



SECTION C
HERALDNEWS

Wednesday,
November 15, 2006

Taste

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Weighty matters

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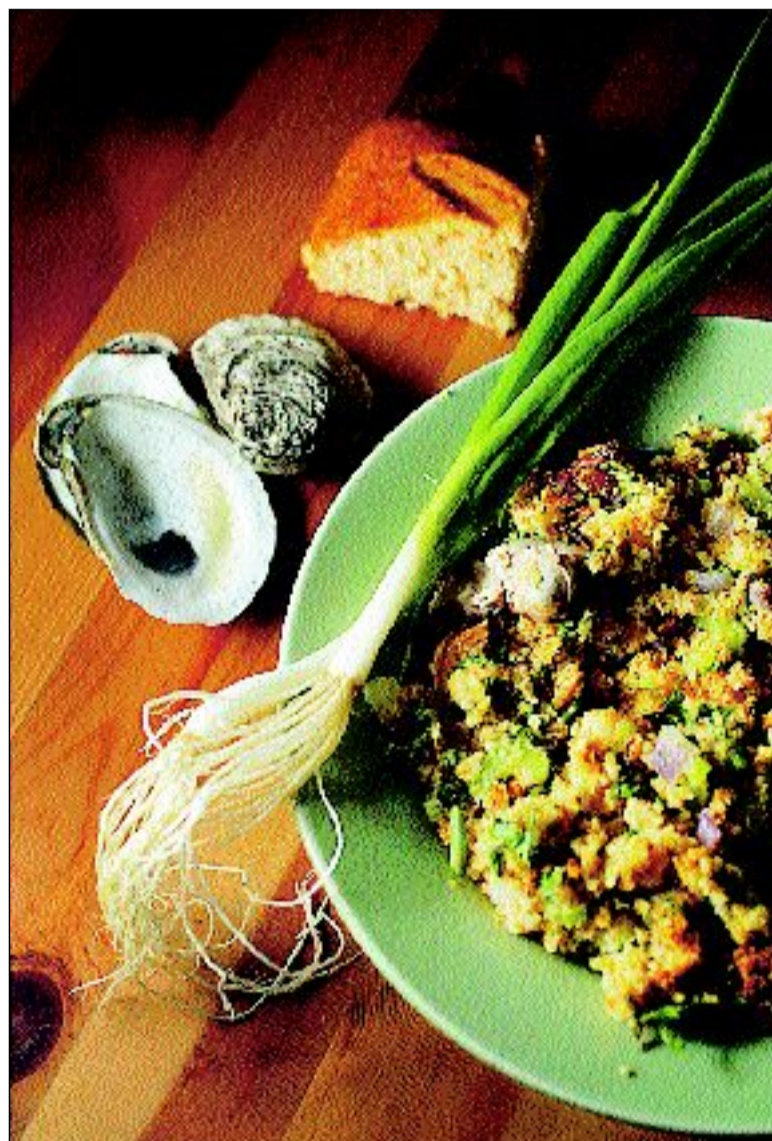
CORNBREAD OYSTER DRESSING

2 stalks celery, chopped
3 cups crumbled cornbread
3 cups bread crumbs
4 scallions
1 cup red onions, chopped
2 tablespoons butter
1 egg, beaten
1/2 cup chicken or turkey stock, enough to moisten the stuffing
About 20 oysters, shucked, juices reserved
Salt
1/2 tablespoon chili powder

Preheat the oven to 350 degrees.

Sauté the celery and onions in the butter until soft.

Mix all of the ingredients together in a large bowl and pour into a greased casserole dish. Bake for 35 to 40 minutes.



THANKSGIVING DAY

Stuffing or Dressing

Variations on a holiday theme

By CAROLINA BOLADO
Herald News

Arlene Ward eschews bread crumbs for her turkey stuffing. She uses brown rice, breakfast sausage, onions, peppers and walnuts to stuff her Thanksgiving bird, a recipe that's been in the family for years.

"We only make it once a year, and that's the day," said Ward, who owns Adventures in Cooking, a kitchen-goods store in Wayne. "It's always a hit in my family."

No two cooks make the same stuffing, but almost everyone will have a version of it at the Thanksgiving table next week. Whether cooked inside the bird (stuffing) or out (dressing), it generally includes a grain, vegetables and seasonings.

For Southern food expert John Martin Taylor, who grew up spending weekends and summers on a boat off the coast of South Carolina, oysters in dressing are a natural. Oyster harvesting begins in September, well in time for Thanksgiving.

"That's the beginning of the season," he said, "and you're thrilled that you can start getting oysters again."

Irene Kuehm, co-owner of Farms View in Wayne, makes a basic stuffing with bread,

onions, giblets and broth, but she never puts it in the turkey. She's cooked it in a crockpot ever since a food poisoning scare many years ago.

"People get into trouble when they're trying to do things ahead of time, like putting the stuffing in the turkey the night before," said Dorothy Jones, a home economist with the Butterball Turkey Talk Line. "That's a big no-no."

Stuffing the bird won't change the taste of the turkey, but juices from the turkey will change stuffing cooked inside the bird.

Jones suggests preparing all of the stuffing ingredients the day before but assembling them on Thanksgiving morning. The turkey should be stuffed just before going into the oven. The stuffing should be cooked to 165 degrees.

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CRANBERRY STUFFING

5 cups bread, cut into 1/2-inch cubes
1-1/2 cups chopped red onions
2 stalks celery, chopped
2 tablespoons butter
2 teaspoons fresh thyme
2 teaspoons fresh rosemary
1 cup chopped cranberries
2 tablespoons brown sugar
1/2 cup apple cider
Salt and pepper to taste

Sauté the onions and celery in the butter until soft.

Toss the cranberries with cider and the sugar in a small bowl.

In a large bowl, mix the rest of the ingredients. Then add the cranberry-sugar mix. If the mixture is too dry, add a bit of broth or water.

Pour into a greased casserole dish and bake for 40 minutes, until the cranberries have released their juice.



APPLE CHESTNUT STUFFING

8 cups fresh bread, cut into 1/2-inch cubes
14 chestnuts
1 stick butter
4 apples, peeled and chopped
1 cup chopped red onions
8 medium leaves fresh sage, chopped
1-1/2 cups apple cider
Salt and pepper to taste

Preheat the oven to 350 degrees.

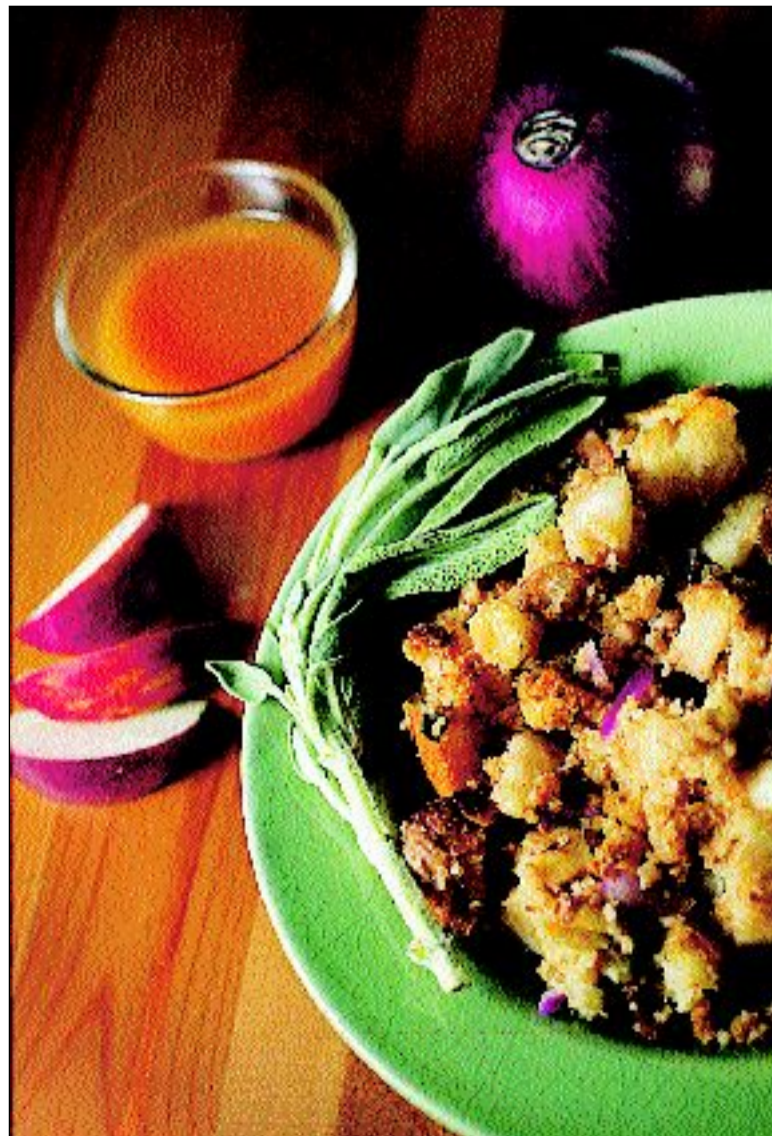
Using a sharp knife, cut a slit on the flat side of each chestnut, and drop them into a pot of water over high heat.

Once the water begins boiling, reduce the heat to a simmer and cook for another 3 minutes. Remove the chestnuts one by one and peel off the skins.

Sauté the onions in the butter until they're soft, but not browned.

In a large bowl, mix the bread crumbs, onions, apples, chestnuts, cider and sage. Check for salt and pepper.

Pour into a greased casserole pan and cook for 40 minutes, until the apples are soft.



Photos by Leslie Barbaro/Herald News

Reader stuffing recipes

We asked and you responded. See your own stuffing recipes on C2

And we can't forget the bird

The centerpiece of most Thanksgiving Day meals is the turkey. Here's a basic roasting recipe, followed by a chart concerning roasting times for stuffed and unstuffed birds.

A SIMPLY PERFECT ROAST TURKEY

Makes 24 servings. Courtesy of www.Allrecipes.com.

1 (18-pound) whole turkey
1/2 cup unsalted butter, softened
1 teaspoon salt and freshly ground black pepper to taste

1-1/2 quarts turkey stock

8 cups prepared stuffing

Preheat oven to 325 degrees.

Place rack in the lowest position of the oven.

Remove the turkey neck and giblets, rinse the turkey, and pat dry with paper towels.

Place the turkey, breast side up, on a rack in the roasting pan.

Loosely fill the body cavity with stuffing. Rub

the skin with the softened butter, and season with salt and pepper. Position an aluminum foil tent over the turkey.

Place turkey in the oven, and pour 2 cups turkey stock into the bottom of the roasting pan. Baste all over every 30 minutes with the juices on the bottom of the pan. Whenever the drippings evaporate, add stock

to moisten them, about 1 to 2 cups at a time.

Remove aluminum foil after 2-1/2

hours. Roast until a meat thermometer inserted in the meaty part of the thigh reads

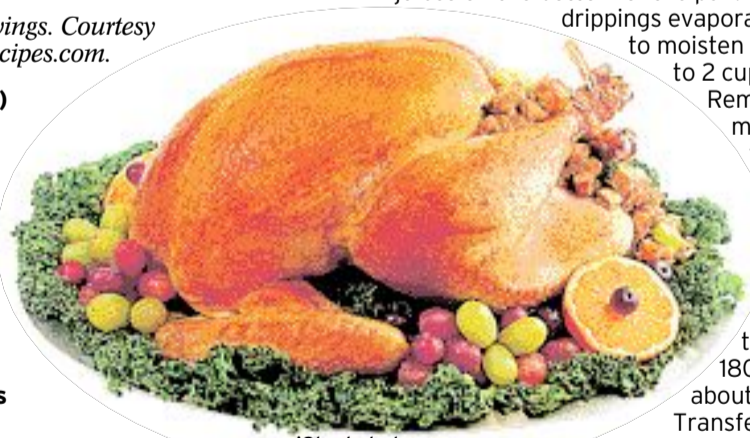
180 degrees, about 4 hours.

Transfer the turkey

to a large serving platter, and let it stand for at least 20 to 30

minutes before carving.

Each serving contains 663 calories, 33.8 grams fat, 212 milligrams cholesterol, 724 milligrams sodium, 72.4 grams protein, 13.7 grams total carbs, 0.7 gram dietary fiber.



ROASTING A WHOLE TURKEY

Cook your turkey until the temperature reaches 170 degrees in the breast and 180 degrees in the thigh.

The following cooking times are for planning purposes only; always use a meat thermometer to determine doneness.

APPROXIMATE TIMETABLE FOR ROASTING A TURKEY AT 325 DEGREES

Unstuffed Turkey		Stuffed Turkey	
8 to 12 pounds	2-3/4 to 3 hours	8 to 12 pounds	3 to 3-1/2 hours
12 to 14 pounds	3 to 3-3/4 hours	12 to 14 pounds	3-1/2 to 4 hours
14 to 18 pounds	3-3/4 to 4-1/4 hours	14 to 18 pounds	4 to 4-1/4 hours
18 to 20 pounds	4-1/4 to 4-1/2 hours	18 to 20 pounds	4-1/4 to 4-3/4 hours
20 to 24 pounds	4-1/2 to 5 hours	20 to 24 pounds	4-3/4 to 5-1/4 hours
24 to 30 pounds	5 to 5-1/4 hours	24 to 30 pounds	5-1/4 to 6-1/4 hours

Source: National Turkey Federation