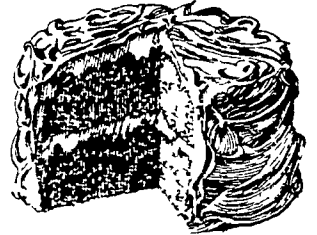


# Home On The Range



## Thanksgiving Favorites

Benjamin Franklin wanted the turkey to be the national bird, and while the bald eagle was selected over his choice, old Ben would feel right at home this month as Americans settle down to a Thanksgiving turkey dinner.

The Food and Nutrition Division of the Pennsylvania Department of Agriculture notes that America's favorite feast food, turkey, is in good supply this month. According to James J. Gallen, Jr., chief of the Food and Nutrition Division, turkey is relatively inexpensive when compared to other meats.

"Current pricing for turkey ranges from 95 cents per pound to \$1.09 per pound for a large bird of 16 to 20 pounds," he said. "Prices for turkey may drop slightly as we approach Thanksgiving, although the cost will be slightly higher than last year."

Gallen said that turkey has a lot more going for it than just its price. "A whole roast turkey has less than half the fat and one-third the saturated fat of lean ground beef," he said. It ranks higher in protein than any other cooked meat and is one of the lowest in calories (205 for 3 1/2 ounce serving).

Turkey also supplies generous amounts of the B-vitamins, riboflavin and niacin. These vitamins are important in the proper functioning of nerves, appetite, good digestion and healthy skin. Also, because of its high protein and low fat content, turkey is valuable in menus for diabetics, heart patients, overweight patients, overweight people and those on high protein diets.

A tip for buying turkey is to allow 3/4 to 1 pound per serving. Thus if you plan to entertain 12 people, use a 12 pound turkey (ready-to-cook weight). Remember to thaw turkey slowly. If you thaw at room temperature, allow one hour per pound. If you thaw in the refrigerator, allow one to three days. And last, never freeze an uncooked, stuffed turkey or a roast, stuffed turkey. You can however, freeze a cooked turkey if properly wrapped.

Now try the delicious roast turkey and the various other Thanksgiving favorites. We have included a nutritious and economical left-over idea called Turkey Shortcake. This recipe is published by the Food and Nutrition Division.



One of the favorite vegetables on American tables is corn; not only in summer when we feast on sweet corn on the cob, but all year 'round. There is no better example of this than with the Pilgrims;

history assures us that corn was a basic part of the first Thanksgiving and that the early settlers relied heavily on corn for survival.

### Roast Turkey

Rinse bird with cold water and drain.

If stuffing is used, fill wishbone area lightly and fasten skin to back with skewer. Then fill cavity lightly. Add one cup stuffing for each pound of ready-to-cook weight. Fold wing tips onto back. Push drumsticks under band of skin at tail, if present or tie them to tail.

Place turkey on rack in shallow roasting pan, breast side up. Brush skin with fat. If a roast meat thermometer is used, insert it so that bulb is in center of inside thigh muscle or thickest part of breast meat. Be sure bulb doesn't touch bone. Do not cover or add water.

Place turkey in oven at 325 degrees. When turkey is two thirds done, cut cord or band of skin at drumsticks.

Roasting times, for best results, are as follows: 6 to 8 pounds, 3 to 3 1/2 hours; 8 to 12 pounds, 3 1/2 to 4 1/2 hours; 12 to 16 pounds, 4 1/2 to 5 1/2 hours; 16 to 20, 5 1/2 to 6 1/2 hours; 20 to 24, 6 1/2 to 7 1/2 hours.

### Creamed Turkey on Rice

2 1/2 pounds turkey legs, fresh or frozen (or 3 cups cooked turkey meat)

Cook turkey legs at least 4 hours before dinner time. Put large end down in deep pan. Add water to cover meaty part. Put lid on pan and bring to a boil. Reduce heat and simmer (cook slowly for about 3 hours or until tender). When tender, remove from broth. Cool until easily handled. Remove meat from bones. Refrigerate meat and broth until ready to use.

3 cups turkey meat, cut in bite-size pieces  
1/4 pound margarine  
1/2 cup flour  
1 teaspoon salt  
1/2 teaspoon pepper  
4 cups turkey broth  
1 1/3 cups nonfat dry milk (right from package)  
2 onions, chopped fine  
4 carrots, grated  
1 green pepper, chopped fine (if desired)

Melt margarine over low heat. Stir in flour, salt and pepper. Cook until smooth. Add about 1 cup broth and nonfat dry milk. Stir and cook until mixture begins to thicken. Stir in rest of 4 cups of broth. Add vegetables and turkey. Cook until thickened, stirring constantly. Serve over cooked rice.

Mrs. Fred Seaver, Altoona

### Turkey Shortcake

1/4 cup margarine  
1/3 cup unsifted flour  
1 1/2 cups turkey or chicken broth  
1 1/2 cups milk  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1/2 teaspoon poultry seasoning  
2 cups of cooked, dried turkey  
6 slices toast or 6 split hot biscuits  
2 eggs, hard-cooked and sliced  
1 tablespoon chopped parsley

Melt fat and mix flour. Stir in liquids, seasoning and turkey. Cook, stirring as needed, until thickened. Serve on toast or hot biscuits. Garnish top with egg slices and parsley.



Potatoes are always a Thanksgiving favorite to compliment any dish of turkey you place on your table. Whether you bake them plain or turn them into a potato scallop dish as pictured here, you are sure to please all your guests at meal time.

### Potato Scallop

1 1/2 cups chopped onions  
3 tablespoons butter  
3 tablespoons flour  
1 1/2 teaspoons salt  
1/8 teaspoon pepper  
1/8 teaspoon paprika  
2 cups milk

1 cup shredded Swiss cheese  
2 tablespoons chopped parsley  
5 cups thin potato slices

1 pound frankfurters, cut in 1/2 inch slices  
Sauté onions in butter 5 minutes. Stir in flour and seasonings. Gradually add milk, stirring constantly until sauce is thickened. Add cheese and parsley, mix well. Layer half the potatoes in a buttered 3-quart casserole, cover with half of cheese sauce. Reserve one frankfurter for garnish. Place remaining frankfurters over sauce. Repeat layers of potatoes and sauce. Cover, bake in a preheated oven at 350 degrees for one hour. Remove cover, top with remaining frankfurter slices. Bake uncovered 15-30 minutes or until potatoes are tender.

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## Cook's Question Corner



**QUESTION** - I would like a recipe or method for making commercial sour cream from fresh, raw cream.

Lois V. Rhodes, R3 Box 19,  
Dayton, VA 22821

**QUESTION** - Please give a recipe on how to make a tomato paste with one quart canned tomatoes. Also I would like a recipe for mayonnaise.

Unsigned

**ANSWERS** are given at the end of the Home on the Range recipe section. This week we have answers for Mrs. Ebersol's request for velveeta cheese, and Mrs. McGuigan's request for cooked apple dumplings.

Please send all recipes, questions and answers to Home on the Range, Lancaster Farming, Box 366, Lititz, PA 17543.

### Recipe Topics

#### November

22 Thanksgiving favorites  
29 Rabbit - A European Delicacy, An American Delight

#### December

6 Christmas Cookie Time  
13 Christmas Candy and other sweet favorites  
20 Traditional Christmas delights