

Time to start cooking, it's holiday time

Recipes for holiday foods

They say time is money! This is true when it comes to any type of food preparation. Everytime a food manufacturer prepares something for you, it raises the price of the food you buy.

So, during times when money is not as available and prices are high, money can be saved through doing things on your own or "from scratch". However, this takes more time, so planning of busy schedules has to be changed with more time devoted to saving money.

Following are some recipes that will help you through the holiday season. They will help you save money by cooking "from scratch."

Using cranberries...

Zesty Jellied Cranberry Sauce

1 pound (4 cups) fresh cranberries
2 cups sugar
1 pound (4 cups) fresh cranberries
2 cups sugar
2 cups water
 Grated rind of 1 orange
 ½ tsp each cinnamon and allspice

Stir all ingredients in a saucepan. Boil rapidly for 10 minutes. Strain mixture and pour into serving bowl. Chill until firm. Makes about 4 cups.
 *This sauce can be poured into a lightly oiled 1-quart mold and chilled until firm. Loosen edges, tap to loosen and invert onto a serving plate.

*This sauce can be prepared without straining for a whole-berry cranberry sauce.

Using pumpkins....

To cook pumpkins...

Wash pumpkin and cut it in half crosswise. Remove the seeds and the strings. Place the pumpkin halves with the cut sides down in a baking pan or dish. Bake in 325 oven for one hour or more, depending on the size. It should be tender and begin to fall apart. Scrape the pulp from the shell and put it through a ricer or strainer. Use as squash, for pies or for bread and cookie recipes.

Carved pumpkins used from decorations should not be cooked unless the burned or exposed area can be well-scraped off.

To toast pumpkin seeds

Separate the fiber from pumpkin seeds. Cover with salted water, bring to a boil and simmer for two hours. Drain and dry on paper towels. Add 1½ tablespoons of melted butter and 1¼ tablespoons salt to 2 cups of seeds. Spread seeds in shallow pan. Bake in 250 oven until seeds are crisp and golden brown, stirring occasionally. Store seeds in a tightly covered container.

Pumpkin pies—to freeze and to prevent soggy crusts

Prepare pie crust and put into the freezer for 1 to 2 hours. Meanwhile, prepare pumpkin filling, making sure to scald the milk. Refrigerate batter until crust is semi-frozen. Pour filling into crust and bake as directed in recipe. You may have to cook it a little longer.

To freeze, prepare as

directed above (omit baking) and place filling into crust, seal top with plastic wrap and place whole pie into plastic bag. Push out extra air and seal with twistie or rubber band. Freeze no longer than 6 weeks. Bake as directed in recipe, however, baking time may be a little longer.

Pumpkin cookies

1 stick butter or margarine
1 cup sugar
1 cup pumpkin
2 cups sifted flour
1 tsp. baking powder
1 tsp. soda
1 tsp. ground cinnamon
1 tsp. vanilla
1 cup raisins or chopped nuts
½ cup chopped nuts (optional)

Cream butter and sugar. Add remaining ingredients and mix well. Drop by rounded teaspoon onto a greased cookie sheet. Bake at 350 for 10-15 minutes.

Pumpkin bread

2/3 cup butter
2-2/3 cups sugar
2 cups pumpkin
3-1/3 cup flour
2½ tsp. soda
2 tbs. each of cinnamon, nutmeg, cloves, salt and ginger
2/3 cup raisins
1/3 cup nuts
 Cream butter or margarine, adding sugar a little at a time. Add pumpkin and mix. Combine all dry ingredients and add creamed mixture, mixing well. Add raisins and nuts. Bake at 350 for 60-70 minutes. Remove from pan and cool. Makes two loaves.

Holiday pie making....

A perfect fruit pie...

A perfect fruit pie should be topped with a delicate browned pastry, bursting with a plump fruit filling and supported by a tender bottom crust. The pastry should be tender, yet flakey and crisp, and the filling should hold its shape when cut and served.

Does your pie meet this description? Or, did you have some difficulties? Here are some common problems and their possible causes.

Is pastry tough?

Too much flour
 Too much handling or rerolling
 Incorrect ingredient proportions
 Too much water

Is bottom crust soggy?

Pie plate too shiny
 Temperature too low
 Baking time too short
 Break or tear in bottom crust

Is crust too pale?

Same reasons as for soggy crust
 Too little fat
 Too much liquid
 Overmixing or overhandling of pastry

Does pie shrink and lose its shape?

Pastry was stretched when fitted into pie plate
 Pastry not firmly pressed against edge of pie plate

Is crust too brown?

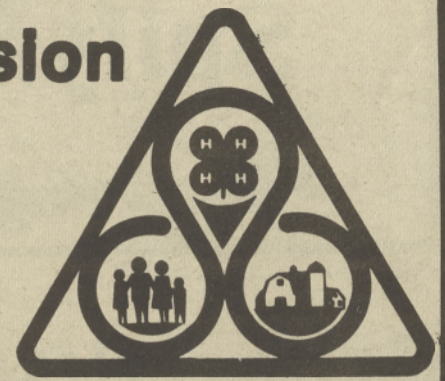
Oven temperature too hot
 Pie placed too high in oven

Does pastry stick to pie plate?

Filling boiled over
 Break in crust
 Pastry too thin



Extension Notes



from Pennie Albrandt, Lee Hamilton and Doris Brackett

Some favorite pie filling recipes

Apple

¾ cup sugar
1 tablespoon corn starch
1 teaspoon cinnamon
6 cups sliced, pared cored apples
1 tablespoon lemon juice
1 tablespoon margarine
 Bake in 425 F oven 50 minutes.

Blueberry

1 cup sugar
2-½ tablespoon corn starch
4 cups blueberries
1 tablespoon margarine
 Bake in 425 F oven 40 minutes.

Rhubarb

1-¼ cup sugar
¼ cup corn starch
2 teaspoon orange rind
½ teaspoon salt
5 cups 1-inch pieces rhubarb
1 tablespoon margarin

Peach

¾ cup sugar
2-½ tablespoon corn starch
½ teaspoon cinnamon
6 cups sliced, peeled pitted peaches
1 tablespoon lemon juice
1 tablespoon margarine

Cherry

¾ cup sugar
3 tablespoon corn starch
½ teaspoon salt
2 cans (1 lb. ea.) pitted sour red cherries, drained with 1/3 cup juice reserved
¼ teaspoon almond extract
1 tablespoon margarine
 Mix dry ingredients; toss with cherries, juice and almond extract. Bake in 425 F oven 15 minutes; reduce to 350 F and bake 40 minutes longer.

Strawberry

1 cup sugar
2-½ tablespoon corn starch
4 cups strawberries, hulled and halved
1 tablespoon margarine
 Bake in 425 F oven 40 minutes.

Pie Pastry and Crusts

4 cups flour, sifted
1 tablespoon sugar
1-½ teaspoon salt
1-½ cup vegetable shortening
1 egg
1 tablespoon vinegar
½ cup cold water

Blend together flour, sugar, and salt. Cut in fat. Beat egg, blend in vinegar and water. Sprinkle over flour mixture, a tablespoon at a time, tossing with fork to mix. Chill before rolling. Bake shells at 425 10-12 minutes; two-crust pies at 425 for 10 minutes, then 350 for 25-30 minutes. Makes enough dough for 2 two-crust pies and one pie shell.

Tips on roasting hams and turkeys

Roasting a holiday ham:

Preheat oven to 325. Rub the thawed roast with a cut clove of garlic, fresh sage, dried rosemary, tarragon and thyme. Five to ten whole cloves can be stuck into the outside surface of a loin or shoulder of pork and the outside. Surface of fat can be scored diagonally.

Place roast fat side up on a rack in a shallow pan in the oven. Cook uncovered 25-30 minutes per pound of the roast. The roast can be basted with its own juices throughout cooking and coated with the following glaze for extra flavor.

1 small can frozen orange juice (thawed but still concentrated)

1 orange juice can of water
½ cup brown sugar
 Mix all ingredients together until smooth. Baste glaze over ham during last hour of roasting.

Make gravy out of the meat drippings following this recipe:
 —Remove meat from pan and reheat ½ cup meat drippings.
 —Make a mixture of ½ cup flour and 1 cup water or milk.
 —With wire whisk slowly mix flour mixture into meat drippings.

Cook on low heat and stir constantly until liquid thickens into gravy.
 Season to your taste with salt and pepper.

Thawing, stuffing and roasting the holiday turkey:

Thawing: Do not thaw at room temperature

Leave turkey in original bag and use one of the following methods.

*No hurry: Place on tray in refrigerator for 3 to 4 days (24 hours for each 5 pounds of turkey).

*Fastest: Cover with cold water, changing waer frequently (½ hour per pound of turkey).

Refrigerate or cook turkey as soon as thawed. For maximum eating quality, refreezing uncooked turkey is not recommended. Commercially stuffed turkeys should not be thawed before roasting.

Preparing for stuffing

Remove plastic wrap from thawed turkey. Remove giblets and neck from the body and neck cavities.

To remove the neck, it may be necessary to release the legs from the band of skin or wire hock lock. Rinse the turkey inside and out with cool water.

Stuffing the Holiday Bird:

Poultry weight	4 lbs.	10 lbs.	20 lbs.
Shortening	½ cup	½ cup	1 cup
Chopped onion	½ cup	1 cup	2 cups
Chopped celery	½ cup	1 cup	2 cups
Soft bread cubes (½ inch square)	6 cups	15 cups	1-7/8 gal.
Salt	¾ tsp.	1-½ tsp.	1 tbsp.
Pepper	dash	¼ tsp.	½ tsp.
Poultry seasoning	1-¼ tsp.	1 tbsp.	2 tbsp.
Water, bouillon, or milk	1/3 cup	1 cup	2 cups
Average number cups of stuffing	4 cups	10 cups	20 cups
Oven temperature	325 F	325 F	325 F
Total roasting time (approx. hrs.)	2-½ hr.	4 hr.	5-½ —6 hr.

then pat dry with a paper towel or clean cloth. Return legs to hock lock or band of skin or tie loosely. Tuck tips of wings "akimbo" under back of turkey. Neck skin should be skewered with a poultry pin or round toothpick to back to provide a neat appearance at the table. The turkey is now completely ready for roasting or for stuffing.

How to stuff and truss a bird

1. Lightly spoon stuffing into neck and body cavities. Use only enough so that bird will look plump when served.
2. Fold neck skin over and skewer it to the back. For turkeys, geese and chickens, twist wing tips and bring onto back. Skewer duck wings on either side of the breast.
3. Insert skewers through skin across cavity opening; lace with cord to close. Tie drumsticks together. For turkey and chicken, tie drumsticks to tail.