

Orphans' Thanksgiving

BY SHANNON OELRICH The phenomenon of "Orphans' Thanksgiving" used to be the province of university towns like Austin, where lots of people are away from their families during holidays. But as our society becomes more nomadic, the idea is becoming more widespread, and the new traditions more familiar: Those who can't be "home for the holidays"—whether for work, school or other reasons—gather at a friend's house for a potluck. Some are huge, come-one-come-all affairs, and others are small, intimate gatherings. For a small gathering of friends, a turkey might be too much meat and too much trouble, so consider roast duck instead. I chose a recipe for duck and a great accompanying stuffing from our new cookbook, *60 Years of Home Cooking*, to share with you.

To use the Gala Glaze for Roast Duck, first preheat your oven to 425 degrees. Next, prepare a 5- to 6-pound duck by washing it, cutting off the excess fat, and pricking the skin all over with the tip of a knife. Season duck liberally, inside and out, with salt and pepper. Place in a shallow roasting pan with a rack and cook for 30 minutes. Take it out of the oven and drain the fat, if necessary. Turn oven down to 300 degrees and continue to cook for 1 hour (add 20 minutes if duck is closer to 6 pounds or is stuffed). Internal temperature should reach 165 degrees on a meat thermometer.

GALA GLAZE FOR ROAST DUCK

- 1/2 cup brown sugar
- 1 teaspoon caraway seeds
- 1/4 teaspoon salt
- 1 bottle (7 ounces) 7-Up
- 1 cup halved, seedless white grapes

Thoroughly mix brown sugar, caraway seeds, salt and 7-Up in a saucepan. Stir in grapes. About half an hour before meat has finished baking, spoon on the glaze. Baste meat once or twice with sauce as it finishes baking. Serves 4 to 6.

Serving size: 2 small slices. Per serving: 174 calories, 17 g protein, 6 g fat, 10 g carbohydrates, 87 mg sodium, 58 mg cholesterol

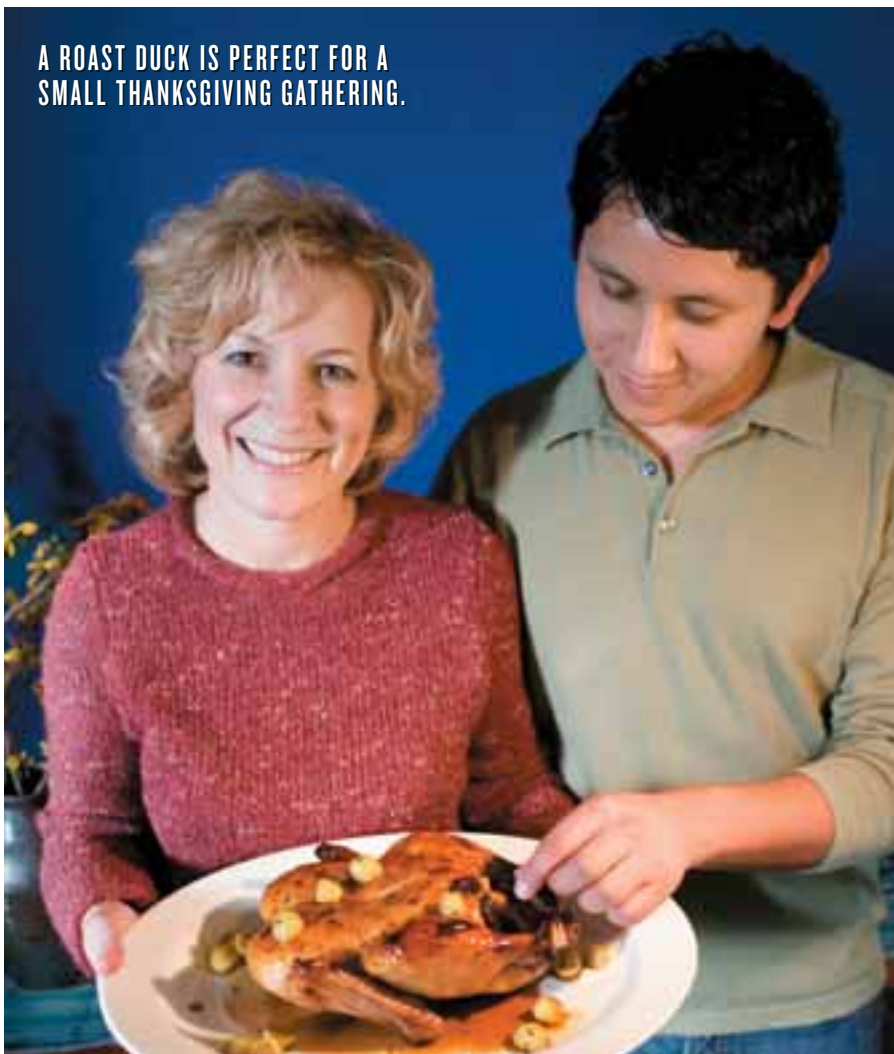
PECAN STUFFING FOR WILD DUCK

- 1 cup finely chopped celery
- 1 cup finely chopped onion
- 1 cup seedless raisins
- 1 cup pecan meats, chopped
- 1/2 cup cooked crumbled bacon
- Fresh ground pepper
- 4 cups soft bread crumbs
- 1/2 cup milk, scalded
- 2 eggs, beaten

Mix together all but milk and eggs. Add hot milk to the beaten eggs and then to the dry mixture. Toss lightly. Bake with fowl or in separate greased baking dish at 325 degrees for about 1 hour. Serves 6 to 8.

Serving size: 1 large serving spoonful. Per serving: 290 calories, 8 g protein, 16 g fat, 31 g carbohydrates, 270 mg sodium, 55 mg cholesterol

Cook's Quip: **Barbara Baronas**, member of **Central Texas Electric Cooperative**, sent us a funny story about dressing: "While I won't include a recipe for the stuff you put in the turkey, I thought you might like to hear what my grandfather, Owen Yoder, always said about it: 'If you have one helping, it's called *dressing*. Your second helping is called *filling*, and your third helping is called *stuffing!*'"



A ROAST DUCK IS PERFECT FOR A SMALL THANKSGIVING GATHERING.



MARY JO MCCARTY *Grayson-Collin Electric Cooperative*

Prize-winning recipe: Crock Pot Dressing

This month's winning recipe is very, very tasty, and incredibly easy to prepare. As long as your Thanksgiving crowd can live without the crusty corners you get from cooking your dressing in a pan, then this simple Crock Pot Dressing is a time-saving wonder.

CROCK POT DRESSING

- 1 package cornbread mix
- 8 slices toast
- 1 cup chopped onion
- 1 cup chopped celery
- 4 eggs
- 1 teaspoon pepper
- 1 teaspoon salt
- 2 tablespoons sage
- 2 cans chicken broth
- 2 cans cream of chicken soup

Mix all ingredients in crock pot. Cook for 2 hours on high or 4 hours on low.

Serves 8.

Serving size: 1 large serving spoonful. Per serving: 210 calories, 8 g protein, 7 g fat, 28 g carbohydrates, 958 mg sodium, 96 mg cholesterol

CORNBREAD DRESSING

- 1 pan cornbread (see below)
- 4 cups croutons from toasted bread (6 slices)
- 1 cup chopped celery
- 1 medium onion, chopped
- 2 oranges, sectioned, chopped
- 2 apples, cored, pared, chopped
- 3/4 cup dried cranberries (or raisins)
- 1/4 cup parsley
- 2 teaspoons sage
- 2 teaspoons fresh marjoram leaves (or 1 dried)
- 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried oregano leaves
- 1/4 teaspoon nutmeg
- 2 eggs, slightly beaten

- 1 can 99% fat-free chicken broth
- 1/2 cup melted margarine
- 1 tablespoon chicken bouillon granules

Break cornbread into pieces in very large bowl. Add croutons, vegetables and fruits. Distribute seasonings over the bread mixture. Add eggs, broth and margarine by distributing liquids over bread mixture. Bouillon can be added dry or mixed with a little water. With large spoon, mix all ingredients well, turning dressing over so that seasonings and liquids become evenly distributed.

Pile loosely into greased baking pan(s); gently press down the top layer to make a semi-smooth surface. Bake at 400 degrees for 45 minutes or until top is golden brown. Note: Small amount of chicken broth may be added during baking if dressing becomes too dry. Serves 12 to 14.

CORNBREAD

- 1 cup flour
- 1 cup yellow cornmeal
- 3 tablespoons sugar
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup skim milk
- 1 egg
- 1/4 cup canola oil

Mix dry ingredients together. Add milk, egg and oil; stir to mix. Pour into greased skillet or pan. Bake at 425 degrees for 25 minutes or until top is golden brown.

CAROL CARPENTER

Pedernales Electric Cooperative

Serving size: 1 large serving spoonful. Per serving: 259 calories, 6 g protein, 12 g fat, 32 g carbohydrates, 506 mg sodium, 40 mg cholesterol

CORNBREAD STUFFING

- 12 cups cubed day-old cornbread (1 large pan about 1-inch thick)
- 4 tablespoons olive oil (divided)
- 2 tablespoons dried thyme
- Salt and pepper to taste
- 2 pounds bulk sausage
- 4 cups chopped onions
- 4 cups chopped celery
- 2 tablespoons finely minced garlic
- 2 tablespoons dried sage leaves, crumbled
- 2 tart apples, coarsely chopped
- 1 cup dried cherries or cranberries
- 1 cup pitted prunes, halved
- 2 cups chicken broth

In large bowl, toss cornbread, 2 tablespoons olive oil, thyme, salt and pepper. Put on baking sheets in single layer and toast in 350-degree oven for 15 minutes.

Brown sausage in pot over medium heat, breaking up clumps; remove to bowl using slotted spoon. Blot excess grease from sausage with paper towels.

Place remaining olive oil in pot; cook onions, celery, garlic and sage over medium-low heat for 20 minutes. In large bowl, combine cornbread, sausage, cooked vegetables and fruits. Drizzle with broth to moisten as desired; toss well.

Let cool before stuffing turkey. To cook separately, put stuffing in pan, cover, and bake in preheated 350-degree oven until heated through, about 20 to 30 minutes. Serves 10 to 12.

PATRICIA GARRETT

Pedernales Electric Cooperative

Serving size: 1 large serving spoonful. Per serving: 586 calories, 8 g protein, 19 g fat, 62 g carbohydrates, 930 mg sodium, 115 mg cholesterol

RECIPE CONTEST

February's recipe topic is **DARK CHOCOLATE**—a fitting tribute to the month of Valentines because not only is it a delicious treat for your beloved, it's good for the heart! Send in recipes that use dark chocolate as an ingredient to Home Cooking, 2550 S. IH-35, Austin, TX 78704. You may also fax them to (512) 486-6254 or e-mail them to recipes@texas-ec.org. Please include your name, address and phone number, as well as the name of your electric co-op. The deadline is November 10. The top winner will receive a tin filled with Pioneer products. Runners-up will also receive a prize.

