

Turkey trials: Perfecting a holiday meal

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If you're stressing out about preparing a Thanksgiving turkey, I may be able to offer some tips.

I recently read that most people only roast whole turkeys once or twice a year. That doesn't provide much of an opportunity for "practice makes perfect."

I'm no expert. In fact, I can count how many whole turkeys I've made in my life on one hand. Actually, I can do it with a peace sign.

That's right, I've thawed, stuffed and roasted a total of two turkeys in nearly 58 years. To maintain the tradition, I'm due to make another one in 2047.

Although I've only prepared two big birds, I have perfected the process of making a traditional Thanksgiving meal, complete with turkey and stuffing that tastes like it came right out of the bird.

But really, to stuff or not to stuff is a personal choice. Some people fear food poisoning due to bacteria from the bird's cavity absorbing into the stuffing. The turkey isn't some sort of decoration to be admired. Put the bird in the oven right after stuffing it. Problem solved.

Rather than a whole bird, I now purchase turkey breasts. This remedies the issue of wasted dark meat since John and I prefer white meat.

I used to prepare the stuffing in a casserole dish. While it was good, it lacked the unique moistness of stuffing that has baked inside a turkey.

To replicate the in-the-bird taste, I decided to layer the turkey with stuffing in between. I may not win any culinary prizes for attractive appearances, but the end result is mighty tasty. And, there are plenty of leftovers for turkey sandwiches, much to the delight of my husband.

I suppose if I wanted my food to be pretty, I could modify the technique to create a stuffed turkey roll. To do that, you butterfly the turkey breast, pound it out to an even thickness, top it with a layer of stuffing, roll it into a long cylinder, tie it with kitchen twine and then roast it. That just seems like too much effort.

Creating the layered turkey breasts has solved several problems:

- I don't have to worry about trussing the turkey.
- No worries about the complicated process of carving a turkey.
- I no longer have to perform mathematical equations to figure out how long to allow for defrosting the bird.

I love turkey. And, in the Malgesini household, turkey isn't just for Thanksgiving anymore. However, John will be preparing homemade Italian pizza on Thursday.

Home cookin' at the Herald

The Hermiston Herald staff had a Thanksgiving meal of our own on Monday. These are a few of the recipes featured:



Potato-cheese pie

Potato-Cheese Pie

From Jayati Ramakrishnan

- Ingredients:
- 2 lbs Yukon gold potatoes, boiled, peeled and sliced
 - 2 cups pepper jack or cheddar cheese, grated
 - 2 cloves garlic, grated fine
 - 2 tbsp butter
 - 3 tbsp flour
 - 2 cups milk
 - breadcrumbs
 - black pepper and salt, to taste

- To make cream sauce:
- 1) Preheat oven to 375 degrees
 - 2) In a small saucepan, melt butter on medium heat. Once melted, add garlic and black pepper and fry lightly
 - 3) Stir in flour slowly
 - 4) Lightly brown flour in pan on low heat
 - 5) Remove from heat and slowly pour in milk while stirring continuously to avoid lumping
 - 6) Return pan to stove. On low heat, stir mixture
 - 7) Turn to medium heat and let boil, stirring continuously
 - 8) Turn off and remove from stove
 - 9) Add salt and let sauce sit and thicken

- Assembly:
- 10) In a 9x9 glass dish, layer potatoes, cheese and sauce
 - 11) After last layer of potatoes, cover with remainder of sauce and cheese
 - 12) Sprinkle top generously with breadcrumbs
 - 13) Bake at 375 degrees for 30 minutes, or until cheese is bubbling
 - 14) Add more salt if necessary
- For best results, enjoy with ketchup. Sweet potatoes can be substituted for a healthier alternative.

Flaky Pie Crust

From John Malgesini

A tasty, flaky pie crust is really easy. You simply MUST follow directions. That's it.

- Ingredients:
- 2 1/2 cups flour
 - 1 cup butter
 - 1 teaspoon salt
 - 1 dash sugar
 - 3-6 tablespoons ICE water

- Directions:
1. Mix 1 1/2 cups flour, salt & sugar
 2. Cut butter into mixture. If you do not have a pastry cutter, the knife method will work; mixture must be cut evenly. Once the mixture comes to pea-sized crumbles, cut in the rest of the butter. As that becomes even, add in the last cup of flour. Once the pea-sized crumbles return, stop. Do not over cut!
 3. Begin to add ice water. Start by sprinkling three tablespoons over the mixture. With a large-headed spatula or pastry slicer move the mixture around, adding 1/2 tablespoons of ice water. Do not go over 6 tablespoons.
 4. Flatten mixture onto one side of bowl. With spatula or slicer, half the mixture. Knead until solid. Form into a hockey puck-sized disc and set back in bowl. Do same with other half.
 5. Set discs aside for 20-40 minutes. You can refrigerate to speed process.
 6. Knead briefly to get dough pliable.
 7. Use as needed for single or double crust pie, following directions for whatever pie filling you choose to use.



Flaky pie crust

- Hints:
- When baking there is NO substitute for butter!
 - After step 5, you can freeze for several months. When you want to use thaw until room temperature. Knead briefly to make pliable.
 - Ice water is as important as the butter. It's the temperature of the ice that causes the butter to react. The colder the water, the better the reaction.
 - The dash of sugar is optional. I learned from a master baker (Thanks Ella) that

whenever baking with flour, always add a sprinkle of sugar. It adds to the flavor. (Note: When baking with yeast, add a sprinkle of sugar to the water and the yeast will activate with a heightened vigor).

This recipe will generally provide three crusts, the third being the trimmings of the first two. I generally mold into a disc and throw it in the freezer. After two times through the recipe, I have enough for an additional two-crust pie.



Pumpkin chocolate chip muffins.

Chocolate Chip Pumpkin Muffins

From Jade McDowell

- Ingredients:
- 1 3/4 cups flour
 - 1/3 cup sugar
 - 2 tsp baking powder
 - 1/2 tsp salt
 - 1/2 tsp cinnamon
 - 1/2 tsp nutmeg
 - 1 beaten egg
 - 3/4 cup milk
 - 1/3 cup oil
 - 1/2 cup chocolate chips
 - 1/2 cup canned pumpkin

- Directions:
- 1) Mix together dry ingredients
 - 2) Make a well in the center and add wet ingredients
 - 3) Mix until moistened, then add chocolate chips
 - 4) Place in greased muffin tin and bake on 400 degrees for about 20 minutes.

Happy Thanksgiving Day!

CRYPTOQUIP

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: S equals T

XK V OIZGEQ IK VZWSTVEXVP

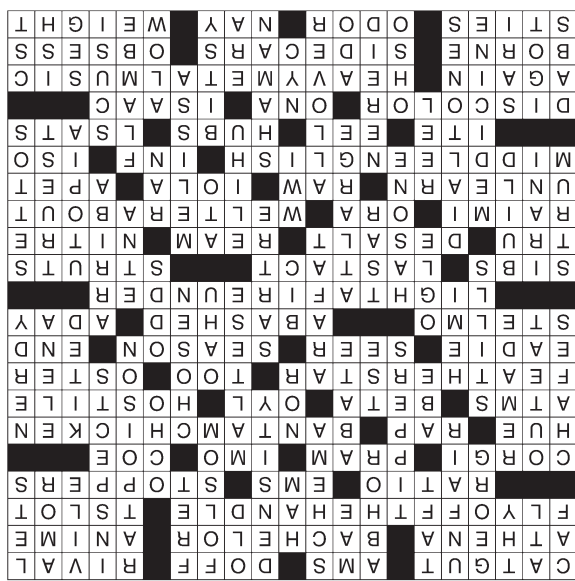
LVTWZGXVVEW DQTQ NVSSEXPR

XS IZS, LXRBS SBVS NQ DILNVS

OILNVS?

combat?
it out, might that be wombat
marsupials were battling
if a couple of Australian
answer

Cryptoquip

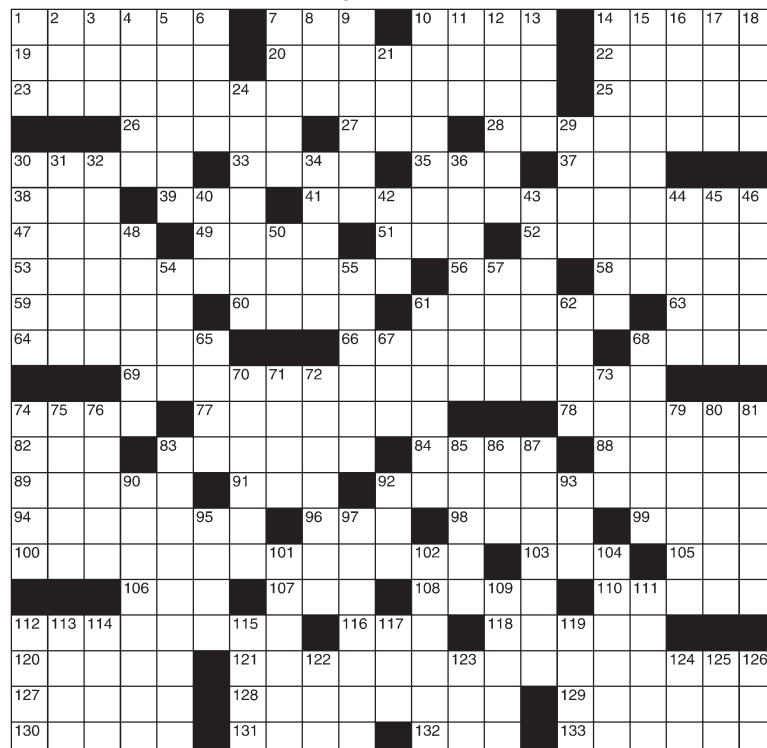


Answers

Super Crossword

SUPER CROSSWORD: BOXING CLASSES

- ACROSS**
- 1 Racket string material
 - 7 Mornings, in brief
 - 10 Tip politely, as a cap
 - 14 Foe
 - 19 Coddles of the arts
 - 20 Single guy
 - 22 Cartoon art of Japan
 - 23 Flip one's lid
 - 25 Certain opening for a bolt
 - 26 Proportional relationship
 - 27 Millennium ends?
 - 28 Bottle plugs
 - 30 Welsh pooch
 - 33 Brit's baby buggy
 - 35 "I think," to a texter
 - 37 Former miler Sebastian
 - 38 Rainbow part
 - 39 Drake's genre
 - 41 Small, aggressive fowl
 - 47 24-hr. sources of bills
 - 49 Sorority letter
 - 51 Bluto pursued her
 - 52 Having ill will
 - 53 Free-swimming, stalkless echinoderm
 - 56 In addition
 - 58 Big blender brand
 - 59 "— Was a Lady" (Ethel Merman song)
 - 60 Crystal ball user
 - 61 Spring or fall
 - 63 Discontinue
 - 64 Martyr who's the patron of sailors
 - 66 Made red-faced
 - 68 24 hours —
 - 69 Rouse to action
 - 74 Close kin, for short
 - 77 Final deed
 - 78 Walks pompously
 - 82 Capote, to pals
 - 83 Distill brine from
 - 84 Put in a juicer
 - 88 Fertiliser compound
 - 89 "Crimewave" director
 - 91 "... bug — feature?"
 - 92 Wallow, as a pig in mud
 - 94 Erase from memory
 - 96 Crude
 - 98 Kansas city
 - 99 In (testy)
 - 100 Language of Chaucer
 - 103 Gershwin's "Concerto —"
 - 105 Prefix with propyl
 - 106 Suffix with urban
 - 107 Wormfish lookalike
 - 108 Focal points
 - 110 Aspiring attys.
 - 112 Make dingier
 - 116 — roll (hot)
 - 118 Mizrahi of fashion
 - 120 See
 - 97-Down
 - 121 Genre for a headbanger
 - 127 Carried
 - 128 Motorcycle attachments
 - 129 Dwell too much (on)
 - 130 Hog havens
 - 131 Smell
 - 132 Vote against
 - 133 Word that can follow seven key words in this puzzle
 - 34 Die away
 - 36 Toy dog
 - 40 1861-65 prez
 - 42 Neither fish — fowl
 - 43 Elected
 - 44 Falsified, as a check
 - 45 Kagan on the bench
 - 46 Dweebish
 - 48 Makes quiet style
 - 50 Mao — tung
 - 54 Hot-rung engine
 - 55 PLO leader
 - 57 Island with Interstate H1
 - 61 Philosopher
 - Jean-Paul
 - 9 Proposed arrangement
 - 65 Eye rudely
 - 10 Mass per unit volume
 - 11 Trite
 - 12 City near Sacramento
 - 13 Worry
 - 14 Pest control option
 - 15 Examinees
 - 16 Loathsome
 - 17 Love god
 - 18 "I'm game!"
 - 21 Easter roast
 - 24 Server
 - 29 Dots + seis
 - 30 Vexes
 - 31 Gulp down more than
 - 32 Renovated
 - 81 Fights
 - 83 Sounds after hang-ups
 - 85 Nobelist
 - Root
 - 86 — -2 (total)
 - 87 Singer
 - Etheridge
 - 90 Doctor's field
 - 92 1914-18 conflict.
 - Abbr.
 - 93 Galloped
 - 95 Stagger
 - 97 With
 - 120-Across, from square one
 - 101 Sea nymph
 - 102 Tribal illness
 - curer
 - 104 In a sauce of blazing liquor
 - 109 Itsy —
 - 111 Italian for "pardon me"
 - 112 Smidgens
 - 113 Gershwin's "— Rhythm"
 - 114 Goa garb
 - 115 Really, really
 - 117 JFK's home
 - 119 "That's — blow"
 - 122 Ruckus
 - 123 History topic
 - 124 Subdivision: Abbr.
 - 125 "Kinda" suffix
 - 126 Texas hrs.



SUDOKU

8				1	6			
	4		8					9
		6			4		5	
		7	1		9		2	
5					6	4		
	9			2				7
4				5				3
		3			2			1
	8		7			5		

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1	6	4	7	3	8	1	2	5
5	8	2	5	4	9	6	7	3
6	3	3	1	7	1	9	8	5
7	4		2	1	5	6	3	8

Weekly SUDOKU

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