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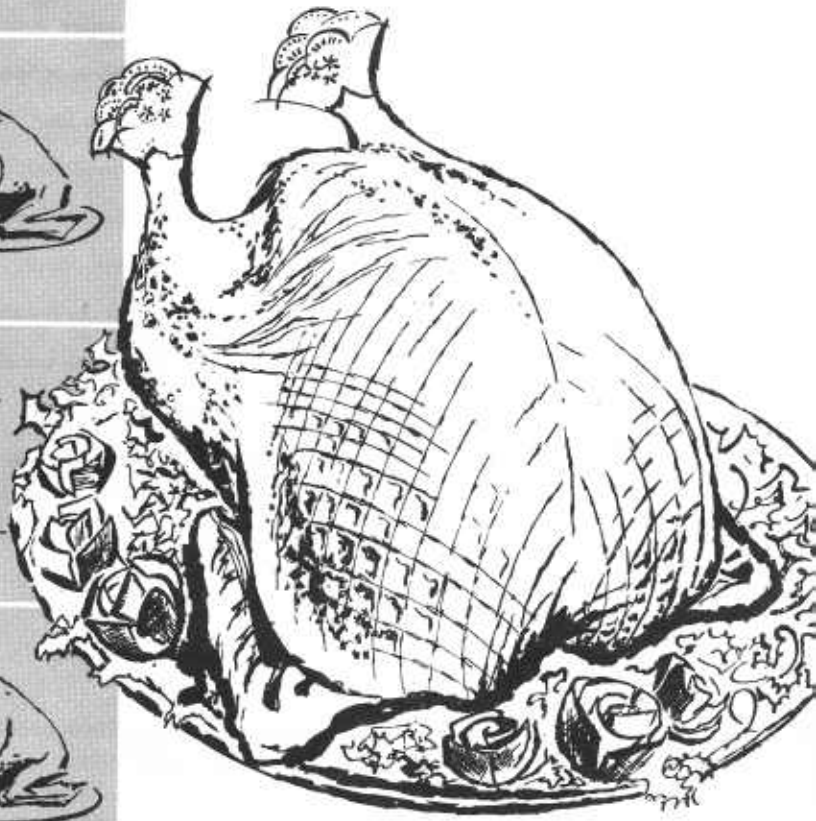
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U. S. DEPARTMENT OF AGRICULTURE

TURKEY

on the table the year round



Home and Garden Bulletin No. 45
U. S. DEPARTMENT OF AGRICULTURE

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Prepared by

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Agricultural Research Service
and
Poultry Division, Agricultural Marketing Service

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Turkey on the table . . . the year round

Any day in the year may now be turkey day. The modern turkey, so improved over the years, is literally a new bird. It comes both smaller and larger than its ancestors. It is also meatier and more tender, plumper and more compact, and has a larger proportion of breast meat. And it may carry official marks showing that it has been graded for quality—U. S. Grade A, B, or C—and inspected for wholesomeness.

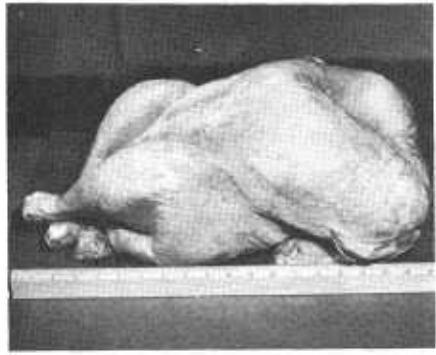
Turkey is marketed in new, convenient forms—ready-to-cook, whole or in parts, either freshly drawn or frozen. Commercially frozen stuffed turkeys are now available in some markets.

Turkey is also marketed in ready-to-eat forms—precooked and frozen; canned; smoked.

Together, these different ways of processing turkey make it a round-the-calendar treat.

Sizes to fit

The small family may choose a small turkey or parts cut from a bigger bird. For larger families there is a wide range of turkey sizes. And for church, school, or club groups, and for restaurants there are tender birds that weigh as much as 30 pounds.

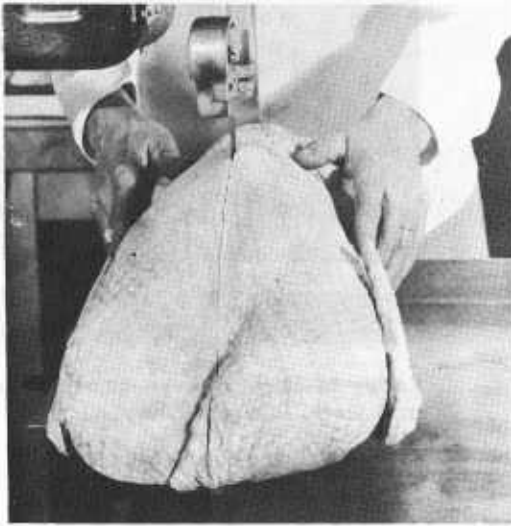


Ready-to-cook turkey—saves time and work, is a good buy. 9044-D

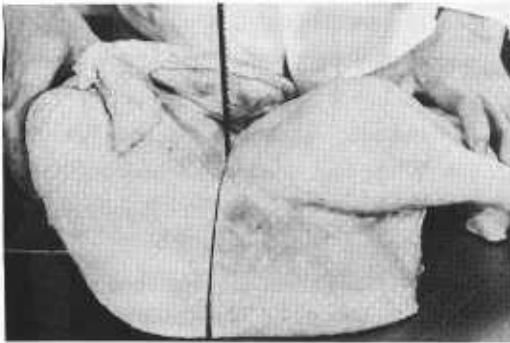
Newest among turkey choices is the class called “Turkey Fryer-Roasters,” marketed when about half grown—3 to 4 months old. Ready to cook, these very young birds may weigh as little as 3 to 4 pounds or as much as 7 to 8 pounds. They are of the Beltsville White and other small varieties. The smaller sizes may be disjointed and fried, or split and broiled, like chicken—by adjusting cooking time to thickness of pieces. Any of these very young birds may be stuffed and roasted, a fine choice for dinner any day.

Longer known to the homemaker are the more nearly mature, tender-meated young hens and toms of the usual roasting age—5 to 6½ months. Birds of this age vary widely in weight, according to breed and sex.

There are the small meaty turkeys such as the Beltsville White and other small breeds. Roasting-age young hen turkeys of small breeds may weigh from 5 to 9 pounds, ready to cook; the toms, 9 to 15 pounds.

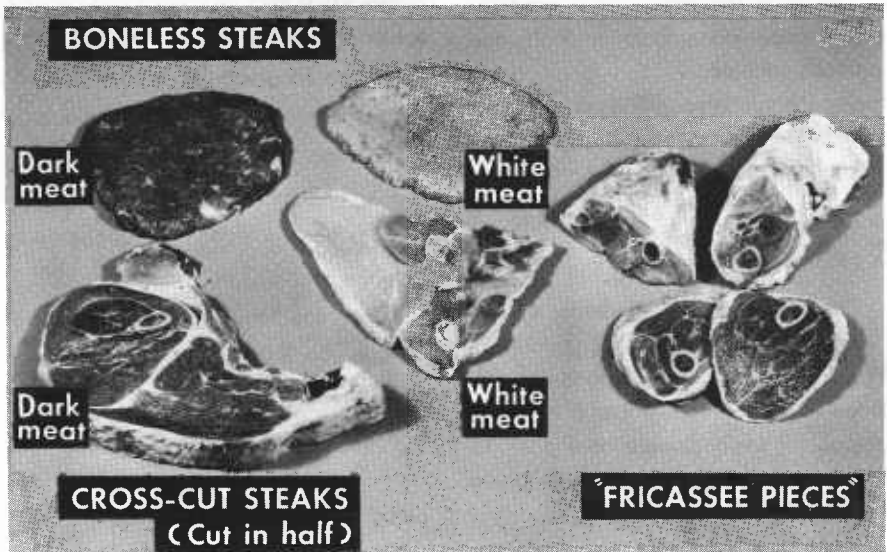


Large frozen turkey — ready-to-cook weight 22 pounds—is cut in half with a mechanical band saw. Most half turkey roasts weigh from 7 to 12 pounds and make from 15 to 25 servings. 17940—PMA



Half bird is cut into two quarter "turkey roasts." Front quarter—largely white meat—may weigh 4½ to 7 pounds. Rear quarter — mostly dark meat — may weigh 3½ to 6 pounds.

17941—PMA



77349—B

Then there are the slightly larger breeds—the White Holland, and occasionally the Black, the Bourbon Red, and the Narragansett. Ready to cook, hens of these breeds weigh about 8 to 11 pounds; toms, 11 to 18 pounds.

Largest of all are the Broad Breasted Bronze and the new large Whites. Ready-to-cook young hens of these breeds average 10 to 15 pounds; toms, 16 to 24 pounds. But many a ready-to-cook Broad Breasted Bronze young tom weighs 28 to 30 pounds.

Fully matured hen or tom turkeys are occasionally found on the market. They are less tender than young hen and tom turkeys and have hardened breastbones and coarse skin. They are best cooked by braising in a covered roaster or in a pressure cooker.

Styles to suit

Ninety-five percent of the turkey crop is prepared ready-to-cook, either fresh-chilled or frozen. In some places turkeys are sold dressed or live.

Ready-to-cook turkeys have been fully drawn (eviscerated); pinfeathers have been removed and the bird has been cleaned inside and out. The giblets are usually wrapped and packed in the body and neck cavities.

A dressed turkey has been bled and picked but not drawn; the head and feet have not been removed. Dressed birds must therefore be drawn and cleaned before cooking. Where poultry is sold in dressed style, the dealer usually draws the bird and cleans the giblets for the customer.

Weight loss in dressing and in drawing varies with the individual bird. The following figures are based largely on commercial practices. In dressing, turkeys lose from 9 to 13 percent of their live weight. In drawing, dressed turkeys lose 12 to 20 percent of their dressed weight. From the live to the ready-to-cook style, turkeys lose from 20 to 30 percent of their weight. Giblets and neck are included in ready-to-cook (drawn) weight.

Proper packaging of frozen turkeys—in moisture-vapor-resistant plastic bags—helps to keep quality high. In selecting frozen birds be sure that the wrappers are not torn or broken. Commercially frozen stuffed turkeys should be selected with special care; buy only hard-frozen birds.

Pieces to please

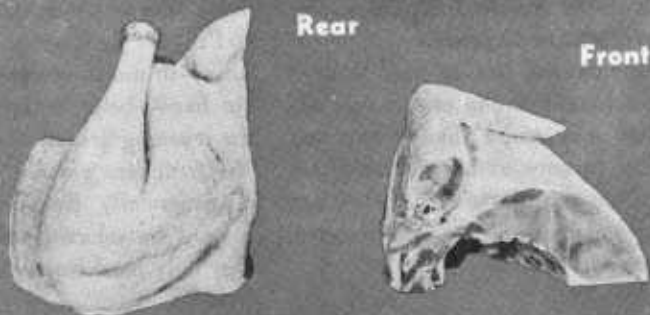
Turkey parts, new on the market a few years ago, are increasing in favor. In some localities, popular parts are half and quarter turkeys. In many markets, disjointed pieces—legs, breast, wings, neck, and back—are in demand. Turkey steaks and the “fric-asee pieces” that result from cutting them, and also boneless or “knitted” steaks have come in for their share of popularity in some sections of the country.

Cutting very large turkeys into these various parts enables small and average-sized families to have turkey any day in the year. Recipes for the turkey parts illustrated on pages 2 and 4 are featured in this bulletin.

**TURKEY
HALF**



QUARTERS



**HALF
BREAST**



LEG



WINGS



BACK—in two parts



BACK NECK STRIP



GIBLETS and NECK

BUYING, PREPARING, AND COOKING

How much turkey to buy

For each generous serving of roasted whole turkey (you may need more than one serving per person) allow $\frac{3}{4}$ to 1 pound of ready-to-cook weight for birds weighing less than 12 pounds; $\frac{1}{2}$ to $\frac{3}{4}$ pound for birds weighing 12 pounds and over. Use this table as a guide:

Approximate servings needed	Ready-to-cook turkey, pounds
4 to 10	4 to 8
10 to 20	8 to 12
20 to 30	12 to 16
30 to 40	16 to 20
40 to 50	20 to 24

For each serving of roasted turkey quarter or half, or braised drumsticks or thighs cut from large birds, allow $\frac{1}{2}$ to $\frac{3}{4}$ pound of ready-to-cook weight.

Thawing frozen turkey

Unstuffed frozen turkeys and turkey parts, except boneless steaks, should be almost completely thawed (until they are pliable) before cooking. *Do not thaw commercially frozen stuffed birds before cooking.*

The refrigerator is the best place to thaw. Thaw whole birds and large parts in the original wrappers. Unwrap small parts and separate them so air can reach each piece. See next column for time to allow.

To shorten the time, turkeys sealed in watertight wrappers may be thawed in cold water. Do not use warm water. Change the water often. Allow from 2 to 6 hours, depending on size of

package. Or thawing may be started in the refrigerator and finished in cold water.

Frozen turkeys and turkey parts should be cooked soon after thawing.

Time guide for thawing in refrigerator

Large whole bird	2 to 3 days.
Small whole bird	1 to 2 days.
Parts from large bird (half, quarter, half breast)	1 to 2 days.
"Cut-ups" (leg, thigh, wing)	3 to 9 hours.
Individual cross-cut steaks	6 to 8 hours.
Commercially stuffed turkey, boneless steaks	Do not thaw.

Cleaning the turkey

Ready-to-cook turkey of top quality should need little cleaning. Remove any pinfeathers and wash the inside and outside of the turkey and the giblets in cold water. Then dry the turkey with a clean cloth or paper towels.

Stuffing for the turkey

Two recipes for stuffing are given on page 21. Put in stuffing loosely—it swells as the turkey cooks.

A guide to the amount of stuffing you will need is given on page 6. The measure of breadcrumbs is listed according to ready-to-cook weight of bird. Adjust the other ingredients according to the recipes on page 21, where proportions are given for 1 quart of large crumbs.

A 1-pound loaf of white bread makes about 2 quarts of large (half-inch) crumbs. Pull the bread apart or cut it in cubes; pile it lightly in the cup to measure it. Cornbread may be substituted for part or all of the white bread.

If you are using a dry packaged stuffing, read the package label for the amount needed. For a turkey of a given weight you will probably need less of the fine, dry stuffing than the amount of large crumbs listed in the guide.

Start preparing the stuffing a day or so ahead of time if you like, but refrigerate dry ingredients and broth separately until time to use the stuffing.

Do not stuff the turkey until time to roast it. Stuffing a turkey and refrigerating or freezing it at home for later use is not recommended.

Directions for stuffing turkeys and large parts are given with pictures on pages 8 to 11.

Turkey may be roasted unstuffed to shorten the cooking time, and the stuffing baked separately.

GUIDE TO STUFFING AND ROASTING TURKEYS AT 325° F.

Kind of turkey	Ready-to-cook weight ¹	Large bread-crumbs for stuffing ²	Approximate time for roasting ³	
			Stuffed bird	Unstuffed bird
	<i>Pounds</i>	<i>Quarts</i>	<i>Hours</i>	<i>Hours</i>
Fryer-roasters (very young birds).....	4 to 8	1 to 2	3 to 4½	2 to 2¾
Roasters (well-grown young birds).....	6 to 12	2 to 3	3½ to 5	2½ to 3½
	12 to 16	3 to 4	5 to 6	3½ to 4½
	16 to 20	4 to 5	6 to 7½	4½ to 6
	20 to 24	5 to 6	7½ to 9	6 to 7
Halves, quarters, and half breasts.....	3½ to 5	1 to 1½	3 to 3½
	5 to 8	1½ to 2	3½ to 4
	8 to 12	2 to 3	4 to 5

¹ Weight of giblets and neck included. If you buy dressed (not drawn) turkey, subtract 15 percent of the dressed weight to find approximate ready-to-cook weight.

² See page 21 for stuffing recipes. For dry packaged stuffing, see directions on package for quantity.

³ For roasting in low open pan with rack. Based on chilled birds or birds that have just been thawed—temperature not above 50° F. If large birds are browning too much, reduce oven temperature to 300° F. Do not use these times for commercially frozen stuffed turkeys; directions for roasting them are usually given on the package.

Roasting

Prepare whole turkey for roasting as shown on page 8; prepare halves, quarters, and half breasts as shown on pages 9 to 11.

Set the oven regulator at 325° F. (slow oven). Plan roasting time (see p. 6) so that the turkey will be done 20 to 30 minutes before serving. This "rest period" helps make meat juicy and carving easy, and gives you time to make the gravy.

Place turkey on a rack in a shallow pan, breast side up unless it is to be turned during roasting. Small birds roast well without turning. Heavy birds (18 pounds and over) cook more evenly if started breast down and turned when half done. Roast halves and quarters skin side up.

Brush the skin of the turkey with melted fat. Do not add water; do not cover pan. Put over the turkey a tent of aluminum foil or a piece of thin cloth moistened with fat.

Salt the giblets and neck, seal in aluminum foil, and place on the rack with the turkey. Or simmer them in water on top of the range.

Baste the turkey with pan drippings or melted fat several times during roasting. When the roasting is about half or two-thirds done, cut the string or skin to release the legs—the bird cooks better, looks better.

The turkey is done when the leg joints move easily and the flesh on the legs is soft and pliable when pressed with the fingers.

Cooking back-neck strip, giblets, fricassee pieces

Combination turkey dishes make good use of chopped cooked meat from the **back-neck strip, giblets,** and the **broth** from cooking these pieces. (See pp. 16 to 21.)

To cook: Separate the neck from the back and break the back in two pieces. Cut liver and gizzard in half. Cook gently in salted water to cover. Backs, necks, gizzards, and hearts take at least 1½ hours; livers ½ to 1 hour. Depending on size, backs yield 1 to 3 cups of chopped meat, necks 1 to 1½ cups.

Fricassee pieces (parts of wing and drumstick) are left from cutting cross-cut steaks. Two or three pieces make a serving.

To cook: Roll pieces in seasoned flour, brown in hot fat, and add a little water. Cover the pan and cook slowly until meat is tender. Time varies with size of pieces.

Refrigerating cooked turkey, stuffing, broth, gravy

Right after the meal, remove any stuffing left in the turkey. Cover stuffing and bird lightly, and refrigerate at once. Or, strip off meat and break up bones for broth. Refrigerate meat and bones promptly.

Meal-sized portions of meat may be frozen; properly packaged, they keep well for a month.

Cool broth and gravy quickly. Refrigerate them at once.



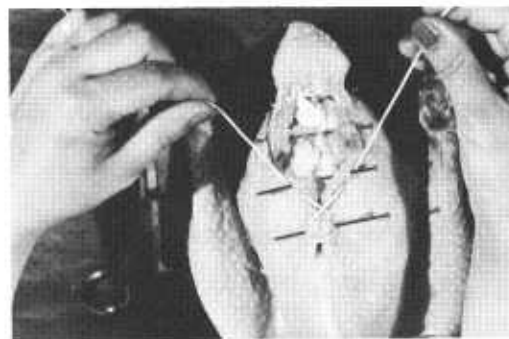
Roasting

. . . whole turkey

- ◀ Salt inside of bird. Fill neck cavity loosely with stuffing. (For total amount of stuffing for neck and body cavities, see p. 6.) 33382-C



- ◀ Fold neck skin to back, fastening to backbone with a poultry pin. Fold wing tips over neck skin. Then reverse position of turkey and fill body cavity with stuffing. 33375-C



- ◀ Place poultry pins across opening of body cavity. Lace across pins with string. Wrap the string around tail and ends of legs and tie. Or, if there is a band of skin above tail, tuck legs into it. To roast a whole turkey unstuffed, close with poultry pins as for a stuffed bird. 33372-C



- ◀ Place bird on rack in a shallow pan. Brush skin with soft fat. Cover the turkey with a tent of aluminum foil or a piece of thin cloth moistened with fat. Salt the giblets and neck, wrap in foil, seal with a double fold, and roast beside the turkey. For roasting time and temperature and the test for doneness, shown here, see pages 6 and 7. 33371-C

Roasting

. . . half turkey

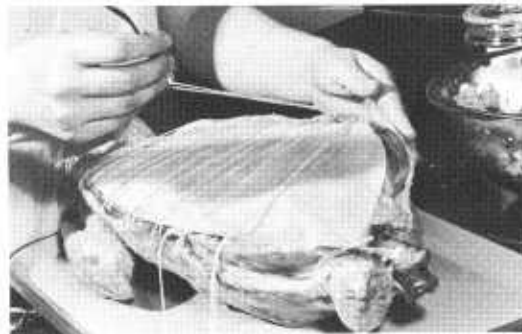
Tie tail and leg of half bird ▶ together by stitching clean wrapping cord through skin at end of leg and then through meat of tail. Upholsterer's needle is good for stitching. N-8663



Place bird cut side up. Sew ▶ loose skin at neck so it forms pocket. Salt pocket, and fill loosely with stuffing. Salt body cavity and stuff. For amount of stuffing, see page 6. N-8664



Cut heavy paper and place ▶ over stuffing. Lace across, catching skin on each side. Or mound stuffing on heavy paper on rack and place bird over stuffing. Rub skin with fat. N-8666



Roast at 325° F. stuffing side ▶ down on rack in shallow open pan—no water. Cook 1 1/2 hours, then baste with drippings and baste every 45 minutes until done. Half turkey 7 to 9 pounds takes 3 3/4 to 4 1/2 hours, a larger half bird longer. N-8667



Roasting . . . quarter



A stuffed front quarter, shown here, and a stuffed rear quarter are prepared similarly. To roast them unstuffed, sew or skewer skin edges over bone and meat to prevent drying.

◀ After salting and stuffing cavity, shape heavy paper to fit around stuffing. For amount of stuffing, see page 6. N-9593



◀ Lace cord across paper from side to side, catching skin with each stitch. Skin should cover most of meat and edge of bone. N-9594



◀ Anchor wing tight to body with stitches or skewers. On rear quarter, sew drumstick to tail. Rub skin with fat. N-9596



◀ Roast skin side up on rack in open pan—no water—about 4 hours at 325°F. Baste several times. Carve like whole turkey. N-9603

Roasting... half breast

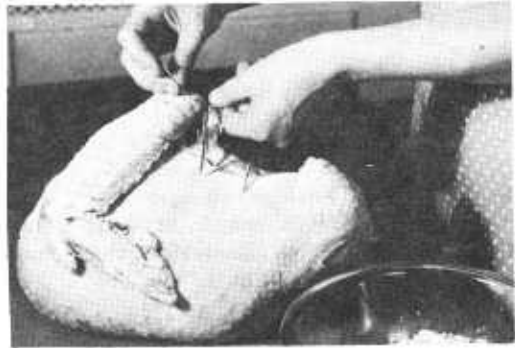
Turkey half-breasts are cut without the backbone and with wing attached or removed. They make four to six good servings when they come from big meaty turkeys.



Salt cavity. Draw up skin of neck with needle and cord. Lace across cavity, catching skin at each side. 77253-B

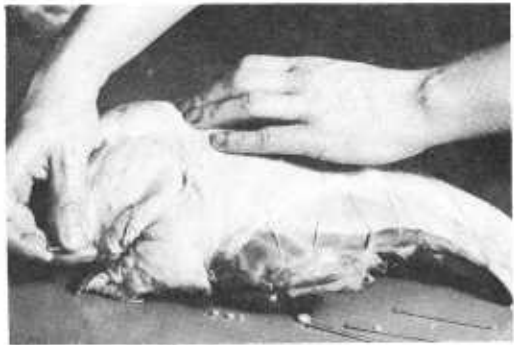


Put heavy paper under lacing to hold in stuffing. Hold piece neck down; stuff loosely. For amount of stuffing to use, see page 6. 77254-B



Finish stitching to hold stuffing in place. If a wing is attached, sew it down with cord or anchor with skewers. 77255-B

If piece has no wing, skewer or sew wing skin to breast meat. Roast paper-side down 3 to 3½ hours at 325° F., basting several times. 77256-B



Braising . . . whole leg

A whole leg—drumstick and thigh—of a large turkey is enough for 4 or 5 good servings. Braising is an excellent way to cook a turkey leg for a tender, golden-brown product.



Skewer thigh to drumstick by folding skin inside joint—to keep leg bent. Skewer skin to meat at top of leg.

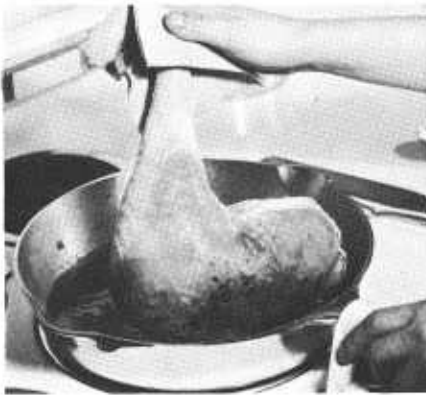
77238-B



Rub flour seasoned with salt and pepper into skin. It gives the cooked turkey that golden brown color.

77242-B

Brown leg in hot fat, turning frequently. To brown the joint end, hold leg as shown. Browning the leg may take 20 minutes. 77243-B



Add a little water and cook covered over low heat or in oven at 350°F. until joint moves easily. Cook 2 to 3 hours, depending on size. 77244-B

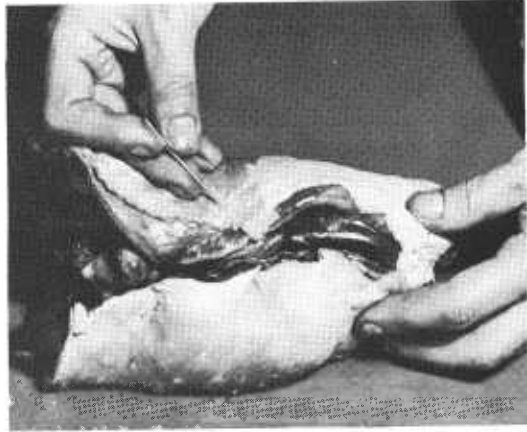


Braising . . . thigh, drumstick, wing

Skewer or fold as below. Dip in flour-salt-pepper mixture, brown in hot fat. Add a little water, cover pan. Cook over low heat or in oven at 350°F. Cooking takes 1½ to 2½ hours, including browning.

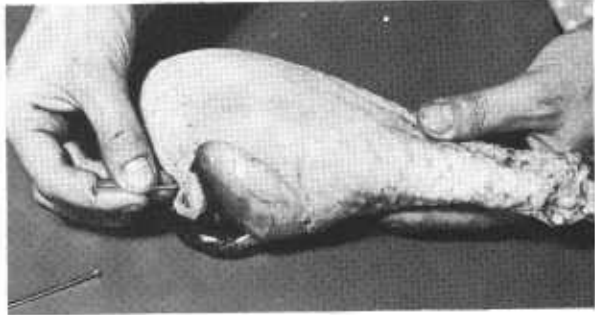
Thigh . . .

Pull skin around meat and fasten with skewers. Skewers will loosen in cooking. Makes 2 or 3 servings. 77246-B



Drumstick . . .

Pull skin over end of joint, fasten with skewers. In browning hold up in pan to brown joint end. Makes 2 servings. 77239-B



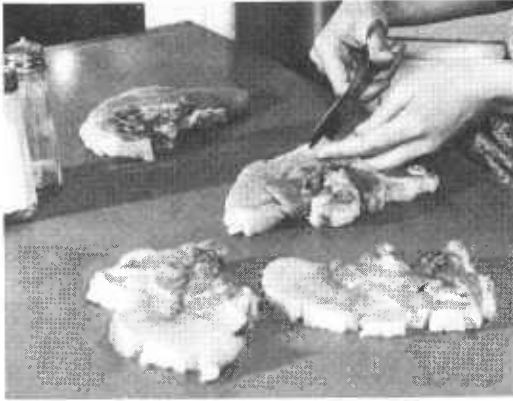
Wing . . .

Fold tip under heavy bone. No skewers are needed. Each wing makes a serving. 77291-B



Cross-cut steaks

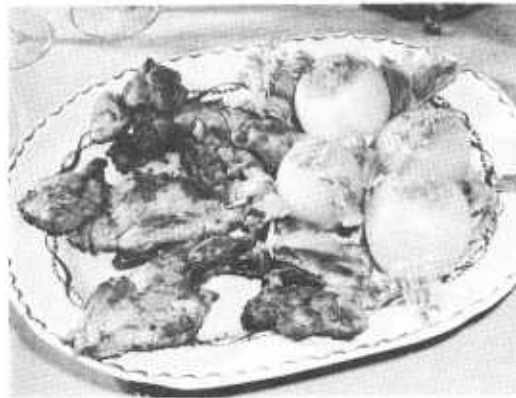
Cross-cut turkey steaks are slices of the bird with bone left in. They are cut half an inch thick or thicker. These steaks may be braised uncoated as below or may have a crumb coating.



With scissors, clip each steak around edge at about 1-inch intervals to keep meat flat as it cooks. Season with salt and pepper. 8-A



Brown in hot fat about 4 minutes on each side. Add 2 tablespoons water, cover tightly, and cook over low heat 15 to 20 minutes. 77386-B



Then uncover pan and turn up heat to dry steaks a little. Finished product should be tender and brown. 10-A

Boneless steaks

Boneless steaks are made by "knitting" pieces of turkey together. These steaks are good with a crumb coating, as below, or without. These steaks are very perishable; if frozen, cook from frozen state.

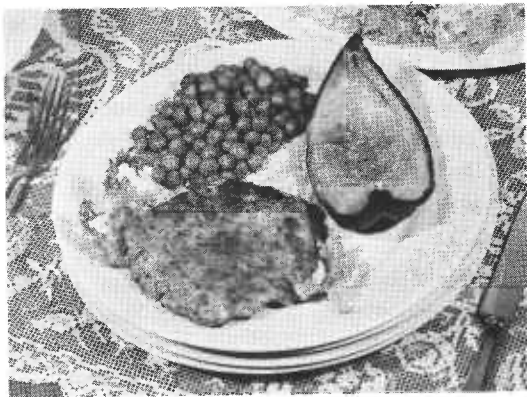
Sprinkle with salt and pepper. Dip in mixture of beaten egg and 1 tablespoon water, then in crumbs. Dip again in egg and crumbs. 77384-B



Brown in hot fat 5 to 8 minutes on each side—no water, no cover—medium heat. Dark meat takes a little longer than white. 77385-B



Already in neat, individual portions, golden brown boneless steaks are an unusual treat. 77387-B



Recipes



77250-B

Turkey chowder (pictured above)

2 slices bacon, chopped
¼ cup chopped onion
1 cup diced celery
2 cups cubed potatoes
1 cup diced cooked turkey
2 cups turkey broth (see p. 7)
1 cup whole kernel corn
2 tablespoons chopped parsley
2 tablespoons flour
1 cup milk
Salt and pepper

Place bacon in fry pan over low heat. When part of the fat has cooked out add the onion. Continue cooking until onion is soft and bacon is brown.

Meanwhile, cook celery, potatoes, and turkey in broth until the vegetables are tender. Then add corn, cooked bacon, onion, and parsley.

Blend flour with milk and stir into cooking mixture. Cook about 15 minutes longer, stirring occasionally. Season to taste.

6 servings.

Turkey pie

1 ½ cups chopped cooked turkey
¼ cup cooked diced celery
2 tablespoons finely minced onion
¾ cup cooked diced carrots
¼ cup canned or cooked peas
**1 ½ cups medium sauce or turkey
gravy (see p. 21)**
Unbaked pastry

Place turkey, vegetables, and sauce in layers in shallow baking dish or in four individual baking dishes.

Bake at 425° F. (hot oven) 20 minutes or until hot through. Meanwhile, cut pastry into four circles or other designs and bake 12 to 15 minutes on baking sheet.

Place baked pastries on top of pie and serve.

One cup seasoned mashed potatoes may be used in place of pastry. Add potatoes in ring around edge of pie before baking.

4 servings.

Broiled turkey livers

4 large livers
Sliced bacon

Cut livers into slices about ½ inch thick. Wrap each slice with a slice of bacon.

Preheat broiler. Place slices of liver on broiler about 3½ inches from heat.

Broil first side 4 minutes, baste with the bacon fat, and turn. Baste the second side and broil 3 or 4 minutes.

4 servings.

**Turkey wings in barbecue sauce
(pictured below)**

4 wings
2 tablespoons brown sugar
½ teaspoon chili powder
¾ teaspoon salt
2 tablespoons vinegar
1 tablespoon Worcestershire sauce
⅓ cup tomato catsup
1 ½ cups water

Place wings in large fry pan.

Mix all other ingredients to make sauce. Pour sauce over turkey and cover pan.

Simmer over low heat until the wings are tender, about 2 hours. Remove the cover and place pan under broiler. Continue cooking, basting frequently, about 15 minutes or until the sauce is mostly absorbed.

4 servings.

Turkey a la king

½ cup chopped celery
¼ cup finely chopped onion
¼ cup finely chopped green pepper
¼ cup sliced mushrooms
2 cups chopped cooked turkey
**3 cups medium sauce or turkey
 gravy (see p. 21)**
Salt
Pepper

Cook vegetables and mushrooms in a little water until tender, then drain.

Add vegetables, turkey, and mushrooms to sauce. Season to taste with salt and pepper.

Heat thoroughly over low heat or hot water.

Serve on toast or biscuits or on cooked rice.

6 servings.

77246-B



**Turkey salad loaf
(pictured below)**

- ¼ cup vinegar
- ⅓ cup salad oil
- ¼ teaspoon salt
- Pepper**
- Paprika**
- 3 cups chopped cooked turkey**
- 2 tablespoons unflavored gelatin**
- ½ cup cold water
- 2½ cups hot clear broth (see p. 7)**
- ½ teaspoon salt
- 2 hard cooked eggs, sliced**
- ½ cup cooked or canned peas
- 6 stuffed olives, sliced**
- 1 teaspoon onion juice**
- ½ cup finely chopped celery

Mix first five ingredients and pour over turkey. Let stand in refrigerator 1 to 2 hours, stirring occasionally.

Sprinkle gelatin on cold water and soak a few minutes. Dissolve soaked gelatin in hot broth.

Add salt and cool until slightly thickened.

Make a design of sliced eggs, peas, and olives on bottom of salad mold and cover with a thin layer of thickened broth. Chill until firm.

Mix onion juice, celery, and drained turkey with rest of thickened broth. Carefully pour this mixture into the mold and chill until firm. Unmold to serve.

6 servings.

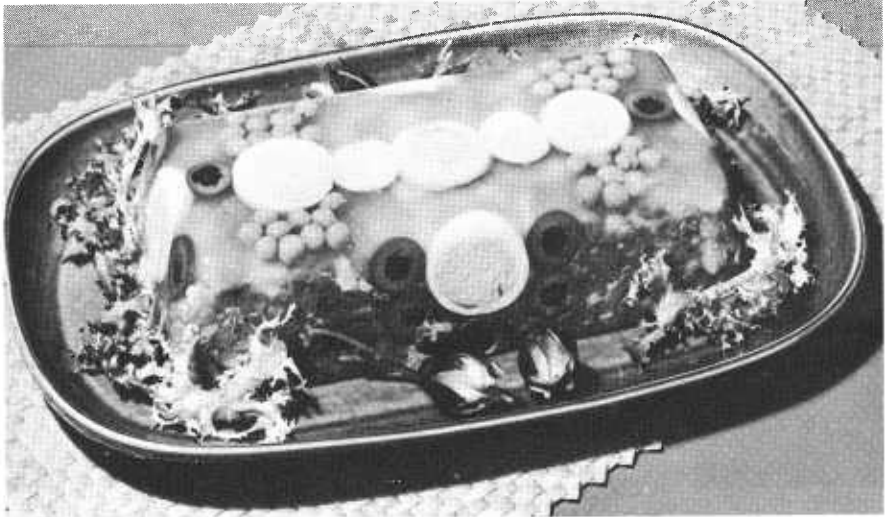
Giblet sandwich spread

- 1 cup finely chopped cooked giblets**
- 1 tablespoon each finely chopped pimiento, onion, green pepper**
- ¼ cup finely chopped celery
- ⅓ cup finely chopped sweet pickles
- ⅓ cup mayonnaise or thick salad dressing
- Salt and pepper**

If desired, put vegetables and giblets through food chopper. Then mix all ingredients.

Makes spread for 6 sandwiches.

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Baked turkey hash

- 2 cups finely chopped cooked turkey**
- 2 cups finely chopped raw potatoes**
- 2 tablespoons chopped green pepper**
- ¾ cup finely chopped or ground onion**
- 1 ½ teaspoons salt**
- Pepper**
- ½ cup turkey broth or water (p. 7)**

Mix all ingredients together. Place in a shallow greased baking dish or pan. Cover.

Bake at 350° F. (moderate oven) about 1 hour, removing cover during last half hour for browning.

4 servings.

Turkey wings fricassee

- 4 turkey wings**
- 3 tablespoons cooking fat or oil**
- 2 ½ cups water**
- ¾ teaspoon salt**
- Pepper**
- 2 tablespoons flour**

Brown the wings in the fat or oil. Add water, salt, and pepper. Cover pan.

Simmer until the wings are tender, about 2 hours, turning once. Add more water if needed.

Blend flour with a little cold water and add to cooking water for thickening. Cook about 15 minutes longer.

4 servings.

Turkey noodle scallop (pictured above)

- ¼ cup finely minced onion**
- 3 cups medium sauce (see p. 21)**
- 3 cups cooked noodles (6-ounce package)**
- ½ cup cooked or canned peas**
- 2 cups diced cooked turkey**
- ½ cup grated cheese**
- Crumbs mixed with fat**

Add onion to sauce. In turn, place layers of noodles, peas, turkey, cheese, and sauce in greased baking dish. Sprinkle crumbs over top.

Brown at 400° F. (hot oven) about 20 minutes or until sauce starts to bubble through crumbs.

8 servings.

Turkey dumplings

- 1 ½ cups sifted flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 2 ½ cups finely chopped cooked turkey
- 1 cup milk
- 1 egg, beaten
- About 3 cups thin turkey gravy or broth (see pp. 7 and 21)

Sift flour, baking powder, and salt together. Add turkey and mix thoroughly.

Add milk to egg and stir into turkey and flour mixture.

Heat gravy in deep pan. When gravy boils, drop mixture into it by spoonfuls. Cover tightly at once.

Cook about 15 minutes. Do not remove cover at any time during cooking.

10 medium-sized dumplings.

Turkey wings creole (pictured below)

- 4 turkey wings
- Flour-salt-pepper mixture
- 3 tablespoons cooking fat or oil
- 1 cup chopped onion
- ½ cup chopped green pepper
- 1 ½ teaspoons salt
- 1 bay leaf, if desired
- Cayenne pepper
- 1 clove garlic, sliced
- 2 ½ cups cooked or canned tomatoes

Dip wings in flour mixture, brown in hot fat or oil in large fry pan about 20 minutes.

Add onion and green pepper and cook in the fat a few minutes.

Add other ingredients, cover pan.

Simmer about 2 hours or until wings are tender; add a little water if needed to prevent sticking.

4 servings.



Turkey gravy

Pour drippings (fat and juices) from roasting pan. Let fat rise, skim it off. For each cup of gravy use 1 tablespoon of the fat, 1½ or 2 tablespoons flour, 1 cup liquid (juices from pan, broth, water), and 2 tablespoons chopped cooked giblets. Put measured fat back into pan, blend in flour, and add liquid. Cook gently until thickened. Season to taste and add giblets.

Stuffings

Poultry stuffings generally start with a dry base—bread crumbs, flaky cooked rice, or seasoned mashed potatoes. Use melted butter or margarine or poultry fat for richness. For flavor, add herbs, finely chopped vegetables, and dry seasonings.

A word of advice to cooks who prefer stuffings moist—go lightly on adding broth. A few tablespoons is enough because stuffing takes up moisture from the turkey. The recipes below make dry stuffings.

Savory stuffing

1 quart breadcrumbs
⅓ cup butter, margarine, or poultry fat
¾ cup chopped celery
3 tablespoons chopped parsley
2 tablespoons chopped onion
½ to ¾ teaspoon savory seasoning
½ to ¾ teaspoon salt
Pepper to taste

See the table on page 6, for quarts of breadcrumbs needed for bird or part to be roasted. Multiply quantity of each ingredient in recipe by this number.

Melt butter, margarine, or poultry fat in fry pan. Add celery, parsley, and onion. Cook a few minutes.

Add to crumbs with the seasonings. Mix lightly but thoroughly.

Add nuts, if desired.

Medium sauce

2 tablespoons fat (turkey or other)
2 tablespoons flour
1 cup liquid (part turkey broth, see p. 7)
¼ teaspoon salt

Melt fat, blend in flour. Add liquid and salt. Cook gently until thickened. Use this sauce for recipes on pages 16, 17, and 19.

Oyster stuffing

1 quart large soft breadcrumbs
½ pint oysters
⅓ cup butter, margarine, or poultry fat
1 tablespoon chopped parsley
½ tablespoon chopped onion
Pinch savory seasoning
Pinch celery seed
½ to ¾ teaspoon salt
Pepper to taste

See table on page 6 for quarts of breadcrumbs needed for bird or part to be roasted. Multiply quantity of each ingredient in recipe by this number.

Heat oysters gently in their own liquid a few minutes. Drain.

Melt butter, margarine, or poultry fat in a fry pan, add parsley and onion, and cook a few minutes.

Mix all lightly together.



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Additional information on poultry cooking and preservation available from
U. S. Department of Agriculture, Washington 25, D. C.
Home Canning of Meat. Home and Garden Bul. 6
Freezing Meat and Poultry Products for Home Use. Home and Garden Bul. 15
Chicken in the Freezer. Leaflet 279