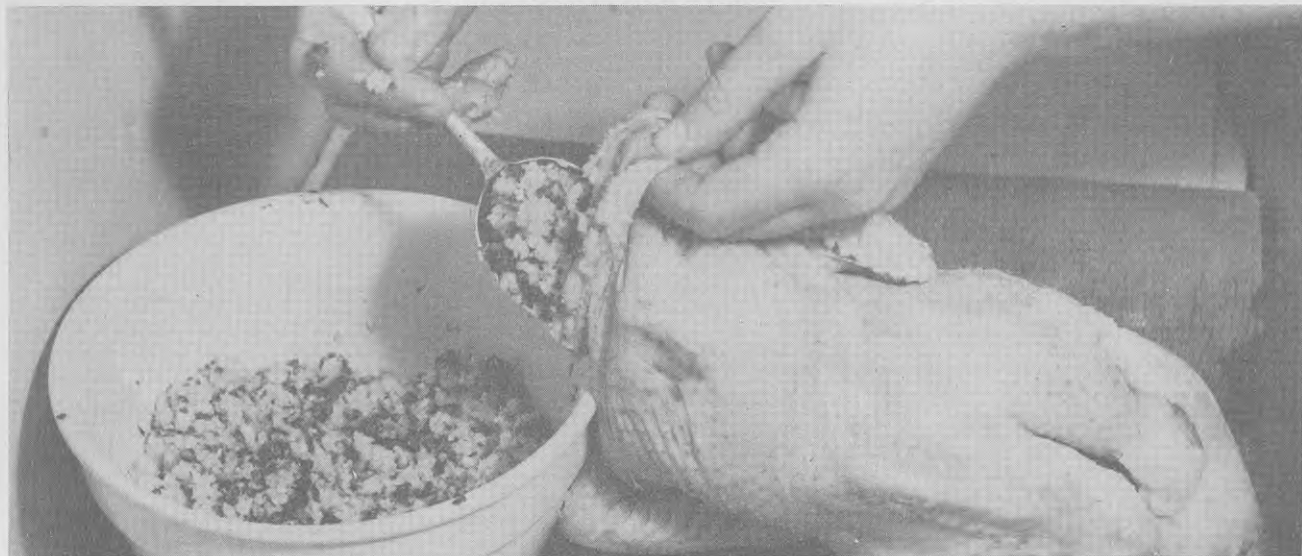


## RECIPES FOR COOKING POULTRY



When a bird is being stuffed the cavity should be not quite filled.

[Sparrow Industrial Pictures Ltd. photo.]

and the cooking finished by roasting. Older birds may be boiled, braised, or cooked in a casserole.

### Recipes

Rabbits may be cooked by any of the methods described in the following recipes for poultry.

#### Stuffed Roast Fowl

2 cups of soft bread-crums	1 teaspoon of salt
2oz. of chopped suet	1/2 teaspoon of pepper
2 tablespoons of chopped parsley	1 teaspoon of mixed herbs
1/2 teaspoon of grated lemon rind	1 slightly-beaten egg
	Milk to mix

This yields enough stuffing for a medium-sized bird. For a large bird the recipe may be increased to 3 cups of breadcrumbs, with the other ingredients in proportion.

**Oyster stuffing** is suitable for a special occasion. The recipe is:—

2 cups of soft bread-crums	1/2 teaspoon of salt
1/2 cup of melted fat (butter if available)	1/2 teaspoon of pepper
	1/2 teaspoon of herbs
	1 beaten egg

Mix all the ingredients together and add an equal bulk of oysters. These quantities make enough stuffing for a large fowl.

After securing the openings so that the stuffing cannot escape, truss the bird to improve the appearance, make carving easier, and reduce the risk of burning. Place the bird breast side up in the roasting pan, and either rub it with oil or fat and baste it from time to time or place some slices of fat bacon over the top. Do not cover the pan. Turn the fowl over for the last 20 minutes of cooking. Either begin cooking at 450 degrees F. for 20 minutes then reduce the heat to 300 degrees for the rest of the time, or roast the bird for the whole time at 325 to 350 degrees. Allow 20 to 25 minutes per pound of dressed weight for cooking. The time may range from 1 1/2 hours for a small bird to 2 hours for a fully-grown fowl.

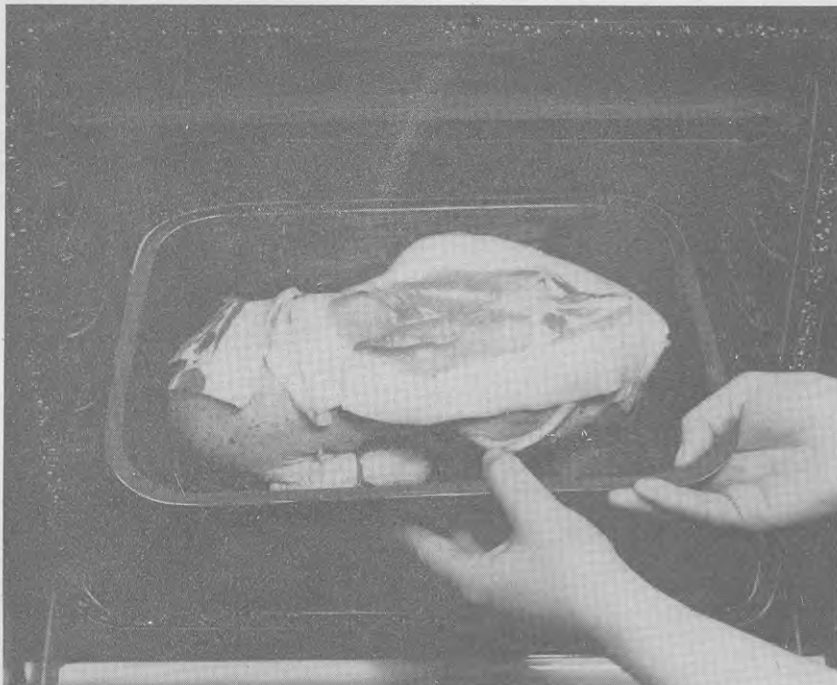
#### Roast Goose with Apple and Raisin Stuffing

1/2 cup of diced salt pork or bacon	1/2 cup of chopped parsley
1 cup of chopped celery	6 medium-sized tart apples, diced
1 cup of chopped onion	2 tablespoons of salt
7 cups of soft bread-crums	1/2 tablespoon of pepper
1/2 cup of sugar	1 cup of seedless raisins

Fry the bacon, remove it from the pan, and cook the celery, onion, and

parsley in the fat for 3 minutes. Remove the vegetables. Put the apples in the pan, sprinkle them with the sugar, and cook them slowly until they are glazed. Mix all the ingredients. If more liquid is needed, use egg and milk. This makes enough stuffing for a 10 to 12lb. bird.

After securing the openings and trussing the bird, roast it as directed for roast fowl, allowing 20 to 25 minutes per pound.



A chicken for roasting placed breast side up in the pan with slices of fat bacon on top.

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