

Best Holiday Wishes

The
Family Weekly
Food Staff



Complete a bounteous holiday dinner with a superb apricot soufflé served with an eggnog sauce.

Family Weekly Cookbook • MELANIE DE PROFT, Food Editor

Roast Goose

Clean (singe, if necessary) one goose, 10 to 12 lbs., ready-to-cook weight. Remove layers of fat from body cavity. (If goose is frozen, thaw according to directions on package.) Cut off neck at body, leaving on neck skin. Rinse goose and pat dry with absorbent paper. Rub body and neck cavities with salt. Lightly spoon stuffing into cavities. To close body cavity, sew, or skewer and lace with a cord. Fasten neck skin to back with skewer. Loop cord around legs and tighten slightly. Or, if there is a band of skin across abdominal opening, push the drumstick ends underneath this band. In this case, only abdominal opening should be closed with cord and skewers. Place goose, breast side down, on rack in shallow roasting pan. Roast, uncovered, at 325°F for 2½ hrs., removing fat from pan several times during this period. Reserve fat for gravy. Turn goose, breast side up, and roast 1½ to 2½ hrs. longer, or until goose tests done. (Allow 25 min. per lb. for total roasting time.) To test for doneness, move leg gently by grasping end of bone. When done, drumstick-thigh joint moves easily. To serve, remove skewers and cord. Place on warm serving platter and garnish as desired. *About 10 servings*

Cranberry-Wild Rice Stuffing

TO PREPARE: 40 MIN.

- 1 cup coarsely chopped cranberries
 - ½ cup sugar
 - ¼ cup butter
 - 1 large clove garlic, minced
 - 3 cups rye toast cubes
 - 3 cups cooked wild rice
 - 1 cup chopped celery
 - ½ cup chopped onion
 - 1½ teaspoons salt
 - ¼ teaspoon black pepper
1. Toss cranberries and sugar together and set aside for about 20 min.
 2. Meanwhile, heat butter and garlic in a skil-

let; add toast cubes and toss until well browned.

3. Toss all ingredients lightly together.

Stuffing for a 10- to 12-lb. goose

Current-Giblet Gravy

TO PREPARE AND COOK: ABOUT 10 MIN.

(allow time for cooking giblets)

- Goose giblets
 - 1 teaspoon salt
 - ½ teaspoon Accent
 - 6 tablespoons reserved goose fat
 - 6 tablespoons flour
 - 4 cups reserved giblet broth
 - ¼ cup currant jelly
1. Cover cleaned gizzard, heart, and neck with water; add the 1 teaspoon salt and Accent. Cover, bring to boiling, reduce heat, and simmer 2½ to 3 hrs., or until tender. Add the liver the last 5 to 15 min. depending upon the size. Strain broth and refrigerate until ready to make gravy. Chop neck meat and giblets; cover and set in refrigerator.
 2. To make gravy, pour drippings remaining in roasting pan into a bowl leaving all the brown residue in the pan.
 3. Add the 6 tablespoons fat to the pan. Heat fat over low heat; blend in the flour, stirring constantly, until mixture bubbles. Add the broth gradually, stirring constantly.
 4. Continue to cook, stirring constantly to blend in the brown residue, until gravy comes to boiling; cook 1 to 2 min. longer. Add jelly and stir until melted. Mix in chopped giblets, season with salt and pepper as desired, and heat thoroughly. Serve immediately. *4 cups gravy*

Vegetables Unlimited

Add exciting color harmony and flavor contrasts to a festive dinner by choosing from the unlimited variety of convenience vegetables—canned, frozen, boil-in-a-bag, and instant (potatoes)—all reducing preparation time to a minimum.

Apricot-Eggnog Soufflé

TO PREPARE: 30 MIN.

TO BAKE: ABOUT 1 HR.

- 1 cup dried apricots, cut in small pieces
 - ½ cup water
 - ¼ cup flaked coconut
 - ¼ cup butter
 - ¼ cup flour
 - 1½ cups dairy eggnog
 - 4 egg yolks, beaten until thick and lemon colored
 - ½ teaspoon vanilla extract
 - ½ teaspoon ground nutmeg
 - 4 egg whites
1. Butter the bottom of a 2-qt. casserole and set aside.
 2. Put apricots and water in a heavy saucepan; cover and cook over low heat until apricots are tender, about 5 min. Drain if necessary. Mix coconut with apricots and set aside.
 3. Meanwhile, heat butter in a saucepan; blend in flour and cook until mixture bubbles. Remove from heat and gradually add eggnog, stirring until blended; bring to boiling, and cook, stirring constantly, 1 to 2 min. longer.
 4. Blend a small amount of the hot mixture into egg yolks; immediately stir into hot mixture. Cool slightly. Mix in the vanilla extract and nutmeg.
 5. Beat egg whites until rounded peaks are formed. Turn egg yolk mixture over egg whites and gently fold together. Fold in the coconut and apricots. Turn into casserole.
 6. Bake in a boiling water bath at 350°F about 1 hr., or until a knife inserted halfway between center and edge of soufflé comes out clean. Serve immediately with Eggnog Sauce, if desired. *6 to 8 servings*

Eggnog Sauce—Add 1½ cups dairy eggnog gradually to 2 teaspoons cornstarch in a saucepan, stirring constantly. Bring to boiling and cook, stirring constantly, about 3 min., or until thickened. Remove from heat and cool slightly. Stir in ¼ teaspoon vanilla extract. Serve warm.