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Sheldon Art Gallery, 12th & 'R' St

entertainment

Thanksgiving's around the corner

Dress a bird in seasonal attire

Now that Thanksgiving is just around the corner, Toothpicks turns its attention to the preparation of the traditional turkey and its accompaniments. A complete menu for this holiday meal will be provided for those left to fend for themselves during the holidays. This week a recipe for roasted turkey and dressing will appear.

Next week the column will address itself to other goodies to help ease the pain of spending Thanksgiving alone.

Roasting a turkey is not difficult, but a few basic elements are in order before beginning this undertaking. The dressed turkey should be thoroughly rinsed and dried and the interior lightly salted. It should be roasted on a rack in a shallow pan in a 375° oven. Do not cover or add water. However, if the bird is lacking in fat, it may be necessary to baste it with melted butter occasionally. Preferably, a turkey should be cooked with a loose covering of aluminum foil or a porous cloth dipped in melted fat.

Roasting time varies, but, as a rule a ten to eight pound turkey should require three to four and one-half hours in the oven. The best way to test for doneness is a meat thermometer. When done, the thermometer should register 185° when inserted in the thickest part of the breast or the center of the inner thigh muscle. Other tests for doneness include easy movement of the leg joints and tenderness of the meat on the drumstick and the thigh.

The amount of stuffing to be prepared depends upon the size of the turkey. Usually one cup of stuffing should be allowed per pound of meat. The stuffing may be prepared ahead of time but should not be packed in the turkey until immediately before roasting.

BREAD STUFFING

½ cup butter
¼ cup chopped onion
¼ - ½ cup chopped celery
4 cups dry bread cubes
1 T. minced parsley (optional)
1 t. salt
1/8 t. pepper

Melt butter in large skillet; saute' onion and celery in butter until tender. Add bread cubes, parsley, salt and pepper. Toss lightly. Add bouillon, stock or water if desired. Yield: 1 Qt.

To provide the stuffing with extra flavor a couple of variations may be used.

karen richardson
toothpicks

SAGE STUFFING

Add 1 t. rubbed sage and ½ t. of poultry seasoning to the cubes.

MUSHROOM STUFFING

Saute' ½ cup sliced or chopped mushrooms with onion and celery.

Lightly salt the interior of the turkey, after removing the giblets, of course. Add the stuffing to the bird but do not pack it too tightly since it needs room to expand during cooking. Fold the skin around the neck back to the body and skewer. Close the body cavity with skewers and lace with string. Fold the wings back tightly against the body. Tie the drumsticks and the tail together. Place the turkey on the rack breast up unless a V-shaped rack is used, then place it breast down.

Baste the turkey with melted butter and cover it loosely. Cook until done. (see above).

Sculpture, painting exhibits at Sheldon

Two exhibits opened Tuesday at Sheldon Art Gallery; Paintings by Joe Miller and Metal Sculpture by William H. Rutherford.

The Miller paintings are landscapes of the area around Moab, Utah. Trained at the Universities of Utah and Wisconsin, Miller was the recipient of a 1973 National Endowment of the Arts grant to paint in the National Parks of Utah.

Miller was featured in the 1973 "Sense of Place—the Artist and the American Land" exhibit at Sheldon.

The metal sculptures by Rutherford are an avocational interest for the Wichita, Kansas insurance salesman. Using thin sheets of several metals, he depicts things such as street scenes, riverboats and fanciful flying machines. The rather large and detailed sculptures are displayed in the gift shop and most are for sale.

Both of the exhibits will be available for viewing until Dec. 8.

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