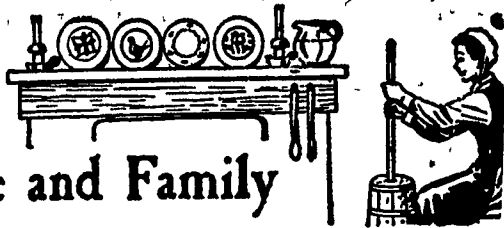


For the Farm Wife and Family



What To Do With A Duck!

By Mrs. Richard C. Spence

When the man of the house risks pneumonia and the common cold to sit in a chilly, and usually damp, duck blind, he probably thinks the least his wife can do is to cook the ducks properly.

But, between shooting and cooking is the important task of handling and dressing them so they'll be in the best possible condition for oven or freezer. Regardless of who cleans the game — hunter or homemaker — there are several steps that help keep the birds in good condition until they're ready to be cooked.

Ducks should be kept as dry as possible in the field. Dry ducks are more pleasant to handle, and, most experts agree, easier to pick. The birds should be cooled as soon after shooting as possible and should be kept cool from then until they are cooked.

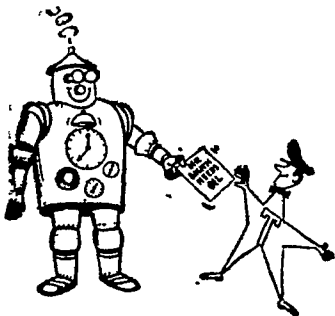
One of the simplest ways to pluck the bird is to hang it by one leg and pluck downward toward the head. Sometimes it is necessary to singe the bird to remove pin feathers.

The wings, neck and often the legs are cut off and then all internal organs are removed. While some hunters simplify the cleaning task by skinning the bird, it is not recommended because much flavor is lost in cooking when the skin is removed.

Ducks are usually roasted fairly quickly in a very hot oven, so they should not be stuffed with a dressing. However, apple slices and a stalk of celery may be placed in the cavity for flavoring, but these are discarded after cooking.

After going to the efforts of getting the birds, it pays to handle them properly so the flavor will be at its best.

Whether the head of your house brings home a covey of wild ducks from a hunting trip, or whether you go to the local supermarket for the domestic variety, a hearty and flavorful duck soup is a delightful change for fall meals. Duck Gumbo is a meal in itself. The



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right way to serve it is first to place a large scoop of rice in a heated soup bowl. Then spoon the duck, oysters, shrimp and broth over the rice. Crisp bread and a beverage complete the meal, plus fruit and cheese for those who like dessert.

DUCK & GUMBO

- 4 slices bacon, diced
- 1 cup chopped onion
- 1/4 cup flour
- 2 quarts boiling water
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 duck (3 1/2 to 4 pounds) cut up or 2 wild ducks
- 2 cups shelled and deveined shrimp

- 2 cups cooked tomatoes
- 1 cup chopped green onion
- 1 cup chopped parsley
- 2 tablespoons gumbo file powder
- 1 pint shucked oysters
- 6 cups cooked rice

In a heavy kettle, fry bacon until crisp. Add 1 cup chopped onion and saute until light brown. Stir in flour, then boiling water, salt and pepper. Stir well.

Add ducks to kettle. (Add more water to cover, if necessary.) Cover and simmer for 1 1/2 hours. Cool; skim fat from top. Add shrimp and tomatoes and cook 20 minutes more. Remove from heat and add green onion tops, parsley, gumbo file and oysters. Serve over rice. Makes 8 to 10 servings.

If you are roasting a duck here are some stuffings to be baked in a casserole while the duck is baking.

SAUSAGE STUFFING IN-A-DISH

- 8 ounce package brown'n serve sausage
 - 8 ounce package seasoned stuffing
 - 1 cup water
 - 1/2 cup butter or margarine
 - 1 egg, slightly beaten
 - 1/4 cup finely chopped celery
- Brown sausage as directed

on package. Cut into 1/2 inch pieces and combine with remaining ingredients. Spoon into 1 1/2 quart casserole. Bake in a slow oven (325 degrees) about 45 minutes. 4 to 6 servings.

CORN BREAD STUFFING IN-A-CUP

- 3/4 cup finely chopped onion
- 3/4 cup finely chopped celery
- 2 tablespoons butter
- 4 to 5 cups crumbled corn bread
- 1 teaspoon salt
- Dash pepper
- 1/4 teaspoon poultry seasoning
- 1/4 teaspoon sage
- 1/2 cup giblet broth or water
- 1 egg, well-beaten

Cook onion and celery in butter until tender. Add mixture to corn bread which has been placed in a bowl. Sprinkle with seasonings. Combine. Add broth and egg. Toss together with forks. Spoon into buttered 5-ounce custard cups or a 1-quart baking dish. Bake in a moderate oven (350 degrees) allowing 20 minutes for individual molds and 30 minutes to 45 minutes for baking dish. 6 to 7 servings.

SAVORY BACON-OYSTER SCALLOP

- 9 to 12 slices bacon

- to 24 oysters in natural liquor
- 1 1/2 cups crushed cracker crumbs
- 3 tablespoons melted butter or margarine
- 1 cup milk
- 2 teaspoons horse-radish
- 1 teaspoon parsley flakes
- 1/4 teaspoon pepper

Partially cook bacon. Cut slices of bacon in half. Drain oysters and save oyster liquor. Wrap 1 piece of bacon around each oyster. Place cracker crumbs in 8-inch pie plate. Combine melted butter, 1/4 cup oyster liquor, milk, horse-radish, parsley flakes and pepper. Pour over cracker crumbs. Press bacon-wrapped oysters into cracker crumbs. Bake in a moderate oven (375 degrees) for 25 minutes. Serve hot with roast fowl. 6 servings.

To make your roast duck look extra pretty and taste extra special garnish it with Mandarin Orange Tarts.

MANDARIN ORANGE TARTS

- Tart Shells:
 - 1/2 cup shortening
 - 1 1/2 cups sifted flour
 - 1/2 teaspoon salt
 - 2 to 3 tablespoons cold water
- (Continued on Page 9)

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