

# On The Front Burner

(Continued from page 6, Section II)  
ning water for up to 6 hours. This method for non-stuffed frozen turkeys only.

Size of frozen turkey, air and water temperatures and insulation created by plastic bag influences the rate of thaw.

### TO PREPARE TURKEY FOR ROASTING

Use thoroughly washed and clean hands, equipment (utensils) and working surfaces.

Remove intact plastic bag. Remove neck from the body cavity.

Remove heart, liver and gizzard (giblets) from beneath neck skin in breast cavity.

Rinse the non-stuffed carcass in cold water.

Place prepared carcass in roasting pan breast side up.

Place meat thermometer in thickest area of inner thigh or breast muscle.

### ROAST TURKEY

In a 325 degree F. oven to either of the following temperatures: Non-stuffed turkey - 180 degrees F. Stuffed turkey - 185 degrees F. in the inner thigh so center of stuffing is 165 degrees F.

Continuously, while turkey meat temperature is in the range of 50 degrees to 165 degrees F. If roasting is interrupted, a total elapsed time should never exceed 4 hours.

Rate of cooking is affected by turkey meat, temperature, amount of fat, thickness of meat, size of turkey and oven temperature. Thawed turkeys roasts in a shorter time.

### A ROASTED TURKEY

Thoroughly cooked is wholesome.

Should come in contact with thoroughly cleaned dishes, cutting surfaces, knives, etc.

Is handled only with thoroughly washed hands.

Should be refrigerated so turkey meat temperature is reduced to 55 degrees F. and below.

May be sliced and served cold or warm, or heated immediately before serving.

Can be refrigerated for a maximum of 3 to 4 days or frozen for use at a later time (for up to 3 to 4 months).

Strict and close attention to these guides promotes and assures a safe food and your good health.

If you are not using a meat thermometer here are a few suggestions to help you know when a turkey is ready to remove from the oven. If you do not have a meat thermometer put it on your Christmas list.

Keep in mind that roasting schedules are only approximate.

The shape, quality and starting temperature of the turkey...the kind of roasting pan you use...and the true temperature of your oven all influence the total cooking time.

So, with all these variables you should start to check the turkey for doneness during the last hour of roasting.

Here are two tests for doneness you can use:

First, the thigh meat should feel soft when pinched with the thumb and forefinger protected with a paper towel.

The second test is to prick the skin on the thigh. The juices that run out should no longer be pink.

Remember, an overcooked turkey tends to be dry and difficult to carve. And that's something you don't want.

### THE RIGHT WAY TO CARVE YOUR TURKEY

There's an age-old saying among soldiers that... "there are three ways to do anything-the right way, the wrong way and the Army way!" We don't know about the Army way to carve a turkey, but we do know there's a right way, thanks to the Poultry and Egg National Board.

And your electric knife will make the carving and slicing neater, easier and more appetizing. Go ahead and let hubby show off by carving the bird at the table "by the numbers," electrically.

1. To remove leg (thigh or second joint and stick), hold drumstick firmly with fingers, pulling gently away from turkey body. At the same time cut through the skin between leg and body.

2. Press leg away from body with flat side of knife. Then cut through joint joining leg to backbone and skin on back. If the "oyster", a choice Oyster-shaped piece lying in the spoon-shaped section of the backbone, wasn't removed with thigh, remove it at this time point. Hold leg on service

plate with drumstick at convenient angle to plate. Separate drumstick and thigh by cutting down through the joint to the plate.

3. Slice drumstick meat. Hold drumstick upright at convenient angle to plate and cut down, turning drumstick to get uniform slices. Chicken drumsticks and thighs are usually served without slicing.

4. Slice thigh meat. Hold thigh firmly on plate with fork. Cut

slices of meat parallel to bone.

5. Cut into white meat parallel to wing. Make a cut deep into breast all the way to body frame, parallel and as close to wing as possible.

6. Slice white meat. Beginning at front, starting halfway up the breast, cut thin slices of white meat down to the cut made parallel to wing. Slices will fall away from turkey as they are cut to this line. Continue carving until enough meat has been carved for first serv-

ings. Additional turkey may be carved as needed.

7. Stuffing may be removed from an opening cut into side of turkey where leg has been removed.

Next week watch for use of turkey meat. Will you share your favorite turkey recipe? Call Ellen Willis, 875-2162, or better still bring by the Home Agents Office in the Lester Building.

Have you tried this make ahead cookie that is called Meringue or Forgotten Cookie?

### MERINGUE COOKIES

2 egg white beaten stiff. Add 1/2 cup sugar and beat until stiff. Add and mix 1 teaspoon vanilla, small package of chocolate bits. Line cookie sheet with brown paper (paper bag). Bake 30 minutes or until slightly brown in 250 degree

### FRUIT CAKE BALLS

4 cups chopped pecans  
24 oz. chopped dates  
1 can eagle brand milk  
8 oz. cherries, chopped  
2 cans angel flake coconut

Mix together and pour milk over, and mix again. Roll into balls and bake 20 minutes at 300 degrees. Roll in XX sugar while warm. Makes from 90 to 100 balls.

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BUTT HALF **\$159** lb.

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18-22 LB. TOMS  
ARMOUR STAR SELF BASTING TURKEYS  
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**GREEN BEANS**  
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**SUGAR SWEET 16**  
**89¢**  
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Here's wishing our friends the very best at Christmastime and in the days to come.

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