turkey. Crease lengthwise through center. Place over the bird and press the foil gently at drumsticks and breast to anchor it. Differences in the shape and tenderness of individual birds may necessitate increasing or decreasing the cooking time slightly. Cut band of skin or string at drumstick 1 hour before bird is done. Remove from oven 30 minutes before serving.

A roast meat thermometer placed in the center of the inside thigh muscle or in the thickest part of the breast muscle should register approximately 185°F. when turkey is done. Turkey is done when thickest part of drumstick feels very soft when pressed between fingers.

When dinner is set for a definite hour, start the bird 20 to 30 minutes ahead of schedule to avoid delay should the turkey take longer to cook than was estimated.

□ **To Stuff**—Stuff the bird just before you're ready to roast it. If desired, stuffing can be prepared ahead and refrigerated. Do not add liquid or eggs until ready to use. For Basic Bread Stuffing recipe plus variations see chart below. Extra stuffing can be put in a baking pan and baked in preheated hot oven

(425°F.) until well browned after the turkey is removed from the oven. Spoon some of the drippings over the top before baking. If you have your own favorite recipe, allow about 1 cup of stuffing per pound of drawn bird.

□ **To Prepare Giblets**—Wash giblets; cook neck, heart, and gizzard for about 2 hours in boiling salted water with a bay leaf, an onion, and a few celery leaves. Add liver during last 20 minutes. Drain, reserving broth for gravy. Remove meat from neck; grind or chop with the heart, gizzard, and liver. Giblets can be prepared a day ahead and refrigerated. Add to stuffing or gravy.

□ **To Make Gravy**—For 6 cups gravy: pour drippings from roasting pan into bowl, skim off fat, and put ½ cup fat into saucepan. Blend in ½ cup flour. Measure skimmed drippings, and add water to make 6 cups. Cook fat and flour until bubbly. Add liquid all at once and cook until thickened, stirring constantly. Season to taste. Ground or chopped cooked giblets can be added.

PURCHASED READY-TO-COOK WEIGHT	OVEN TEMPERATURE	INTERIOR TEMPERATURE	GUIDE TO TOTAL ROASTING TIME
6 to 8 lbs.	325°F.	185°F.	2 to 2½ hours
8 to 12 lbs.	325°F.	185°F.	2½ to 3 hours
12 to 16 lbs.	325°F.	185°F.	3 to 3½ hours
16 to 20 lbs.	325°F.	185°F.	3¾ to 4½ hours
20 to 24 lbs.	325°F.	185°F.	4½ to 5½ hours

	(DRAWN WEIGHT)				Directions
	8 to 11 lbs.	11 to 15 lbs.	15 to 19 lbs.	19 to 25 lbs.	
<b>Basic Bread Stuffing</b>	1/2	3/4	1	1 1/2	Cook all ingredients except crumbs in skillet for 5 minutes. Toss with crumbs.
Butter or margarine, cups	1/2	3/4	1	1 1/2	
Medium onions, minced	1	1 1/2	2	2 1/2	
*Poultry seasoning, tablespoons	1 1/2	2	3	4	
Salt, teaspoons	3/4	1	1 1/2	2	
Pepper, teaspoons	1/2	3/4	1	1 1/2	
Chopped parsley, cups	1/2	3/4	1	1 1/2	
Chopped celery leaves, cups	1/2	3/4	1	1 1/2	
Soft stale-bread crumbs, quarts	2 1/2	3 1/2	4 1/2	6	
<b>Egg Stuffing</b>	2	3	4	5	
Same as Basic Stuffing plus eggs					
<b>Oyster Stuffing</b>	1	1 1/2	2	2 1/2	Drain oysters, and chop. Cook with onion mixture.
Same as Basic Stuffing plus oysters, pints					
<b>Chestnut Stuffing</b>	1/2	3/4	1	1 1/2	Cook chestnuts in boiling water for 15 minutes. Remove shells and brown skins, and chop. Add with crumbs.
Same as Basic Stuffing plus chestnuts, pounds	1	1 1/2	2 1/4	3	
<b>Nut Stuffing</b>	1	1 1/2	2	2 1/2	Add with crumbs.
Same as Basic Stuffing plus chopped nuts, cups					
<b>Corn-Bread Stuffing</b>	Same as Basic Stuffing; but substitute crumbled unsweetened cornbread, made with eggs, for half of bread crumbs				
<b>Rice Stuffing</b>	2 1/4	3 1/4	4 1/2	5 1/2	Cook rice in boiling salted water until nearly tender. Drain.
Same as Basic Stuffing, but omit crumbs; add raw rice, cups					

\*Or use thyme and sage, or other herbs, to taste.

### Turkey Recipes



#### TURKEY SOUP

- 1 roast turkey carcass
- 2 quarts water
- 2 teaspoons salt
- ¼ teaspoon pepper
- 2 celery stalks, including leaves, diced
- 1 medium onion, peeled and sliced
- Few parsley sprigs or 1 tablespoon dried parsley
- 1 bay leaf

Scrape any stuffing from turkey bones. Put carcass in kettle and add remaining ingredients. Bring to boil, cover, and simmer for 2 hours. Strain. Pick off any meat from bones and add to soup. Makes about 1½ quarts. NOTE: If desired, add ¼ cup of rice or ½ cup elbow macaroni or noodles to strained soup. Simmer covered, for about 15 minutes.

#### TURKEY AND BROCCOLI ALMANDINE

- 3 cups medium noodles (about 6 ounces)
- 2 pkgs. (10 ounces each) frozen broccoll, cooked
- 3 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- 1½ cups diced cheddar cheese
- ¾ teaspoon monosodium glutamate
- 2 teaspoons Worcestershire sauce
- ½ teaspoon pepper
- 3 cups diced cooked turkey
- Salt
- ½ cup toasted slivered blanched almonds

Cook and drain noodles; put in shallow baking dish. Cut broccoll into 1-inch pieces and reserve blossoms. Arrange stems on noodles. Make a sauce with 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 broccoll blossoms on top, and sprinkle with almonds. Bake in preheated moderate oven (350 degrees F.) for about 30 minutes. Good with tomato juice, peas and fudge cake.

#### TURKEY RAGOUT

To 3 cups leftover turkey gravy add ¼ cup sherry, 1½ teaspoons Worcestershire sauce, ½ teaspoon monosodium glutamate, 2 tablespoons currant or apple jelly, and salt and pepper to taste. Heat, stirring to blend jelly. Add 3 cups cooked turkey cut into strips. Heat. Good with mashed potatoes, green beans and mushrooms, radishes, green onions and cheesecake.

#### BAKED TURKEY AND RICE

- 1 cup uncooked rice
- ¼ cup butter or margarine
- ¼ cup all-purpose flour
- 1¼ cups turkey or chicken broth
- ½ cup dry white wine
- 1 can (3 ounces) sliced mushrooms, undrained
- Few parsley sprigs, chopped or 1 tablespoon dried parsley
- 1 teaspoon instant minced onion
- 1/8 teaspoon ground sage
- 1 cup grated sharp Cheddar cheese
- 2 or more cups diced cooked turkey
- Salt and pepper
- Paprika to taste

Cook and drain rice. Make a sauce with next four ingredients. Add mushrooms, parsley, onion, sage and half of cheese. Stir until cheese is melted. Stir in rice and turkey; season to taste with salt and pepper. Put in shallow baking dish, and sprinkle with remaining cheese and the paprika. Bake in preheated moderate oven (375 degrees F.) for about 30 minutes. Good with zucchini, sliced tomatoes and apple crunch.

#### TURKEY PAPRIKA

- 2 large onions
- 1 garlic clove, minced
- ¼ cup butter or margarine
- 1 can (10½ ounces) tomato puree
- ¼ 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 leftover 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 CURRY

- 1 onion, minced
- 2 tart apples, peeled and chopped
- ½ cup butter or margarine
- ½ cup all-purpose flour
- 2 tablespoons curry powder
- 1¾ teaspoons salt
- ¼ teaspoon pepper
- ½ teaspoon ground ginger
- 1½ cups turkey broth
- 1½ cups milk
- ¾ cup of heavy cream
- Juice of 1 lemon
- 4 cups diced cooked turkey

Cook onion and apple in butter in top part of double boiler over direct heat until onion is golden. Blend in flour and seasonings. Add broth, milk and cream; 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 lemon bread pudding.

