

Food

FOR YOUR

Thanksgiving

FEAST

Turkey remains the best meat buy at Holiday time. Therefore, if at all possible, build your Thanksgiving dinner around the traditional bird, which will also provide you with a few additional meals made from the left-overs.

In addition to a basic preparation for your turkey, our food page includes a suggested menu and several recipes for special dishes that go well with a Thanksgiving Feast.

Have a Happy Thanksgiving, Enjoy your Dinner, and most importantly, Give Thanks to God for life and Breath and All of His Blessings.

Suggested Menu for Your Thanksgiving Day Feast

Beef Consomme
Roast Turkey with Stuffing
Mashed Potatoes with Giblet Gravy
Candied Yams
Broccoli with Hollandaise Sauce
Cranberry Sauce - Relish Plate
Hot Rolls & Butter
Pumpkin Pie with Whipped Cream Topping

Recipes

Baked Sauerkraut with Ham Hocks

1 large jar or can sauerkraut
2 ham hocks
1 onion, finely chopped
1 tart apple, finely chopped
¼ teaspoon crushed red peppers
¼ teaspoon sugar
¼ cup white wine (optional)
6 juniper berries, crushed, if available
Water

Rinse sauerkraut under cold water; drain and squeeze dry. Place in large baking dish or Dutch oven. Add onion, apple, red peppers, sugar, white wine and juniper berries. Mix well with sauerkraut. Place ham hocks on top of sauerkraut mixture. Add small amount of water to cover bottom of pan. Cover tightly and place in preheated 375 degree oven. Bake for three hours or until ham falls off the bone. Stir occasionally while cooking and add more water (small amount), if needed, to prevent sauerkraut from sticking. As sauerkraut bakes and you stir it, it will become increasingly brown in color. Be sure to stir in all the pan juices from the bottom of the pan. Serves 4.

Baked Acorn Squash

2 large acorn squash
½ cup melted butter or margarine
½ cup honey
Juice of 1 lemon
Salt and pepper to taste
1 tablespoon parsley

Wash squash and dry with paper towels. Slice squash cross-wise into ¼ inch thick slices. Arrange in single layer in shallow buttered baking pan. Sprinkle sparingly with salt and pepper. Over low heat combine melted butter, honey and lemon juice. Spoon 2/3 cup of mixture over squash slices. Sprinkle squash with parsley. Cover dish tightly with lid or aluminum foil

and place in preheated 350 degree oven. Bake for 1 hour or until squash is tender. During baking time, baste occasionally with remaining honey mixture. Serves 6.

Southern Corn Souffle Pudding

3 cans cream-style corn
¼ cup melted butter or margarine
1 cup cream or half and half
1 tablespoon flour
3 egg yolks
2 tablespoons sugar
¼ teaspoon salt
¼ teaspoon pepper
¼ teaspoon ground mace
3 well-beaten egg whites

In large mixing bowl beat egg yolks until thick and lemon colored. Stir in melted butter, cream flour, sugar, salt, pepper, and mace. Beat well to blend. Add

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 ¼ cup fat into saucepan. Blend in ¼ cup flour. Measure skimmed drippings, add 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.



Suggestions For The Traditional Bird

TIMETABLE FOR ROASTING TURKEY

PURCHASED READY-TO-COOK WEIGHT	OVEN TEMPERATURE	INTERIOR TEMPERATURE	TIME 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.	3½ to 4½ hours
20 to 24 lbs.	325°F.	185°F.	4½ to 5½ hours

BASIC BREAD STUFFING, WITH SOME VARIATIONS

	(DRAIN WEIGHT)				
	8 to 11 lbs.	11 to 15 lbs.	15 to 19 lbs.	19 to 25 lbs.	Directions
Basic Bread Stuffing	1	2	3	4	Cook all ingredients except crumbs in skillet for 5 minutes. Toss with crumbs.
Butter or margarine, cups	½	¾	1	1½	
Medium onions, minced	1	1½	2	2½	Beat slightly, and add with crumbs.
*Poultry seasoning, tablespoons	1	1½	2	2½	
Salt, teaspoons	1½	2	2½	3	Cook chestnuts in boiling water for 15 minutes. Remove shells and brown skins, and chop. Add with crumbs.
Pepper, teaspoons	½	¾	1	1½	
Chopped parsley, cups	½	¾	1	1½	Add with crumbs.
Chopped celery leaves, cups	½	¾	1	1½	
Soft stale-bread crumbs, quarts	2½	3½	4½	6	
Egg Stuffing	2	3	4	5	Same as Basic Stuffing plus eggs
Same as Basic Stuffing plus eggs					
Oyster Stuffing	1	1½	2	2½	Same as Basic Stuffing plus oysters, pints
Same as Basic Stuffing plus oysters, pints					
Chestnut Stuffing	½	¾	1	1½	Same as Basic Stuffing plus chestnuts, pounds
Same as Basic Stuffing plus chestnuts, pounds					
Nut Stuffing	1	1½	2	2½	Same as Basic Stuffing plus chopped nuts, cups
Same as Basic Stuffing plus chopped nuts, cups					
Corn-Bread Stuffing	Same as Basic Stuffing; but substitute crumbled unsweetened cornbread, made with eggs, for half of bread crumbs				
Rice Stuffing	2½	3¼	4½	5½	Same as Basic Stuffing, but omit crumbs; add raw rice, cups
Same as Basic Stuffing, but omit crumbs; add raw rice, cups					

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



corn, then folk in well-beaten egg whites. Pour into a well-greased baking dish and put dish in a shallow pan of water in preheated moderate oven (375 degrees F.). Cook until the mixture just sets, about 50 to 60 minutes. Serve at once. Do not cook too long. Makes 6 servings.

Creamed Onions

2 jars small white onions
¼ cup butter or margarine
¼ cup all purpose flour
1½ cups light cream
Salt and pepper
Dash of cayenne pepper
½ cup grated sharp cheddar cheese or soft buttered bread crumbs

Drain onions. Reserve ½ cup liquid. Melt butter and blend in flour. Gradually add reserved liquid and cream, stirring constantly. Cook, stirring until smooth and thickened. Add salt and pepper to taste and cayenne. Add onions and mix lightly. Pour into shallow baking dish and top with crumbs or cheese. Cover and bake in preheated moderate oven (350 degrees F.) for 45 minutes. Uncover during the last 20 minutes of baking, to brown the top. Makes 6 servings.