

Add variety to your holiday dinner

The holiday approaches and with it your special plans for feasting. No doubt the bird is the star of the table and the size of the bird will depend upon the size of the gathering. Surely you will cook up some of your (and your family's) favorite dishes; however, you might want to vary the menu a bit or even try something a little different and we offer a few suggestions. Combine apples with sausage for a delicious stuffing; mix the turnip with the carrots; jazz up the green beans; lightly saute tomatoes; try the Jamaican rice; make a North Carolina grated sweet potato pudding. Enjoy!

APPLE-SAUSAGE STUFFING

- 12 cups day-old bread cubes
- 1/4 cup butter or margarine
- 1 pound mildly seasoned sausage meat
- 1 1/2 cups chopped onions
- 1 1/2 cups sliced celery
- 1 1/2 cups chopped apples
- 1/2 cup raisins
- 1 cup apple juice
- 1 1/2 teaspoons thyme
- 1 1/2 teaspoons crumbled rosemary
- 1 teaspoon sage
- 1 1/2 teaspoons salt
- Pepper to taste

In shallow baking pan toast bread crumbs in preheating oven until crisp and dry, about 10 minutes. Melt butter in large skillet over medium heat; add sausage meat and brown, stirring to break meat into small pieces. Stir in onions, celery, apples and raisins; cook for a few minutes, until tender. Add apple juice and mix well. Stir in thyme, rosemary, sage, salt and pepper. In large mixing bowl, combine bread

cubes and sausage mixture; toss lightly until completely mixed. Makes approx. 15 cups.

MASHED TURNIP AND CARROTS

- 1 large yellow turnip, peeled and quartered
- 6 large carrots, pared and halved
- 1/4 stick butter or margarine
- 1 medium-size onion, diced fine
- 2 tablespoons sugar
- 2 teaspoons salt

Cook turnip and carrots in rapidly boiling water until tender. Drain and mash well. In a second pan melt butter and add onion. Saute until translucent. Combine all ingredients and blend well. Reheat if necessary. Yield: 8 servings.

JAMAICAN RICE

- 2 tablespoons butter or margarine
- 2 to 3 tablespoons curry powder
- 3 medium bananas
- 1/4 cup minced onion

- 1/4 cup sliced almonds
- 3 cups cooked rice
- 1/4 cup flaked coconut
- 1/2 teaspoon salt

Melt butter in a large skillet; stir in curry powder. Cut bananas in 1/2-inch rounds and saute in butter until golden brown. Remove bananas from pan and keep warm. Add onion and almonds to pan and cook until onion is tender. Stir in rice, coconut and salt. Heat thoroughly. Add bananas and toss lightly. Makes 6 servings.

NORTH CAROLINA GRATED SWEET POTATO PUDDING

- 5 cups coarsely grated raw sweet potatoes
- 1/4 cup brown sugar, packed
- 1 1/2 cups milk
- 1/2 cup melted butter or margarine
- 3 eggs, well beaten
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cloves
- 1/2 cup seedless raisins
- 1/2 cup shredded coconut

- 1/2 cup chopped pecans
- 1 teaspoon grated orange rind

Mix all ingredients and pour into a buttered medium-size casserole dish. Bake in a preheated 400° oven for 50-60 minutes. As crust forms around edges, remove from oven and stir pudding well to mix the crust throughout. Do this several times until cooking is finished. Serve warm or cold, plain or topped with whipped cream or ice cream. Yield: 8 servings.

Fred Meyer

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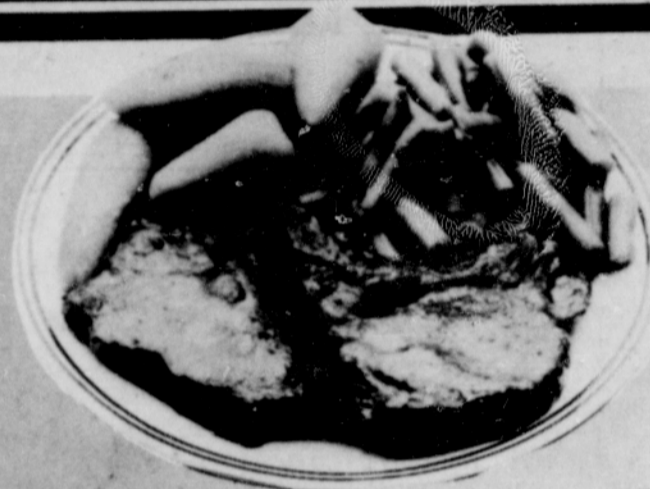
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Watching whales

NEWPORT—Gray whales can now be seen along the Oregon coast on their annual 6,000 mile trek from the Bering Sea off Alaska to Baja California.

The Southward migration, which involves thousands of gray whales, lasts from December to early February, according to Bruce Mate, Oregon State University Extension marine mammal specialist.

The whales are headed for lagoons off the coast of Baja where they will breed and give birth to young.

Unlike most whales, grays stay near land during their migration, commonly traveling about three miles from shore. Some scientists theorize that gray whales may not be good navigators so they follow a shallow-water route to avoid getting lost.

"Whatever the reason for hugging the coastline, the grays offer a splendid opportunity for coastal sightseers," Mate says.

In the last few years, whale watching charterboat trips have become popular, giving people a close-up view of these giant mammals which reach 45 feet in length and weigh as much as 45 tons.

For the shorebound viewers, high coastal headlands jutting into the ocean offer the best vantage point. Binoculars or spotting scopes are recommended.

The telltale blow, a spout of vapor rising as high as 12 feet, is the first sign to alert the whale watcher. Once the geyser-like cloud appears, keep watching in the same area for more, Mate advises. The best time to watch for whales is in the early morning when the sea is calm.

The gray whale gets its name from its blotchy pattern of coloration, which is caused by barnacles growing in the skin and by scar tissue where barnacles have been.

Two OSU Extension publications explain more about whales. Single copies of "Gray Whales," SG 52, and "Watching Whales," SG 53, are available without charge from the Bulletin Mailing Service, OSU, Corvallis 97331.

People who miss the southern migration of gray whales will have another chance to see them during the northern migration beginning in late February and lasting until June.

From March 21-26, the OSU Extension Sea Grant Marine Advisory Program will conduct whale watching activities at the OSU Marine Science Center in Newport. More information is available from Don Giles, OSU Extension marine education specialist at the Marine Science Center, telephone 867-3011.



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