

Start the New Year off right — serve holiday-special beef roast

The holidays are usually a blend of old and new. It's fun to hang a few new ornaments on the tree, deck the house with some different decorations and try new holiday recipes. But the traditions and customs that are enjoyed year after year are also important for they have special meaning and stir warm, pleasant memories of holidays past.

This is important on New Year's Day as well, so make it a combination of traditional as well as new foods. For a traditional entree, set an impressive beef rib roast in the place of honor on the holiday table.

Fortunately, the holiday-special beef roast is not only one of the most delicious entrees you can choose, it is also one of the easiest. The roast practically prepares itself, for once it is placed in a slow oven, no watching or basting is necessary. While cooking time can be estimated, it is best to rely on a roast thermometer to determine exact degree of doneness.

For a new offering for dessert, delight diners with Cranberry Yogurt Cloud. Cranberries, a traditional holi-

day fruit, are presented in up-to-date fashion in a fluffy yogurt and egg white mixture. The result is light and refreshing — the perfect ending to a holiday meal and the holiday season.

BEEF RIB ROAST

3 to 4-rib beef rib roast

Place roast, fat side up, on rack in open roasting pan. Insert meat thermometer so bulb is centered in the thickest part of roast. Do not add water. Do not cover. Roast in a slow oven (325 degrees) to desired degree of doneness. The meat thermometer will register 140 degrees for rare; 160 degrees for medium; 170 degrees for well done.* For a 4- to 6-pound roast, allow 28 to 32 minutes per pound for rare, 34 to 38 minutes for medium and 40 to 42 minutes for well done. For a 6 to 8-pound roast, allow 23 to 25 minutes per pound for rare, 27 to 30 for medium and 32 to 35 for well done. For easier carving, allow roast to "stand" in a warm place 15 to 20 minutes after removal from oven.

*Since roasts usually continue to cook after removal from oven, it is best

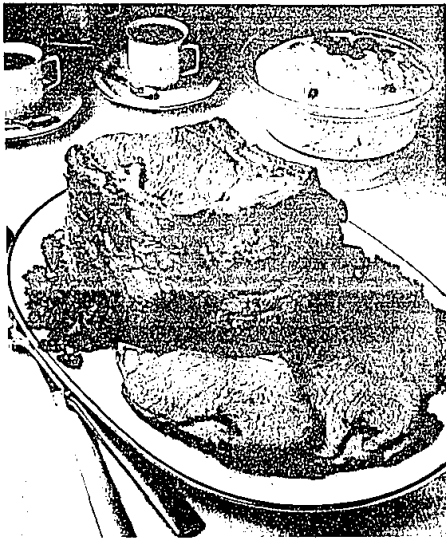
to remove them when thermometer registers about 5 degrees below the temperature of doneness desired.

CRANBERRY YOGURT CLOUD

1 large orange
1 envelope unflavored gelatin
2 tbsp cold water
½ cup sugar
1 cup cranberries
32 ounces plain yogurt
2 egg whites

Grate orange to obtain 1 tbsp peel; reserve. Sprinkle gelatin over cold water; reserve. Squeeze orange to obtain

¼ cup juice. Combine juice and sugar in medium saucepan. Bring to a boil, reduce heat and simmer until sugar is dissolved, stirring frequently. Add cranberries and orange peel and continue cooking 5 to 7 minutes, stirring occasionally. Stir softened gelatin into cranberry mixture; cool to room temperature. Combine cranberry mixture and yogurt in large bowl. Chill 15 to 20 minutes. Beat egg whites until stiff peaks form; fold into yogurt mixture. Chill 30 minutes. Spoon mixture into 6-cup serving bowl or individual dessert dishes. Chill at least 2 hours. Six to eight servings.



Keep the tradition of beef for holiday meals with an impressive beef rib roast. Then try something new for dessert — Cranberry Yogurt Cloud.

Tom's turkey is a perfect dish anytime

With convenience and budget as a prerequisite for a holiday, or anytime, entree, one of Thomas Jefferson's French dishes can still be part of any family's observance. Jefferson's "Dinde à la Daube" entree was served at the White House during his administration. Today you can economically serve it to your family.

The original recipe was a "boned and stuffed turkey, served in a casserole," according to an historical reference. Our modern variation of Tom's Turkey uses a turkey breast, easier to bone, stuffed with a mix and cooked to perfection in an oven cooking bag. The oven cooking bag is an easy-to-use method for cooking meats moist and tender. Boning the turkey at home is not difficult and an excellent cost-cutting measure.

TOM'S TURKEY

1 tbsp. flour
1 pkg. (½ oz.) turkey gravy mix
1 medium onion, sliced
2 stalks celery, sliced
1 cup water, divided
5 to 8 lb. turkey breast
1 pkg. (6 or 7 oz.) cornbread stuffing mix
½ cup butter or margarine, melted
½ lb. bulk pork sausage (optional)
Vegetable oil

Preheat oven to 350 degrees. Shake flour and turkey gravy mix in large size (14 inches x 20 inches) oven cooking bag; place bag in 13x9x2-inch baking pan. Spread onion and celery in bag along the length of the pan. Pour ½ cup water over vegetables. Combine stuffing mix, melted butter and ½ cup water. Cook, crumble and drain sausage; stir into stuffing. Spread stuffing along center and one half of boned turkey breast. Fold turkey breast in half lengthwise; fasten edges and ends together with skewers. Brush surface of breast with vegetable oil. Place stuffed breast on top of vegetables inside bag. Close bag with nylon tie; make 6 half-inch slits in top of bag. Insert meat thermometer through slit in top of bag into thickest part of turkey breast. Cook 2½ to 2¾ hours or until meat thermometer registers 160-165 degrees. Let stand 15 to 20 minutes before removing turkey from bag. Makes: 8 to 10 servings.

How to debone a turkey breast: First, rinse, drain and pat dry. Then, using a sharp knife, slice rib bones away from meat. Next, separate meat from both sides of upper breast bone. Loosen bottom of breast bone and lift meat from bone. To stuff, lay boned turkey breast, skin side on flat surface.

Pour off the fat, lower calories

You've probably noticed that many recipes for pot-roasts, stews and pork chops call for browning the meat in fat. But then the drippings are poured off. Why is this?

Meat is browned to help develop flavor and produce an attractive rich color. Fat is used to promote the browning of the meat and to prevent it from sticking to the pan before it is basted or cooked in liquid. Fat from browning is especially necessary when the meat has been dredged in flour.

The drippings are poured off after browning as they are no longer needed. This step also helps to keep calories in check.

Here's how to carve rib roast

Here are some carving tips from the National Live Stock and Meat Board to help you present this festive roast at its tender and tasty best.

A sharp knife is essential for successful carving.

To carve a beef rib roast, remove a slice from the large end so that the roast will stand firmly on the platter

on this end. Then insert a wide-line fork between the two top ribs. Starting on the fat side, carve across the "face" of the roast to the rib bone. With the tip of the knife, cut along the rib bone to loosen the slice. Keep close to the bone to make the largest serving possible. Slide the knife back under the slice and lift the slice to the serving platter.

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