

FOOD



Simple Turkey in a Bag

Ingredients:

- 12 pounds whole turkey
- salt and pepper to taste
- 2 tablespoons all-purpose flour
- 2 stalks celery
- 3 potatoes, diced
- 2 sweet potatoes, diced
- 2 large onions, quartered

Directions:

1. Preheat oven to 350 degrees F.
2. Rinse turkey and remove giblets. Salt and pepper to taste.
3. Sprinkle the bottom of a turkey size oven bag with flour. Place turkey, celery and onions in the bag. Seal bag and poke several holes in it with a fork.
4. Bake 3 to 3 1/2 hours, or until internal temperature of the thigh meat reaches 180 degrees F.

Stamppot with Rookworst

Ingredients:

- 2 lbs potatoes
- 1 lb butternut/buttercup squash
- 1/2 lb sweet potatoes/yam
- 3 large carrots
- 2 large parsnips
- 1 large turnip
- 1 large leek
- 1 onion
- 1/2 cup butter (or less to taste)
- salt and pepper
- 1/2 cup chopped fresh parsley leaves
- 1 lb cabbage (or kale, Swiss Chard, silverbeet or collards)
- 1 1/2 lbs spicy sausage (Dutch Rookworst or Spanish Chorizo)



Directions:

1. Prepare the vegetables: Peel and roughly chop the potato, Butternut squash (pumpkin), sweet potato/yam, carrots, parsnips and turnip. Peel and finely chop the onion. Wash any grit from the leek and cabbage, then slice both fairly finely.
2. Place the chopped vegetables in a large stock pot, and add water to barely cover. Place over heat, cover, bring to the boil, then reduce heat and simmer until vegetables are tender, around 20 minutes.
3. Meanwhile, cook the rookworst as per the instructions on the wrap, or saute the chorizo, or other spicy sausage you choose, in a little oil. Slice, then keep warm.
4. Drain the vegetables well, then mash - but not too smoothly - some lumps are good ;-). Season with salt and pepper to taste. Add the butter, and mix through (use less than 1/2 cup if you prefer). If desired, stir through the chopped parsley.
5. Serve the stamppot topped with the sliced sausage.



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CALENDAR November 2017

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

20 Mexican Revolution Day Traffic Light Patented in 1923	21 Leo Politi born in 1908 Mayflower Compact Signed in 1620 World Hello Day	22 Stop the Violence Day John F. Kennedy Assassinated in 1963 (35th President)	23 Thanksgiving Day National Cashew Day	24 Black Friday Darwin publishes 'The Origin of Species' in 1859	25 Andrew Carnegie born in 1835 Crescent Dragonwagon born in 1952	26 ☾ Charles Schulz born in 1922 National Cake Day
27 Pins and Needles Day Astronomer Anders Celsius born, 1701	28 Tomi Ungerer born, 1931 Magellan reached the Pacific (1521)	29 Madeline L'Engle born, 1918 King Tut's Tomb Opened (1922)	30 Mark Twain born, 1835 Stay At Home Because You're Well Day			