

# Home on the Range

## Thanksgiving Bounty

Although Thanksgiving is strictly an American tradition, it was not until 1863 that the day became a special one for all Americans. Up until this time, the holiday was primarily celebrated in New England and the West.

Through the lobbying efforts of Sarah Josepha Hale, President Abraham Lincoln in 1863 declared the last Thursday of November as a day of thanks.

Hale was an unusual woman for her time in that she was well-educated, a sharp business woman, a creative writer, an abolitionist, a woman's advocate, and most notably the editor of Godey's Lady's Book, the foremost women's magazine in America in the 19th century.

It was through her editorials and numerous letters to public officials that she finally succeeded in having Thanksgiving declared a national holiday.

Hale believed that the best time for Thanksgiving was the last Thursday in November since "the agricultural labors of the year are generally completed."

In addition, she saw the holiday as a time for charitable giving, gratitude to God and advancement of the cause of peace. She encouraged her women readers to "Speak to your spouses, and be not afraid to let them know your feelings on this matter. If they are just in their judgment, they will most certainly write to the men they have elected to political power and persuade them to allow this day of prayer and thanksgiving."

In 1863 she issued her final appeal that convinced President Lincoln to issue the proclamation on Oct. 3, 1863:

"Would it not be a great advantage, socially, nationally, religiously, to have the day of our American Thanksgiving positively settled? Putting aside the sectional feelings and local incidents that might be urged by an single State or isolated Territory that desired to choose its own time, would it not be more noble, more truly American, to become national in unity when we offer to God our tribute of job and gratitude for the blessings of the year?"

With these blessings in mind and the woman who put Thanksgiving on the national calendar, we once again begin our dinner preparations by perusing various cookbooks for new menu ideas. Maybe one of the *Lancaster Farming* contributions will help with the tradition.

### ORANGE GLAZED SWEET POTATOES WITH CRUNCHY NUT TOPPING

4 medium sweet potatoes (about 2 to 2 1/4 lbs.), peeled, cut into 1/4" slices

- 6 tablespoons unsalted butter
- 1/2 cup orange juice
- 1/4 cup firmly packed light brown sugar
- 1/4 cup maple syrup or honey
- 1/4 cup chopped pecans
- 1 tablespoon grated orange rind
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg

#### Crunchy Nut Topping

- 1/2 cup uncooked rolled oats
- 1/4 cup light brown sugar
- 2 tablespoons cold, unsalted butter, cut into small pieces
- 1/2 teaspoon ground cinnamon

Preheat oven to 350 degrees. Bring a large pot of lightly salted water to boil. Add potatoes; return to boil. Cook until potatoes are almost tender but still keep their shape, about 5 minutes. Drain well. Arrange potatoes in overlapping pattern in buttered shallow 2-quart baking dish.

In medium saucepan, combine butter, orange juice, brown sugar, maple syrup, grated orange and spices. Heat to boil, stirring until smooth. Reduce heat and cook over medium heat until slightly thickened, 5 minutes. Drizzle sauce over sweet potatoes.

For topping, combine all ingredients in small bowl. Work butter into mixture until crumbly. Sprinkle over top of potatoes. Bake uncovered until potatoes are tender and topping is crispy, about 30 minutes. Makes 8 servings.

American Dairy Association

### ROAST TURKEY SUPREME

- 12-pound turkey
- butter or oil
- 2 teaspoons Season-All
- 1/2 teaspoon poultry seasoning
- 1/2 teaspoon dry mustard
- 1/4 teaspoon ground nutmeg

Clean and rinse cavity and outside of turkey; wipe dry. If desired, lightly fill neck and body and body cavities with stuffing. Place turkey on rack in shallow oven pan. Rub butter or oil over entire surface of bird. Combine seasonings and rub inside and outside of turkey. Cover with loose tent of heavy-duty aluminum foil. Remove foil during last 30 minutes of cooking. Roast 325 degrees 4-5 hours or until meat thermometer registers 180 degrees. Let stand 15 minutes before carving.



The turkey is, without question, the main attraction to the holiday meal. In keeping with tradition, bread stuffing, vegetables, cranberry salad, rolls, and cookies satisfy the expectations of family and friends.

### CHUCKWAGON CARROTS

- 3 cups sliced carrots
- 1/4 cup cooked crumbled bacon
- 3 tablespoons butter
- 1 tablespoon packed brown sugar
- 2 tablespoons thinly sliced green onion
- 1/4 teaspoon salt
- pinch pepper

Cook carrots in 2 quart saucepan until crisply tender. Drain and return carrots to pan. Add all the remaining ingredients and cook over medium heat, stirring frequently until heated through, about 6 minutes.

Betty J. Light Lebanon

### SLIM PUMPKIN PIE

- 1/2 to 1 cup graham crackers
- 3 tablespoons reduced fat softened or liquid margarine
- Use an 8 or 9-inch non-stick pie pan or spray and 8-inch round springform pan. Blend crumbs and margarine thoroughly with fork. Press mixture firmly and evenly into the pan and bake 5 minutes in a preheat 400 degree oven. Cool before filling.
- 16 ounce can solid pack pumpkin
- 1/2 cup egg substitute (equals 2 whole eggs)
- 1 tablespoon cornstarch
- 1 1/4 cup evaporated skim milk
- 1/2 cup honey
- 1 teaspoon cinnamon
- 1/4 teaspoon cloves
- 1/4 teaspoon ginger
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt (optional)

Beat together pumpkin, egg substitute, cornstarch and spices, salt. Add evaporated skim milk and honey and blend. Pour into prepared pie shell. Bake 350 60-65 minutes or until filling tests done (table knife inserted just off-center comes out clean). Cool on rack. Makes 6 servings, 237 calories, 41 g carbohydrate, 5 g fat, 2 mg cholesterol, 3 g fiber, 265 mg sodium/serving.

### MOM'S CRANBERRY RELISH

- 1 lb. fresh cranberries
  - 2 oranges, 1 peeled and quartered, 1 quartered
  - 2 Delicious apples, peeled and cored
  - 2 cups sugar
- Grind cranberries, oranges, apples into a dish that can be sealed. Stir in sugar. Cover dish and refrigerate overnight.

Betty J. Light Lebanon

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## Turkey Carving Tips

(NAPS)—The secret to masterfully carving the holiday turkey is knowing six tricks used by professional chefs.

1. COOK: Roast the turkey until a meat thermometer inserted into the thickest part of the thigh reads 180 degrees.
2. COOL: Remove the turkey from the oven and let cool for 10 to 15 minutes. This makes the meat firmer and easier to slice.
3. SHARPEN: While the turkey is cooling sharpen your carving knife. Cutting beautiful slices depends most of all on using a good, sharp knife. Dull knives tend to tear tender meat, producing shreds instead of whole slices. The easiest sharpeners to use have built-in angle guides that take the guesswork out of sharpening and 100-percent diamond abrasives which are safe for quality knives and sharpen more quickly and efficiently than conventional harsh abrasives (which can take off too much metal and detemper (overheat) quality knives)
4. CUT: Remove the drumsticks and thighs. Next remove only the tip and center sections of the wings. Leaving the last section of both wings provides a good, broad base to help prevent the bird from tilting when you slice the breast.



5. SLICE HORIZONTALLY: When carving a turkey breast, start by making a deep horizontal (parallel to the platter) "base cut" into the breast, just above the wing bone.



6. SLICE VERTICALLY: Release uniform, even slices by cutting in a vertical direction down through the breast to the base cut.

## 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.

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|-----------|-----|----------------------|
| November- |     |                      |
|           | 30- | Your Favorite Chili  |
| December- |     |                      |
|           | 7-  | Christmas Cookies    |
|           | 14- | Holiday Entertaining |
|           | 21- | Christmas Dinner     |