



Food

By Betty Brown



A Yuletide Feast

Did you eat so much turkey for Thanksgiving that you really don't want to serve turkey again for your Christmas Feast? Well, here's a sumptuous festive dinner alternative. Try one or all of the recipes along with one or both of the suggested entrees.

MENU

PATE LISE
TWIN CAPONS WITH TWO STUFFINGS
CAPON GRAVY
APRICOT HAM, MADEIRA SAUCE
POTATO ROSETTES
TURNIPS WITH MUSHROOMS
BRUSSELS SPROUTS AND CHESTNUTS
WATERCRESS AND CHERRY TOMATOES
PLUM PUDDING WITH RUM SAUCE
PISTACHIO BAVARIAN WITH STRAWBERRIES

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RECIPES

PATE LISE

1 pound pork liver
1 pound lean pork
1 tablespoon all-purpose flour
1 egg
1 onion, minced
2 tablespoons minced parsley
1/4 teaspoon crumbled thyme
1/4 teaspoon crumbled sage
1 teaspoon salt
Pepper to taste
Dash each of nutmeg, mace and cloves
1/2 pound fat salt pork, sliced very thin
2 ounces brandy
1 bay leaf

Grind liver and pork fine. Work flour into mixture well. Add egg and mix well. Add onion, parsley and spices. Line the bottom and sides of pate mold or deep casserole with slices of salt pork. Pour in half of pate mixture. Put over it a layer of salt pork slices. Put bay leaf on top, and put on cover. Seal cover with thick flour and water paste to prevent steam from escaping. Place in pan of hot water in preheated slow oven (300 degrees F.) for 3 1/2 hours. Remove from oven and let cool with pot still sealed. Then crack off seal and chill. Unmold and garnish with slices of ripe olives and strips of pimento. Makes 8 to 10 servings.

TWIN CAPONS WITH TWO STUFFINGS

You need 2 capons, 7 to 8 pounds each. (If you don't have capons, try 2 roasting chickens.)

STUFFING NUMBER 1

1 cup finely cut green onions or shallots
1/2 cup butter
1 1/2 teaspoons salt
Pepper to taste
1 teaspoon crumbled tarragon
1/2 cup chopped parsley
1/2 cup sherry or Madeira
5 to 6 cups fresh bread crumbs

Saute the finely cut onions in butter until just soft. Add salt, pepper, tarragon, parsley and sherry and toss with fresh crumbs. Add additional melted butter, if desired. Stuff capon lightly. Secure vent and truss.

STUFFING NUMBER 2

Gizzards, hearts and livers of capons
1/2 cup butter
1/2 cup chopped onion
1/2 cup chopped parsley
1/2 cup finely chopped celery
1 1/2 teaspoons crumbled thyme



3 cups fresh bread crumbs
1 cup pecans, coarsely chopped
Salt and pepper
1/4 cup bourbon

Chop or grind giblets very fine and saute lightly in half the butter. Saute onion in remaining butter with parsley and celery. Add to giblet mixture, along with thyme, crumbs and pecans. Season to taste with salt and pepper; add bourbon. Toss lightly and stuff the capon. Secure the vent and truss.

To Roast Capons — Butter capons and place on their sides on a roasting rack. Roast in preheated slow oven (325 degrees F.) for 25 minutes and turn capons to the opposite side. Roast for 25 to 30 minutes longer. Place capons on their backs, sprinkle with salt and pepper, baste with melted butter and continue roasting until tender. Figure an additional 18 to 20 minutes per pound. Baste occasionally with pan drippings and additional melted butter to give a golden color to the skin. Serve on a large platter surrounded by Potato Rosettes. Makes 8 to 10 servings.

CAPON GRAVY

When the capons are removed to a hot platter, skim the fat from the roasting pan. Add about 2 or 3 tablespoons fat to the pan juices with 1 1/2 cups cream. Season with salt and pepper, bring to a boil and stir for 2 or 3 minutes until the cream has blended well with the other ingredients. If you prefer a thicker sauce, small balls of butter and flour kneaded together may be added. A dash of sherry enhances it as well.

APRICOT GLAZED HAM

This may be any particular ham of your choice. The glaze is stewed, cooked-down apricot preserves and the decoration could be a poinsettia made of pimiento strips or candied or glazed fruits in a wreath with leaves of angelica.

MADEIRA SAUCE FOR HAM

Combine 2 tablespoons of ham fat from the baking ham, 1 can of beef gravy (10 3/4 ounces) and 1/3 cup Madeira. Bring to a boil and simmer for 3 minutes. Correct seasoning. NOTE: You may soak 1/3 cup golden raisins in the Madeira and add them to the sauce if you wish.

POTATO ROSETTES

6 Idaho potatoes
6 tablespoons butter
1 1/2 teaspoons salt
1/2 teaspoon pepper
Pinch of nutmeg
3 whole eggs
2 egg yolks



Peel and boil potatoes until tender. Mash with butter and seasonings and whip or put through a food mill to remove all lumps. Correct the seasoning, add eggs and yolks and blend well. To make rosettes, force potatoes through a large rosette tube of a pastry bag onto a buttered cookie sheet and put under the broiler or in a hot oven until delicately outlined with a dark brown crust. Arrange on a platter with the capons. Makes 8 to 10 servings.

TURNIPS WITH MUSHROOMS

1/4 pound mushrooms, finely chopped
Butter
1 large yellow turnip or rutabaga, peeled and sliced
Salt and pepper

Saute chopped mushrooms in 6 tablespoons butter very slowly until they have thrown off most of their moisture and have turned quite dark in color. You may leave these on extremely low heat for an hour more, stirring occasionally. Salt to taste. Boil the turnip in salted water until just tender. Drain well and

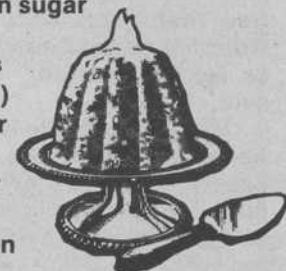
mash coarsely. Season with salt and pepper. When ready to serve, cut in mushroom mixture and add a dollop of butter to the dish as you serve it. Makes 10 to 12 servings.

BRUSSELS SPROUTS AND CHESTNUTS

Trim 4 cups (2 pints) Brussels sprouts and cook them until crisply tender in a small amount of boiling water. Be careful not to overcook as they tenderize extremely fast. Heat 1 1/2 cups peeled, whole chestnuts (they may be purchased cooked in brine or dried, shelled ones may be purchased) in 6 tablespoons butter and combine with cooked, crisp Brussels sprouts. Add more melted butter, if desired. Makes 8 to 10 servings.

PLUM PUDDING WITH RUM SAUCE

1/2 cup chopped dates
3/4 cup dark seedless raisins
3/4 cup golden raisins
1/4 cup chopped candied citron
1/4 cup chopped candied orange peel
1 1/2 cups beer
4 eggs
1 1/2 cups firmly packed brown sugar
1/2 cup chopped nuts
1/2 cup fine dry bread crumbs
1 cup minced suet (1/4 pound)
1 cup sifted all-purpose flour
1 teaspoon salt
1 1/2 teaspoon baking powder
3/4 teaspoon baking soda
1 teaspoon ground cinnamon
1/8 teaspoon ground cloves
1/8 teaspoon ground allspice



Combine fruits and peel in bowl; add beer and let stand for at least 1 hour. Beat eggs with brown sugar and add fruit-beer mixture. Stir in nuts, crumbs and suet. Sift dry ingredients and spices; stir into fruit mixture. Turn into four well-greased pint or two 1-quart pudding molds, filling three quarters full. Cover tightly with aluminum foil; tie securely. Put on rack in deep kettle; pour in boiling water to half the depth of the molds. Cover; steam for 2 1/2 hours, adding more water if necessary. Remove from steamer; immediately remove foil covers. Cool completely. Re-cover and store in refrigerator. Before serving, steam for about 45 minutes to heat through.

RUM SAUCE — Combine 1 cup heavy cream, 3 egg yolks, 2 tablespoons sugar, pinch of salt and 1/3 cup rum in top part of double boiler and stir over hot water until it thickens slightly. Makes 10 to 12 servings.

PISTACHIO BAVARIAN STRAWBERRIES

1 1/2 cups milk
1/2 cup sugar
6 egg yolks
1 cup chopped pistachio nuts
1 teaspoon vanilla or pistachio extract
2 envelopes unflavored gelatin
Touch of green coloring
1 pint heavy cream
Fresh strawberries

Combine 1 cup of milk, sugar and egg yolks and cook until thickened. Add pistachio nuts and flavoring while it is cooking. Soften gelatin in remaining milk. Add 1 cup of hot custard and stir until dissolved. Add remaining custard. Cool. When thickening starts, stir in green coloring and fold in heavy cream, whipped. Turn into a 3-quart ring mold and chill. Unmold on a serving dish and fill with sugared fresh strawberries. Serve with additional whipped cream, if desired. Makes 8 to 10 servings.



Merry Christmas & Enjoy!