

# Turkey sausage makes a country holiday brunch

The holiday season is a favorite time of the year. Family, friends, gifts and of course, delicious home cooking combine to make the season merry and bright.

You may be interested in serving something just a little different this holiday season — something really yummy. Have you tasted one of North Carolina's newest poultry products on the market ... TURKEY SAUSAGE?? It's very low in calories (62 per oz.) and high in protein and is seasoned to taste like sausage. Ask for it in your market ... It may be used as an accompaniment to eggs for breakfast or in any recipe that calls for sausage. It's great for pizza toppings, too!!

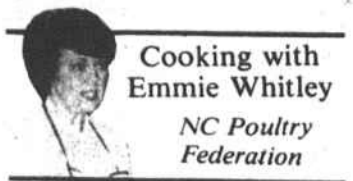
Turkey sausage and eggs make a good combination for a special holiday meal. Eggs, too, are low in calories (80 per large egg) and, of course, very economical. Plan now to have the "Country Casserole" for a Christmas brunch or Christmas breakfast, or just for

dinner. It may be prepared the day before and baked just before serving.

"Festive Fruit Bake" is colorful and can also be prepared the day before and baked just before serving. The fruits and entree can be baked in the oven at the same time. "Pumpkin Muffins," using good North Carolina eggs, help complete the meal. "Hot Cranberry Cheer" for the festive perked appetizer is a real winner!

The North Carolina Poultry Federation wishes you the merriest Christmas in home cooking and entertaining. Fresh NC poultry food products from our growers and processors can help enhance your joyous holiday season. Why not try these quality North Carolina poultry products in kitchen tested recipes for the Christmas holiday as well as for the New Year.

**Hot Cranberry Cheer**  
1 1/2 quarts cranberry juice



**Cooking with Emmie Whitley**  
NC Poultry Federation

2 quarts unsweetened apple juice  
1/2 cup light brown sugar  
1/2 teaspoon salt  
4 cinnamon sticks  
1 1/2 teaspoons cloves

Put juices, sugar and salt in coffee pot. Put cinnamon sticks and cloves in top of coffee maker. Juices will brew through spices as beverage perks. Note: All ingredients can be heated slowly in large pot and simmered about 2 hours.

May serve hot or cold. 8-10 servings.

**Country Casserole**  
(Grits, Eggs and Turkey Sausage)  
2 cups water  
1/2 teaspoon salt

1/2 cup uncooked quick grits  
4 cups (16 oz.) extra sharp Cheddar cheese, shredded  
4 eggs, beaten  
1 cup milk  
1/2 teaspoon dried whole thyme  
1/8 teaspoon garlic salt  
2 lbs. turkey sausage, cooked, crumbled drained

Bring water and salt to a boil, stir in grits. Return to a boil; reduce heat. Cook 4 minutes, stirring occasionally.

Combine grits and cheese in a large mixing bowl; stir until cheese is melted. Combine eggs, milk, thyme & garlic salt; mix well. Add a small amount of hot grits mixture to egg mixture, stirring well. Stir egg mixture into remaining grits mixture. Add cooked sausage, stirring well. Pour into a 12 x 8 x 2-inch baking dish. Cover and refrigerate overnight.

Remove from refrigerator; let stand 15 minutes. Bake at 350° for 50-55 minutes. Garnish with

tomato or radish roses and parsley.  
Yield: 8 servings.

Note: Recipe may be halved; baked at 350° in a 10 x 6 x 2-inch baking dish for 45 minutes.

Note: May microwave turkey sausage 6 to 8 minutes on high, stirring one or two times.

**Festive Fruit Bake**  
1 medium can sliced pineapple  
1 medium can peach halves  
1 medium can pear halves  
1 medium can apricots  
1 jar apple rings  
2 tablespoons flour  
1/2 cup brown sugar  
1 stick butter or margarine  
1 cup sherry (or reserved fruit juices)

Drain fruit and arrange in a large, flat casserole. Make a syrup of the following ingredients: flour, brown sugar, butter and sherry. Cook until it thickens and is smooth. Pour over fruit, cover and let stand overnight. Before serving, bake in 350° oven for 20-30

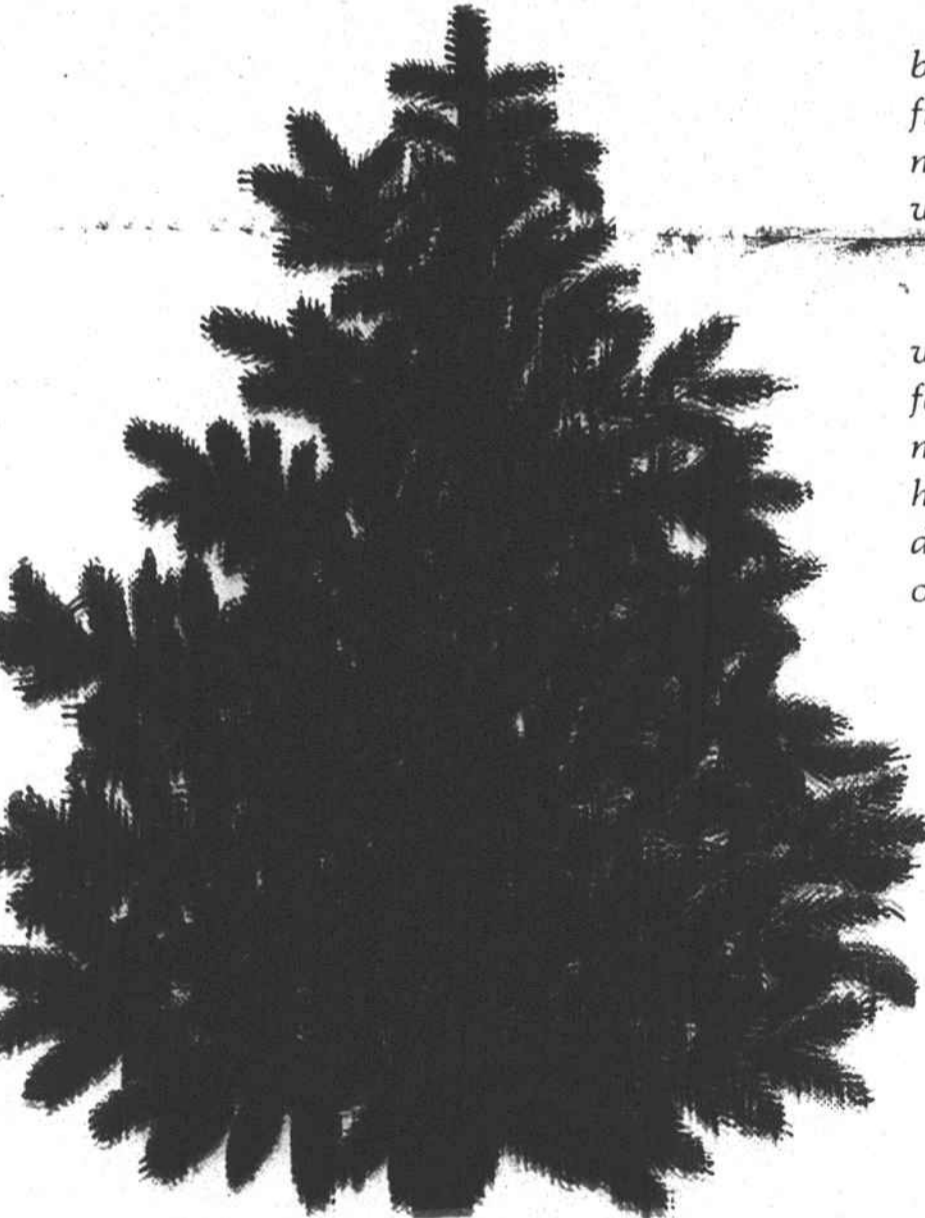
minutes. A little less sherry and some of the fruit juice makes it a little milder. Serves 8-10.

**Pumpkin Muffins**  
2 cups all purpose flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 teaspoon ginger  
1/4 teaspoon ground nutmeg  
1/8 teaspoon ground cloves  
1/2 cup raisins  
1/2 cup butter, softened  
3/4 cup brown sugar  
1/2 cup molasses  
2 eggs, beaten  
1 cup canned pumpkin  
1/2 cup milk

Sift together flour, baking powder, salt and spices. Add raisins and coat. Cream butter, sugar and molasses; add eggs, pumpkin and milk and blend well. Stir in dry ingredients blending only until flour disappears.

Fill greased muffin pans almost full. Bake at 375° for 16-18 minutes. Makes 15-18 large muffins.

*There is a legend of three tall trees that stood on a hillside. The first tree said, "When I am cut down, I want to be made into a baby's cradle." The second tree said, "I want to become a sailing ship in which men may seek high adventure." The third tree said, "I want to stay right here on top of this hill and point people to God."*



*When the woodcutter came, he had different plans. He said, "This first tree will make a fine stall for oxen; this second tree is just right for building a fishing boat and this third tree will make a splendid cross."*

*How great was the disappointment of the trees.*

*But eventually, the Baby Jesus was born in the oxen's stall. Peter bought the fishing boat and one day loaned it to the master to use as a pulpit. And, yes, Jesus was crucified on the cross.*

*God's ways are higher than ours. He wisely places us where we will be most effective and useful. How much more meaning life would have and how much happier we would be if, in our personal disappointments, we trusted the working of God's higher purpose for our lives.*

The Management and Employees of Price-Rite Building Supply Wish You A

**Merry Christmas And Happy New Year**

## Avoid burnout use yule care

Without a meticulously decorated blue spruce, Scotch pine, or balsam gracing the festive hall, Christmas might have all the holiday charm of Groundhog Day.

So, with great care we purchase a cut tree and festoon it with geegaws and electric lights, not realizing that we have set up a perfect fire hazard on the family hearth.

Some care is needed. When a tree is selected, careful purchasers check the cut end and assure themselves of the tree's freshness. If the resin at the base of the tree is sticky, our chances are good that the tree has only been cut a few days. A dry, hard stump is a good indication that the tree has probably been in transit from a mountain farm for some time.

It is not wise to allow Christmas tree fever to strike too soon. Although the holiday season opens after Thanksgiving, it might be well to wait until the second or third week of December before initiating the annual tree hunt.

When at last purchase is made, and the tree is in the home, its freshness can be preserved by daily watering. To avoid a possible flood tide from this product action, a handy sheet of plastic under the tree stand will serve well. It will also catch dry needles when they drop from the tree.

Placement of a tree is also important. Its freshness will decrease dramatically if too close to a fireplace, heating duct or a window. Find a nice, cool shady spot in the home and plant it there.

Homeowners would also be wise to check the tree frequently for freshness by tapping a branch. If needles fall in great quantity, we've got a dry tree and fire might result from overlong burning of Christmas lights or proximity to matches and smoking materials. Also, cutting off tree lights when away from home is a good safety factor.

The sad day arrives all too soon, usually after the New Year, when it becomes obvious that this season's tree has had it. Try not to succumb to the temptation of stuffing it in the fireplace or wood stove. We could have a major flash fire from the highly flammable limbs and needles. When we undress that tree, the next step is to haul it outside. If we want to save the trunk for a 1986 Yule log, it's time to crank up the chain saw and trim off the branches, carefully label the remnant and hope no one comes along and tosses it on the blaze later in the winter.

A little care and thought with that beautiful, winking, blinking fire hazard in the home just might assure that we spend the first few weeks of 1986 with four walls and a roof over our heads instead of a visit from the Fire Department and a cold January in a tent.



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