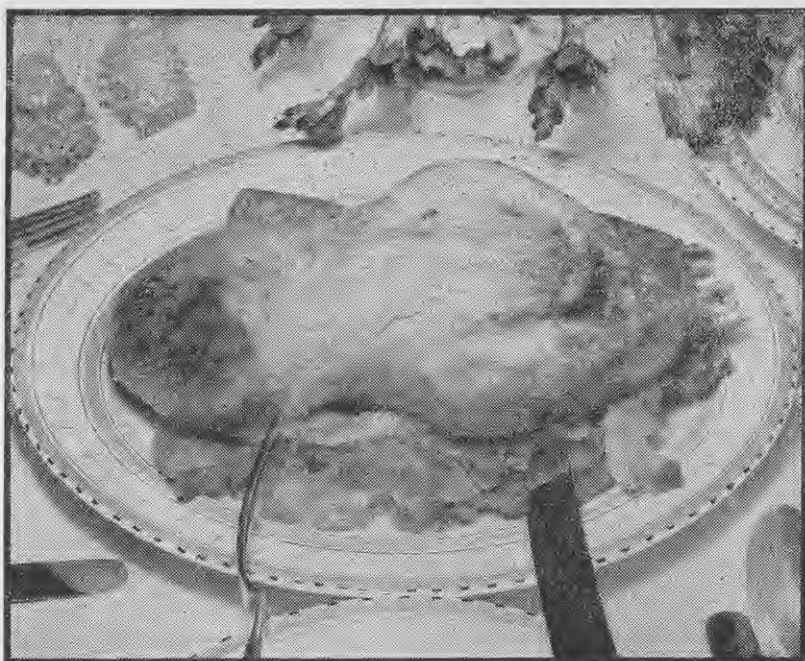


## POULTRY RECIPES



[Sparrow Industrial Pictures Ltd. photo.]

Roast poultry ready to be carved. The bird was gutted through the cut from side to side of the abdomen.

### Older Turkeys

An old turkey can be boiled for  $1\frac{1}{2}$  to 2 hours, then served covered with white sauce made from the liquor and sprinkled with chopped parsley or hard-boiled egg yolk.

If preferred, it may be roasted for  $\frac{1}{2}$  hour or until lightly browned after being boiled. The bird should be dredged with flour and basted frequently with plenty of hot fat or it will be dry and tasteless. Old turkeys boiled until tender are good for made-up dishes, for which the remains of a roast turkey can also be used.

### Turkey Loaf

Take the bones from a boiled turkey or the remains of a roast turkey and mince the meat with a small onion. Season it well with pepper, salt, 1 teaspoon of chopped parsley, and a little grated nutmeg. Moisten the meat with gravy and bind the mixture with beaten egg. Form it into a roll and flour it well. Roll it in a floured cloth and put it into a saucepan containing just enough boiling water to cover it. Add an onion and a carrot to the water and gently simmer the loaf for  $1\frac{1}{2}$  hours. Remove the cloth and serve the loaf hot, or leave it until it is cold, glaze it, and serve it with salad.

The glaze for a cold turkey loaf is made by soaking 1 flat teaspoon of gelatine in 1 tablespoon of water, putting it in a saucepan with  $\frac{1}{2}$  teaspoon of meat or vegetable extract and another tablespoon of water, and heating until the gelatine is dissolved. Wipe the loaf with a cloth wrung out of hot water and brush the glaze over it.

### Ducks

Young mature ducks are for roasting, but old ducks can be made into a delicious dish by braising and simmering them.

### Duckling and Green Peas

Roast two ducklings for 1 hour at 325 degrees. Put a tablespoon of butter into a large saucepan, brown it slowly, and add 1 tablespoon of flour. Add 1 cup of water while stirring continually, add salt and pepper, and bring the sauce to the boil. Lay the ducklings in the sauce and add the desired quantity of green peas. Cover the pan and stew the birds gently for 20 minutes.

### Roast Duck

Dress the duck, stuff it, dredge flour over it, and put it into a roasting pan with dripping. Cover the breast with a buttered paper and roast the bird at 325 degrees, allowing 20 to 25 minutes per lb. Serve the birds with gravy made from the giblets and apple sauce.

### Stewed Duck

1 old duck	Beef gravy or stock
2 onions, sliced	Flour
Sage	Dripping

Melt the dripping in a large saucepan and brown the duck and sliced onions. Pour off the fat, cover the bird with thinned beef gravy or stock, and add salt, pepper, and a sprig of sage. Cover the pan and simmer the bird gently for 1 to  $1\frac{1}{2}$  hours. Strain off the liquor and thicken it with a little flour. Pour it back into the saucepan and bring it to boiling point.

Put the stewed duck on a deep serving dish with freshly cooked green peas round it.

### Cooking an Old Duck

Prepare the duck and stuff it as for roasting. Melt some dripping in a saucepan and braise the duck for about  $\frac{1}{2}$  hour, turning it several times. Add a breakfast cup of cold water, cover the bird, and simmer it for 4 hours. Even a duck up to 5 years old is tender and appetising if cooked in this manner.

### Goslings and Geese

Geese are cooked in the same ways as described for ducks, allowing 20 to 25 minutes' roasting at 325 degrees for each lb. dressed weight. If the goose is old, steam it for 1 hour before roasting. Goslings are not usually stuffed but are roasted with a pat of seasoned butter in the body cavity. Goose gravy can be sharpened with a few drops of vinegar or lemon juice added just before it is poured into the gravy boat.

### Stuffings for Roast Chickens and Turkeys

#### Herb Stuffing

2 cups of bread-crumbs	Leaves from 2 sprigs of thyme
2oz. of chopped suet	Salt and pepper
1 rasher of bacon, cut small	1 teaspoon of grated lemon rind
1 tablespoon of chopped parsley	1 egg, beaten

Mix all the ingredients but the egg together and bind them with the beaten egg, adding a little milk if necessary.

#### Sausage Meat Stuffing

1 cup of breadcrumbs	Thyme or mixed herbs to taste
1 cup of sausage meat	Salt and pepper
1 tablespoon of chopped parsley	Milk or stock if needed
1 egg	

#### Giblet Stuffing

1 set of giblets	Milk
2 minced onions	Salt, pepper, and crushed herbs to taste
2 cups of soaked bread	

Soak stale bread in milk and squeeze it dry before measuring it. Cut the cooked heart, liver, and gizzard into small pieces. Mix all the ingredients together.

### Stuffings for Ducks and Geese

#### Apple Stuffing

2 cups of chopped apples	1 cup of soft bread-crumbs
1 tablespoon of chopped onion	2 tablespoons of dripping or butter
Salt and pepper	Water or stock

Melt the dripping, fry the onion until it is lightly browned, then stir in the apples. Remove the pan from the heat and stir in the breadcrumbs, salt and pepper, and sufficient water or stock to moisten the mixture.

#### Sage-and-onion Stuffing

6 onions	3 tablespoons of breadcrumbs
$1\frac{1}{2}$ tablespoons of chopped sage	Salt and pepper
$1\frac{1}{2}$ flat tablespoons of dripping	

Chop the onions, put them in a saucepan, cover them with water, and boil them until they are tender. Drain them well and stir in the breadcrumbs, sage, dripping, salt, and pepper.