



Byrd's Kitchen

by Vivian Byrd

Roast goose stars on birthday party menu

Marcia Hochkammer, a Birmingham homemaker and busy volunteer, gave a special dinner party recently. Her husband, Bill, reached his 35th birthday, a milestone that demands some kind of recognition.

Bill was not interested in having a large party, but rather preferred a small group of good friends and a dinner that included his favorite foods and wines.

One guest, familiar with Bill's enjoyment of Eastern food and long-time patronage of The Sheik, a Syrian restaurant in downtown Detroit, brought a large bowl of hummus and a basket of pita bread.

If you are not familiar with hummus, it is an appetizer made from pureed chick peas, garlic and sesame oil, usually eaten spooned onto pita bread.

Bill chose the wines, all German whites, his favorites and about which he is quite knowledgeable. He has haunted wine shops, read and studied and traveled to Germany to learn more about these wines.

Marcia gets all the credit for the dinner, which featured a roast goose, spinach salad, potato and cheese casserole, marinated carrots and crescent rolls. And, of course, ice cream and birthday cake for dessert.

Practice generates ease and confidence with roasting a goose. This bird has heavy layers of fat and should be scored "severely," according to Marcia. "This is a good time to get rid of all your hostilities. Make deep cuts along the breast and thighs. If you don't, there will be fat left on the goose."

The birthday goose weighed 13 pounds, which barely fed 10 diners. Usually when cooking poultry, one-half pound per person is a good measure, so you can see there is a great deal of fat to cook away.

Marcia shares some of her birthday dinner recipes below.

ROAST GOOSE

Pre-heat oven to 450 degrees. Wash goose and score severely. Place on top of broiler pan that is at least three inches deep as there will be a lot of fat and the bird should not cook in any of the fat. Place one onion, quartered, and two stalks of celery, cut into three-inch sections, inside the cavity. These should be removed before carving and serving. A rack across a deep pan can also be used but make sure the goose does not rest in any of the accumulating cooked-off fat.

Immediately upon placing goose in the oven, reduce the temperature to 350 degrees. Roast 25 minutes per pound. It will be necessary to pour off the fat from the pan about halfway through the roasting time.

RUTH RAYMOND'S MARINATED CARROTS

Marcia says she collects recipes from everywhere. This is one from a friend in Wisconsin. 6 to 8 carrots, sliced in chunks

1 large sweet onion, sliced thin
1 can tomato soup
1/4 cup salad oil

3/4 cup sugar
1/4 cup wine vinegar
1/4 cup cider vinegar
1 tsp. salt
1 tsp. paprika
1 tsp. pepper
1 tsp. Worcestershire sauce
1 tsp. dry mustard

Cook the carrots until just tender. Drain and cool. Add onions to carrots. Combine all other ingredients and pour over carrots and onions. Cover and store in refrigerator for two days. Serves 6.

CHEESE AND POTATO CASSEROLE

2 boxes frozen shredded potatoes, thawed
1 can cream of chicken soup
2 lb. melted butter (one stick)
1 1/2 pint sour cream
1/2 tsp. salt
1/4 tsp. pepper
3 green onions, chopped
1 1/2 cup shredded cheddar cheese

Mix all ingredients together in an ovenproof casserole. Bake 40 minutes at 350 degrees. Serves 6 to 8.
Correspondence should be addressed to Vivian Byrd, 1225 Bowers, Birmingham, MI 48012.



Skillet beef is dinner-in-a-hurry

California, with its casual, on-the-go life style is often a trend-setter for the nation in many areas, including food. Since West Coast living is done at an active pace, many of its foods are the quick and easy, no-fuss variety.

Just such an entree is California Skillet Beef Dinner.

Cooks with an eye on the clock will appreciate that even without the aid of packaged products, the preparation steps are few. Even the sauce almost makes itself. In a matter of minutes, you can create a tasty, nutritious skillet dinner you can be proud to call your own.

CALIFORNIA SKILLET BEEF DINNER
1 1/2 lb. ground beef
1 1/2 cups thinly sliced celery

1 large onion, chopped

2 tsp. flour

2 tsp. salt

1 tsp. paprika

1/4 tsp. pepper

2 cups milk

1/4 cup shredded American cheese

1 cup pitted ripe olives

4 oz. noodles, cooked

Lightly brown ground beef, celery and onions in large frying pan. Pour off drippings. Combine flour, salt, paprika and pepper and sprinkle over meat and vegetables. Gradually add milk and cook slowly 8 to 10 minutes, stirring occasionally. Stir in cheese, olives, noodles and heat through. 6 servings.

Select the Finest

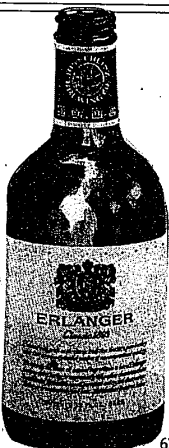
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