

Plan ahead for Thanksgiving

The Thanksgiving Holiday is set aside to feast and celebrate with family and friends. The real reason for such a day is to give thanks — for blessings received and for blessings yet to come. But the planning for the feasting traditionally calls for a big gobbler, though for smaller groups, a number of Cornish hens or a roasted chicken can serve as well and be portion-controlled. The dressing is a must, whether you stuff it in the bird or cook it separately. Either or both the *Sausage Dressing* or the *Southern Rice Dressing* might fit well into your menu. The *Spiced Cranberry Relish* is a perfect accompaniment. This sauce is uncooked, with all the healthful value of raw fruit and a delectable flavor. Give your creamed onions a new zip and try this *Sweet Potato Pudding* — a flexible creation that can be served hot or chilled. Round out your bountiful table with other traditional favorites. Enjoy and *Be Thankful!*

SOUTHERN RICE DRESSING

- 2 tablespoons flour
- 2 tablespoons vegetable oil
- 1 cup EACH chopped onions and celery
- 1/2 cup chopped green pepper
- 2 cloves garlic, minced
- 1/2 pound EACH lean ground beef and pork
- 1/2 pound chicken giblets, chopped
- 2 teaspoons salt
- 1/4 teaspoon EACH ground black pepper and red pepper
- 1 cup chicken broth OR water
- 3 cups hot cooked rice
- 1 cup sliced green onion tops

Brown flour in oil until it is a deep red-brown, stirring constantly to prevent burning. Add onions, celery, green pepper and garlic. Cook until vegetables are tender. Stir in beef, pork, giblets and seasonings. Continue cooking until meat loses its color. Blend in broth; cover and simmer 25 minutes. Stir in rice and onion tops. Cook 5 minutes longer. Mixture should be slightly moist. Makes 6 servings.

SAUSAGE DRESSING

- 4 cups corn bread crumbs
- 1 cup fresh bread crumbs
- 2 1/2 cups hot chicken broth or bouillon
- 1 cup butter or margarine
- 1 1/2 cups chopped celery
- 1/2 cup chopped onions
- 1/4 cup chopped parsley
- 1 cup sausage meat
- 1/2 teaspoon thyme
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1/2 teaspoon sage
- 4 eggs, lightly beaten

Combine crumbs in large mixing bowl. Pour broth or bouillon over crumbs; set aside.

Meanwhile, in large skillet or Dutch oven, cook sausage meat, stirring frequently, for about 10 minutes; add celery, onion and parsley and saute until vegetables are tender. Stir in remaining ingredients; mix well. Add to crumbs; toss to mix well. Makes about 14 cups, enough to stuff a 12-14 pound turkey.

SPICED CRANBERRY RELISH

- 1 pound cranberries
- 1 apple, cored and cut in quarters
- 1 cup unsweetened crushed pineapple, drained
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/4 teaspoon cinnamon
- 2 tablespoons honey or to taste

Put the cranberries and apple through food chopper, blender or processor. Use some of the pineapple juice if you're using the blender. Add the drained pineapple, ginger, cloves and cinnamon. Blend briefly. Taste for sweetness, then blend in the honey. Refrigerate at least six hours before serving. Serves 8 to 10.

CREAMED ONIONS WITH CHEDDAR

- 2 pounds small white onions
- 6 tablespoons butter or margarine
- 3 tablespoons flour
- 1 1/2 cups milk
- 1 cup shredded Cheddar cheese
- Paprika

In medium saucepan over me-

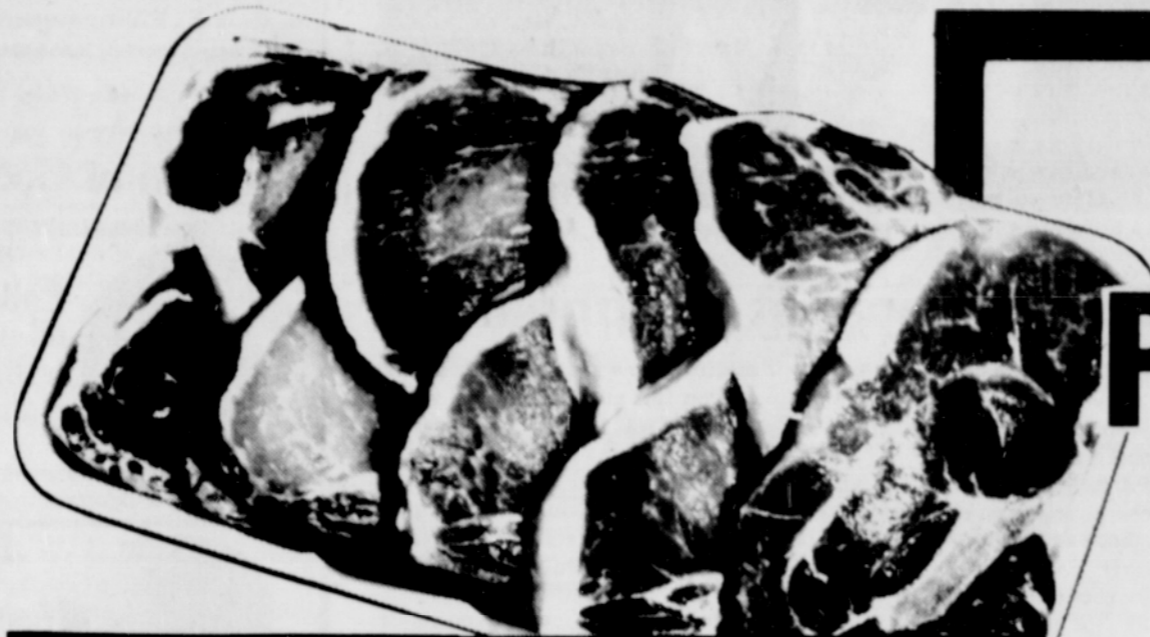
dium heat, in 1 inch boiling, salted water, heat onions to boiling; cover and cook 10 to 15 minutes until tender. Meanwhile, in medium saucepan over medium heat, melt butter, stir in flour until smooth; slowly stir in milk and salt and cook, stirring constantly, until thickened. Add shredded Cheddar cheese; cook over very low heat, stirring constantly, until cheese is melted.

Drain onions and place in serving dish; pour on sauce and sprinkle with paprika. Makes 8 to 10 servings.

SWEET POTATO-BANANA PUDDING

- 2 cups mashed cooked sweet potatoes
- 1 1/4 cups mashed ripe bananas
- 1 or 2 tablespoons Jamaica rum, light or dark
- 1 cup milk
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 1/8 teaspoon ground allspice
- 1/8 teaspoon grated nutmeg
- 2 egg yolks, beaten well
- 3 tablespoons chopped seedless raisins

In a large bowl, thoroughly blend the rum with the mashed sweet potatoes and bananas. Gradually add the milk, and mix until smooth. Add remaining ingredients and mix thoroughly. Turn mixture into a well-buttered one-quart casserole. Bake in pre-heated oven at 300 deg. for about 50 minutes, or until pudding is firm and top is golden brown. Serves 4 to 6 as a hot side dish. May also be served chilled, then sliced thinly and topped with cream cheese or with a warm coconut sauce.



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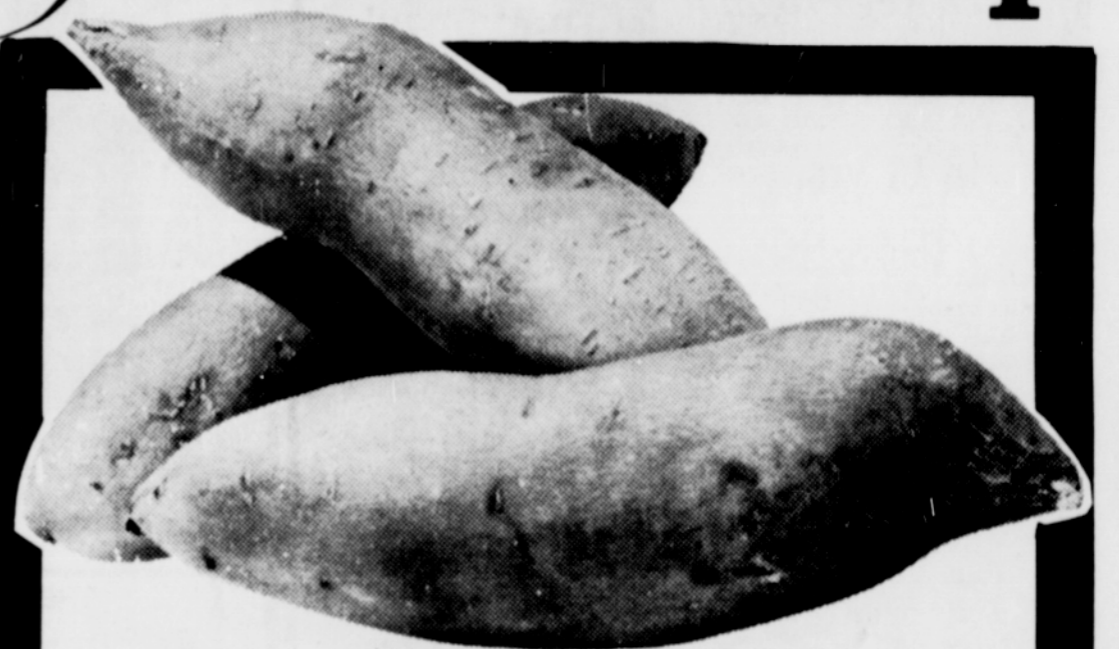
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