

# Christmas Dining Guide

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Food is always an important part of festivities and the rich, hospitable smells of turkey roasting, ham baking and hot mince pies, is the traditional aroma of happy homes at the Christmas season in this land blessed with plenty.

Riding our favourite hobby horse—that careful planning is the essence of smooth and efficient management—we believe that three important thoughts should dominate all food planning for the Christmas season.

First, Christmas dinner and all the meals of the festive season should be "special" and they should taste wonderful.

Second, they should look as delicious as they taste.

Third, food can taste delicious, look beautiful and still be neither exotic nor indigestible.

Due attention to the third point is important when planning menus for children, elderly people and chronic invalids.

Imagination and a sense of the dramatic possibilities of food are the first requisites of holiday season meals.

Children, aged people and invalids really "eat with their eyes." It is the fancy shapes and bright decorations on the simple sugar cookies that makes them "Christmas cookies."

Speaking of oranges, don't discard the shells when you ream naval oranges for breakfast juice. If you cut them right, you may have fluted, bright, clean skins to use as a dramatic container for cranberry orange relish, fruit cups, sherbet, puddings, whipped sweet potatoes, nut meats, candies and many other foods.

The cups are really very easy to make. A sharp knife is the only tool you need. Pierce the blade through to the center of the orange. Make a second cut at an angle to the first and continue until the two halves are separated.

Oranges are good too in Christmas salad rings.

contains recipes for roast turkey and a variety of stuffings, we are going to suggest an alternative in the form of roast goose with baked apple.

## ROAST GOOSE WITH BAKED APPLE

- 1 eight-pound goose
- 2 cups bread crumbs
- 1 chopped onion
- 2 tablespoons fat
- 1/4 teaspoon sage
- 1 teaspoon salt
- Pinch of pepper
- 6 to 8 apples
- 1/4 cup brown sugar
- 3 sweet potatoes

Cook the giblets until tender, chop and add to stuffing made by mixing bread crumbs, onion, fat, sage, salt and pepper. After cleaning and washing the goose thoroughly, stuff, and sew the neck and back.

And with turkey, goose, chicken or holiday meat left-overs serve cranberry orange relish.

## CRANBERRY ORANGE RELISH

- 4 cups cranberries
- 2 cups California seedless oranges
- 2 cups sugar

Put raw cranberries and oranges through the food chopper. Add sugar and mix well. Chill in the refrigerator a few hours before serving.

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## CHRISTMAS SALAD RING

- 2 envelopes plain gelatine
- 1/2 cup cold water
- 1 cup boiling water
- 1/4 cup sherry
- 1/4 cup orange juice
- 1 pint cranberry orange relish.

Soften gelatine with cold water. Add boiling water. Cool. Add orange juice and sherry. Add cranberry orange relish. Pour into mould. Chill. Unmould and surround with orange sections.

And here is a salad tip. Add a little lemon juice to water in which lettuce or other salad greens are freshened. It revives and crisps them.

For salads that are popular and different use a variety of salad greens—romaine, watercress, endive or chicory and lettuce.

## AMBROSIA

Ambrosia, a delicious combination of oranges and coconut, is good during Christmas holidays when many appetites desire only a refreshing fruit dessert after hearty meals.

- 6 oranges
- 1/2 cup powdered sugar
- 1 cup grated coconut

Arrange orange slices in serving dish, sprinkle with sugar and coconut.

## WINTER-WONDERLAND

To captivate the imagination and fill the tummies of the children, clusters of red and green candies turn a vanilla rennet dessert into an ideal Christmas dainty.

—and by using a pastry tube to make the hands of a clock, a novel New Year tasty is yours in a jiffy.

Exercise your own initiative a little, and you'll be surprised how many attractive topping ideas you will discover.

2 cups milk (not canned)

1 package vanilla rennet powder

Set out 4 or 5 dessert glasses. Warm milk slowly, stirring constantly. Test a drop on inside of wrist frequently.

When milk is warm, (110 degrees F.) not hot, remove at once from heat. Stir rennet powder into milk quickly until dissolved.

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## HARLEQUIN ALMOND COOKIES

- 2 1/2 cups sifted all-purpose flour
- 2 hard-cooked egg yolks
- 1/4 cup butter or margarine
- 6 tablespoons sugar
- 3 egg yolks
- 1/2 candied lemon rind, chopped
- 3 dozen blanched almonds
- 1 oz sweet cooking chocolate, melted

Sift flour and measure. Push the hard-cooked egg yolks through a fine sieve. Work butter or margarine until very soft, then work the sugar in gradually.

Now beat in the raw yolks well, next the sieved egg yolks. Then add the lemon rind and flour. At this point you add the food coloring and if you want to make harlequin colors, divide dough into three parts and add a few drops of food coloring to each. Wrap up the dough in waxed paper and chill 1 hour.

Set your oven at 375 F or moderate.

Flour baking sheet and roll dough out very thin right on it. Cut the dough in diamond shapes—very easy if you make a paper pattern and cut with a sharp knife.

Take off the baking sheet immediately. Dip the fat end of each almond in the melted chocolate and place in center of each diamond.

## GINGERY GINGER FUDGE

- 1/2 lb candied ginger
- 1/2 cup milk
- 2 cups white sugar
- 1 cup brown sugar
- 2 tablespoons light corn syrup
- 2 tablespoons butter or margarine
- 1 teaspoon vanilla extract

Cut ginger in small chunks with kitchen scissors. If ginger has sugar crystals attached, soak in the milk, then drain, but save milk for your fudge.

Cook white sugar, brown sugar, milk and corn syrup over medium heat until a little dropped in cold water forms a soft ball or candy thermometer reaches 235F.

Stir occasionally. Remove from range, add butter or margarine and cool. Now butter a large platter.

When candy is cool, add ginger and vanilla extract, then beat hard until fudge begins to thicken. Pour onto buttered platter and mark off in squares before fudge sets completely. Makes about 18 wonderful squares.

## CRANBERRY TOPPING

- 1 cup ground cranberries; 1-2 cup mincemeat; 1-4 cup honey. Mix well and spread over batter.

1-4 cup enriched flour; 2 tbsps. margarine or butter; 1-4 cup honey. Mix ingredients. Sprinkle over cranberry topping mixture.

To be Christmasy, pour fudge into shining Christmas-colored cups (available at most paper stores).

## CHRISTMAS WAFERS

- 1 teaspoon unflavored gelatine
- 3 teaspoons cold water
- 3 teaspoons boiling water
- Few drops peppermint or winter-green flavoring
- Few drops red or green food coloring

About 2 cups confectioners' sugar. Soften gelatine in cold water, then dissolve in boiling water. Add a few drops of flavoring and a little red or green food coloring. Work in enough confectioners' sugar with your hands to make a stiff mixture.

Spinkle a little confectioners' sugar on bread board and roll candy very thin with a rolling pin. Cut any shape and let stand on board until dry and brittle. Makes 4 dozen tiny wafers.

## JOLLY CHOCOLATE DOMINOS

- 1 1/2 cups hazelnuts
- 2 oz sweet cooking chocolate
- 2 egg whites
- 1 1/2 cups confectioners' sugar.

Put hazelnuts and 3 ounces only of chocolate through food grinder using the fine blade. Then mix up thoroughly with the unbeaten egg whites and confectioners' sugar. Dump onto baking sheet and pat into a rectangle about 1/4" thick. Let stand overnight at room temperature to dry out.

Melt remaining chocolate over boiling water. Then frost the entire surface of the rectangle with melted chocolate. Let it harden. When firm, cut with sharp knife in regular domino size, 1" x 3/4". Now make up a simple frosting with 1/4 cup confectioners' sugar mixed with enough lemon juice to make a stiff paste. Lacking a pastry tube, make lines and dots with the point of a knife. Makes 24 dominos.

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## HOLIDAY DUNDEE CAKE

- 1-3 cup walnuts
- 1-3 cup candied orange or lemon peel
- 2 tablespoons orange juice
- 1-3 cups currants
- 1 cup seedless raisins
- 1 cup butter or margarine
- 2-3 cup sugar
- 4 eggs
- 2 1/2 cups sifted cake flour.
- 1/2 teaspoon salt
- 1 teaspoon baking powder

Chop up walnuts coarsely; sliver orange or lemon peel; squeeze juice from orange; pick out stems from currants and raisins.

Start your oven at 275 F or very slow. Work butter or margarine until creamy. Then gradually work in sugar until mixture is very light.

Add unbeaten eggs one at a time, beating batter very hard after each addition. Now stir in walnuts and slivered peel. Sift flour with salt and baking powder, add to creamed mixture with fruit and orange juice.

Grease 10" tube pan and fill with batter. Bake 1 to 1 1/4 hours or until cake tester comes out clean when you can get in any hardware store. Lay your cone-shaped pattern on the wire mesh and cut around it with heavy scissors. Shape cone together and fasten with fine wire or fine hairpins.

To make the cone firm, stuff it very tightly with tissue paper.

Next you will need about 1 1/2 pounds of gum drops. Stick a toothpick into the fat end of each drop then poke the other end of the toothpick through the wire mesh deep into the tissue paper. (Now you see why the paper must be stuffed in very tightly and securely.)

This enchanting tree makes a gay table decoration and can be made any size you like. For an 8" tree make yourself a cone-shaped pattern (just like a dunce cap) out of paper 8 inches high. Now you need

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All of these cookies will keep fresh for days if stored properly—and that means in a tightly closed tin box. Be sure to store soft cookies in one tightly closed container, crisp cookies separately in another. And are they ever delicious! Each variety has its unique flavor.

## CHRISTMAS COOKIE CANES

Ingredients: 3-4 cup softened butter or margarine; 1-2 teaspoon salt; 2 teaspoons almond flavoring; 1-2 cup sifted confectioners' sugar; 1-2 cup old-fashioned molasses; 1-2 cup finely chopped nut meats; 2-2 cups sifted all-purpose flour.

Method: Cream together butter or margarine, salt, almond flavoring, and sugar. Add the molasses and nut meats. Stir flour into mixture, about 3 tablespoons at a time. Chill dough until it is stiff enough to handle.

Spread over cookies with a piping knife; place on wire cake cooler for icing to harden. Then stripe with red and green icing made as follows: For each color stripe desired, stir 2 tablespoons water and 1 drop vegetable coloring into 1-2 cup sifted confectioners' sugar. Drip icing across cookie canes from end of teaspoon or piping knife to form stripes. If desired, use pastry tube for striping canes.

## COCONUT SQUARES

Ingredients: For Crust: 1-2 cups sifted all-purpose flour, 1-2 cup sugar, one-third cup butter or margarine; three tablespoons old-fashioned dark molasses. For Topping: 2 eggs (beaten), 3-4 cup sugar, 3 tablespoons sifted all-purpose flour, 1-4 teaspoon salt, 1-2 teaspoon baking powder, 1-3 cup old-fashioned molasses, 1 cup chopped nut meats; 1 cup shredded coconut.

Method: For Crust—Sift flour and sugar together. Cut in butter or margarine to make crumb consistency. Add molasses; mix well, and pat into an ungreased 8x8-inch pan. Bake 10 to 15 minutes in a moderate (350F.) oven. The top of the crust will be slightly

ly soft, but do not increase baking time. For Topping—Mix the eggs, sugar, flour, salt, baking powder, molasses, nut meats, and coconut. Bake in a moderate (350F.) oven for 25 minutes. The top will be slightly soft, but do not increase baking time. Leave in pan to cool. Cut into 36 squares.

## MOLASSES CRISP

Ingredients: 3 cups sifted all-purpose flour; 1-4 cup sugar; 1 teaspoon baking soda; 1 teaspoon salt; 2 teaspoons ginger; 2 teaspoons cinnamon; 3-4 cup shortening; 1-2 cups old-fashioned molasses. (heated).

Method: Sift together the flour, sugar, baking soda, salt, ginger and cinnamon. Cut shortening into mixture to resemble crumbs. Stir in warm molasses. For drop cookies drop 1-2 teaspoon batter at a time on to greased cookie sheets; flatten tops to 1-8 inch thickness with a glass covered with a damp cloth. Bake in a moderately hot (400F.) oven for 7 or 8 minutes. For rolled cookies c' 1 dough until stiff enough to roll (about 4 hours or overnight). Roll on lightly floured board and shape with cookie cutters. Decorate as desired with colored sugar, nuts, or dried or candied fruit. Bake as for drop cookies above. Makes 7 dozen cookies.

Method: Cream together butter or margarine, salt, almond flavoring, and sugar. Add the molasses and nut meats. Stir flour into mixture, about 3 tablespoons at a time. Chill dough until it is stiff enough to handle.

## AMBROSIAL SANTA CLAU

Because this cake Santa Claus is baked in a mold and you want him to stand up when he's finished, you must use a batter that turns into a heavy but fine-textured cake. If you have such a

cake recipe, use you own. Otherwise, we suggest the following cake: 2 cups sifted all-purpose flour; 2 teaspoons baking powder; 1-4 teaspoon salt; 1-2 cup shortening; 1 cup sugar; 2 eggs; 3-4 cup milk; 1 teaspoon vanilla extract. Start your oven at 375F. or moderate.

## Christmas treats with all the fixin's

This is our special issue before Christmas, so here goes with some honey recipes which you will find tasty and decorative for the Yuletide season. Before we start, however, may we wish our readers a very Merry Christmas with plenty of good things to eat.

With a supply of honey on hand you can plan to include something different in the Christmas menu, a surprise for the whole family; you can limit the number of items in your shopping lists, for honey can be used in so many ways—in baked goods, in candy, in meat and vegetable dishes, and in beverages.

## HONEY NOG PUNCH BOWL

1 whole egg; 2 egg yolks; 3 tbsps. honey; 1-16 tspn. salt; 1 pt. milk. Meringue: 2 egg whites; 1-8 tspn. salt, scant; 2 tbsps. honey; Cinnamon, nutmeg. Beat whole egg and yolks slightly. Add honey and salt. Blend thoroughly. Add milk. Chill several hours or overnight. Just before serving prepare meringue: Add salt to egg whites and beat to a stiff foam, add honey gradually and beat until stiff. Blend or fold into eggnog, leaving the surface fluffy with meringue. Dust with cinnamon and nutmeg. Yield: 12 punch cups.

## FRUITED COFFEE SQUARE

1-1-2 cups enriched flour; 2 tspn baking powder; 1-2 tspn. salt; 1 egg; 1-2 cup honey; 1-2 cup milk; 3 tbsps. melted shortening. Sift

together flour, baking powder, and salt. Beat egg, and add honey, milk, and shortening. Blend thoroughly. Add to flour mixture, stirring only enough to moisten flour. Pour into greased pan 8x8x2 inches. Spread cranberry mixture over top, sprinkle with streusel and bake in moderate oven (375F.) about 35 minutes.

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## CRANBERRY TOPPING

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## STREUSEL

1-4 cup enriched flour; 2 tbsps. margarine or butter; 1-4 cup honey. Mix ingredients. Sprinkle over cranberry topping mixture.

## EGGLESS HONEY COOKIES

1-2 cup honey; 1-2 cup shortening; 2 cups flour; 1-2 tspn. cinnamon; 1-2 teaspoon cloves and 1 teaspoon soda. Heat honey and shortening carefully for a minute or two. When cool add dry ingredients that have been sifted together several times. Roll out to 1-4 inch in thickness and cut with a doughnut cutter. Bake on greased cookie sheet for 12 to 15 minutes in a moderate oven (350F.). When cold, frost with a powdered sugar frosting. Decorate with clusters of red cinnamon candies and bits of green gum drops to form holly wreath design.

Something warm gets a warm welcome . . .

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## S. A. McDONALD

