

## Thawing The Thanksgiving Turkey

Chances are that you'll buy a frozen turkey for your Thanksgiving dinner since most turkeys are sold this way. Trudy Dougherty, Chester County Extension home economist, reminds you that thawing the

bird can present a problem. Harmful bacteria grow rapidly in a turkey that's improperly prepared for the oven.

If you purchase a commercially frozen stuffed turkey follow the directions for roasting on the package. Do not thaw the bird before cooking.

For frozen, unstuffed turkeys, you have a choice of three thawing methods. Use the one that's most convenient for you.

Defrost the turkey on a tray in the refrigerator in its original wrappings. Allow 24 hours for each five pounds of turkey. When the bird is pliable, take off the wrapping, remove the giblets and neck, cover with a damp towel and refrigerate until ready to roast.

Or you might prefer to thaw the bird in cold water for six to eight hours without opening the plastic bag. Change the water frequently or place the turkey under a running tap. Never use warm or hot water. When the turkey becomes pliable, take off the plastic bag, remove the giblets and neck, cover with a damp towel and refrigerate until ready to roast.

To thaw by the third method, leave the turkey in its original wrappings, and wrap with newspaper. Place in heavy brown paper bag, seal and leave at room temperature. The newspaper and bag, insulate the turkey so that it will thaw uniformly. Allow 16 hours thawing time for a 20 to 25 pound turkey.

### Tips On Carving The Thanksgiving Turkey

- Cool the bird for about 20 minutes before you start to carve. During this period the meat becomes more firm so that the turkey doesn't fall apart during carving.

- Separate the leg-drumstick and thigh-by holding the drumstick firmly and pulling it away from the body. At the same time, cut through the skin between the leg and the body. With skin cut, the entire leg will freely pull away.

- To remove the leg, press it away from the body. The joint connecting the leg to the backbone will often snap free or you may easily sever it with your knife point. Cut the dark meat completely from the body by following body contour carefully with your knife.

- Slice the dark meat by placing the leg on a separate plate and cutting through the connecting joint. You may slice the drumstick and thigh individually. Hold the drumstick with a napkin, and tilt it to a convenient angle while slicing toward the plate.

- To slice the thigh meat, hold the piece firmly with a fork. Cut even slices parallel to the bone.

- Prepare the breast for easy slicing by placing the knife parallel and as close to the wing as possible. Make a deep cut into the breast and cut to the bone. This is your base cut and all breast slices will stop at this cut.

After the base cut, begin to slice the breast. Start halfway up the side, carving down, and ending at the base cut. Start each new slice slightly higher up the breast. Keep slices thin and even.

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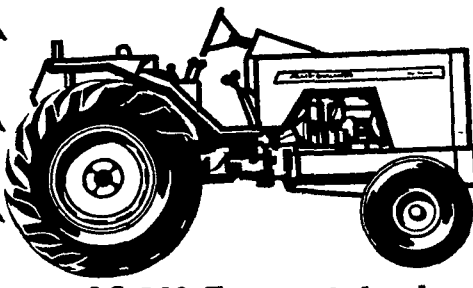
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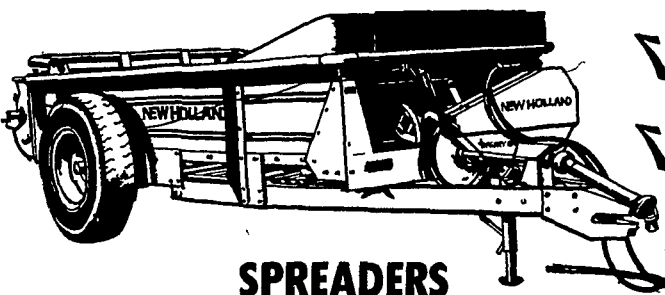
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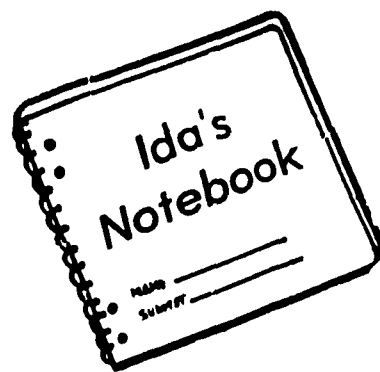
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Ida Risser

Just a few days until Thanksgiving and time to plan the menu and count our blessings.

Whether or not to kill and dress another goose can turn into a big discussion at our house. They do look so pretty on the Conestoga in front of our house.

And, I've raised more bushels of pumpkins that I care to make into pie; so, we'll slice the neck pumpkins and brown them in butter. There are 16 kinds of vegetables in the freezers to choose from plus sweet potatoes and squash in the cellar. I'll trim some celery, roast my peanuts, open two jars of jelly and two of pickles. The only thing I'll need to buy is cranberries as they are traditional Thanksgiving fare.

In listing our menu, I've also listed some of our blessings - the good health to be able to grow and prepare all these things which have flourished on our farm during the spring and summer of 1973.

xxx

There hasn't been too much game on our farm this year. The answer might be found in what our son Kenneth shot on Saturday. He missed a pheasant but saw a big red fox looping across the meadow and managed to get it after it jumped into the creek and swam halfway across.

He used our aluminum boat to retrieve it and hopes to get a nice price for the fur. We've found a den in the crevice of some big rocks - it looks like a small cave. Things like this are always of

great interest to me.

I remember a particular tree in my dad's meadow which had a hole in the base of the trunk. It was always filled with water to a depth of about 18 inches. And now many years later I show it to my children.

Another oddity of nature was the one wild raspberry which gave yellow fruit and grew along the lane where we walked every day as we took the cows to and from the pasture.

Those were the days when I was as light as a feather and could run like the wind and win races and outrun cows.

### Plan Before Shopping

The first guides to cutting your food bill are planning your purchases before going to the store, and making a shopping list. According to Harold Neigh, Extension consumer economist at The Pennsylvania State University, if you fail to make a list, you may do more impulsive buying of out-of-season, high cost products and snacks. And you may forget to buy some of the things you really need. This means another trip to the store where you'll be exposed to items you really don't need.

### One Woman To Another:

"Mabel, there's something I just must tell you about Grace Watson - before I find out it isn't true."

### Vegetarians

Did you hear about the Belgian vegetarians who married and raised a couple of Brussels sprouts?

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