

# FOR THE LADIES...

## Dishin It Out *By Nona*



Nona Carroll

Dear Nona:

Please, when will you do the full blown menu and dinner for me for the Holidays? My husband has invited 8 people for Thanksgiving dinner, one of whom is my mother-in-law.

Signed, In Trouble!

Dear In Trouble:

I had fully planned to do a dinner menu before Thanksgiving. I would never leave you out on a limb. Herewith is the menu for In Trouble and all of my loyal readers. Happy Thanksgiving from my home to yours.

### Menu

- Turkey
- Cornbread Oyster Stuffing
- Tomatoes and Corn
- Italian Broccoli
- Candied Yams or Sweet Potatoes
- Relish Plate

#### Roast Turkey

When buying turkeys under 12 pounds, allow  $\frac{3}{4}$  to 1 pound per serving. For heavier birds, 12 pounds and over, allow  $\frac{1}{2}$  to  $\frac{3}{4}$  pound per serving.

Wash turkey and pat dry. If desired, rub cavity lightly with salt. Do not salt cavity if turkey is to be stuffed.

Stuff turkey just before roasting--not ahead of time. (See Bread Stuffing) Fill wishbone area with stuffing first. Fasten neck skin to back with skewer. Fold wings across back with tips touching. Fill body cavity lightly. (Do not pack-stuffing will expand while cooking.) Tuck drumsticks under band of skin at tail or tie together with heavy string, then tie to tail.

Heat oven to 325°. Place turkey breast side up on rack in open shallow roasting pan. Brush with shortening, oil or butter. Insert meat thermometer so tip is on thickest part of inside thigh muscle or thickest part of breast meat and does not touch bone. Do not add water. Do not cover.

Follow Timetable for approximate total cooking time. Place a tent of aluminum foil loosely over turkey when it starts to turn golden. When  $\frac{2}{3}$  done, cut band of skin or string holding legs.

#### Timetable for Roasting Turkey

Ready-to-Cook Weight	Approximate Total Cooking Time	Internal Temperature
6 to 8 pounds	3 to 3½ hours	185°
8 to 12 pounds	3½ to 4½ hours	185°
12 to 16 pounds	4½ to 5½ hours	185°
16 to 20 pounds	5½ to 6½ hours	185°
20 to 24 pounds	6½ to 7 hours	185°

This timetable is based on chilled or completely thawed turkeys at a temperature of about 40° and placed in preheated ovens. Time will be slightly less for unstuffed turkeys. Differences in the shape and tenderness of individual turkeys can also necessitate increasing or decreasing the cooking time slightly. For best results, use a meat thermometer. For prestuffed turkeys, follow package directions carefully; do not use Timetable.

If a thermometer is not used, test for doneness about 30 minutes before Timetable so indicates. Move drumstick up and down -- if done, the joint should give readily or break. Or press drumstick meat between fingers; the meat should be very soft.

When turkey is done, remove from oven and allow to stand about 20 minutes for easiest carving. As soon as possible after serving, remove every bit of stuffing from turkey. Cool stuffing, meat and any gravy promptly; refrigerate separately. Use gravy or stuffing within 1 or 2 days; heat them thoroughly before serving. Serve cooked turkey meat with 2 or 3 days after roasting. If frozen, it can be kept up to 1 month.

#### Giblets

Wash gizzard, heart, liver and neck. Cover all except liver with water; season with  $\frac{1}{2}$  teaspoon salt, 2 peppercorns, 2

cloves, a small bay leaf and a little onion. Heat to boiling; reduce heat and simmer 1 to 2 hours or until gizzard is fork-tender. Liver is very tender and can be fried, boiled or simmered in water, 5 to 10 minutes.

Giblet broth can be used in stuffing, gravy and recipes where chicken broth is specified. Cooked giblets can be cut up and added to gravy or stuffing. Refrigerate giblets and broth separately unless used immediately.

#### Bread Stuffing

Allow  $\frac{3}{4}$  cup stuffing for each pound of ready-to-cook chicken or turkey. A 1- to 1½-pound Rock Cornish hen requires about 1 cup stuffing. Allow  $\frac{1}{4}$  to  $\frac{1}{3}$  cup per pound of dressed fish.

- $\frac{3}{4}$  cup minced onion
- 1½ cup chopped celery (stalks and leaves)
- 1 cup butter or margarine
- 9 cups soft bread cubes or 7 cups cornbread 2 cups bread
- 2 teaspoons salt
- 1½ teaspoons crushed sage leaves
- 1 teaspoon thyme leaves
- $\frac{1}{2}$  teaspoon pepper

In large skillet, cook and stir onion and celery in butter until onion is tender. Stir in about  $\frac{1}{3}$  of the bread cubes. Turn into deep bowl. Add remaining ingredients and toss. Stuff turkey just before roasting.

9 cups (enough for a 12-pound turkey).

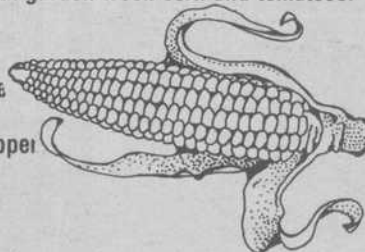
\*Corn Bread Stuffing: Omit soft bread cubes and substitute corn bread cubes.

\*Oyster Stuffing: Decrease bread cubes to 8 cups and add 2 cans (8 ounces each) oysters, drained and chopped, with the remaining ingredients.

#### Tomatoed Corn

What a wonderful treat with garden-fresh corn and tomatoes. And quick, too.

- 4 ears fresh corn\*
- $\frac{1}{4}$  cup butter or margarine
- $\frac{1}{4}$  cup chopped onion
- $\frac{1}{4}$  cup chopped green pepper
- 2 teaspoons sugar
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  large tomato, cut up



If using fresh corn, husk and remove silk; cut enough kernels from ears to measure 2 cups.

Cook and stir all ingredients except tomato over medium heat until butter is melted. Cover; cook over low heat 10 minutes. Stir in tomato. Cover; cook 5 minutes longer.

With canned corn: Decrease butter to 3 tablespoons; stir in 1 can (1 pound) whole kernel corn, drained, with the tomato. 4 servings.

\*Or, use 1 package (10 ounces) frozen whole kernel corn.

#### Candied Yams Or Sweet Potatoes

What's the difference between yams and sweet potatoes? Yams are more moist and orange colored -- they're also sweeter than the "sweets."

- 2 pounds sweet potatoes or yams\* (about 6 medium)
- $\frac{1}{2}$  cup brown sugar (packed)

- 3 tablespoons butter or margarine
- 3 tablespoons light cream or milk
- $\frac{1}{2}$  teaspoon salt

If using fresh sweet potatoes, prepare and cook as directed. Cut each potato crosswise into  $\frac{1}{2}$ -inch slices.

In medium skillet, combine brown sugar, butter, cream and salt; cook over medium heat, stirring constantly, until smooth and bubbly. Add sweet potato slices; stir gently until glazed and heated through.

4 to 6 servings.

\*Or, use 1 can (1 pound ounce) vacuum-packed sweet potatoes; cut each into  $\frac{1}{2}$ -inch slices.

#### Variation

\*Pineapple-Sweet Potatoes: Omit cream and add 1 can (8¾ ounces) crushed pineapple, drained.

#### Italian Broccoli

Simply cooked broccoli with the added flavor excitement of olive oil and Parmesan cheese.

#### To Prepare

Trim off large leaves; remove tough ends of lower stems. Wash broccoli. If stems are thicker than 1 inch in diameter, make lengthwise gashes in each stem.

#### To Cook

Heat 1 inch salted water ( $\frac{1}{2}$  teaspoon salt to 1 cup water) to boiling. Add broccoli. Cover and heat to boiling; cook 12 to 15 minutes or until stems are tender. Drain.

Prepare and cook 1½ pounds fresh broccoli as directed above.

Place 3 tablespoons olive oil, butter or margarine in saucepan. Add broccoli; cook and stir until broccoli is a delicate brown. Sprinkle with 2 tablespoons grated Parmesan cheese.

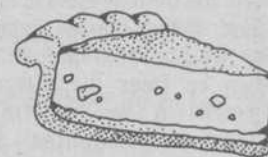
4 Servings.

\*Or, use 1 package (10 ounces) frozen broccoli spears, cooked and drained.

#### Sweet Potato Or Old-Fashioned Pumpkin Pie

Here's the most traditional of all holiday pies, smooth and mildly spiced. Try the "cousin" to this favorite pie by substituting mashed cooked squash or sweet potatoes for the pumpkin.

- 2 eggs
- 1 can (1 pound) pumpkin (2 cups)
- $\frac{3}{4}$  cup sugar
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{2}$  teaspoon ginger
- $\frac{1}{4}$  teaspoon cloves
- 1½ cups evaporated milk or light cream



Heat over to 425°. Prepare pastry. Beat egg(s) slightly with rotary beater; beat in remaining ingredients. Pour into pastry-lined pie pan. (To prevent spills, place pie pan on over rack or on open oven door when filling with pumpkin mixture.) Bake 15 minutes.

Reduce oven temperature to 350°. Bake pie 45 minutes longer or until knife inserted in center comes out clean. Cool. If desired, serve with sweetened whipped cream.

#### Relish Plate

- Cranberry Sauce
- Celery Sticks
- Carrot Sticks
- Green & Black Olives
- Pickled Beets
- Green Onions
- Sliced Cucumbers
- Pickled Peaches

