

GREAT AMERICAN FEASTING



Home entertaining takes an upturn in the fall and the holiday season. What's the best direction in which to look for new menu ideas for special meals? North, south, east and west!

Americans across this wide and varied land have a rich tradition of regional foods and as a nation we are rediscovering the diversity of our own unique food heritage. For truly distinctive and memorable meals, consider planning the menus around American regional specialties.

Duckling and rice are important parts of our food heritage which lend an aura of elegance to an occasion and yet are deceptively easy to prepare. The flavor combination can span the nation in its versatility and appeal.

Succulent duckling has always been a favorite restaurant entree, and its use at home is becoming increasingly popular as cooks everywhere discover its amazing affordability, availability and ease of preparation. Duckling can roast indoors or grill outdoors

virtually unwatched for the greater part of its cooking time, freeing up the cook to prepare the rest of the meal. With a wide range of glazes, sauces and accompaniments, duckling can be served in endless variety for entertaining.

Rice has long been a part of America's food heritage, whether it is long grain rice, so traditional in classic Southern cooking, or wild rice from the Great Lakes region, grown and harvested today in much the same way our Indian forebears found it. Wild rice has always been considered a scarce-luxury food, requiring tedious preparation.

Duckling and Long Grain & Wild Rice combine beautifully for a taste tour of the U.S.A. Show guests what's wild about the West these days by serving easy-to-fix West Coast Honey-Lime Duckling on a bed of Chinatown Wild Rice. The duckling is quartered before roasting and glazed with a sweet-tart honey mixture during the last half hour of roasting. Crunchy pea pods, water chestnuts and toast-

ed almonds add color and delightful flavor to Long Grain & Wild Rice.

Combine the historic flavors of the New England coast in a special dinner by glazing a brace of ducklings with maple syrup and cooking Long Grain & Wild Rice with whole berry cranberry sauce for a savory-sweet-tart flavor combination. New England Cranberry Wild Rice is prepared in a skillet while Vermont Style Duckling roasts, to save time and steps for the cook who then has more time to devote to the remainder of the menu.

Treat guests to a bit of Southern hospitality with Plantation Roast Duckling and Sweet Georgia Wild Rice. This special duckling entree and Long Grain & Wild Rice accompaniment embodies the special flavors that the South is famed for—peaches, pecans and bourbon!

Try the following regional menus or create your own, and share your pride in America's culinary heritage with family and friends.

WEST COAST CHOICE

California Green Salad
West Coast Honey-Lime Duckling
Chinatown Wild Rice
Sautéed Mushrooms
Wholegrain Dinner Rolls
Fresh Strawberries with Sour Cream and Brown Sugar

WEST COAST HONEY-LIME DUCKLING

2 ducklings, thawed, quartered
1 teaspoon salt
1/3 cup honey
2 tablespoons lime juice
1-1/2 teaspoons soy sauce
Preheat oven to 325°F. Wash duckling quarters; dry with paper toweling. Sprinkle both sides with salt. Place skin side up on rack in shallow roasting pan. Prick skin all over with sharp fork or knife. Roast at 325°F for 1-1/2 hours. Combine honey, lime juice and soy sauce; mix well. Brush duckling with honey mixture. Continue roasting, brushing twice with honey mixture, until drumstick meat is fork tender, about 30 minutes. Makes 8 servings.

CHINATOWN WILD RICE

4-1/4 cups water
2 tablespoons butter or margarine
2 packages (6 ounces each) Long Grain & Wild Rice
1 package (6 ounces) frozen pea pods, thawed
1 can (8 ounces) water chestnuts, drained, sliced
1/3 cup toasted slivered almonds

Combine water, butter and contents of rice and seasoning packets in large saucepan. Bring to a boil. Cover tightly and cook over low heat until all water is absorbed, about 25 minutes. Stir in pea pods, water chestnuts and almonds. Heat through. Makes 8 servings.

SOUTHERN SOJOURN

Bibb Lettuce and Hearts of Palm Salad Vinaigrette
Plantation Roast Duckling
Sweet Georgia Wild Rice
Candied Yams
Buttered Fresh Broccoli
Baking Powder Biscuits
Black Bottom Pie

PLANTATION ROAST DUCKLING

1 duckling, thawed
1/2 teaspoon salt
1 cup peach preserves
2 teaspoons dry mustard
1/8 teaspoon allspice

Preheat oven to 350°F. Wash duckling; dry with paper toweling. Sprinkle body cavity with salt. Place duckling breast side up on rack in shallow roasting pan; prick skin all over with sharp fork or knife. Truss. Roast at 350°F, about 45 minutes per pound or until drumstick meat is fork tender. While duckling is roasting, heat together preserves, dry mustard and allspice in small saucepan, stirring occasionally. Baste duckling with preserves mixture several times during last 30 minutes of roasting time. Stir 1 to 2 tablespoons water into remaining glaze. Heat and serve with duckling. Makes 4 servings.

SWEET GEORGIA WILD RICE

1/4 cup bourbon
1 package (6 ounces) Long Grain & Wild Rice
1 tablespoon butter or margarine
1 can (16 ounces) sliced peaches, drained and cut into quarters
1/3 cup coarsely chopped pecans, toasted

Add enough water to bourbon to make 2-1/3 cups liquid. Combine liquid, contents of rice and seasoning packets and butter in saucepan. Bring to a boil. Cover lightly and cook over low heat until all water is absorbed, about 25 minutes. Stir in peaches and pecans; heat through. Makes 4 servings.

NEW ENGLAND FEAST

Vermont Style Duckling
New England Cranberry Wild Rice
Cauliflower with Cheese Sauce
Spinach and Mushroom Salad
Boston Brown Bread
Pumpkin Pie

VERMONT-STYLE DUCKLING

2 ducklings, thawed
1 teaspoon salt
1 cup maple syrup or maple flavored syrup
1/2 teaspoon ground cloves

Preheat oven to 350°F. Wash ducklings; dry with paper toweling. Sprinkle body cavity with salt. Place ducklings breast side up on rack in shallow roasting pan; prick skin all over with sharp fork or knife. Truss. Roast at 350°F, about 45 minutes per pound or until drumstick meat is fork tender. While ducklings are roasting, combine syrup and cloves in small saucepan. Bring to a boil, stirring occasionally. Baste ducklings with syrup mixture several times during last 30 minutes of roasting time. Heat and pass remaining syrup mixture. Makes 8 servings.

NEW ENGLAND CRANBERRY WILD RICE

1 cup chopped onion
2 tablespoons butter or margarine
1 can (16 ounces) whole berry cranberry sauce
2 packages (6 ounces each) Grain Long & Wild Rice
1-1/2 cups thinly sliced celery

Cook onion in butter in 10-inch skillet until tender but not brown. Add enough water to cranberry sauce to make 4-1/4 cups liquid. Add liquid and contents of rice and seasoning packets to skillet; stir. Bring to a boil. Cover tightly and cook over low heat until all liquid is absorbed, about 25 minutes. Stir in celery. Makes 8 servings.