

# For The Ladies

## 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 broccoli, 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 broccoli 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 broccoli 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

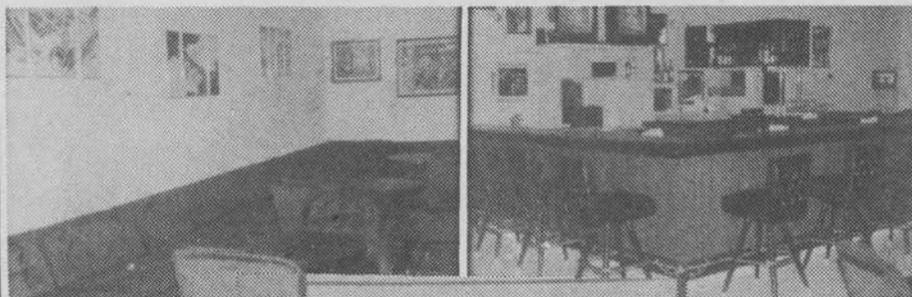
2 large onions  
1 garlic clove, minced  
¼ cup butter or margarine  
1 can (10½ ounces) tomato puree  
¼ cup paprika  
Salt and pepper to taste  
2 cups turkey broth or 2 chicken bouillon cubes dissolved in 2 cups water  
3 cups cut-up leftover turkey  
1 cup dairy sour cream

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.

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## REAL WAYS TO SAY YOU CARE

Most of us would like to give people we love the perfect gift — one that shows we truly care. Yet too often, we simply rush to get the task done.

But take heart. The November 1990 Reader's Digest offers some tips that will make gift-giving a joy for you and the recipient:

**1. Make sure the gift has special meaning for the recipient.** As you consider gift possibilities, ask yourself what is important to the recipient. Acknowledging and accepting what another person values can be a gift in itself.

One husband gave his wife a large wooden dollhouse for their

18th wedding anniversary. He'd heard his wife talk often about the dollhouse she'd always wanted as a child but had never received. His wife called the dollhouse the "most sensitive gift she had ever received."

**2. Be alert for a gift that the recipient may want without realizing it.** The key to gift-giving is to pay attention through the year to casual comments. Jot down gift ideas that come out of conversations with family members or friends.

Sometimes you may know more about a person's real needs than he or she does. One high school graduate received a Dale Carnegie course from his dad.

("Can you imagine how underwhelmed I was. I wanted a car!") But that course, the son is now convinced, gave him the skills he needed to become a professional speaker.

**3. Offer your time or talent.** A gift that shines with your individual effort will be appreciated in a way the most expensive jewel never can match.

One woman organized her mother's loose photos and labeled and pasted every one into an album for her mother's 65th birthday.

Another woman gave her stepmother, with whom she had a somewhat strained relationship as a teen-ager, a book of certificates for such things as a week's grocery shopping, ironing and breakfast in bed. "They were things she could do for me to make up for the years when we did not have a mother-daughter relationship," the stepmother explained.

**4. Be on time.** Old and young people alike need to be remembered on time for birthdays and special anniversaries. Even when you're pressed for time, it takes just a quick phone call to arrange a special dinner at a favorite restaurant or to order something from a mail-order catalog that promises overnight delivery.



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