

Duckling is easy answer for holiday entertaining

If your busy schedule leaves little time for planning and preparing special occasion meals, roast duckling may be the answer to your entertaining dilemma.

Duckling is available year round in the frozen meat display cases of most major supermarkets and comes cleaned and ready to cook.

All you do is thaw, wash and roast.

This elegant (yet, so easy!) poultry food makes entertaining a memorable occasion whenever it is served. There are many sauces and stuffing ideas to compliment roast duckling, so you can simply pick or choose among them to create the "perfect" glorious entree for any season of the year.

Ducklings are produced and marketed right here in North Carolina with the utmost concern for care and quality that NC poultry producers insist upon.

So, when you choose duckling to serve your guests, you can be sure you are getting the freshest frozen duckling available.

North Carolina duckling is also a good nutritional choice ... packed with plenty of high quality protein. This distinctive, succulent and flavorful bird is low in saturated fatty acids, but an excellent source of linoleic acid, which is essential for normal growth and reproduction. Duckling meat also contains important amounts of iron and thiamine.

So, for holiday entertaining with a flair, duckling is always the perfect choice - interesting and imaginative, without a lot of fuss and bother - and good for you, too!

The following sauce or stuffing suggestions from the North Carolina Poultry Federation seem especially suited to the holiday season and there are many other possibilities for serving roast duckling any time of the year!

Basic Directions for Preparing Duckling for Roasting: Thaw duckling thoroughly. Remove giblets and neck from inside. Wash inside and out; drain and pat dry with paper towels. Sprinkle body and neck cavities evenly with 1/2 teaspoon salt. Duckling is now ready for stuffing and roasting.

Basic Directions for Roasting: After stuffing (if stuffing is used), tie legs together, then bring string up around sides and tie securely at neck. Pierce back in about four places with sharp knife (this allows excess fat to drain during roasting). Place breast side up on a wire rack over a roasting pan. Do not cover. Place in 325° oven and

cook 2 1/2-3 hours for 3 to 4 lb. bird, 3-3 1/2 hours for 4 to 5 lb. bird.

Cranberry-Orange Stuffing

- 1/4 t. salt
- 1/2 c. chopped celery
- 1/4 c. chopped onion
- 1/4 c. butter or margarine
- 1 c. cranberries
- 1/4 c. sugar
- 1/2 c. orange pieces, drained
- 1/4 c. orange juice
- 1 T. grated orange rind
- 4 c. (1/2 inch) bread cubes

Saute celery and onion slowly in butter or margarine until tender but not brown. Add cranberries and sugar; cook slowly until skins of cranberries begin to break. Stir in orange pieces, juice and rind. Add bread cubes, salt; mix carefully. Fill duckling's body cavity with stuffing and roast. Serve plain or garnish with additional orange slices, cranberries and watercress or parsley. Serves 4.

Cherry Sauce

- 1 can (1 lb.) pitted red tart cherries in syrup
- 2 T. sugar
- 1 T. cornstarch
- 1 T. lemon juice
- 3 whole allspice
- 3 whole cloves

Drain cherries; save syrup. Add water to make 1 cup liquid. Combine sugar and cornstarch. Add liquid, lemon juice and spices. Cook stirring constantly until thickened. Use 1/4 cup sauce for glazing duckling. Add cherries to remaining sauce. Heat and serve over duckling. Serves 4.

Apple-Sweet Potato Stuffing

- 1/2 t. salt
- 1/2 c. crabapple jelly
- 1/4 c. orange juice
- 1/4 c. chopped onion
- 2 T. butter or margarine
- 3 c. diced unpeeled apple
- 2 T. sugar
- 1 t. grated orange rind
- 1 can (1 lb. 2 oz.) sweet potatoes, drained and cut into 1 inch chunks.

Combine jelly and orange juice; heat to melt jelly and bring to boil. Saute onion in butter or margarine until onion is soft but not brown. Add apple, sugar, orange rind and salt; stir carefully and cook until apples are hot. Fold in sweet potatoes and 2 T. jelly mixture. Fill neck and body cavities of duck loosely with stuffing. Roast duckling and brush with remaining jelly mixture several times during last 30 minutes of baking time. Serve any remaining jelly mixture several times during last 30 minutes of

baking time. Serve any remaining sauce with duckling. Serves 4.

Pineapple Glaze With Fruits

- 1 can (8 1/2 oz.) sliced pineapple
- 1/2 c. pineapple preserves
- 1 t. grated lemon rind
- 1 t. grated orange rind
- 2 T. butter or margarine
- 3 to 4 firm bananas, cut into chunks
- 1 orange, peeled and sliced

Drain pineapple slices; save syrup. Combine pineapple syrup, preserves, lemon and orange rind, simmer 2 minutes. Save 1/2 cup of mixture for glazing duckling. Add butter or margarine to remaining sauce. Arrange banana chunks, pineapple slices and orange slices in shallow 1 1/2 quart casserole; pour sauce over fruits. Bake in slow oven (325°F.) until bananas are hot, about 15 minutes. Serve with duckling. Serves 3 to 4.



Nativity scene at Raeford Methodist Church.

Peace

Long ago when the world was young, came the miracle called Christmas, a miracle ever after ennobling the spirit of man. For in the birth of the Prince of Peace came . . . "a Saviour which is Christ the Lord."

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Dear Santa,
You are my best friend,
I am happy that you are my best friend.
Thank you for the toys from last year.
I wonder what you are going to get me this year.

Yours truly,
Jeffrey Barnes

Mrs. M.E. Gougan's 3rd Grade
Scurlock School

Dear Santa Claus,
How are you doing?
I saw you at the army two times.
I stepped on your toe and you said oh-oh.
You gave me a sock of candy.
I got a tea set last year at the army.
This year I would like a bike.
I would like a baby doll call Finty Tusty.
I would like some clothes.
I would like pink pants.
I will see you this year.

To Love Santa,
Charlene Pratt