

Stuffing Completes Thanksgiving

By Libby Clark
Amalgamated Publishers, Inc.

Whether it's the traditional chestnut and bread stuffing or the space age fruit fillings, the Thanksgiving meal would be incomplete without the mounds of succulent goodness tucked inside the turkey. Northerners call it dressing, southerners and mid-westerners, stuffing and in the west, it's filling, dressing, stuffing...all three; depending upon what section of the country one hails from. Stuffing as we know it in America had its beginning with the Indians... they stuffed and roasted wild turkeys and other game...not necessary at Thanksgiving time... over an open pit, they mixed the juices, with ground maize, wild onions and herbs for a hearty meal.

For your holiday entertaining, special occasion or to make any day special, we have created an array of interesting, exciting, delicious recipes -- from "downhome" cornbread dressing to "elegant stuffing" -- to spicy African and other ethnic "fillings"...take your pick or prepare a variety for the sheer delight of your family and special guests.



Whether it's oyster, apple or triple corn, stuffing puts the final touches on the Thanksgiving meal.

TRADITIONAL DRESSINGS

CORNBREAD: Simmer in a heavy skillet, 1 cup of diced onions and 1 cup diced celery in 1 cup of butter, until tender. In a mixing bowl, combine three quarts lightly packed cornbread crumbs, 1 1/2 tsp. salt, 1 tsp. poultry seasoning, 5 tsp. minced parsley, and 1 tsp. black pepper. Add onion and celery to cornbread mixture, cook without browning. Add giblet juice to moisten, stirring frequently. Remove from flame. Cool before stuffing fowl.

OYSTER: Simmer 2 cups finely diced celery and 1 cup diced onions in 2 cups of water until tender. Drain and reserve 1 cup of the liquid. Sauté onions and celery in a cup of butter. Drain 3 cups oysters (cut into pieces) add the onions and celery. Save oyster liquid. Mix 2 quarts dry bread crumbs with 1 tsp. poultry seasoning, 1 tsp. salt, 1 tsp. pepper. Combine dry ingredients with onions, celery and oysters. Moisten with liquid and blend well.

APPLE: Mix well but lightly, 7 cups of bread crumbs, 3 cups diced apples, 1 cup minced onion, 1 cup seedless raisins, 1 1/2 tsp. salt, 1/4 cup sugar, 1/4 cup melted butter, 1/4 tsp. pepper. Blend all ingredients together.

ELEGANT STUFFING
Combine 2 slightly beaten eggs, 1 can condensed oyster stew, 1 (6 oz.) package of long grain and wild rice mix (cook according to directions) and 1 (7 oz.) package of seasoned stuffing cubes. Add to stew, toss.

CHESTNUT & RICE DRESSING
1 c. chopped onion
4 Tbsp. butter or Parkay margarine
1 1/2 tsp. salt
1 c. chopped chestnuts
4 c. cooked rice
1 c. chopped celery
2 1/2 tsp. poultry seasoning
4 tsp. chopped parsley
1 c. cooked, diced giblets
1 tsp. pepper

Saute onions and celery in melted butter until tender. Remove from heat, and add poultry seasoning, salt, parsley in bowl. Blend together giblets and rice. Add sauteed mixture and blend well. Note: All stuffing recipes are for turkeys weighting 12-15 pounds.

TRIPLE CORN STUFFING

1/2 lb. bacon (8-10 slices)
1 1/2 c. chopped celery
1/2 c. chopped onion
4 c. coarse cornbread crumbs
4 c. fine toasted crumbs
2 tsp. poultry seasoning
1 (17 oz.) can cream style corn
1 (17 oz.) can whole kernel corn

In a heavy skillet, cook bacon until crisp; drain. Reserve 1/2 cup drippings in skillet. Crumble bacon; set aside. To reserve drippings, add celery and onion; cook until tender but not brown. Combine bacon, celery mixture, cornbread, toasted crumbs, poultry seasoning, 1/2 tsp. salt, and cream style corn. Drain whole kernel corn, reserving liquid. Add corn to stuffing with some of the liquid for a moist stuffing. Toss well.

CRANBERRY-CORNBREAD STUFFING

1 c. sugar
1 c. water
2 1/2 c. cranberries
1 1/2 pkgs. cornbread stuffing mix
1 c. butter or Parkay margarine
1 c. diced onions
1 c. applesauce
1 c. diced celery

Preheat oven to 350. In a saucepan combine sugar and water. Add cranberries, bring to a boil, reduce and simmer covered for 5 minutes or until berries are tender. In a small skillet, heat oil until hot. Add celery and onion. Sauté until tender. In a large bowl, mix cornbread stuffing with remaining oil. Add hot cranberries and liquid, stir until moistened. Mix in applesauce and sauteed vegetables. Turn into an oiled 2 quart casserole. Cover and bake 1 hour or spoon dressing into body cavity of turkey.

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APPLE-ORANGE DRESSING

2 c. diced celery
2 c. diced apples
1/2 c. butter or Parkay margarine
6 c. toasted raisin bread cubes
1 tsp. grated orange peel
4 oranges, sectioned and diced
1 tsp. poultry seasoning
2 eggs, beaten

Cook celery and apple in butter until tender, but not brown. Add toasted cubes, orange peel, orange and 1/2 tsp. salt, poultry seasoning, and eggs. Toss lightly. Stuff and truss turkey.

COOKING CORNER

DANISH SHRIMP SALAD SANDWICH

2 large cucumbers
2 cups cleaned, cooked shrimp
1/2 cup dairy sour cream
1/2 teaspoon grated lemon peel
1 Tablespoon lemon juice
2 Tablespoons finely chopped green onion
1 teaspoon dill weed
1/2 teaspoon garlic salt
1/3 cup toasted slivered almonds
Butter
4 slices dark pumpernickel bread

Cut cucumbers in half lengthwise. Scoop out seeds; shred finely. Drain well in a colander and chill. Drain shrimp of excess moisture. Combine sour cream, lemon peel and juice, onions, dill weed and garlic salt. Toss lightly with shrimp. Fold in almonds. Butter pumpernickel; arrange shredded cucumber over each slice. Top with shrimp salad mixture. Garnish with additional toasted almonds if desired. Makes 4 servings.

The Creamiest Fudges You've Ever Tasted

America is going "goat gourmet." Goat milk is fast becoming America's number one gourmet food. Recipes using goat milk impart a creamy texture and subtle shading of flavor unlike anything else you've ever tasted. It is a delicious and versatile cooking ingredient and can be substituted for cow's milk in any recipe.

Nutritionally, goat milk provides more calcium, vitamin A, potassium, phosphorus and niacin than cow milk and it is lower in cholesterol. Because goat milk is easier to digest, it also increases the absorption of nutrients.

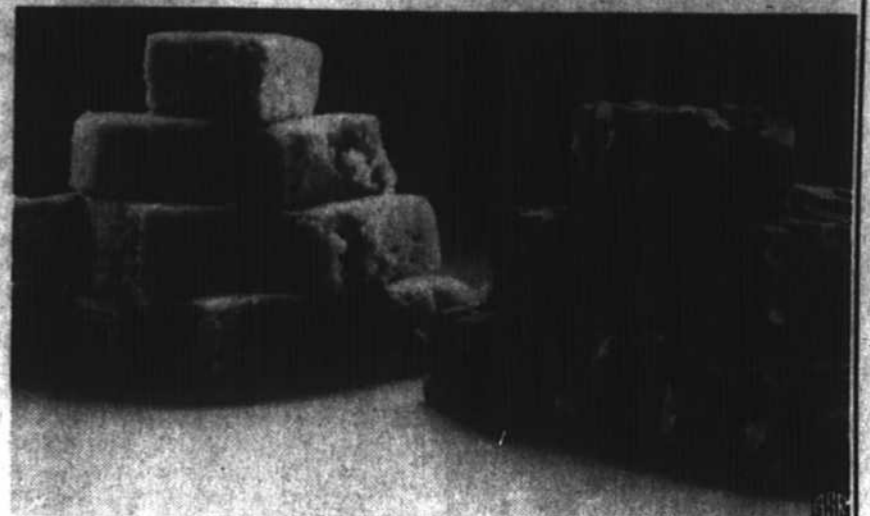
To receive a copy of "The Goat Gourmet," featuring delicious recipes and nutritional information, send \$1.00 for postage and handling to: Jackson-Mitchell, Box 5425, Santa Barbara, California 93150. Goat milk is available in supermarkets, health food stores and drug stores.

Here are two fudge recipes made with goat's milk that are delicious and different.

Creamy Marshmallow Fudge

2 cups sugar
5 fluid oz. Meyenberg Evaporated Goat Milk
16 large marshmallows
1/4 tsp. salt
1 cup (6 oz.) semi-sweet chocolate chips
1/2 cup chopped nuts (optional)
1/4 cup butter
1 tsp. vanilla

Butter bottom and sides of 8-inch square pan. In heavy saucepan,



combine sugar, evaporated goat milk, marshmallows, and salt. Heat mixture over medium heat until boiling, stirring constantly. When bubbles cover entire surface, continue to boil 5 additional minutes, stirring constantly.

Remove from heat, and beat in chocolate chips, nuts if desired, butter, and vanilla. Continue to beat until chocolate is completely melted. Spread mixture into buttered pan. Chill until firm. Keep refrigerated until ready to serve. Makes 64 squares.

Peanut Butter Fudge

1 cup golden brown sugar, packed
1 cup granulated sugar

3/4 cup Meyenberg Evaporated Goat Milk
1 Tbs. light corn syrup
Dash salt
1/2 cup creamy peanut butter
1 Tbs. butter
1/2 tsp. vanilla

Combine sugars, evaporated goat milk, corn syrup, and salt. Mix well. Place on medium heat and bring to boil. Place thermometer in mixture and cook, stirring occasionally to 236°F (soft ball stage).

Remove from heat and add peanut butter and butter. Cool to luke warm 115°F without stirring. Add vanilla and beat until it thickens and begins to lose its gloss. Pour into buttered 8-inch square pan. Cool and cut into squares. 49 pieces, about 1 1/4 lbs.



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COOKING CORNER

Special sun-ripened tomatoes from Dole make this wonderful Mexican salad taste fresh and terrific. You don't have to wait for locally grown tomatoes anymore.

ENSALADA DE ACAPULCO

1/3 cup shredded Cheddar cheese
1/2 cup sliced pimento-stuffed olives
1/3 cup dairy sour cream
1/4 cup minced onion
1 teaspoon garlic salt
3/4 teaspoon chili powder
2 cans (7 oz. each) tuna, drained
Crisp salad greens
2 medium Dole Sun-Ripened Tomatoes
1 large avocado, peeled, seeded
Tortilla chips
Paprika

Combine cheese, olives, sour cream, onion, garlic salt and chili powder. Fold in tuna. Line 4 salad plates with crisp greens. Mound tuna salad on greens. Cut tomatoes and avocado in wedges; arrange around tuna. Add tortilla chips. Sprinkle with paprika. Serves 4.

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