

Lots of turkey for the holiday

WASHINGTON, D.C. — There's good news for holiday meal planners. Turkeys and cranberries, and fruits and nuts, will be in plentiful supply this month, according to U.S. Department of Agriculture marketing specialists.

The marketing specialists say shoppers should be able to find just the right size fresh or frozen turkey at an attractive price, especially when compared with prices of a year ago. Supplies for November are expected to be 20 to 25 percent larger than both last November levels and the 1978-80 average.

Fresh cranberries, apples, winter pears, dried prunes, raisins, sweet potatoes, rice and dry beans will also be plentiful, as well as peanuts and filberts. Record crops of California almonds and walnuts are expected, and pecan production will be 84 percent larger than last year's drought-stricken crop.

While pork and broiler-fryers

will be plentiful, beef will continue in adequate supply during November, averaging 1 to 3 percent below a year earlier and about 4 percent below the 1978-80 average for the month.

Milk and dairy products will be plentiful, with milk output continuing above levels of last November. Eggs will be sufficient to meet normal needs.

Look for adequate supplies of potatoes, onions, and other fresh vegetables; fresh grapes, oranges, lemons and grapefruit; canned frozen and chilled citrus juices; canned noncitrus fruits and juices; frozen snap beans, sweet corn, and green peas; dry peas and processed vegetables, including canned sweet potatoes for the coming holiday season.

Frozen spinach will be plentiful, but canned tomatoes and tomato products, as well as frozen lima beans, will be in tight supply.

Favorite dishes

(Continued from Page B6)

CHOCOLATE AND VANILLA PUDDING

3 c. milk
1 c. granulated sugar
2 egg yolks, beaten
3 T. cornstarch
1/4 t. salt
1 T. butter or margarine
1 t. vanilla

Cook until thickened. Chill, then top with the following.

Beat egg whites until stiff, add 5 T. granulated sugar and 1 ounce melted chocolate.

Continue to beat until meringue has a sheen, then spread on pudding.

Mrs. Luke Wise, Lebanon

PUMPKIN PIE

2 c. pumpkin
3/4 c. firmly packed brown sugar
2 t. cinnamon
3/4 t. salt
3/4 t. ginger
1/2 t. nutmeg
1/4 t. mace
1/8 t. cloves
4 eggs, slightly beaten
1 1/4 c. light cream

Preheat oven to 400 degrees. Combine pumpkin and brown sugar in a large mixing bowl. Beat until well blended. Stir in spices; blend thoroughly. Add eggs; gradually stir in cream. Pour into pie shell and bake 45 to 50 minutes or until a knife inserted near center comes out clean. Cool on wire rack to room temperature. Serve garnished with whipped cream.

Turkey roasting without tears

LANCASTER — Roasting a turkey is simple. Right? When you taste some of the dried out, tough, tasteless turkey served these days you may begin to wonder just how simple turkey roasting really is.

The only real trick is roasting a turkey, according to Marcel A. Seckman, Extension home economist, is following good, simple instructions. Proper roasting with low temperatures assures better flavor and appearance, less shrinkage, and less loss of the natural juices.

Seckman offers some guidelines for a golden-brown, delicious bird:

—Rinse, drain and dry the turkey. Rub the inside with salt if you aren't going to use a stuffing.

—If you do plan to stuff the turkey, allow about 3/4 cups of stuffing per pound of turkey. Fill first the neck cavity, then the body cavity lightly. Stuffing expands as it cooks and needs room to do this.

—Fasten the neck skin to the back of the turkey with a skewer. Tie the legs to the tail.

—Fasten the wings to the body using skewers or string.

—Place the turkey, breast-side-up, on a rack or shallow roasting pan. Brush the skin with butter or fat.

—Insert a meat thermometer in

the center of the inside thigh muscle or in the thickest part of the breast meat. Be sure that the thermometer bulb doesn't touch the bone.

—Place the turkey in the oven and set the temperature to 325°. There's no need to pre-heat. If you want, baste or brush the bird occasionally with pan drippings or butter. This enhances the appearance of the skin but does not affect flavor.

When the turkey is about two-thirds done, cut the cord at the tail to release the legs and to permit the heat to reach the heavily-meated part. Cover the legs and breast with a loose tent of aluminum foil to prevent excessive browning.

Roast until the meat thermometer in the turkey reaches 180 to 185 degrees Fahrenheit. The

thermometer in the dressing should reach at least 165 degrees. If you don't have a thermometer, read the package label or check in your cookbook for an approximate roasting timetable.

Cool the roasted turkey for about 20 minutes to make carving easier.

Steaming with a covered roaster or aluminum foil is another method you can use to prepare turkey. This method allows you to use a higher temperature and shortens cooking time. It does, however, increase moisture loss from the carcass.

Opening the roasting vent or puncturing the soil wrap allows some of the steam to escape. You may want to brown the turkey for at least 30 to 40 minutes to give it the golden-brown look typical of the turkey.

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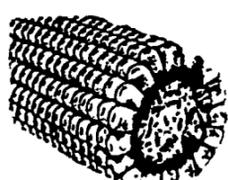
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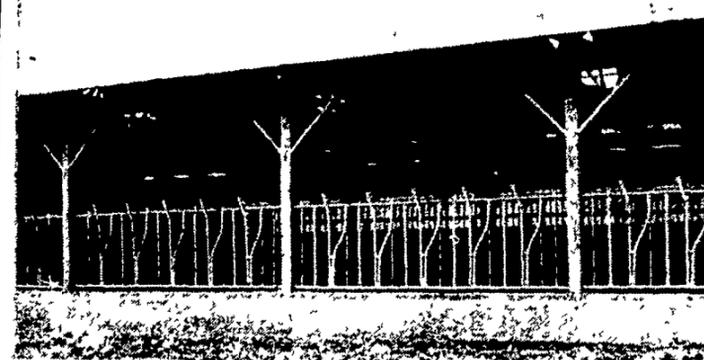
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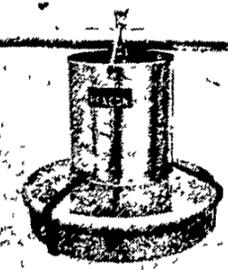
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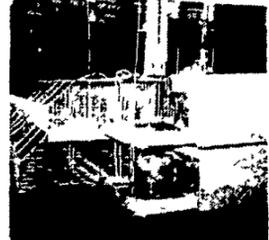
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