

Roast Goose Liked at Christmas...

By CECILY BROWNSTONE
(City Newsfeatures)

Roast goose, Christmas favorite among many New England families, is due for wider fame. That's because it has been brought up-to-date and is now available ready-to-cook (fresh or frozen) and labeled so a cook knows whether she is dealing with a young and tender bird or one that is less tender and mature. Nowadays geese come from four to 14 pounds, ready-to-cook weight. Count on about one pound of this weight for each serving and choose accordingly.

Test kitchen experts, working with poultry, recommend a low (325 degrees) temperature for roasting goose. They also suggest that the stuffed trussed goose be placed breast down on a rack in a shallow uncovered pan. When the goose is about two-thirds done, it is turned breastside up to finish roasting.

In this fashion, a bird from 4 to 6 pounds should roast from 2 1/2 to 3 hours; one 6 to 8 pounds from 3 to 3 1/2 hours; one 8 to 10 pounds from 3 1/2 to 3 3/4 hours; one 10 to 12 pounds from 3 3/4 to 4 1/4 hours; one 12 to 14 pounds from 4 to 4 1/2 hours. An extra half hour should be allowed, however, in case more cooking is necessary. Test the goose by moving the drumstick up and down: the joints should twist out readily and the drumstick must feel really soft.

One of our favorite cook book authors, writing at the end of the last century, opined: "There must be a proper time to eat so hearty a dish as mince-pie, but it certainly is not at the end of a heavy Thanksgiving dinner." If some

members of your family agree with these sentiments, offer this refreshing Grapefruit Baked Alaska along with the traditional mince pie and plum pudding.

Grapefruit Baked Alaska

Ingredients: 3 grapefruit, sugar, 1 pint pre-packaged vanilla ice cream, Alaska meringue.

Method: Cut grapefruit in half; core, cutting out more of the center than usual. Cut around each section with a small sharp knife; sprinkle lightly with sugar; chill thoroughly. When ready to serve, put about two heaping tablespoons of ice cream in the center of each grapefruit. Cover completely with Alaska Meringue. Place on baking sheet and lightly brown meringue in a very hot (550 degrees) oven for 2 to 3 minutes. Makes 6 servings.

Alaska Meringue

Ingredients: 2 large egg whites, 1/2 teaspoon salt, 4 tablespoons sugar, 1/2 teaspoon vanilla.

Method: Add salt to egg whites and beat until stiff but still moist; gradually beat in sugar; continue beating, if necessary, until very stiff. Beat in vanilla.

Freeze Main Dishes

Sweet baked goodies probably take priority in your allotment of freezer space these days. But don't overlook the advantage of having frozen main dishes on hand, ready to be thawed, heated and served on short notice. Easy macaroni, noodle, and spaghetti casseroles usually freeze well. Just remember not to cook them to the well-done stage. If cooked well-done before freezing, they are likely to become too soft upon reheating.



Roast Goose for Christmas dinner is young and tender.



Refreshing Holiday Dessert — Grapefruit baked Alaska.

Appreciate Leftovers of Turkey; They Are All Good

Yes, there will be leftovers from the Christmas turkey, and for that you should be most appreciative, especially during the holiday week and because there are so many interesting ways of using the turkey in other dishes.

Curried Turkey Casserole is a new flavor experience that will glamorize left-overs and please gourmet tastes.

Curried Turkey Casserole

2 tablespoons butter or margarine
1 cup diced apples
4 ounces medium noodles
2 tablespoons enriched flour
1/2 teaspoon salt
Dash pepper
1/2 teaspoon curry powder
1 1/2 cups milk or broth
1/2 cup mushrooms
1 cup cooked turkey meat

Melt butter or margarine in heavy skillet or saucepan. Add apples and cook until tender (about 5 minutes). Cook noodles in boiling salted water until tender (about 5 minutes). Drain and rinse. While noodles are cooking, stir flour, salt, pepper and curry powder into butter or margarine. Gradually add milk, and cook until thickened, stirring constantly. Add mushrooms and turkey and fold in noodles. Pour into greased 1 1/2-quart casserole and bake in moderate oven (350°) 20 to 25 minutes. Serve hot with chutney.

Makes 4 servings.
Turkey Dandy is a quick-and-easy trick with leftover turkey and vegetables—to take care of refrigerator "dibs" and "dabs" after the holiday feast. Small amounts of leftover vegetables can be very effectively used in casserole dishes such as this one.

Turkey Dandy

4 ounces elbow macaroni
1/4 cup butter or margarine
1/4 cup enriched flour
1 teaspoon salt
2 cups milk or turkey stock
1 cup cooked turkey
1 cup cooked peas
1 cup cooked sliced carrots
Cook macaroni in boiling salted water until tender (about 10 minutes). Drain and rinse. While macaroni is cooking, melt butter or margarine in saucepan. Stir in flour and salt. Add milk or turkey stock. Cook until thickened, stirring constantly. Place macaroni

in 8-inch square baking dish. Arrange layer of turkey over macaroni and top with carrots and peas. Pour white sauce over all. Bake in a moderate oven (350°) about 30 minutes.

Makes 4 servings.
Don't throw away the carcass from your holiday turkey for it will make wonderful soup. This "Turkey Lima Gumbo" will provide a hearty dinner for the family after everyone's had their fill of the bird. Large dry limas lend heartiness and flavor along with celery, carrot, pimiento, and for that special touch don't forget the parsley!

Turkey Lima Gumbo

Leftover turkey carcass
Water
Seasonings for stock
2 cups large dry limas
2 cups sliced celery
1/2 cup sliced carrot
1/4 cup diced canned pimiento
1/4 cup chopped parsley
Cover turkey carcass with about 2 1/2 quarts water. Add 2 tablespoons salt, few celery tops, a sliced onion and carrot and few peppercorns and whole cloves. Simmer about an hour to make rich stock. Strain. Remove turkey meat from bone. Measure 2 quarts stock and bring to boil. Slowly stir in lima beans, keeping stock boiling. Simmer 1 hour. Add turkey to limas along with celery and carrots. Simmer 45 minutes to an hour. Season with additional salt if needed. Stir in pimiento and parsley last 15 minutes. Makes about 1 1/2 quarts soup.

Casserole Idea

How to stretch the Yuletide food budget: Include low-cost macaroni foods in family meals as often as possible. They're rich in food value... taste good, too. In casserole recipes calling for milk, substitute liquidified non-fat dry milk, or evaporated milk that has been diluted with an equal amount of water.

CRUMBLY TOPPING

Apple pie tricks: Instead of a pastry top crust, make a crumbly topping by mixing one cup brown sugar, one cup flour and one-half cup shortening. Bake as usual.

Filberts Good in Candies

There can not be too many kinds of candy at holiday time. Here are two simple candies using Oregon's filberts.

Filbert Spritz

1/4 cup very finely chopped filberts
1 cup soft butter or margarine
1/2 cup sugar
3 egg yolks
1 teaspoon vanilla
2 1/2 cups sifted flour
Toast and chop filberts. Combine and mix thoroughly all the ingredients except flour. Work in the flour with hands. Force dough through a cookie press into desired shapes. Bake at 400 degrees for 7 to 10 minutes on an ungreased cookie sheet. Yield: about 6 dozen cookies.

Filbert Kisses

1 cup chopped toasted filberts
4 egg whites
1/4 teaspoon salt
1/4 teaspoon cream of tartar
1 1/2 cups brown sugar
1 cup coconut
5 cups cornflakes, uncrushed
1 teaspoon vanilla
1 4-ounce bottle marshmallows, cherries, chopped and drained
Beat egg whites with the salt and cream of tartar until very stiff. Add sugar one tablespoon at a time, continuing to beat. Fold in the filberts, coconut, cherries, cornflakes and vanilla. Drop by teaspoonfuls, two inches apart, on a greased cookie sheet. Bake at 325 degrees for 12 minutes. Yield: 4 dozen cookies.

Best egg whites with the salt and cream of tartar until very stiff. Add sugar one tablespoon at a time, continuing to beat. Fold in the filberts, coconut, cherries, cornflakes and vanilla. Drop by teaspoonfuls, two inches apart, on a greased cookie sheet. Bake at 325 degrees for 12 minutes. Yield: 4 dozen cookies.

Applesauce, Nuts In This Confection For Holiday Time

These "Fruit Blossoms" are easily made and a toothsome candy for holiday time. Applesauce and nuts go into the making of them.

Fruit Blossoms

1 package lemon-flavored gelatin
1 cup hot strained sweetened applesauce
1 cup sugar
1/2 to 1 cup chopped almonds or 1/4 cup chopped walnuts
Confectioners' sugar
Dissolve gelatin in hot applesauce in saucepan. Add sugar and stir over low heat until dissolved. Remove from heat and add nuts. Pour into greased 10x3x3-inch loaf pan. Chill. When firm, cut in 1-inch cubes and roll in confectioners' sugar. Let stand overnight at room temperature to dry. Then roll in additional confectioners' sugar. Store in 2 layers between waxed paper in a covered container. Makes about 3 dozen candies.

A Coffee Cake For Christmas

Anything with oranges in it is most traditional at Christmas time, and this Orange Crunch Coffee Cake is a festive one for a holiday breakfast.

Orange Crunch Coffee Cake

2 packages yeast, compressed or dry
1/4 cup water (lukewarm for compressed yeast, warm or dry)
1 cup milk
1/2 cup sugar
1 teaspoon salt
3 1/2 cups sifted enriched flour (about)
1/2 cup shortening, melted
1 egg, beaten
Topping:
Soften yeast in water. Scald milk. Measure sugar and salt into large mixing bowl. Stir in milk and cool to lukewarm. Add 2 cups flour and beat well. Blend in softened yeast. Add shortening and egg and beat well. Stir in enough of remaining flour to make a stiff batter. Beat 3 minutes. Turn into 2 greased 8-inch square pans. Spread evenly into corners. Let rise 1 hour. Sprinkle each coffee cake with about 1/4 cups Topping. Bake in moderate oven (375 degrees F.) about 25 to 30 minutes. Makes 2 coffee cakes.

Topping:
6 tablespoons butter or margarine
1/2 cup sugar
1 tablespoon grated orange rind
1/2 cup enriched flour
1/2 cup enriched bread crumbs
2 cups pecans, coarsely chopped
Cream together butter or margarine and sugar. Blend in orange rind. Add flour, bread crumbs and pecans. Mix with fork or fingertips until crumbly. Sprinkle over coffee cake batter. Makes 2 1/2 cups Topping.

When you are baking and frosting a large quantity of cookies for holiday serving and giving, you may find it useful to put a wire refrigerator shelf into service as a cooling rack.

Dates and Cheese In These Biscuits

"Date Cheese Biscuits" are designed not only for better breakfast month, but for all of the months that follow. Newly processed fresh dates, plump and luscious, make an excellent ingredient in this recipe, just as they make excellent eating out of hand. This version of baking powder biscuits featuring dates and cheese is tops.

Date Cheese Biscuits

2 cups sifted all-purpose flour
3 teaspoons baking powder
1/2 teaspoon salt
3 tablespoons shortening
2/3 to 3/4 cup milk
1 cup fresh dates
1 cup grated American cheese
Butter or margarine
Sift flour, baking powder and salt together. Cut in shortening with pastry blender until particles are size of small peas. Stir in milk with fork until well moistened. Turn out on lightly

floured surface. Knead gently with finger tips 1/2 minute, or about 10 times. Roll into 8-inch square. Cut in 3-inch squares. Pinch and cut up dates and mix with cheese. Spoon onto each square of biscuit dough and dot with butter. Moisten edges and pinch corners together over filling. Place on greased baking sheet. Bake in hot oven (425 degrees F.) 12 to 15 minutes.

Dip for Apples

Appetizing snacks to serve before dinner, or in the evening while you're watching television, is a cheese dip served with apple fingers. To prepare, soften one package processed American cheese at room temperature. Blend in 2 tablespoons catsup or chili sauce and 1/2 teaspoon celery seeds. Mix well and serve in a bowl with crisp red apples cut into thick slices, to serve as fingers.

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