

# HOW TO KEEP FULL

## Good enough to eat

Stop!

Before you go out and spend every last hard-earned penny on useless Christmas presents, read these recipes and you'll make everybody happy: you, your dinner guests, and the dogs (I can assure you that there's enough here for a real feast).



### Cheese Straws:

- 1 cup of sifted flour
- 1 1/2 tsp of baking powder
- 1/2 tsp of salt
- 2 tbsp of butter or margarine
- 1/2 cup of grated sharp cheddar cheese
- 1/3 cup of cold water

- 1) Sift the flour, baking powder, and salt into a medium sized bowl, cut in the butter or margarine and cheese until the mixture is crumbly. Sprinkle the water over it, mix lightly with a fork just until the pastry is held together.
- 2) Roll out a rectangle, 12 x 10, on a lightly floured pastry cloth or board. Divide it half lengthwise, then cut each half crosswise into 1/2 inch strips. Bake it on a cookie sheet at 425oF for ten minutes. Let them cool, until ready to eat.

### English Plum Pudding:

- 3/4 cup of sifted flour
  - 1 tsp of salt
  - 3/4 tsp of baking soda
  - 1/4 tsp of nutmeg
  - 1/2 tsp of mace
  - 1/2 pound of chopped raisins
  - 1/2 pound of chopped dried currants
  - 1/4 pound of chopped citron
  - 1/8 pound of chopped lemon peel
  - 1/8 pound of chopped orange peel
  - 1/8 pound of chopped blanched almonds
  - 3/4 cup of hot milk
  - 1/2 cup of fine bread crumbs
  - 1/2 pound of brown sugar
  - 4 eggs separated
  - 1/4 cup of sherry
  - 1/2 cup of fruit jelly
  - 1/2 lb chopped suet
- 1) Stir flour, salt, baking soda, and spices together.
  - 1) Stir flour, salt, baking soda, and spices together. Stir in fruits and almonds.
  - 2) Pour the milk over the bread crumbs and let it stand for 10 minutes.
  - 3) Beat the sugar with egg yolks until fluffy and light. Add the suet and bread crumbs to mixture and stir in flour-fruit combination.
  - 4) Add the fruit jelly and sherry and mix thoroughly. Fold in stiffly beaten egg whites.
  - 5) Fill a large greased mold 2/3 full, cover it tightly and steam for 3 1/2 hours.

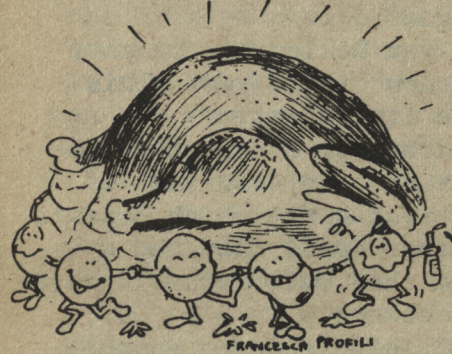
### Egg Nog:

- 6 eggs
  - 1/2 lb of Confectioner's sugar
  - 1/4 tsp of salt
  - 1/8 cup of vanilla
  - 4 cups of evaporated milk
  - 1 1/2 cups of water
  - 2 cups of dark rum brandy, bourbon, or rye nutmeg
- 1) Beat the eggs. Add the sugar, salt, vanilla. Stir in the milk, dilute it with the water, add the liquor.
  - 2) Cover and refrigerate for 24 hours.
  - 3) Sprinkle with nutmeg and serve.



### Sweet Potato Puffs:

- 4 cups of cold cooked mashed sweet potatoes (about 6 potatoes)
  - 2 egg yolks
  - 1 tsp of salt
  - 1/4 cup of melted butter
  - 12 large marshmallows
  - 4 cups of large cereal flakes
  - 1/2 cup of margarine
  - 2 tablespoons of sherry (optional)
- 1) Combine the mashed potatoes with egg yolks, salt, butter and sherry. Mix well.
  - 2) Divide mixture into 12 portions. Flatten each one and mold it into a ball. Place a marshmallow in the center of each portion, leaving a small opening at the top of each ball.
  - 3) Combine the cereal flakes and the margarine, roll the potato balls in the mixture.
  - 4) Place the balls on a cookie sheet. Bake in a 350oF oven for 20 minutes.



### Creamed Onions, Pecans and Cheese:

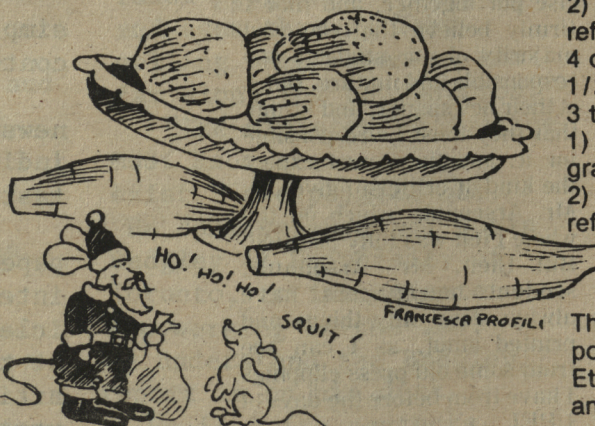
- 20 small onions
  - 1/2 cup of water
  - 1 1/2 tsp of salt
  - 1 1/4 cup of margarine
  - 1/4 cup of flour
  - 1 1/2 cups of milk
  - 1 cup of shredded cheese
  - 1/2 cup of chopped pecans
- 1) Place the onions, water, and 1/2 tsp salt in 1 1/2 quart saucepan. Cover and bring it to a boil. Reduce the heat, simmer for 15 minutes or until onions are tender.
  - 2) Melt margarine in a saucepan. Blend in flour, stir in milk and remaining salt. Cook over medium heat, stirring constantly until thick.
  - 3) Add the cheese, stir until it's melted.
  - 4) Add onions and heat through. Place it in a serving dish and sprinkle with pecans.
- Note: This dish can be made the day before and reheated at 325oF.

### Turkey:

- Cooking Time:
- 8-12 lbs . . . 4-5 hours
  - 12-16 lbs . . . 5-6 hours
  - 16-20 lbs . . . 6-7 1/2 hours
  - 20-24 lbs . . . 7 1/2-9 hours
- at 325oF

### Stuffing:

- 1 small onion, diced
  - 1/2 lb of mushrooms
  - 2 tbsp of oil
  - 3 cups of crushed corn flakes
  - 2 tbsp of oatmeal or cornmeal
  - 1 grated carrot
  - 1 grated stalk of celery
  - 3 eggs
  - salt and pepper
- 1) Brown the onions and mushrooms in oil.
  - 2) Combine all ingredients and mix well.



Note: The fruit should be soaked in 1/2 cup of sherry over night before being used. Puddings should be made about two weeks in advance in order to ripen.

To Steam:  
Grease the molds and covers. Use a steamer or a deep covered kettle with a rack. Have water to half the depth of the mold, boil it, adding water as needed.

To serve:  
1) Heat in top of a double boiler for 1 1/2 hours.  
2) Put it on a plate and pour 1/4 cup of heated vodka over the pudding. Light, serve flammimg.  
3) Top with hard sauce.

### Hard Sauce:

- 4 ounces of unsalted butter
  - 1/2 lb of icing sugar, sifted.
  - 3 tbsp of brandy or rum
- 1) Cream the butter well and add sugar gradually.
  - 2) Add brandy or rum and store in the refrigerator until ready to serve.
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These recipes would not have been possible without the help of Mrs. Ethel Bisgrove. Thanks Mrs. Bisgrove and a Merry Christmas to all!

Julie Wexler  
McGill Daily