## Duckling is easy answer for holiday entertaining

If your busy schedule leaves lit-tle 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

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,

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 seek 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 214-3 hours for 3 to 4 lb. bird, 3-314 hours for 4 to 5 lb. bird.

**Cranberry-Orange Stuffing** 

14 t. salt 1/2 c. chopped celery 1/4 c. chopped onion 1/4 c. butter or margarine 1 c. cranberries 4 c. sugar

's c. sugar
's c. orange pieces, drained
's c. orange juice
1 T. grated orange rind
4 c. ('s inch) bread cubes
Saute celery and onion slowly in
hutter or margarine until tender 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

Cherry Sauce 1 can (1 lb.) pitted red tart cherries

in syrup 2 T. sugar

or parsley. Serves 4.

1 T. cornstarch 1 T. lemon juice

3 whole allspice 3 whole cloves

Drain cherries; save syrup. Add water to make I cup liquid. Combine sugar and cornstarch. Add li-quid, lemon juice and spices. Cook stirring constantly until thickened. Use ¼ 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 ½ c. crabapple jelly

1/4 c. orange juice 34 c. chopped onion

2 T. butter or margarine 3 c. diced unpeeled apple

2 T. sugar

1 t. grated orange rind

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

## **经国家的经历经国际**

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

> Yours truly. Jeffrey Bames

Mrs. M& Gougan's 3rd Curacle Scurlock School

you at the army two times. I steped on your toe and you said oh-oh. You gave me a sock of candy. a tea set lest year at the army. This year I would like a bike. I would like a Baby doll call Friety Ticty. I would like some clothes . to would like plank points. I will see you this year.

10 Love Santa arlene Pratt baking time. Serve any remaining sauce with duckling. Serves 4.

can (81/2 oz.) sliced pineapple 1 t. grated lemon rind

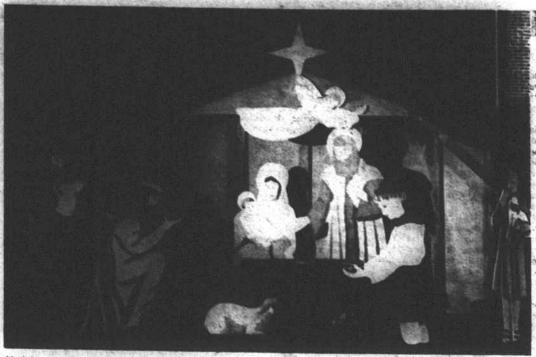
t. grated orange rind

2 T. butter or margarine 3 to 4 firm bananas, cut into 1 orange, peeled and sliced

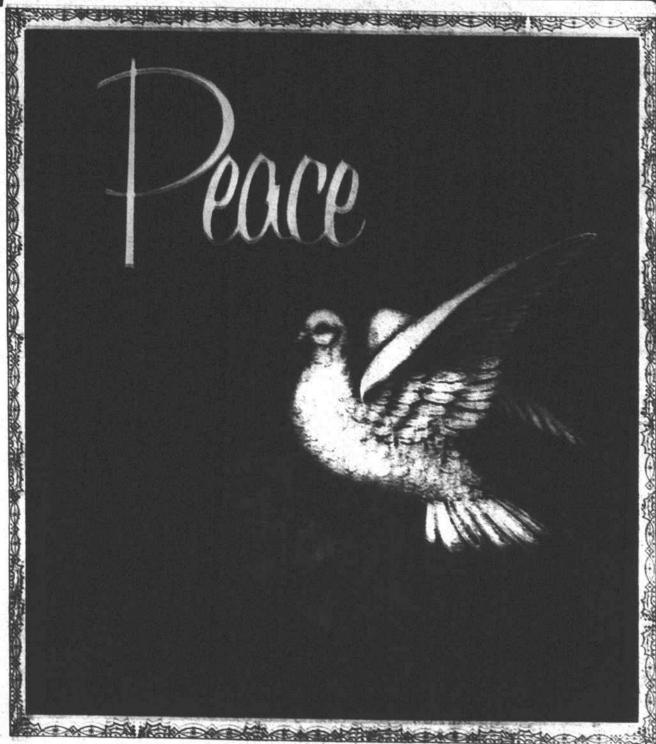
Drain pineapple slices; save syrup. Combine pineapple syrup, preserves, lemon and orange rind, simmer 2 minutes. Save 1/3 cup of mixture for glazing duckling. Add butter or margarine to remaining sauce. Arrange banana chunks, pineapple slices and orange slices in shallow 11/2 quart casserole; pour sauce 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



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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