

## America's Holiday Heritage



Much of our American holiday food heritage was brought to us from the country hearths of England and Europe. Recipes, passed by travelers from country inns to village homes and the kitchens of lavish estates, journeyed to America. An inheritance of American cooking is reflected in the rewarding menu that follows.

Roasted Capon With Apple-Raisin Sausage Stuffing  
Browned Buttermilk Gravy

Poached Golden Apples With Citrus

Winter Vegetables With Ranch Dressing and Walnuts

Spotted Dog With Rum Raisin Cranberry Sauce

Smaller families are the norm today. And with both adults in many families now working outside the home, time and ease of preparation are critical. That's why cooks are using convenience products whenever it is possible to do so without sacrificing traditional flavors. And technology, in the form of new and time-saving equipment, is heaven sent.

A capon, 7 to 8 pounds, which will serve six to eight, seems ideally suited for today's smaller families. Order one early from your grocer or specialty poultry market; if you can't get one, a large roasting chicken or small turkey will do as well. Whichever bird you use, it will roast to a perfect savory golden brown when you brush the surface with a browning and seasoning sauce.

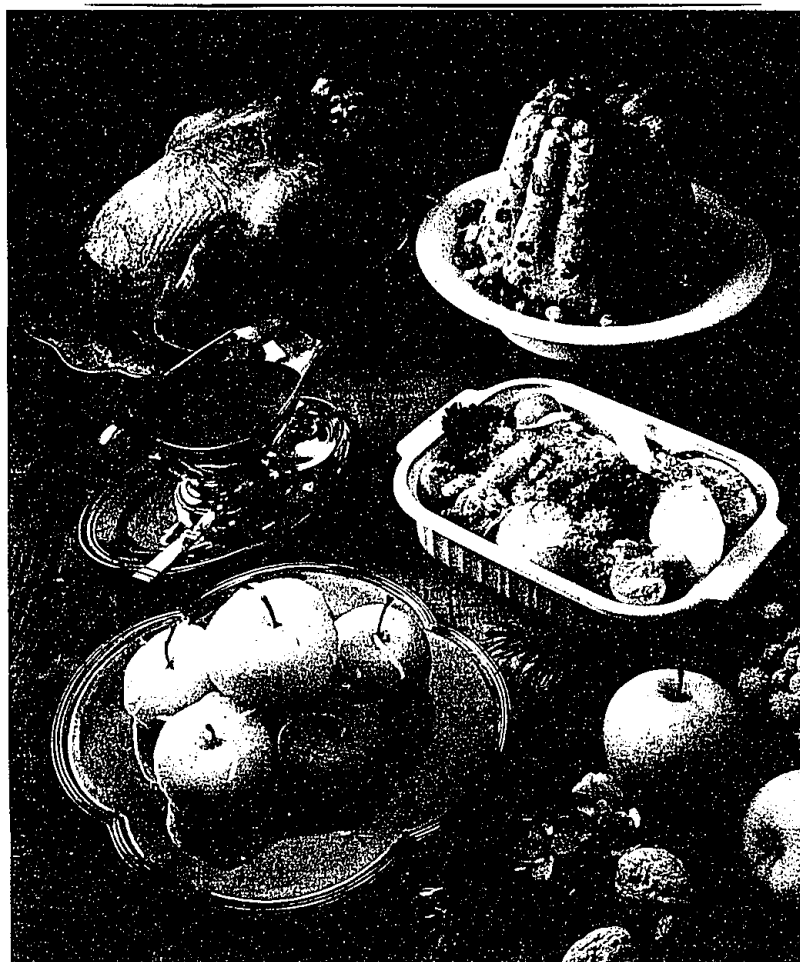
The stuffing combines bread seasoned with mild Italian sausage and spinach, accented with California raisins and the slight sweetness of Washington Golden Delicious apples, the versatile cooking and eating apple. Small whole Golden Delicious are also used for the poached apple garnish because they hold their shape when cooked and maintain color when peeled.

Tying the elements of the entree together is a well-seasoned gravy, recalling the early American tradition of smoothening the flavors with the tang of buttermilk. You can guarantee flavor and color with browning and seasoning sauce.

Share the buttermilk used for the gravy with the topping for the vegetables. You'll enjoy the delightful herb flavors in Hidden Valley Ranch® Buttermilk Recipe Original Ranch® salad dressing made with buttermilk, topped with bread crumbs and crushed walnuts. It's creamy, smooth and easy to prepare.

Serving perfect vegetables is a snap when you select winter varieties such as broccoli, carrots and squash and cook them in a microwave oven. It takes but minutes, and you can cook and serve them in the same dish when you use white Rubbermaid microwave cookware. Freezer- and dishwasher-safe, the newest cookware can be used in microwave ovens as well as convection and conventional ovens up to 400° F.

This holiday feast is appropriately crowned with a grand finale that recalls the warmest of English country inn traditions. Spotted Dog With Rum Raisin Cranberry Sauce. The rich, steamed pudding featuring moist and delicious California raisins was a welcome treat for weary holiday travelers. The raisin-studded pudding was once likened to a Dalmatian and has been known ever since as a "spotted dog" pudding.



*Roasted Capon With Apple-Raisin Sausage Stuffing*

- 1/4 pound bulk Italian sausage
- 1 cup diced onion
- 6 cups bread stuffing mix
- 1 cup cored and sliced Golden Delicious apple
- 1 package (9 oz.) frozen spinach, thawed and thoroughly drained
- 1/3 cup raisins
- 1 cup chicken broth
- 1 capon (7 to 8 lb.), thawed
- 1 teaspoon browning and seasoning sauce
- 1/2 cup butter or margarine, softened

Brown sausage and onion; drain. Mix together stuffing, apple, spinach, raisins and sausage mixture. Stir in chicken broth. Refrigerate to cool completely. Remove giblets, neck and any loose fat from bird cavity; rinse and pat dry. Stuff body and neck cavities lightly with apple stuffing mixture. Close openings with skewers and face with string to secure the legs, tail and wings. Work seasoning sauce into softened butter and rub mixture all over capon. Place capon on V-shaped rack in roasting pan. Roast in 325° F. oven; baste every 15 minutes with remaining butter mixture. Cook about 3 hours (25 minutes per pound) or until meat thermometer reads 170° F. or until juices run clear. Transfer capon to warm serving platter. Cover lightly and let rest about 10 minutes before carving. Makes 6 servings.

*Winter Vegetables With Ranch Dressing and Walnuts*

(Microwave Method\*)

- 2 pounds prepared vegetables (see note)
- 1-1/2 cups prepared buttermilk
- Recipe Original Ranch salad dressing
- 1 tablespoon flour
- 1/3 cup each coarsely chopped walnuts and buttered bread crumbs

Arrange vegetables in microwave-safe dish; cover with plastic wrap and vent. Cook at HIGH (100%) 6 minutes; drain. Combine salad dressing and flour; pour over vegetables. Combine walnuts and bread crumbs; mix well. Sprinkle over vegetables. Cover, vent and cook on HIGH 5 minutes. Let stand 2 minutes before serving. Makes 4 to 6 servings.

To prepare conventionally, steam prepared vegetables until tender and proceed with recipe directions for sauce. Bake in 400° F. oven for 15 minutes.

Note: Cauliflower, zucchini, broccoli, leeks and/or cherry tomatoes can be used.

\*Recipe developed for 600 to 700 watt microwave ovens.

*Spotted Dog With Rum Raisin Cranberry Sauce*

- 3 cups chicken broth, divided (see note)
- 1/2 cup flour
- 2 tablespoons fat drippings
- 3/4 cup buttermilk
- 1 teaspoon browning and seasoning sauce
- 1 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Blend 1 cup cold broth with flour until smooth. Heat remaining broth and drippings in large saucepan. Stir flour mixture into hot broth. Cook and stir over medium heat until mixture boils. Reduce heat. Stir in remaining ingredients; cook 2 to 3 minutes more. Serve hot. Makes about 4 cups.

Note: Chicken broth—use canned broth or combine chicken giblets and neck; 1 teaspoon each thyme and chopped parsley; 1 carrot and 1 celery rib, chopped; 1/2 onion, quartered; and 1/2 teaspoon Kitchen Bouquet browning and seasoning sauce. Cover with water; simmer about 2 hours. Strain. Season to taste with salt and pepper.

*Poached Golden Apples With Citrus*

- 1 cup orange juice
- 1/2 cup cream sherry
- 1 stick cinnamon
- 6 small Golden Delicious apples, pared
- Shredded orange peel

Combine orange juice, sherry and cinnamon in large saucepan; bring to boil. Reduce heat; add apples and lemon peel until fluffy. Mix eggs, shortening and milk into flour mixture to blend thoroughly. Turn into 2 to 2-1/2-quart pudding mold or heatproof bowl coated with vegetable cooking spray. Cover with lid or aluminum foil. Place on rack in large pot. Pour in boiling water to come two-thirds of the way up side of mold. Cover and simmer 2 hours, 15 minutes. Meanwhile, prepare Rum Raisin Cranberry Sauce. Unmold hot pudding onto serving plate. Serve with sauce. Makes 12 servings.

*Hidden Valley Ranch® Buttermilk Recipe Original Ranch® Salad Dressing*

- 2-1/4 cups flour
- 2 cups fresh white bread crumbs
- 2 cups raisins
- 1-1/4 cups sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 5 eggs
- Grated peel of 2 lemons
- 1/2 cup melted shortening
- 1/4 cup milk
- Rum Raisin Cranberry Sauce (recipe follows)

In bowl combine flour, crumbs, raisins, sugar, baking powder and salt. In another bowl beat eggs and lemon peel until fluffy. Mix eggs, shortening and milk into flour mixture to blend thoroughly. Turn into 2 to 2-1/2-quart pudding mold or heatproof bowl coated with vegetable cooking spray. Cover with lid or aluminum foil. Place on rack in large pot. Pour in boiling water to come two-thirds of the way up side of mold. Cover and simmer 2 hours, 15 minutes. Meanwhile, prepare Rum Raisin Cranberry Sauce. Unmold hot pudding onto serving plate. Serve with sauce. Makes 12 servings.

Rum Raisin Cranberry Sauce: In saucepan combine 1-3/4 cups cranberry juice cocktail, 3/4 cup golden raisins and 1/2 cup packed light brown sugar. Bring to boil; add 1 cup fresh or frozen cranberries. Simmer until berries begin to pop. Mix 1/3 cup golden rum with 2 tablespoons cornstarch. Stir into saucepan. Cook and stir just until thickened. Serve warm. Makes about 3 cups.

Note: Pudding may be made ahead and frozen up to 2 months. Thaw; steam in mold, covered, about 45 minutes.