

Questions answered about holiday turkey preparation

Questions and Answers for Holiday Turkey Preparation
 Q. Some delicatessens and grocery stores sell turkey's that are refrigerated, fully cooked and stuffed. Are they safe?
 A. The latest brochure from the US Department of Agriculture in cooperation with the Department of

Health and Human Services Food Marketing Institute and the National Turkey Federation, does not recommend buying refrigerated fully cooked/stuffed turkeys.
 Q. I hate to get up early to put the turkey in the oven so I stuff the bird the night before. I've been told that is a bad thing to do. Is that right?

A. IT IS RISKY! Better be safe than sorry when it comes to your family. Warm dressing stuffed in the turkey ahead of time means that bacteria will have time to grow inside the bird. The heat in the oven encourages more bacteria to grow as the turkey begins to cook. Before the dressing is finally cooked and the bird is ready to come out of the oven, a bumper crop of bacteria has grown in the cavity of the bird. But the dressing probably is not hot enough to kill all the bacteria or the spores that are the next crop of bacteria.
 If you think about the ingredients in dressing, they usually include warm giblets or turkey broth poured over buttered dry bread cubes with spiced celery, mushrooms or oysters. The broth and giblets provide ideal

food for bacteria when they are mixed with the other ingredients.
 The secret is PREPARE EACH TYPE OF INGREDIENT SEPARATELY and put them in plastic bags stored in the refrigerator. Just before you stuff the turkey, mix all the cold ingredients with the bread and broth. Then stuff just before you pop the turkey into the oven.
 Another option is to make aluminum foil pouches filled with dressing to put around the turkey which has been cooking for several hours. If the pouches are sealed, the dressing will be moist and cooked in about two hours. Some people like slightly moist dressing. Others with poor teeth like very moist dressing. You can make two pouches of dressing to please everyone.


Left over turkey recipe ideas

Lucky Enough to have left-over Turkey
 Perhaps you missed this great cartoon of Dennis the Menace with this "Used Turkey, Again?" It should bring a chuckle to your life. But if your family is tired of "used" turkey, maybe you'd like to try these recipes. I selected one that does not call for fat, so that you can begin reducing your calories right along with starting the New Year. The Impossible Turkey Pie has some fat in the eggs and cheese that you can prepare in a hurry during the holiday celebration. We tried Impossible Pie with Spam which is delicious, but omit the salt.
Sweet and Sour Turkey
 1 #2 can pineapple chunks
 1/3 c. vinegar
 1/4 c. br. sugar
 2T. cornstarch
 1T. soy sauce
 2 1/2 c. diced, cooked turkey
 1/4 c. sliced onion
 Drain pineapple and reserve juice. Add enough water to juice to make 1 c. Combine pineapple liquid, vinegar, brown sugar, cornstarch, soy sauce in a saucepan. Cook over low heat until thickened and clear, turn-

ing constantly, then remove from heat. Add the turkey and let stand for 10 minutes. Mix onion and pineapple with turkey mixture and heat through. Serve over rice.
Impossible Turkey Pie
 2 c. cut-up cooked turkey
 1 jar (4 1/2 oz.) sliced mushrooms, drained
 1/2 c. sliced green onions
 2 T. chopped parsley
 1/2 t. salt
 1 c. shredded natural Swiss cheese (4 oz.)
 1 1/2 c. milk
 3/4 c. Bisquick mix
 3 eggs
 Heat oven to 400°. Lightly grease 10" pie plate. Sprinkle turkey, mushrooms, onions, salt & cheese in pie plate. Beat remaining ingredients until smooth. Pour into pie plate. Bake until golden brown & knife inserted halfway between center & edge comes out clean. About 30-35 minutes. Let stand 5 minutes before cutting. Refrigerate remaining pie. 6-8 servings.
 Omit the salt if you substitute Spam or other salty meat for the turkey. Both Impossible Pies are tasty and colorful.

Merry Christmas and Happy New Year!

Have you listened to the stream flowing so gently by,
 Brushing you with the Light of Creation from above.
 Sing! Sing! My brothers and sisters, for the time is here,
 To hold closely to our Life everything which is dear.
 Remember how you came to be a Creation upon the Earth,
 By He who we celebrate at this time of year.
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The above individuals are devoted to extending research-based information from Oregon State University to the people of Warm Springs in Agriculture, Home Economics, 4-H Youth, Forestry, Community Development, Energy and Extension Sea Grant programs. Oregon State University, United States Department of Agriculture, Jefferson County and the Confederated Tribes of Warm Springs cooperating. The Extension Service offers its programs and materials equally to all people.

EDUCATION THAT WORKS FOR YOU

Fondue proved to be a hit at Extension office party

by Norma L. Simpson
 Often you hear people say that they don't like different foods and you accept that they say. Then you pass their shopping cart at the supermarket and you see curry, pizza, nachos, tortillas and perhaps even more food items that we did not eat.
 The answer has to be that people will try lots of things if they have a chance to try them or they will avoid different foods if they really have an allergy that makes them sick.
 To my delight the staff tried all three of the Fondues that we prepared for the Christmas Party.
 "Fondue" is a French word meaning "to melt, though the original fondue is said to be a Swiss dish made of cheese and bread that has become inedible hard during cold winter months. When hard cheese is shredded with a little warmed wine it melts until dry bread can be dipped into the cheese. Delicious.
 First the wine or apple juice are heated until they start to bubble slightly, though not boiled. Then add the grated cheese by the handfuls blending thoroughly until the next handful. Stir constantly to keep from sticking to the bottom, AND IT WILL STICK.
 If the fondue becomes too thick, add a bit more warm wine or juice, stirring until it is NEVER ADD COLD JUICE OR WINE.
 Cheese is best melted over a very low heat in a ceramic or pottery dish. Use long handled forks to pierce the soft bread going through to the crust the crusty side will hold the bread on the fork.
SWISS FONDUE
 3/4 pound Swiss cheese
 1 tbs.. all-purpose flour
 1 1/4 cloves garlic
 1 1/4 c. sauterne (or white wine or juice)
 Dash of pepper
 Dash of nutmeg
 3 tbs. kirsch brandy (optional)
 Salt to taste
 Cut cheese into thin strips; place in bag. Add flour; toss well until cheese is coated. Split garlic clove in half; rub inside of fondue pot well with cut sides of both halves. Press 1/4 clove garlic; place in fondue pot. Add sauterne; place over flame. Heat until bubbles start to rise; do not cover or boil. Add cheese gradually;

cook over low flame, stirring constantly, until melted. Stir in pepper, nutmeg, and kirsch. Add warmed sauterne if mixture becomes too thick. Serve with French-bread cubes, cauliflower florets, mushrooms, and rolled pepperoni slices for dipping. Yield 6 servings.
 Another recipe is called Tomato Fondue with Frankfurters. It will be reddish in color. A wonderful New Years weekend treat.
TOMATO FONDUE WITH FRANKFURTERS
 1 clove garlic
 2 c. grated cheddar or American cheese
 1/2 c. grated Gruyere cheese
 1/2 c. condensed tomato soup
 1 tsp. Worcestershire sauce
 3 tbs.. dry sherry
 1 sm. can cocktail frankfurters
 French Bread
 Rub inside of fondue pot with cut garlic clove. Put in cheeses, soup, and Worcestershire sauce; stir continuously over low heat until cheese has melted and mixture is creamy. Stir in sherry; cook 2 to 3 minutes. Adjust seasoning before serving.
 Frankfurters are speared onto fondue forks and dipped into fondue. Serve with plenty of French bread.
 Here are two quickie fondue recipes that are different because they use Cheddar or Velveeta Types of cheese, much like nachos, they are from the TASTE OF OREGON cookbook page 161.
EASY CHEESE FONDUE
 1 10 1/2-oz. can Cheddar cheese soup, undiluted
 1 garlic clove, minced
 2 egg yolks, beaten
 1/2 c. beer, apple juice or cider
 Zucchini, cauliflower, broccoli or French bread cubes
 Heat soup and garlic to just below boiling. Remove from heat. Stir half of the hot soup into egg yolks and then blend this mixture back into the remaining soup. Stir in beer and heat thoroughly, stirring constantly. Keep warm over low heat. Use zucchini, cauliflower, broccoli, or cubes of French bread to dip in fondue. Serves 4.
ZIPPY FONDUE
 2 lbs. Velveeta cheese, cubed
 14 oz. can Ortega chili strips
 1/2 15-oz. can stewed tomatoes, diced

1 tsp. garlic powder
 1 tsp. onion powder
 1 tsp. Worcestershire sauce
 1 tbs. vegetable oil
 1 tbs. prepared mustard
 1/8 tsp. monosodium glutamate
 1 10 1/2-oz. can Cheddar cheese soup
 Mix together all ingredients and heat in double boiler or fondue dish. Yield: Approximately 1 quart.
CHOCOLATE FONDUE
 This is one type of chocolate fondue to dip with cake or fruit marshmallows.
 12 oz. milk chocolate, semisweet chocolate chips or sweet cooking chocolate
 1/2 c. half and half
 1 to 3 tablespoons orange-flavored liqueur, kirsch, brandy, white creme de menthe or 2 tsp. instant coffee (dry) or 1/4 tsp. ground cinnamon
Dippers (below)
 Heat chocolate and half and half in heavy saucepan over low heat, stirring constantly, until chocolate is melted and mixture is smooth. Remove from heat; stir in liqueur. Pour into fondue pot or chafing dish with water bath; keep warm over very low heat.
 Guests select choice of Dippers and place on dessert plates; then, with fondue forks or bamboo skewers, dip each one into chocolate mixture. If mixture becomes too thick, stir in small amount of cream. Dippers can be rolled in granola, chopped peanuts, chopped salted cashews or cookie coconut after coating with chocolate mixture if desired. Yield 6 to 8 servings.
DIPPERS
 Strawberries
 Kiwifruit slices
 Banana slices*
 Fresh coconut chunks
 Pineapple chunks
 Pound cake cubes
 Mandarin orange segments
 Ladyfingers
 Fresh orange slices
 Miniature cream puffs
 Apple wedges*

Miniature doughnuts
 Grapes
 Marshmallows
 Melon balls
 Pretzels
 Papaya wedges
 Angel food cake cubes
 Maraschino cherries
 Vanilla wafers
 *Dip in lemon or pineapple juice to prevent discoloration in fruit.
CHOCOLATE-SOUR CREAM FONDUE: Substitute 1/2 c. dairy sour cream for 1/4 c. of the half and half.
 Another option for quick chocolate fondue is to heat Ice Cream Fudge Topping. It will be very thin, unless you mix in a little cornstarch with cool topping before pouring the mix into the chocolate in the metal fondue pot. Or you can melt the chocolate in a double boiler over hot water. Chocolate burns rapidly so watch it closely.
CARAMEL FONDUE
 Heat 1/4 c. water in the metal fondue pot over low heat. Unwrap caramels (about pound package). Slowly add a few of caramels at a time, to melt them. Stir constantly. Then add a few more caramels until all are melted. Dip apples or marshmallows or bananas into the fondue, twisting the fork as you remove the fruit to keep the caramel from dripping.
 If you try to melt the caramels in the microwave oven, you can cook for two to three minutes to soften the caramels. But two minutes you will have hard crystals of brittle caramels.



Clover speaks



It is now December and the holiday of Christmas is coming. The 4-H clubs are now meeting and going real well.
4-H club news:
 Hair braiding: classes will be postponed until January and will resume after the holidays.
 Drumming: is now meeting on Thursdays from 7 p.m. to 9 p.m. The classes will be held at the 4-H room in the education building, with Tony Suppah as the instructor. You will be learning how to drum and sing songs.
 Boys and Girls basketball team: the basketball practice is on Tuesday's from 6 p.m. to 8 p.m. for 11 years and under, and Fridays from 6 p.m. to 8 p.m. for 12 years and older.
 Cloverbuds: Beginning Bead

work-wit Annie as the instructor. Annie is working with beginning bead work. For example making necklace with pony beads.
 Rainbow Dancers: Rainbow Dancers are still meeting once a month on the 15th of every month at 7 p.m. at Verbena Greene's singing house. The Rainbow Dancer performed for the foreign exchange students at the long house right after the retirement of Raymond Shike, Sr. The exchange students joined right in with the Rainbow Dancers and had a lot of fun learning some of the dances.
 These are the newest team that started this year with the 4-H program. If you are interested in the list of clubs please feel free to call the OSU Extension at 553-3238 or 553-3239, you can even stop by the office.
 If you are interested in starting a 4-H club and want to start a club, please feel free and come in and see the extension staff in Warm Springs. We will be more than glad to help you out. There can always be more than one club. Your club can be anywhere you want to have your meetings. It can be in your home, or in the area that you live in. You don't have to have it in Warm Springs.

Piece of our world: What about recycling?

By Tim Wojtusik
 Landfills have been, and continue to be the main way we dispose of our trash. When we throw something "away" it has to go somewhere and usually ends up in a landfill. Over the year the amount of trash that each of us produces has increased and so has the need for landfill space. At the same time we have gotten better at the design of our landfills so the risk of environmental contamination is less. You might ask yourself "so what's the problem?"
 It is true that we all need landfills to dispose our trash in and, when properly managed, they are probably the best method that we have but that is not the whole picture. Landfills are no longer easy, inexpensive solution to our solid waste disposal needs.

Landfill fees in the Northwest rose from \$18 to \$68 per ton between 1988 and 1991, and they're only going to keep going up. These increased prices are a result of a need to fund the siting of new landfills and the closing of old ones. Every day it costs the Confederated Tribes more money to maintain and operate the Reservation's landfill so we have a place to put our garbage. This means that much less money for other things.
 We will never be able to eliminate the need for landfills but we can start to make choices that will reduce the amount of trash that has to go there. The less trash that we produce, the longer the life of the landfill and the less the need for new landfills. What do we really want to do with our land anyway?

Holiday season can be stressful for families

The holiday season can translate into stress for family members of all ages, according to Leslie D. Hall, Oregon State University Extension assistant family life specialist. Traveling, shopping, cooking, spending money, and having company can be difficult. Traditional treats, office parties, and school parties can add up to too much food, sugar, and/or alcohol. Stress is cumulative; it piles up, layer upon layer.
 Holidays can also be a joyous time. Some preparation and thinking ahead about expectations can help put you in the number who enjoy

rather than hate holidays.
 Stress is related to the number of changes in a person's life and to attempting to live up to the expectations of oneself and others. Stress is also directly related to one's vulnerability to illness. You may remember long vacations when the kids are home from school sick. The extra food and excitement, and the decreased sleep, exercise, and reflective time, can increase vulnerability to illness.
 *Preparation. Cook ahead when there is time. Have kids and friends help with favorite recipes for potato

cakes or decorated cookies. Shop while you are out anyway rather than at the last minute. Make gifts. Buy at after-holiday sales to save on gift wrap and cards to prepare for next year.
 *Timing. Spread out celebrations. Have dinner with both you and your partner's parents, maybe on different weekends. If you are on vacation keep a routine. This is especially important if you have children or if some family members are not on vacation. Do not stay up to late or sleep in too late.
 *Activities. Serve at a community dinner for those who are alone or homeless. This teaches a new kind of thankfulness. Simple times spent together can help relieve holiday stress. For example, if your family shares books as gifts, after opening gifts, everyone can curl up in a comfortable chair and read, with seasonal music in the background. Meals can be informal. Books do not have to be new to be enjoyed and can be traded later in the day or week. Go for a walk together in the snow (or rain). Go to a service at the synagogue, mosque, church, or other special place.
 *Food. Do you ever feel overly full for a month because of holiday eating? Find recipes for traditional baked goods and treats that contain less refined sugar, fat, and artificial colors. Ask friends about recipes they have used. Try to introduce these changes gradually and try the recipes out ahead of time.
 *Gifts. Give coupons good for a hug, an evening out, a special activity (ice skating or listening to music together), breakfast in bed, reading a book, or a movie night. Think of gifts to organizations or people without gifts.

Holiday traditions in changing families

Both joyous and sad changes in a family can be difficult. Holidays are a time when things are not ordinary and can trigger losses one has experienced, says Leslie Hall, Oregon State University Extension assistant family life specialist.
 A change may be the loss of a family member through separation, death, divorce, or geographical distance. There may be a change in the abilities of a family member. Families also change by the addition of family members through such means as covenanting ceremonies or the birth or adoption of children. There is also the change in and loss of traditions.
 *Preparing for holidays. Be aware of persons who lost loved ones in the past year. They may be spending their first Hanukkah, Christmas, or Kwanzaa without a parent, child, partner, or sibling. Be aware of the loss of traditions because of the loss of a job or a cherished home/community. Acknowledge losses; do not stifle sadness or disappointment.
 Be prepared for more conflict and less patience in light of extra stress.

Discuss in advance with all family members—including children—what is important to them. Have you ever missed the familiar foods, rituals, or music with which you were raised? If spending your first holiday with a partner's family, you may experience a loss of your own traditions. Being prepared for differences can help avoid your feeling (or saying) "You don't sing?" "You don't eat turkey?"
 *Child-parent relationships. If you have children find some one-on-one time with each child. For parents separated from each other, try not to catch your child in a tug-of-war or out-spend each other on gifts. Parents who treat each other with courtesy give a great gift. A parent with physical custody may feel overwhelmed by all of the extra demands. A parent who does not see a child may be anxious. (Decorating, shopping, and cooking—in moderation—may be good activities to share.) A parent's partner may feel awkward about his or her role. Discuss relationships and

traditions ahead of time. It is not just a saying that the best gift you can give your child is your time.
 *Creating rituals. A way to deal with changes in families is by creating new traditions, blending old and new, or combining rituals of two families. This can be done by balancing people's styles and heritages, for all generations and "sides" of the family. Symbols, aromas, words, music, and foods can all be meaningful. Sometimes sharing memories through pictures, stories, and "remember when's" can heal wounds, ease tension, and bring joy. Those who are geographically separated can know they are sharing the same stories, decorations, and music. Some households may be able to videotape and share family gatherings.
 Talk with your partner and/or children about the traditions you want to continue in a new family. Your family can create and blend your own traditions. You may choose to reach out to others and create family among friends who would otherwise be alone, or because you enjoy large family gatherings.



USED TURKEY AGAIN?