

Suggestions For Your Christmas Table

The Family Festive Board

How Long To Roast?

Duck and goose are roasted uncovered in a 325 degree F. oven. Do not prick skin of duck, or juices will run out during roasting. On the other hand, to prick the fat layers over back, around tail, wings and legs of a goose before roasting helps draw out the excess fat. Roast three to four and a half lb. duck 45 minutes per lb. upwards of four and a half lbs. roast for 40 minutes per lb. A 7-9 lb. goose should be roasted 30 minutes per lb., 9-11 lb. goose 25 minutes per pound. Following is a temperature chart for roasting turkey, with oven temperature of 300 degrees F.

Drawn Weight	Time per lb.
7-10 lbs.	30 min.
10-15 lbs.	20 min.
15-18 lbs.	18 min.
18-20 lbs.	15 min.
20-23 lbs.	13 min.

Before placing turkey in oven, brush all over with melted fat, and place a piece of cheesecloth saturated with fat over breast and sides. If you start roasting the bird early enough to take it out of the oven a quarter of an hour before the rest of the dinner is done, it gives you extra time to make the gravy, and avoid a last minute rush.

Celery Stuffing (Turkey)

Four cups finely diced celery, 2 cups boiling water, 1/2 cup minced onion, 1/2 cup butter or fat, 2 teas. poultry seasoning, 1 tablespoon salt, 1 teas. pepper, 4 quarts lightly packed dry old bread crumbs. Simmer celery in boiling water until tender, and drain, reserving one cup liquid. Cook onion in fat over low heat until tender. Combine onion and celery, add crumbs, add celery, one cup celery liquid and onion; mix thoroughly with a fork.



For a dressing which adds that perfect touch to a roast duck, halve or quarter the above recipe, according to the size of the bird, and add one cup peeled, diced oranges and one tablespoon grated orange rind if halving the recipe, or 1/2 cup orange and 1/2 tablespoon rind if quartering it.

The following French recipe for an accompanying sauce gives another way of adding a subtle flavour of orange to the duck. Instead of making gravy with the drippings, skim off the fat, add 1/2 cup of stock or a chicken bouillon cube dissolved in a 1/2 cup of water, and bring to the boil. Add the juice and grated rind of half an orange.

One cup minced onion, 3 cups pared, cored, diced apples, 1 cup seeded raisins, 1 1/2 teas. salt, 1/2 cups lightly packed dry old bread crumbs, 1/2 teas. pepper, 1/2 cup sugar, 1/2 cup melted butter or fat, or salad oil. Combine all ingredi-



ents and mix well. Here is a delicious and different way of French frying the versatile potato, using canned potatoes for extra speed. Turn one No. 2 can of small whole potatoes and their liquid into a bowl, sprinkle with a teaspoon of salt, and if desired, 1/2 teaspoon monosodium glutamate, and let stand for ten minutes. Drain well, and cook a few at a time, in deep hot fat, (375 degrees F.) about three minutes, or until golden and crusty. Sprinkle with salt and pepper and serve hot. Makes about five servings.

Having A Salad?

Here is a salad which couldn't be more appropriate for Christmas, and perhaps if you plan to turn a steamed pudding out of the pan between courses, you might like to serve it then.

Select medium sized, firm tomatoes, one to a serving. Remove a slice from the top of each, scoop out the pulp, sprinkle the inside of the tomato with salt, and drain for ten minutes. Stuff the tomatoes with cottage cheese and chopped celery, bound together with mayonnaise and seasoned with grated onion, salt and pepper, or any other combination you like — there are many ways of stuffing your tomatoes. The tomato is Santa's body — now make a head of softened cream cheese, place on the tomato, and use pimento, and olives, or nuts and raisins to provide him with features and trimmings. Serve on a leaf of lettuce.

Christmas Snow Pudding

Two envelopes plain gelatine, 2 1/2 cups (one No. 2 can) unsweetened pineapple juice, 1 teas. grated lemon rind, 2 tbs. lemon juice, 1/4 teas. salt, 1/4 cup white sugar, 1 cup heavy cream, whipped, 1/2 cup shredded coconut, one package of frozen strawberries, thawed.

Sprinkle gelatine on 1/2 cup of pineapple juice, let soften five minutes, and set over boiling water until dissolved. Add to rest of pineapple juice with lemon rind and juice, salt and sugar, and stir until sugar is dissolved. Cool until mixture is slightly jelled. Then beat with egg beater until fluffy, and whip cream without washing beater. Fold coconut and two mixtures together, and chill until set in 1 quart mould or bowl. Unmould on plate, sprinkle with a little coconut, and spoon some of the thawed berries around the bottom for a wreath effect. Pass the rest. Makes six to eight servings.

Little mince pies make a delicious accompaniment to this dessert. Cut pastry in rounds about two inches in diameter, more or less as desired, prick the centres of half and moisten the edges of

the other half with finger dipped in cold water. Place a teaspoonful of mince meat in the centre of moistened rounds, put pricked round on top, flatten slightly to spread out mince meat and seal edges. Bake in a hot oven until golden brown.

Christmas Mince Meat

This mince meat, which has no meat in it, is quite rich and not desirable for use in large pies.

One pound seeded raisins, 1 pound currants, 1 dozen apples, 1 small package oat peel, 1 pound sugar, 1 lb. suet (have the butcher grind this as for hamburger), 1/2 cup rind and juice of two lemons, 1/2 cup nutmeg or 1 teaspoon ground nutmeg, 1/2 teaspoon of cloves, 1 teaspoon cinnamon. Put apples, seeded raisins and oat peel through food chopper, using coarse blade. Add remaining ingredients, varying spices as desired.

Steamed Plum Pudding

Three quarters cup sifted flour, 1 teaspoon baking soda, 1 teaspoon salt, 1/2 teaspoon nutmeg, 1 teaspoon cinnamon, 1/4 teaspoon mace, 1/4 pound (1 cup) ground suet, 1 cup and 2 tablespoons brown sugar, 1/2 cup milk, 1/2 cup suet, well beaten, 1 cup of seedless raisins, 1/2 cups currants, 1/2 cup sliced preserved orange peel, 1/2 cup sliced preserved lemon peel, 1/2 cup sliced citron, 1/2 cup chopped blanched almonds, 1/4 cup flour, 1 cup soft, day-old bread crumbs.



Sift together first six ingredients. Mix suet, sugar and milk; add eggs. Mix raisins and next five ingredients with 1/4 cup flour. Add with crumbs and flour mixture to suet mixture. Mix well, turn into greased flour two quart pudding mould or tin. Steam 2 1/2 hours. Bake about three hours in a slow oven (300 degrees F.), with a shallow pan of water on the oven floor. Let cake stand in pans ten minutes. Then turn out, remove papers, cool on racks.

Cakes And Decorations

Since dark fruit cake is better if allowed to age for a few weeks, here is a delicious white fruit cake recipe in case yours isn't made yet.

Two cups (eleven quarts) almonds, shelled, 1 1/2 cups (nine and three-fourths ounces) thinly sliced citron, 1 cup (seven ounces) thinly sliced orange and lemon peel, 1 1/2 cups (ten and one-half ounces) candied cherries, halved, 1 1/2 cups (eight ounces) white raisins, 4 cups sifted flour, 1/2 teaspoon salt, 1/2 teaspoon nutmeg or mace, 1 pound (two cups) butter, (at room temperature), 1 pound (two cups) sugar (may be half brown sugar), 9 large or ten medium eggs, 1 1/2 teaspoons vanilla or one-half teaspoon each vanilla and lemon extract.

Cover almonds with boiling water and let stand till skins slip off easily — about five minutes. Drain, rinse under cold water and remove the skins. Cut in slivers length-wise and bake in a moderate oven (350 degrees F.) till light brown. Cool.

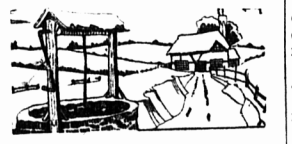
Prepare pans. Grease a nine-inch tube pan and two medium loaf pans or four loaf pans. Line each with two thicknesses of waxed paper, covering bottom only of tube pan. Grease paper.

Sift together the flour, salt and nutmeg or mace. Mix one-half cup with prepared nuts and fruits, coating each piece with flour. Cream butter, add sugar gradually and cream well. Add eggs one at a time, and beat till mixture is fluffy and light. Add flavouring extract.

Add flour, about one-half cup at a time, stirring after each addition. Add floured nuts, fruits, stir till distributed in batter. Turn into prepared pans, filling not more than three-fourths full. Bake about three hours in a slow oven (300 degrees F.), with a shallow pan of water on the oven floor. Let cake stand in pans ten minutes. Then turn out, remove papers, cool on racks.

Decorating Cakes

Butter icing is most satisfactory for fruit cakes because it keeps well, and gives the most professional appearance when decorations are to be added.



One quarter cup butter, 2 cups sifted confectioners' sugar, about 3 tablespoons milk or cream, 1 teaspoon vanilla. Put butter in mixing bowl; cream with spoon or beater until light and fluffy. Gradually add about 1/2 of the sugar. Then add remaining sugar and the milk or cream alternately, while stirring or beating until very smooth. Add only enough cream to make the frosting of spreading consistency. If frosting fruit cake, brush the cake with egg white first and allow to dry, to prevent discoloration. A knife dipped in boiling water will make it possible to ice the cake more smoothly.

If you do not have a pastry tube, it is possible to decorate a cake's successfully without one; indeed, this is the way it is done by many professionals. Using heavy waxed paper, waterproof brown paper, or, best of all, cooking parchment, make a cone, having a perfect point at the end. If using parchment, dampen it slightly to make it more pliable. Place a generous spoonful of decorating frosting in the cone, squeeze the loose ends at the top together and twist until the frosting is all pushed firmly into the bottom of the cone. Using scissors, snip a tiny piece off the end, and force the icing out by continuing to twist the paper. Practise a little first, and enlarge the hole in the end if necessary to obtain the desired effect. Hold your cone of icing or pastry tube

the hands into shape of the top of the cake. When putting the almond paste in position, brush the top of the cake with jam or corn syrup to make it adhere. Here is another late-in-the-day fruit cake.

Uncooked Fruit Cake

Line bottom and sides of five cup loaf or tube pan with waxed paper. Place in small bowl 1/2 cup evaporated milk, 16 quartered marsh-



mallows, and three tbsps. orange juice. Let stand while preparing the following mixture. Four dozen 2 1/2 inch graham wafers, rolled into fine crumbs, 1/2 teaspoon cinnamon, 1/4 teaspoon

nutmeg, 1/2 teaspoon cloves, 1 cup seedless raisins, 1/2 cup finely cut dates, 3/4 cups broken walnut meats, 1/2 cup finely chopped candied pineapple, 1/2 cup candied cherries cut in quarters, 2 tbsps. chopped candied orange peel. Combine all in large bowl, and add milk mixture. Mix with spoon and hands until all is moistened. Press firmly into pan, cover and chill for two days before slicing. Store in a cool place. Decorate this cake with fruit and nuts rather than icing.

Decorator Frosting

Cream one half tablespoon butter with 1/2 cup confectioners' sugar and 2 teaspoons cream. Tint as desired with vegetable colouring. To make a gay Christmas tree on the cake, draw a tree outline with a toothpick and follow the outline with paper cone or pastry tube filled with frosting tinted green. Fill in the outline, and make a trunk with a little frosting coloured brown with melted chocolate, or melted chocolate alone. Sprinkle a little finely shredded coconut on tips of branches for snow, make ropes of red with tiny red candies or finely cut candied cherries, and stud with little silver balls for ornaments.



Poinsettias are made by cutting a few candied cherries in rings, then cutting the rings in half. For leaves, use thin slices of green citron, angelica, or gum drops.

A very delicate design may be made by tinting the icing with which the cake is frosted, then placing a paper dolly over the surface, and sifting icing sugar over it. Remove the dolly very carefully so the design will be perfect. Lettering on the cake may be made with chocolate shot or silver balls instead of icing. To make a star, draw a star shape on the cake, follow the outline with icing, or with silver balls, and place a small candle in the center. Or make a star outline with tiny birthday candles.

Icing does not travel very well, so it is better just to use fruit for decoration if you are sending cakes away as presents. Brush a little over the cake, and dip nuts and candied fruit in the rest. Press into the top of cake.

A wreath of holly around the cake may be made with real holly, or with candied cherries for berries and angelica for the leaves. You may wish to have a layer of almond paste along with or instead of frosting. Almond icing may be bought, but homemade almond paste or marzipan, as it is sometimes called, will have a much better flavour and more interesting texture.

One egg, 3/4 pound ground almonds, 6 ounces white sugar, 6 ounces sifted icing sugar, 1 teaspoon almond flavouring. Skin the almonds as given in recipe above for white fruit cake, and grind fine. Mix ground almonds and sugar. Beat egg, add flavouring and mix with stiff paste with fork and the hands. If too moist add a little icing sugar; if too dry, a little egg. Mould with

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Cook's Tour Round Britain

(By Cynthia Robb)

Ask anyone overseas what Britons have for Christmas dinner and back comes the answer: "Roast turkey, plum pudding, mince pies."

That's right. Christmas dinner is a British institution which survives wars and changes of government — and anything you can think of.

But it's only half the answer. Or half the menu. At Christmas and the New Year, a Briton may be a Scot as a tin of black bun in Edinburgh, a Cornish man savoring Cornish splits in Truro, or a Welshman eating Berfford cakes in Anglesey.

If you want to add variety to your festive fare, come on a cook's tour around Britain.

Berkshire — Coffee Cream

One cup milk, 1 cup cream or evaporated milk, sugar to taste, 1/4 cup strong black coffee, 1/2 tbsps. gelatine, vanilla.

Whip the cream or evaporated milk until very thick. Add milk and gelatine dissolved in coffee. Sweeten to taste, and add vanilla. When thickening, turn into mould, and when set, decorate with cherries and angelica.

Cornwall — Cornish Splits

Two cups flour, 2 tbsps butter, 1 tbsps yeast, 1 tbsps sugar, 1 cup tepid milk, 1 tsp. salt.

Cream yeast and sugar until liquid, then add milk. Sieve the flour and salt into a basin. Melt butter. Add milk and salt with butter to the flour, and mix into a smooth dough. Let the dough rise in a cool place for 45 minutes. Then shape into balls and bake in a floured baking tin in a hot oven for 15 to 20 minutes. Split the balls, cover with butter and serve hot; or let them cool and serve with jam cream or golden syrup.

Derbyshire — Bakewell Tart

Pastry. Filling: 2 tbsps raspberry jam, 1/2 cup almonds, 1/4 cup sugar, 1/4 cup butter or margarine, 1 egg, Almond essence. Cream butter and sugar until white and fluffy, stir in egg, add almonds and few drops almond essence and beat well. Line a flat



dish with pastry, place a good layer of jam at the bottom, spread mixture lightly on top. Bake in a quick oven for half an hour.

(One quarter cup of fine bread-crumbs may be substituted for ground almonds and a little more almond essence added.)

Staffordshire — Syllabub

Syllabub is the Staffordshire name for a traditional sweet always served during the Christmas festivities. It can be served separately, or as a sauce for Christmas pudding.

Mix together 3/4 cup of sugar and the juice and grated rind of two lemons, add 2 cups of cream whip all together. Put in glasses and let stand all night.

Wales — Berfford Cakes

Two tbsps. sugar, 1/4 cup butter, 1/2 cup flour.

Mix well by hand, roll out fairly thin and cut into rounds. In Anglesey, where Berfford cakes originated, they mark each round with a scallop shell. Bake in a moderate oven and sprinkle with sugar.

Scotland — Black Bun

Here is Scotland's own festive cake at Hogmanay (December 31st).

Wash and dry four cups of currants. Stone 4 cups of big blue raisins. Blanch and chop 1/2 cup almonds. Chop 1 cup candied peel. Sift 2 cups of flour and mix with 1/2 cup sugar, 1 tbsps. of ground cloves or cinnamon, 1 tbsps. of ground ginger, a tsp. of Jamaica pepper, half a teaspoonful of black pepper, a small teaspoonful of baking soda. Add to these the prepared fruits. Add just enough butter, milk or beaten egg, with a tablespoonful of brandy, to moisten the mixture.

Make a paste by lightly rubbing 1 cup of butter into 2 cups of flour and mixing in quickly sufficient water to make a stiff dough. Roll out thinly. Grease a large cake tin and line it evenly with the paste, retaining enough to cover the top. Trim the edges, put the mixture in, and make the surface flat and smooth. Moisten the edges of the pastry with cold water and flatten on the round top. Make all secure and neat. Take a skewer and make four holes

right down to the bottom of the cake. Prick all over with a fork, brush with beaten egg, and bake in a moderate oven for about four hours.

Shortbread is another traditional Scottish cake. There are many recipes, but this is a typical one.

Two cups flour, 1 cup butter, 1/2 cup sugar.

Knead butter and sugar or beat them to a cream; work in flour gradually, adding a squeeze of lemon juice. When all the flour is smoothly worked in, press the dough out into a round about 1/2 inch thick, or press out and cut into rounds or oblongs. Prick all over with a fork and bake in a slow oven till pale golden brown. Shortbread may be cut while hot or broken later.

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