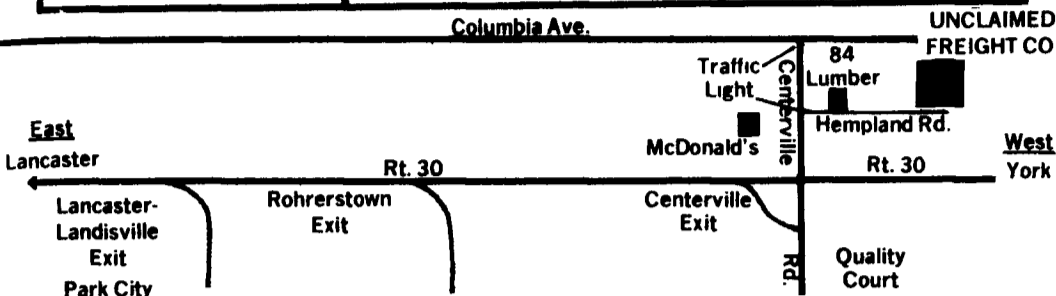


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Ladies Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

HANDLE YOUR THANKSGIVING TURKEY WITH CARE

Christmas is approaching, and to many people this means another plump, stuffed turkey to grace the family table. And now is an especially good time to use turkey in as many ways as you wish because, according to marketing specialists with the U.S. Department of Agriculture, they are now in plentiful supply.

But before you cook that beautiful bird, remember that there are important procedures to follow to prevent food-borne illness. Fowl presents a special problem to the cook — not because of the nature of the bird, but because of the way in which it is usually prepared. Americans generally seem to prefer their holiday fowl stuffed.

It's the stuffing that causes the problem. This is true whether it is made of bread, meat, or other mixture.

If you want to be super safe, you should cook your turkey and stuffing separately. Most people don't. And, most cooks believe the turkey and stuffing add flavor to each other. Usually tightly packed, the stuffing is the last part of the bird to cook up to temperature. So, if you cook the bird and stuffing together, make sure the interior of the bird reaches 185 degrees, and the stuffing 165 degrees Fahrenheit.

Stuff the bird before you cook it. Don't stuff it and then leave it in the refrigerator overnight. There is a possibility that under those conditions bacteria will multiply to high levels in the stuffing before you get it into the oven. Then, if the bird is not cooked long enough, you and your family could fall victim to one of the three most common types of food poisonings.

Bacteria will not have multiplied in commercially stuffed and frozen fowl if thoroughly frozen by the processor. However, it is best not to thaw frozen-stuffed turkey first, but to cook it frozen and be sure to use a thermometer. The only disadvantage is that it will take

longer. You can cook an unstuffed frozen turkey the same way. If you want to thaw the unstuffed bird first, do it in the refrigerator or in a plastic bag under cold water.

In either case, cook the bird thoroughly to destroy any bacteria that might have had time to multiply.

Most people have leftovers after cooking a large bird. These also need to be handled with care. Remove leftover stuffing from the turkey and place it separately in the refrigerator or freezer. Don't let it sit out longer than necessary after the meal; in any case, never more than two hours total at room temperature.

Generally, stuffing will be loose when re-served. So, you should re-heat it to 140 degrees, before re-serving, for safety sake. The turkey also should be heated to that temperature.

GET MORE FROM YOUR HOLIDAY TURKEY

Larger turkeys are usually a few cents cheaper than small or medium size birds. The large birds also yield more meat per pound, making them a good food buy in these inflationary days.

That extra turkey meat is only a good buy, however, if you use it in ways you and your family enjoy.

Here are several ways you can use turkey parts and leftovers:

- Turkey giblets are good in sauces, gravy and stuffings.

- Turkey liver can be added to salads, stuffing, gravy or sandwich spreads.

- Sliced turkey can be served hot or cold in sandwiches or in casseroles.

- Turkey pieces (chunks or cubes) can be incorporated into stews or pies, casseroles, creamed turkey dishes, chow mein or spaghetti.

- Ground turkey is useful in hash, sandwich spreads, croquettes, and timbales.

- Turkey bones, bits and skin can be used to make stock or bouillon.

- Turkey stock can be used for soups, jellied consommé, sauces and casseroles



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