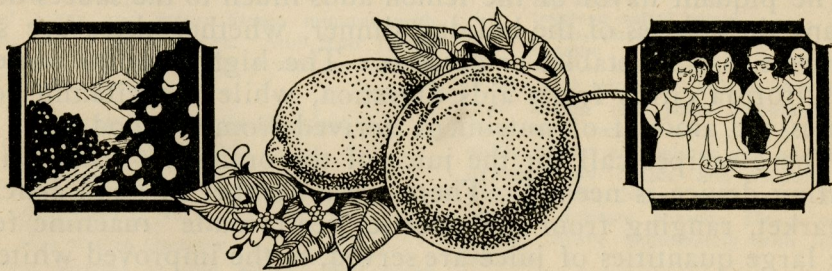


Sunkist Bulletin



Domestic Science Lesson

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DISHES FOR THANKSGIVING DINNER

THE Thanksgiving menu offers scope and variety for dishes of all kinds, those which provide nourishment and become the important part of the menu, and those which round out the feast with added flavor and interest. To the first class belong fruit cups, salads, puddings, pies and frozen desserts, while sauces, punches, fritters, preserves and marmalades are in the latter division.

The California citrus fruits are a feature of each class of foods, for they provide nourishment, flavor and the attractive quality of clean, bright skins and luscious, juicy fruit. Oranges or lemons provide the necessary balance for the heavier foods served at the Thanksgiving dinner, since their alkaline reaction in the body counteracts the acid condition caused by a diet of meat, fowl, breads and pastries.

There are many simple and practical uses for oranges and lemons in connection with the preparation of the holiday dinner. To increase the tenderness of the turkey and give it added flavor, rub it well with the cut side of a half lemon. When roasting a goose add the juice of a lemon to the water or stock with which it is basted. Orange juice, or orange juice and water used to baste roast duck adds flavor to the meat and the gravy. Orange marmalade is an excellent substitute for candied orange peel in any recipe that requires this as an ingredient.

Sliced lemon or orange sprinkled lightly with paprika makes an attractive and delicious garnish for any roast fowl. A frozen punch or sherbet made from the fruit juices of oranges and lemons should be served with the meat course if included in the holiday menu, as these are intended to act as a

stimulant to the appetite at this point in the feast with their sharp acid flavor. For this reason the amount of sweetening should be somewhat less than in an ice served as dessert.

The piquant flavor of the lemon adds much to the sauces that accompany the courses of the holiday dinner, whether these are served with meats, fish vegetables or desserts. The high mineral content of the California citrus fruits aids digestion, while the vitamin content increases the amount of nutriment derived from all food.

Where recipes call for the juice of the orange or lemon, a juice extracting device is needed. There are a number of good articles on the market, ranging from the electric "see-it-made" machine for use where large quantities of juice are served, to the improved white glass reamer.

It often pays to shop for particular sizes of citrus fruit. Popular demand is for the medium sizes, so that the off size fruit, including the smaller and the larger sizes, may frequently be had at more economical prices. Especially is this true of California oranges, the quality of which is uniform for all sizes.

For use in marmalades, preserves and for juice purposes, the smaller sizes are usually more suitable. Service, whole or in halves or where large slices or segments are desired for salads or desserts, naturally calls for the larger sizes.

Sizes vary with seasons. Large sizes may be most plentiful one season and small sizes the next, so it pays to "shop" and learn which size can be bought to best advantage in a particular season.

Orange Bouquet

(Serves 6)

- 6 oranges
- 1 cup sliced pineapple, diced
- 2 bananas, sliced
- 1 cup apple, cut in cubes
- ½ cup confectioners' sugar
- Whipped cream

Cut two pieces from each orange, leaving a strip between to make a handle to the orange basket. Remove pulp from oranges and reserve. Prepare pineapple, bananas and apple, add orange pulp and sugar and mix well. Fill orange baskets with mixture and top with a spoonful of whipped cream just before serving.

Mock Hollandaise Sauce

(Serves 6)

- 1 tablespoon butter
- 3 tablespoons flour
- ¾ teaspoon salt
- ⅓ teaspoon pepper
- 1 cup milk
- 2 egg yolks
- 3 tablespoons lemon juice

Melt butter in saucepan, add flour, salt and pepper and mix well. Add milk slowly and bring to the boiling point, stirring constantly to avoid lumping. Add beaten egg yolks to hot white sauce and mix well. Bring slowly to the boiling point, stirring constantly. Remove from fire, add lemon juice and serve wherever Hollandaise sauce would be used.

Cocktail Sauce for Shell-fish

(Serves 6)

- 1 tablespoon prepared horseradish
- 3 tablespoons tomato catsup
- 1 teaspoon salt
- 6 tablespoons lemon juice
- ¼ teaspoon tabasco sauce
- Oysters or clams

Mix horseradish, catsup, salt, lemon juice and tabasco sauce very thoroughly and pour dressing over oysters or clams arranged in cocktail glasses. Both oysters and sauce should be very cold.

Orange Meat Sauce

(Serves 6-8)

- ¼ cup butter
- ¼ cup flour
- ¼ teaspoon salt
- Few grains cayenne
- 1 ⅓ cups stock
- 2 oranges, juice of
- ½ teaspoon orange rind

Brown butter, add flour with salt and cayenne and stir until well browned. Add stock gradually, and just before serving, the orange juice and grated rind.

Roman Punch

(Serves 6-8)

- 2 cups sugar
- 4 cups water
- ½ cup lemon juice
- 1 cup orange juice
- ½ cup strong tea infusion

Make a syrup by boiling sugar and water twenty minutes, add fruit juices and tea and freeze. Serve in punch cups or frappé glasses.

Ginger Sherbet

(Serves 6-8)

- 1 cup sugar
- 4 cups water
- 1/4 pound Canton ginger
- 2/3 cup orange juice
- 1/3 cup lemon juice

Boil sugar and water fifteen minutes with ginger cut in small pieces. Add fruit juices, cool, strain and freeze. To be used as a punch at a course dinner.

Lemon Pineapple Sherbet

(Serves 6-8)

- 1 tablespoon gelatine
- 2 tablespoons cold water
- 1 cup sugar
- 4 cups water
- 3 lemons, juice of
- 2 cups crushed pineapple

Soften gelatine in cold water. Boil sugar and two cups of water together for five minutes. Add lemon juice and pineapple, then gelatine and remaining water. Cool and freeze, using 8 parts ice and 1 part rock salt. Serve in sherbet glasses.

Orange Ice

(Serves 6-8)

- 4 cups water
- 2 cups sugar
- 6 oranges, juice of
- 2 lemons, juice of
- Grated rind 1 orange

Boil water and sugar together for ten minutes. Strain the orange and lemon juice into the syrup. Add grated rind and mix well. Cool. Turn into freezer and freeze, using 1 part rock salt and 5 parts finely cracked ice. Turn freezer constantly until mixture stiffens. Remove dasher from freezer and repack, using 1 part salt and 3 parts ice.

Watercress with Orange Dressing

(Serves 6)

- Watercress
- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 2 tablespoons orange juice
- 1/2 teaspoon salt

Wash, drain and dry watercress and arrange on individual plates. Mix olive oil, fruit juices and salt and pour over watercress. Serve very cold.

Orange and Grape Salad

(Serves 6)

- 2 cups orange sections
- 1/2 cup grapes peeled and seeded
- 2 tablespoons grape juice
- French dressing

Peel oranges and separate into sections, removing all white membrane. Peel and seed grapes and mix with orange sections. Set aside, covered, on ice until very cold. Pour over grape juice and French dressing and serve.

Cranberry Conserve

(Serves 8-12)

- 2 quarts cranberries
- 1 cup raisins
- 3 oranges
- 2 lemons
- 6 cups sugar

Look over and wash cranberries and raisins. Combine with grated rind and juice of oranges and lemons and sugar and cook until mixture is thick and clear. Pour into hot glasses and seal.

Orange Fritters

(Serves 6)

- 1 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 eggs
- 2/3 cup milk
- 1 teaspoon melted butter
- 1 tablespoon sugar
- Oranges
- Jelly or marmalade

Mix and sift flour, baking powder and salt. Add beaten egg yolks combined with milk. Beat until smooth and add butter. Fold in stiffly beaten egg whites and add sugar. Peel oranges and divide into sections. Dip sections into the batter and fry in deep hot fat until a delicate brown. Drain on unglazed paper. Serve immediately with jelly or marmalade.

Orange Marmalade

(18-20 glasses)

- 8 oranges
- 4 lemons
- 6 quarts water
- 10 pounds sugar

Wash and dry oranges and lemons and slice very thin. Add water and allow to stand thirty-six hours. Turn into a preserving pan and cook steadily one hour. Now add sugar that has been heated and boil slowly until mixture jellies when tested on a plate. Pour into glasses and cover.

Three Fruit Marmalade

(10 glasses)

- 1 large orange
- 1 large lemon
- 1 large grapefruit
- Water
- Sugar

Wash fruit and put through the food chopper, using the coarse blade and saving all the juice. Measure juice and fruit and add three times the quantity of water. Allow to stand for thirty hours, then cook thirty minutes. Cool, measure and add an equal quantity of sugar. Let mixture stand again in a cool place twenty-four hours, then simmer, until thick. Divide into glasses and seal with melted paraffin.

Green Tomato Preserve

(12-15 glasses)

- 8 pounds green tomatoes
- 6 lemons
- 6 pounds sugar
- 1 tablespoon preserved ginger

Wash tomatoes, remove spots or discolorations and weigh. Cover with boiling water, let stand for a few minutes, drain and slice into a preserving kettle, placing a layer of tomatoes, then a layer of lemon slices, then sugar sprinkled with ginger. Let mixture stand over night. Drain and boil syrup for ten minutes. Skim, add tomatoes and cook rapidly until clear. Pour into clean hot jars and seal.

Mock Mince Meat

(3 pie fillings)

- 6 green tomatoes
- 6 apples
- 1/2 pound raisins
- 1 tablespoon cinnamon
- 1/2 cup lemon juice
- 1/2 cup citron
- 1 orange, juice and grated rind
- 1 teaspoon salt
- 1 teaspoon cloves
- 1/2 teaspoon allspice
- 1/2 teaspoon ginger
- 1/4 teaspoon grated nutmeg

Chop tomatoes, apples and raisins. Add other ingredients in the order given and cook until thick.

Orange Cream Pie Filling

(1 large pie)

1/2 cup flour	2 tablespoons butter
3/4 cup sugar	2 cups orange sections
1/8 teaspoon salt	Baked pastry shell
3/4 cup orange juice	3 tablespoons confec-
1 cup hot water	tioners' sugar
3 egg yolks	3 egg whites

Mix flour, sugar and salt together. Add orange juice and hot water and bring slowly to the boiling point, stirring constantly. Pour the mixture on the beaten egg yolks and mix well. Add the butter and orange sections. Pour the filling into a baked pie shell. Cover with a meringue made by beating the sugar into the stiffly beaten egg whites. Bake in a moderate oven, 325 degrees F. twenty minutes or until the meringue is brown.

Lemon Tartlets

(Makes 12)

2 lemons, juice and grated rind
2 cups sugar
2 eggs
1 cup sponge cake crumbs
Pastry

Mix the juice and grated rind of the lemons, sugar, eggs and sponge cake crumbs. Beat until smooth. Put into twelve muffin tins lined with pastry and bake until crust is done.

Lemon Sauce

(Serves 6)

1 cup honey	1 cup boiling water
1 tablespoon butter	1 lemon, juice and
1 tablespoon flour	grated rind
1/2 teaspoon salt	

Put all ingredients into a saucepan and stir until boiling.

Uncooked Foamy Sauce

(Serves 6)

1 cup milk	1 orange, juice and
2 egg whites, beaten	grated rind
1/2 cup sugar	

Heat milk, beat egg whites until stiff, beat in sugar and continue beating until smooth. Add milk, rind and juice of orange, continue beating until foamy and serve.

Orange Tarts

(Makes 8)

2 oranges
3/4 cup sugar
1 tablespoon melted butter
1 teaspoon cornstarch
1 1/2 tablespoons lemon juice
Tart shells

Beat together the juice of the two oranges and the grated rind of one, the sugar and melted butter. Add cornstarch stirred into lemon juice and bake in tart shells.

Holiday Pudding

(Serves 6)

6 apples	2 eggs, beaten
1 cup chopped nut meats	1/2 cup orange juice
1 1/4 cups brown sugar	1 cup Graham flour
2 tablespoons lemon juice	1 teaspoon baking powder
1 tablespoon butter	1/2 cup honey
	1 cup boiling water

Core, peel and slice apples into buttered pudding dish. Over them sprinkle half of the nuts, three-fourths cup of sugar and half of lemon juice. Beat butter with remaining sugar add one egg, beaten, orange juice, and flour sifted with baking powder. Pour this batter over apples and bake in moderate oven, 350-370 degrees F. for thirty-five minutes or until brown. Serve with sauce made as follows: Into small saucepan put honey, remaining nuts, lemon juice and egg. Add boiling water and bring mixture to boiling point, stirring constantly.

Thanksgiving Punch

(Serves 25)

1 1/2 cups water	1 pint crushed pine-
1 1/2 cups sugar	apple
6 lemons, juice of	1 quart ginger ale
6 oranges, juice of	1 quart chilled water
1 pint tea infusion	Chipped ice

Boil water and sugar for ten minutes. Cool and add fruit juices, tea, pineapple and ginger ale. Let stand one hour. Add remaining ingredients and serve with chipped ice.

QUESTIONS FOR REVIEW

Name two classes of foods that make up the Thanksgiving menu.

Give three foods belonging to each class.

What do the citrus foods provide to each class?

In what way do oranges provide a balance to the acid-forming foods?

Name two incidental uses of the lemon in preparing holiday dinners. One use for orange juice.

For what is orange marmalade a substitute?

At what point in the holiday dinner is it right to introduce the frozen punch or sherbet? Why? What slight change in the recipe should be made to meet this?

What qualities have the citrus fruits that aid digestion and increase nutrition?

What sizes of fruit are best for preserves and marmalades? for salads and desserts? for juice purposes?

Suggestion to the Teacher: Each member of the class may make one dish for the Thanksgiving dinner at home, using one of the citrus fruits. Also use either oranges or lemons as a garnish. Helpful and original suggestions from the class will add interest to the report on this work.

Have one or several members of class visit local fruit stores and note which sizes are plentiful and how the prices for various sizes compare.

For further information and recipes send for a free copy of Sunkist Recipe Booklet to:

Educational Department,
California Fruit Growers Exchange,
Box 530, Station C,
Los Angeles, California

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