

Daily Union – Saturday, November 22, 2014

Vol. 2 Issue 46 Keeping Holidays Safe and Healthy

I love this time of year. The cooler (if not, cold) weather lends itself to the cooking and baking that I enjoy so much. Slow-cooker soups, fresh biscuits or bread, and the various other comfort foods of the season become the standard in our home, once again. Gatherings with family and friends for Thanksgiving are accompanied with such traditional foods as casseroles, candied yams, stuffing, and the standard – turkey.

Although I don't usually like to be predictable in what I am going to write about each week, I feel compelled to write about an important seasonal topic: the great Thanksgiving feast!

By the time you are reading this article, you should be considering the tasks you can complete now to be prepared for the Thanksgiving meal. Determining how much to purchase and prepare is an important first step. The rule of thumb for serving turkey is 1.25 pounds for every adult you are serving. This means that if you plan to serve 10 adults, you will need a 12 ½ pound whole turkey. If you are opting for serving boneless turkey breast, you need to allow .75 pounds for each adult. This would calculate to 7.5 lbs. of turkey breast for your meal. Additional amounts of traditional foods for Thanksgiving for the same number of adults are:

Potatoes – 3.5 pounds

Stuffing (dry mix) – 10 oz.

Green Beans – 2.5 pounds

Sweet Potatoes – 3.75 pounds

Cranberry Sauce – 2 (10 oz.) cans

Pie – 2 (9" pies)

If you are hosting a gathering on Thanksgiving day, it may not be too early to think about thawing the big bird. There are three ways to safely thaw a whole turkey prior to roasting.

- 1) Refrigerator thawing takes the longest, so advance planning is needed here. The USDA offers these minimum times based on weight for refrigerator thawing: 4-12 lbs.: 1 – 3 days; 12-16 lbs: 3 – 4 days; 16 – 20 lbs: 4 – 5 days; 20 – 24 lbs: 5 – 6 days.

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