

Home on the Range

Thanksgiving Dinner

So it's your turn to host the annual Thanksgiving feast for the entire family. Can you tackle a turkey without being traumatized?

Believe it or not, taking care of Tom isn't that tough. Here are some basic Turkey 'Fundamentals' provided by the USDA's Meat and Poultry Hotline in response to basic questions asked by consumers.

- Plan on about one pound per person or 1½ pounds per person if you have hearty eaters or want ample leftovers.

- The quality and taste of frozen and fresh turkey are quite similar, the keeping time is not. A frozen turkey can be purchased months in advance, a fresh bird should be bought only one to two days ahead.

- There are basically two types of raw birds to choose from: a pre-basted bird (typical ingredients include vegetable oil, broth, and spices) or an unbasted bird to which nothing has been added. USDA Grade A is the highest quality grade for poultry and the one commonly found in stores.

- Is a tom better than a hen? Age, not gender, is the determining factor for tenderness. All turkeys in the market are young, usually 4-6 months old. A hen generally weighs less than 16 pounds and a tom is usually over 16 pounds.

- It's best to defrost your turkey in the refrigerator. The rule of thumb is a minimum of 24 hours of defrost time for every 5 pounds of turkey. Thus, it can take 4-5 days to defrost a 20-pound turkey. A completely thawed bird will last an additional 1 to 2 days in the refrigerator once defrosted. If you need to speed up defrost time, it is safe to defrost the bird in a large utility sink of cold water. Submerge the wrapped bird in the water and change the water every 30 minutes to make sure it stays cold. Allow 30 minutes per pound to defrost this way.

- To roast a turkey, allow 15-18 minutes per pound for an unstuffed bird, and 18-24 minutes per pound for a stuffed bird. Have your oven preheated to 325 degrees. USDA highly recommends using a meat thermometer to determine doneness. A whole turkey is done when the temperature reaches 180 degrees in the inner thigh. A breast is done at 170 degrees. The juices should run clear. Stuffing temperature should reach at least 165 degrees.

If you find yourself in need of turkey assistance this holiday season, the following information may be useful to you:

Turkey Talk-Line Numbers: 1-800-323-4848 (English and Spanish-speaking assistance available).

1-800-TDD-3848 (Hearing and Speech-impaired assistance)

Not only will you receive assistance from the Turkey Talk-Line, but you will be offered a free informative recipe pamphlet featuring important preparation tips, Butterball turkey recipes and \$3.50 savings on coupons. For information on receiving the free recipes and coupons, call the Turkey Talk-Line.

GRANDMA RUTT'S POTATO FILLING

- 5 pounds potatoes
- 1 large loaf bread
- 6 eggs
- 2 cups chopped celery
- 1 cup chopped onion
- ¼ pound butter
- 1 tablespoon parsley
- 5 teaspoons salt
- ½ teaspoon pepper
- 1 quart milk
- ½ teaspoon yellow food coloring

Peel, cook, and mash the potatoes. Simmer the celery and onion together with the butter until soft. Tear the bread into pieces and mix all the ingredients together. Put in a buttered dish or pan, and bake for one hour at 350 degrees.

Grandma often makes this delicious recipe for Christmas and Thanksgiving family gatherings. One of her hints is to use day-old bread or allow fresh bread to air dry overnight.

Sara Martin
Savanna, N.Y.

CRANBERRY JELL-O SALAD

- 24 ounces cranberries
 - 3 small packages of strawberry Jell-O
 - 3 cups boiling water
 - 3 cups cold water
 - 4 or 5 apples, peeled
 - 4 or 5 oranges, peeled
 - 1½ pounds sugar
- Grind cranberries, apples, and oranges. Dissolve Jell-O in 3 cups boiling water. Add cold water to Jell-O. Stir in the ground fruit and sugar. Chill until soft set.

Sara Martin
Savanna, N.Y.



Traditional Thanksgiving dinners always include pumpkin pie and plenty of other baked desserts and specialty breads.

HARVEST TIME CRANBERRY BREAD

- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¾ cup sugar
- ½ cup butter, softened
- 1 egg
- 1 cup milk
- 1½ cups cranberries, coarsely chopped
- 1 cup chopped walnuts, if desired

Preheat oven to 350 degrees. Combine flour, baking soda, and cinnamon; set aside. Cream sugar and butter in large mixer bowl until light and fluffy. Add egg; blend well. Add flour mixture alternately with milk to butter mixture, blending thoroughly after each addition. Fold in cranberries and nuts. Pour batter into buttered loaf pan. Bake one hour or until wooden pick inserted in center comes out clean. Cool bread in pan on wire rack 10 minutes. Remove from pan. Transfer to wire rack; cool completely.

Rachel Goodheart
Armstrong Co. Dairy Princess
Dayton

HOLIDAY BREAKFAST BREAD

- 3 cups flour
 - 2 cups sugar
 - 1 teaspoon baking soda
 - 1 teaspoon salt
 - 1 teaspoon cinnamon
 - 3 eggs
 - 1½ cup vegetable oil
 - 1 cup chopped pecans
 - 1 cup coconut
 - 2 cups dried bananas
 - 1 large can crushed pineapple, drained
 - 1½ teaspoons vanilla
- Mix together first five ingredients. Add blended eggs and oil. Add remaining five ingredients. Mix well. Spoon evenly in two loaf pans that have been sprayed with vegetable spray. Bake at 350 degrees for 20 minutes until it tests done.

Sarah Clark
Breezewood

Featured Recipe

Looking for something spectacular to serve your holiday guests? Try this Amazing Banana Nut Roll recipe from Alletta Schadler, Lebanon County extension director.

The nut roll is astounding. Bake the filling and the cake together in one step, then roll it up.

Schadler shared this recipe and many baking tips at the holiday program held last week. Some of these must-know hints will appear in this week's paper and in succeeding issues.

AMAZING BANANA NUT ROLL

- 8 ounces cream cheese, softened
- 3 ounces cream cheese, softened
- ½ cup granulated sugar
- 1 egg
- 3 tablespoons milk
- ½ cup all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- 4 egg yolks
- ½ teaspoon vanilla
- ½ cup granulated sugar
- 1 large banana, mashed
- ½ cup finely chopped walnuts or pecans
- 4 egg whites
- ½ cup granulated sugar
- Powdered sugar
- Cream cheese frosting
- Chocolate-flavor syrup (optional)

Lightly grease a 15x10x1-inch baking pan. Line bottom with lightweight aluminum foil or wax paper; grease paper. Set aside.

For filling, combine cream cheese and ½ cup sugar in a small mixing bowl; beat with an electric mixer on medium speed until smooth. Add whole egg and milk; beat until combined. Spread in the prepared pan; set aside.

For cake, stir together flour, baking powder, and baking soda in a medium mixing bowl; set aside. Beat egg yolks and vanilla in a small mixing bowl with an electric mixer on medium speed about 5 minutes or until thick and lemon colored. Gradually add the ½ cup sugar, beating until sugar is dissolved. Stir in banana and nuts.

Thoroughly wash the beaters. Beat egg whites in a large mixing bowl on medium speed until soft peaks form (tips curl). Gradually add ½ cup sugar, beating on high speed until stiff peaks form (tips stand straight). Fold egg yolk mixture into egg whites. Sprinkle flour mixture evenly over egg mixture; fold in just till combined.

Carefully spread the batter evenly over the filling in the pan. Bake in a 375 degree oven for 15 to 20 minutes or until cake springs back when lightly touched.

Immediately loosen the cake from sides of pan and turn onto a towel sprinkled with powdered sugar. Carefully peel off paper. Starting with a narrow end, roll up cake using towel as a guide. (Do not roll towel into cake). Cool completely on a wire rack.

Spread top with cream cheese frosting. If desired, drizzle with chocolate-flavor syrup. Makes 10 servings.

Cream Cheese Frosting:

Combine half of a 3-ounce package cream cheese, softened, and ½ teaspoon vanilla in a small mixing bowl; beat with an electric mixer on medium speed until light and fluffy. Gradually beat in one cup unsifted powdered sugar. Beat in enough milk (1 to 2 tablespoons) to make a spreadable frosting. Makes about ½ cup.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

November

25- Venison and Wild Game

December

2- Holiday Baking
9- Gifts from the Kitchen
16- Holiday Snacks