

# Times for food

## Happy family Thanksgiving

### Sit down to a traditional dinner

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Afraid to foul up? If you have a microwave oven, you can cook a perfect bird.

Complete the meal with the familiar fall vegetables, squash, yams, zucchini or peppers.

Don't forget apple and pumpkin pie, with sharp cheddar cheese for the apple and whipped cream for the pumpkin.

#### MICROWAVE TURKEY

One turkey, under ten pounds, frozen.

Remove the plastic wrap from frozen turkey and place the bird in a microwave baking dish, breast down. Cover the top of the turkey with a strip of aluminum foil, about four by six inches, and loosely cover with a sheet of waxed paper.

Cook on the same surface for 20 minutes and then let stand for 15 minutes in the oven. Remove the turkey from the oven and remove giblets from the cavity. Invert a saucer in the baking dish and place turkey on the dish, breast side up this time. Again cover the centre line with a strip of foil and wrap loosely in waxed paper. Make sure the foil never contacts the walls of the oven, otherwise omit the foil. Cook for ten minutes. Let stand another 15 minutes in the oven. Remove the turkey from the oven and

rinse the cavity with warm water. Salt the cavity and fill with a favorite stuffing.

Place the turkey in the baking dish, breast up and cover the centre strip with foil and a sheet of waxed paper. Cook for 48 minutes for an eight pound bird. Remove from the oven and let stand for 15 minutes.

Preheat the conventional oven to 350 degrees. Remove all foil and paper from the bird and roast for 30 minutes in a conventional oven. This browns the bird.

Total preparation time from frozen bird to serving time is 2½ hours.

A stuffed whole turkey weighing about 10 pounds will take about four-and-a-half hours in a conventional oven at 325 degrees F.

The turkey should be placed in a shallow pan on a rack and brushed with oil or fat. Make a loose tent of aluminum foil, dull side up, and put it over the bird, tucking it into the pan leaving the sides a bit loose. A double thickness of cheesecloth soaked in melted fat also works well.

Roast the bird about four-and-a-half hours, basting occasionally.

#### HOW TO CARVE TURKEY

Use a long, sharp, thin-bladed knife.

Remove the leg by cutting between the body and thigh and around the hip joint. Cut through the

joint to separate the drumstick and the thigh. Slice the meat from the thigh.

Next, make a deep cut through the breast parallel to the wing and as close to it as possible. Remove the wing by cutting through the joint at the shoulder. Divide into two portions by disjointing.

Slice the white meat starting halfway up the breast at the front. Cut thin slices down to the parallel cut made previously and the slices will fall away from the turkey.

On your serving platter lay dark meat at one end of platter and breast meat at the other.

If there are children in the family, let them help you build a centerpiece (perhaps a cornucopia) with Indian corn and all the fall vegetables.

### Thanksgiving at Bradley House

No one was more grateful for a successful harvest than a pioneer family like the Bradleys. Such crops as corn, squash, potatoes, apples and grain would sustain them during the harsh winter months.

On Thanksgiving Sunday, Oct. 7, from 1 until 4 in the afternoon, there will be an end-of-harvest celebration at Bradley House.

To recreate this festive atmosphere, there will be live music by a fiddler and a guitarist, a harvest table heaped with the bounty of autumn, and samples of homemade baking from the kitchen.

Bradley House is located at Orr Road at Meadow Wood Road (south of Lakeshore Road).

