

Feeding the Family

By ZOLA VINCENT
Food Editor

Turkey Defrosting and Roasting Time Reminders

Because of the tremendous popularity of turkey at Easter-time in this part of the country, we quickly review turkey defrosting and roasting time with and without aluminum foil. We're not suggesting how to roast turkey because we're confident you know how. We're just reviewing time elements.

Defrost frozen turkey in refrigerator in its wrappings. This may take two to four days depending on size of turkey. A 12 pound bird takes two days.

Traditional Roasting Time
No matter what the size of your turkey, roast at low temperature when doing traditional style. Two to four pounders, oven-ready take 2 1/2 to three hours at 350 degrees. Four to six pounders take three to 3 1/2 hours at 325 degrees. Six to eight pounders take 3 1/2 to four hours at 325 degrees. Eight to 12 pounders take four to 4 1/2 hours at 325 degrees. From there on up, set the oven at 300 degrees for 5 1/2 to six hours to insure inside doneness.

Foil Roasting Time
Researchers working with aluminum foil find that a high oven temperature of 450 degrees gives best results; saves up to half the time required to roast large turkeys by the low temperature method. Eight to 10 pounders, oven-ready take 2 1/4 to 2 3/4 hours at 450 degrees. Ten to 12 pounders take 2 3/4 to three hours at 450 degrees. Fourteen to 16 pounders take three to 3 1/4 hours at 450 degrees. Eighteen to 20 pounders take 3 1/4 to 3 1/2 hours at 450 degrees and 22 to 24 pounders take 3 1/2 to 3 3/4 hours. Fold foil back around edges of pan about 20 minutes before end of roasting period to give more attractive brown color.

Start Early
Start 30 to 40 minutes ahead of time in relation to the dinner hour to allow bird to come out of the oven, to firm up for easier carving and for you to make gravy, etc.

Savory Ham Slice
For the small family who plans a two pound ham slice. Remove rind from ham; cut off fat and chip it quite fine. Add two tablespoons prepared mustard, two tablespoons currant jelly and one teaspoon grated onion. Mix well and spread over ham. Bake in slow oven, 325 degrees, for about 1 1/2 hours.

Fruit Punch for Easter Week Visitors
It's a party whenever two or more persons get together and share a beverage and some cookies. Just the home folks can have a delightful impromptu party to please the children any time of day. Or invite the neighboring children in . . . or anticipate the comings and goings of the teen-agers by stirring up a fruit punch.

Popular fruit punch combinations using equal parts of ginger ale and juices include orange juice, loganberry juice, pineapple juice, peach or apricot nectar or grape juice. A tablespoon of lemon juice is often added for each tall glass of berry, fruit or nectar combination; not for grape juice, however. When using carbonated or sparkling water, it is necessary to add

sweetener. Always add ginger ale or charged water just before serving and pour over ice cubes. For fancy drinks, a small scoop of orange sherbet or vanilla ice cream will produce child-happy results.

Eggs for Breakfast
Traditional for Easter breakfast, tender, soft-cooked eggs are cooked in just enough water to cover. Start in cold water; bring to simmering point and keep it there for three to five minutes. Never let the water boil. This is the day when we ask the family "how many" and sometimes are astounded by the number of eggs Dad and the children consume.

Strawberry Mold
Easily made, certain to please as salad course or as luncheon or supper specialty with a stack of sandwiches.

Dissolve two packages lemon flavored gelatin in three cups hot water. Chill gelatin until syrupy. Wash and hull three cups fresh strawberries or use two packages frozen strawberries, thawed and drained. Mash berries and add one cup sugar. Combine gelatin and berry mixture and gradually add one-cup real mayonnaise. Pour into individual molds. Chill until set. Top with mayonnaise and extra strawberries. Six generous servings.

Ham, Turkey and Lamb

Vie for Easter Honors
Many Easter Sunday dinners will be built around roast turkey, baked ham and leg of lamb, all of which are readily available at reasonable cost. If you choose the large, older leg of lamb, why not have it boned for easy carving? Dad would like that. If however, you choose the new season (more expensive) Spring lamb that is just putting in an appearance, better not bone it. More pork, both fresh and smoked, than usual at this season. Beef continues plentiful with freshly ground beef and stewing meat surprisingly low in cost.

Fish and Shellfish
Frozen halibut is usually plentiful with good supplies of rockfishes, salmon, sole, crab, oysters and shrimp among local favorites. Fillets and fish sticks are readily available; quickly prepared at moderate cost. Canned

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By Jimmy Hatlo



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Dairy Products.
Enjoy cottage cheese and good old cheddar cheese more often. Family will applaud buttermilk pancakes for breakfast. Keep pitcher of milk handy for the children.

Canned Green Beans.
Here are new seasonings for overly abundant canned green beans. Cook briefly a tablespoon or two of minced onion, green

pepper or parsley in a little butter; add to green beans and heat. Or heat beans with ham or bacon drippings with bits of ham or bacon added. Or dress up with salad oil and lemon juice or salad oil and horseradish with maybe a dash of garlic powder. Or add pinch of mustard, celery seed, lid seed or almond slivers for crunchiness.

Vegetable Buys.
These continue about the same

with snowy cauliflower and artichokes increasing in supply. Enjoy quick-cooked asparagus (price is a little lower) on buttered toast points with lemon butter poured over. For a super Spring dessert, cut up a pound or so of cherry red rhubarb in a baking dish, pack in a cup of brown sugar, sprinkle over a few thin lemon slices and cover the whole with half a cake mix recipe; bake 40 minutes at 350

degrees. Certain to rate raves. Must be served hot with cream or topped with vanilla ice cream or imitation ice cream.

Fruit Buys
Local apples, avocados, small navel oranges, last of the winter pears and grapefruit. Keep plenty of oranges and grapefruit on hand to insure the family's getting needed vitamin C which must be supplied every day.

Dead line Sunday Classified is at noon Saturday; 10 a.m. Monday for Monday; other days 5:30 previous day.

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