

Recipes From The Tar Heel Kitchen

It's Time To Think Turkey

By CYNTHIA J. HIGGINS

Although one may think that it's a little early to be talking about turkey, that's not the case at all. No longer is turkey strictly a holiday bird. Several ladies attested to that fact during the 2nd annual N. C. Turkey Cooking Contest Cook-off.

Five contestants prepared their turkey recipes before spectators and judges in Raleigh on Sept. 23. The event was sponsored by the N. C. Department of Agriculture, the N. C. Turkey Federation, and N. C. State University.

The contestants recipes were chosen from a mass mailing of entries from all over this state. Winning cook-off participants were: Frances Baker of Windsor, Jane Cline of Rutherfordton, Debbie Rutledge of Statesville, Ardath Weaver of Raleigh, and Blanche Poole of Sparta. Judges for the event were: Dr. Nadine Tope, Foods and Nutrition Specialist, NCSU; Beth Tartan, Food Editor, Winston-Salem Journal; David Stroud, Consultant with the National Turkey Federation in Chicago, Ill.; Mayor Smedes York of Raleigh, and Bob Waters of WWAY-TV in Wilmington. Stroud presented a seminar on using turkey before the cook-

off and turkeys were given away throughout the day to spectators.

North Carolina is the number one producer of turkeys in the U. S. and the five winners demonstrated some of the versatility of using turkey parts. First place winner of \$500 was Ardath Weaver with her recipe for Gourmet Turkey Rose'. Second place winner of \$250 was Frances Baker with her recipe for Turkey Squares. They invite you to try using turkey parts and their recipes.

GOURMET TURKEY ROSE'

1/2 raw turkey breast, boned and skinned (1 1/2-2 lbs.)
1/2 cup flour
1 teaspoon salt
1/4 teaspoon pepper
1/2 cup butter
1/2 cup olive oil
1 cup rose' wine
Dash of ground oregano
1/2 pound fresh mushrooms
1 beef bouillon cube
6 oz. boiling water
1 egg yolk
1 tablespoon heavy cream
Slice the turkey across the grain, very thinly. Mix together the flour, salt and pepper in a shallow bowl. Dip the turkey slices in the flour, coating both sides. Heat 1/4 cup of butter and all the olive oil in

a large skillet. Brown the turkey slices lightly on both sides, a few at a time. Pour off any excess fat, but do not wash skillet. Return the turkey slices to the skillet, and pour the rose' wine over all. Sprinkle with oregano. Cook over medium heat for about 6 minutes, turning the turkey slices gently as it is cooking in order to coat both sides. Most of the liquid will have evaporated.

Meanwhile, slice mushrooms and saute' in remaining 1/4 cup butter for about 1 minute. Drain mushrooms. Dissolve beef bouillon cube in boiling water. Add to the turkey in the skillet together with the mushrooms. (Up to this time, all this preparation can be done in advance.)

When ready to serve, cook turkey and mushroom mixture over low heat for about 8 minutes, until almost all the liquid is gone and the mixture is almost dry. Beat the egg yolk with the heavy cream. Remove the turkey from the heat, and pour the cream-egg yolk mixture over the turkey slices. Turn the turkey slices over gently to coat both sides. This will produce a satiny glaze. Serve at once. Serves 6 to 8.

TURKEY SQUARES

3 oz. package cream cheese, softened
2 tablespoons butter, melted
2 cups cooked turkey, cubed
1/4 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon celery seed
2 tablespoons milk
1 tablespoon onion, chopped
1 tablespoon pimiento, chopped
1 (8 oz.) can refrigerated crescent dinner rolls
Blend cream cheese and butter until smooth. Add turkey, salt, pepper, celery seed, milk, onion, and pimiento. Mix well. Separate rolls into 4 rectangles; seal triangular perforations. Spoon about 1/2 cup turkey mixture into center of each rectangle. Pull 4 corners of dough to center and seal. Brush tops with melted butter, if desired. Garnish with pimiento strip. Bake at 350° on ungreased cookie sheet for 20 minutes. Serves 4.

There is a higher proportion of meat to bone weight on large turkeys. When buying turkeys 12 pounds and under, allow 3/4 to 1 pound per serving. For larger turkeys, allow 1/2 to 3/4 pounds per serving.

Conservation Notes

Access Roads Require Careful Planning

By RUSSELL BLEVINS

Often times a person does not fully realize the results of an action they are about to take. This can be especially true with regard to access roads in Madison County.

For whatever purpose, a person is wanting to build an access road: to a homesite, access to a part of the property or harvest of timber, the way the road is built will determine how useful the road will be. There are things to consider before the road is built.

Drainage -

It is important to provide for adequate drainage at all drainage ways. The road will have culverts, bridges, or stable overflow areas, depending on the type of road use. These structures should be designed to carry at least a 10-year, 24 hour storm which is about a 4 inch rain.

If seep or springs are discovered during construction of the road, these areas should be drained in order to maintain a stable road bed.

Side Slopes -

All cuts and fills should be sloped to have side slopes that are stable. Depending on the type of soil material being used, this will vary. Cut slopes should not be steeper than 1 1/2:1 and fill slopes should not be steeper than 2:1 as a general rule.

Vegetation -

All disturbed areas that are not part of the road surface should be established to a suitable grass as soon as possible after construction. Seedbed preparation, seeding vegetation on the side slopes of a road. In the case of farm access and forest roads, the surface should also be seeded in much the same way.

Surfacing -

For roads expected to receive a lot of traffic, surfacing will be necessary. In this case, a good road base should be put down and then a good road - bond gravel should be placed on top of this. The amount and type of gravel necessary will depend on the amount and kind of traffic expected.

Grade -

This is the most limiting factor to good access roads in Madison County. Access roads with constant traffic such as those to homes should not be over a 12 percent grade. Farm and other access roads should not be over 20 percent grade.

Maintenance -

This should be considered as a part of the construction process. Any road is going to require a certain amount of maintenance. Depending on how well the road is built will determine how expensive the road is to maintain. A poorly built access road will soon cost more in maintenance than it cost to build.

If you would like more information about designing or building an access road, please call or come by the Soil Conservation Service. Our phone number is 649-3313 and we are located in the Griffin Building in Marshall.

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Marion Joyce

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•USE COUPON BELOW•

ALMOND RAISIN TORTONI

- | | |
|------------------------------|-------------------------------------|
| 48 NILLA Wafers | 1/2 cup chopped PLANTERS |
| 2 cups heavy cream | Slivered Almonds, toasted |
| 1/2 cup confectioner's sugar | 1/2 cup raisins |
| 1/4 cup brandy, optional | 1/2 cup chopped maraschino cherries |
| | 6 maraschino cherries, halved |

Arrange 4 NILLA Wafers upright in each of 12 paper-lined muffin-pan-cups.

Beat heavy cream with confectioner's sugar until stiff. If desired, gradually beat in brandy. Fold in PLANTERS Slivered Almonds, raisins and chopped maraschino cherries; spoon into cookie shells. Garnish each with a halved maraschino cherry. Freeze 4 hours or until firm. Makes 12 servings.

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