

CARVING TURKEY

Roast turkey is as American as the Fourth of July and is generally conceded to be unsurpassed in downright good flavor and general attractiveness for holiday dinners.

In buying your bird, if you allow 1 1/2 to 2 pounds per person to be served, there should be cold cooked turkey for a second meal. In general, a 6-8 pound bird will serve 6 to 10; 8-12 pound bird will provide 10 to 20 servings; 12-16 pound bird will provide 20 to 32 servings; 16-20 pound bird will provide 32 to 40 servings. The actual number of servings depends on the quality of the turkey, correct cooking and carving skill.

When the turkey is done (when the meat thermometer registers 190-200 degrees or when the drumstick moves easily up and down and you know it has been "in the oven long enough"), move the turkey to a warm platter and keep it hot.

Allow about 1/4 cup of gravy for each serving. Pour the drippings into a bowl, leaving all the brown residue in the pan. Let the fat rise to the top of the drippings. Skim off all the fat and measure amount needed for the gravy back into the roasting pan (3 tablespoons for 2 cups of gravy, 6 tablespoons for 4 cups of gravy). The meat juice under the fat should be used as part of the liquid for the gravy. Set roasting pan with fat over very low heat. Add the same amount of flour as fat and blend fat and flour until frothy, stirring constantly. If desired, brown the fat and flour slightly to give more color and flavor to the gravy. Add the liquid, cool or lukewarm, not hot, all at once (2 cups of liquid for 3 tablespoons of flour and fat; 4 cups of liquid for 6 tablespoons of flour and fat). Cook, stirring constantly until uniform, by thickened. While stirring, scrape bottom and sides of pan to blend in the brown residue. Simmer about 5 minutes. Season to taste with salt and pepper.

For giblet gravy, trim any giblets from the cooked giblets. Dice meat and add to gravy before seasoning.

Liquid in the gravy, in addition to the meat juice, may be broth, milk or water.

Plan your schedule so the turkey is out of the oven 20 to 30 minutes before it is to be served, if possible. This gives the meat a chance to absorb the juices. It will carve easier. Limit your garnish to a little parsley or salad greens. Anything else handicaps the carver. Give the carver a big enough platter, a side dish, if necessary to lay the slices of turkey on while carving, and be sure the carving set is sharp.

Here is the standard style of carving turkey as outlined by the Poultry and Egg National Board:

breast to the body frame parallel to and as close to the wing as possible.



6. Slice white meat. Beginning at front, starting halfway up the breast, cut thin slices of white meat down to the cut made parallel to the wing. The slices will fall away from the turkey as they are cut to this line. Continue carving until enough meat has been carved for first servings. Additional turkey may be carved as needed.

Remove individual servings of stuffing from an opening cut into side of the turkey where leg has been removed.

TURKEY

Today about 70 per cent of turkeys marketed are processed and packaged with the drumsticks placed under a band of skin over the cavity area. This is a convenience that homemakers should recognize as it simplifies trussing. After stuffing the cavity, the drumsticks are again pushed under this band of skin. Except for a skewer to fasten the neck skin to the back after wishbone cavity is stuffed, no cord, no sewing, no further skewering is necessary.

Processing techniques employed to give consumers the best possible turkey make it impractical and difficult to remove the drumstick tendons. It can be done, but it tears the drumstick meat. Some retailers can give this service. In any case, only half of the tendons can be removed.

Low-temperature, shallow - uncovered-roasting-pan continues to be the popular and generally accepted method of cooking the holiday bird. To speed roasting time, if it suits the homemaker's convenience, foil may be crimped to the edge of the pan, or a pan with a close-fitting cover used. Since moisture is held in the pan, the steam thus formed shortens the total cooking time about 1 hour. Also, to offset the reflective qualities of foil, the oven temperature should be 25 to 35 degrees higher (about 350 degrees) than the customary low temperature (325 degrees).

Don'ts regarding turkey: Don't freeze an uncooked, stuffed turkey or a cooked stuffed turkey. The home kitchen facilities are not adequate to do this safely. Follow package or label directions to the letter on the handling of frozen birds.

Don't under any circumstances, allow turkey, broth, stuffing or gravy to remain out of the refrigerator for a length of time after the meal is completed. It is a fallacy to believe that placing hot foods in the refrigerator causes them to spoil. Before refrigerating, remove all stuffing from turkey and put it in a covered bowl. If desired, remove remaining meat from the bones. Wrap or cover well. If you plan to make turkey soup, crack the bones, wrap well and refrigerate. Small, meal-size units, properly wrapped, may be frozen and held up to one month before serving.

To remove leg (thigh or second joint and drumstick): hold the drumstick firmly with fingers, pulling gently away from turkey body. At the same time, cut through skin between leg and body. Continue as follows:

Press leg away from body with flat side of knife. Then cut through joint joining leg to backbone and skin on the back. If the "oyster," a choice oyster-shaped piece lying in the spoon-shaped section of the backbone was not removed with the thigh, remove it at this point. Hold leg on service plate with drumstick at a convenient angle to plate. Separate drumstick and thigh by cutting down through the joint to the plate.

2. Slice drumstick meat. Hold drumstick upright at a convenient angle to plate and cut down, turning drumstick to get uniform slices. Chicken drumsticks and thighs are usually served without slicing.

3. Slice thigh meat. Hold thigh firmly on plate with a fork. Cut slice of meat parallel to the bone.

4. Slice white meat parallel to wing. Make a cut deep into the

breast to the body frame parallel to and as close to the wing as possible.

5. Handy tool. A big knife with a saw edge made especially for cutting frozen meat or vegetables is almost a kitchen necessity for a small family.

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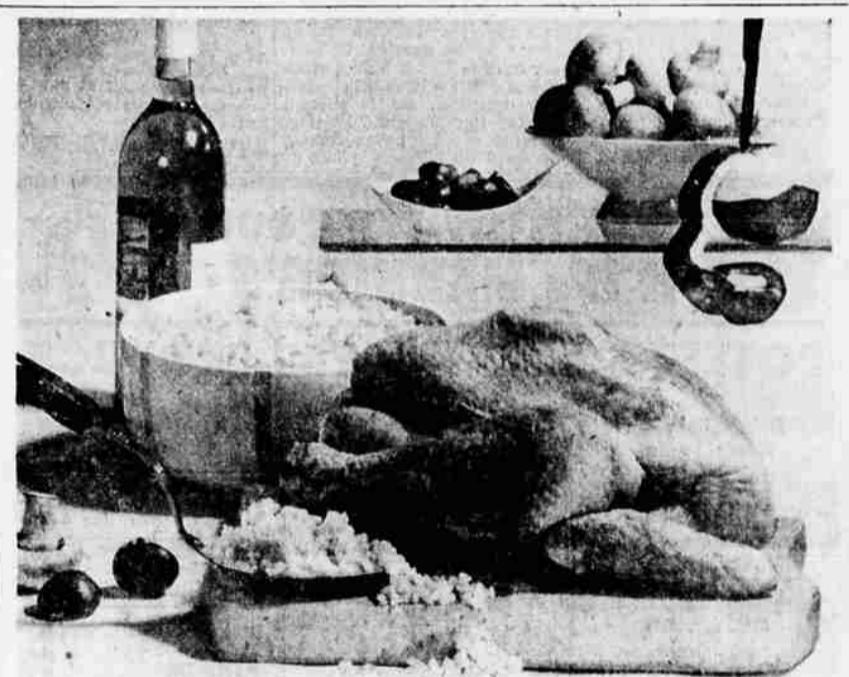
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FOR THE HOMEMAKER who has everything, the John Oster Manufacturing Company has introduced an electric meat grinder which can be used for grinding and chopping any food, including nuts, dried fruits, cheese and meats and even makes spreads and pates.

upstairs and downstairs In Milady's Kitchen

By Florence Jenkins Editor
Herald and News



THANKSGIVING TURKEY is in everyone's mind just now. MJB suggests Harvest Dressing this year, made with the new MJB Quick Brown Rice. The recipe is on the package of the new California grown rice (which MJB uses because it is softer and more flavorful than southern grown). It is repeated here for the convenience of our readers.

HARVEST DRESSING

Half the fun of Thanksgiving is right at the table itself. Not only dining justice to Tom Turkey but afterward, remembrances are always fun.

Every family has its own fond memories — the hilarity that resulted when the turkey slipped off the platter onto the floor while dad was carving it; the time the family decided to take over for mother and forgot to thaw the turkey and it came to the table pretty raw; the upset gravy bowl; the wine that tasted so funny because it was really vinegar — and so on.

Every family has its favorite Thanksgiving recipes, too, but for those who would like to try a new and very good-eating recipe this year, try making Quick Brown Stuffing. Use the new MJB Quick Brown Rice that is being introduced in Klamath Falls this month. MJB suggests either of two recipes:

QUICK BROWN STUFFING
Prepare a cup of MJB Quick Brown Rice as directed on the package. You can use water or

you can substitute broth from the turkey giblets. Then stir in 1/2 teaspoon salt and 1/4 teaspoon of basil, thyme or 1/4 teaspoon of sage, whichever you prefer. Saute 1 tablespoon minced onion, 1/4 cup finely chopped celery, 1 teaspoon minced parsley, chopped liver from the turkey in 2 tablespoons butter. Toss lightly with the rice. You'll have a delicious and delectable stuffing — and one that can be made in a matter of minutes.

HARVEST STUFFING
1/2 pound ground sausage
Melted butter or margarine
1/2 cup chopped onions
1 teaspoon salt
1/2 cup thinly sliced celery
1 4-ounce can mushrooms including liquid
2 cups MJB Quick Brown Rice
3 cups boiling water
Beat up meat into small pieces; saute until brown. Measure fat in pan and add enough butter or margarine to make 1/2 cup. Add fat to meat and stir in onions, salt, celery, mushrooms and rice.

Boil in 3 cups of boiling water. Bring to boil, lower heat, cover lightly and cook 15 minutes. Makes six cups of dressing. Allow about one cup stuffing per pound. If your turkey is room temperature and the dressing warm, the cooking time is cut slightly. Never add stuffing to turkey the night before as it draws the moisture from the bird. Stuff the turkey when you are ready to put it into the oven.

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Gift-Giving Recipe Ideas

John Oster homes economists recommend these recipes for special gift-giving appeal.

RAW CRANBERRY RELISH
2 cups fresh cranberries
1 whole orange
1/2 cup sugar
Quarter the unpeeled orange. Remove seeds. Grind in Oster meat grinder with coarse disc. Add cranberries and grind. Stir in sugar. Let stand at least 30 minutes before serving or putting into jars. (Makes two cups.)

PINEAPPLE-APRICOT MARMALADE
1 1/2 oz. package dried apricots
2 1/2 cups fresh pineapple, chunked
Sugar (see recipe for amount)
Chop apricots with coarse disc in Oster grinder. Put pineapple chunks through meat grinder, using coarse disc. Combine apricots and pineapple in heavy saucepan. Boil for five minutes, stirring constantly. Measure the mixture and add an equal amount of granulated sugar. Boil, stirring constantly, until a small portion dropped from a spoon is thick when

cool (five to seven minutes). Pour into sterilized jars to seal. (Makes two pints.)

RUM BALLS
1/4 lb. vanilla wafers
1/2 cup pecans
1/4 cup light corn syrup
2 tablespoons rum or rum flavoring
1 tablespoon cocoa
Run wafers through grinder with fine disc, until one cupful is crumbed. Grind pecans and combine with crumbs and cocoa. Stir in syrup and flavoring. Coat hands with powdered sugar and shape the mixture into small balls. Let stand on waxed paper for an hour. Roll in powdered sugar or very finely ground nut meats. (Makes about 20 pieces.)

TUTTI-FRUTTI CANDY
1 lb. raisins
1/2 lb. walnuts, shelled
1 lb. pitted dates or apricots
1 lb. figs
1/2 lb. prunes
Confectioner's sugar
Soak the prunes until soft. Remove pits. Put the fruit and nuts through the Oster electric grinder using the fine disc. Save a portion of the nut meats to put through last. Sprinkle confectioner's sugar on a mixing board and with the hands work the fruit and nuts until well blended. Pat out about 1/4 inch thick. Cut in desired shapes, roll in sugar, pack in a tin box, using waxed paper between the layers.

A separate ice crusher head attachment is available for the grinder which enables the holiday hostess to serve fancy relish trays, salads, canape spreads, holiday punch-bowls decked in beds of cracked ice. The crusher grinds ice to nine different chip sizes electrically.

FREE BULLETIN
A new Oregon State College extension circular, "Make Mine Pie," is offered to Oregon residents at all county extension offices or from the OSC bulletin clerk, Oregon State College, Corvallis. Author is Mrs. Ruth Klippstein, OSC's nutrition specialist. It includes an outline of ingredients needed for good pastry, method of mixing, baking instructions and suggested fillings and toppings. It is punched for easy insertion into standard loose leaf cookbooks. Recipes for soft wheat flour crust, meringue shells, Oregon walnut pie and a new pretzel crust for cheese pies are all found in the circular.

CONTEST
Have your youngsters entered the White Satin Sugar Coloring Contest yet? The coloring books are available without charge at your grocery store or at the J. J. Newberry Store on Main Street.

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