

# TASTE

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MONDAY, NOVEMBER 21, 1994

## TASTE BUDS



CHEF LARRY JONES

### Relax and plan your great turkey dinner

I'll never forget the first time I cooked Thanksgiving dinner. I didn't have 27 years of cooking experience under my belt, and felt totally overwhelmed.

My heart went out to Sandy from Southfield who nervously approached me one afternoon at Kitchen Glamour store.

This is going to be Sandy's first year preparing Thanksgiving dinner for her in-laws, who are coming from upstate New York. Sandy said she knows nothing about cooking a turkey, let alone making an entire dinner.

#### This column's for you

If you've never attempted to prepare a full turkey dinner, then this is the column for you. Mothers, clip this out and send it to your kids, or file it until they're old enough to invite you over. You won't be disappointed.

First off Sandy, the best thing you can do is plan ahead. Work out the menu and choose some recipes. Then write your shopping list.

Experience has taught me to write down what needs to be done at what time. If appetizers and desserts can be made a day or two ahead, why not take advantage?

When it comes to buying a turkey, fresh birds are best. Allow one pound of uncooked bird per person, more if you want leftovers. Order your bird today.

Check your spice rack to make sure you have what you need. Ditto for serving pieces, cookware, utensils and cutlery.

#### Look for Yukon Golds

Plan on eight ounces (½ pound) of potatoes and vegetables per person. When it comes to potatoes, look for Yukon Golds, they make great mashed, roasted or baked potatoes, and are easy to find at grocery stores.

For convenience, turn fresh or frozen vegetables into casseroles. Definitely do this the day before.

People love stuffing, and it can be as easy or as complicated as you choose to make it. Plan on two cups of stuffing per person and, whatever you do, don't stuff the turkey! Cooking the stuffing separate in a covered casserole shortens the cooking time of the turkey. Homemade breads and rolls are nice, but check out the selections from specialty bakeries in your area. Buy breads and rolls ahead of time, wrap and freeze. Pop them in the oven for 10 minutes while the food is being placed on the table Thanksgiving Day.

Remove the turkey from the refrigerator one hour before roasting begins. As a rule, unstuffed birds require 16 minutes per pound while stuffed birds require 20.

#### Make sure it's done

When it comes to cooking the turkey, the most difficult task is deciding when it's cooked. Insert in a good thermometer and cook the bird until the temperature in the thickest part of its thigh, without touching the bone, reaches 165 degrees.

But before you cook the bird, remember to wash the inside and remove the bag containing the giblets, neck, gizzard, etc. Rinse the bird inside and out with cold water. Pat dry with paper towels. Lightly season the turkey inside and out with salt and fresh ground pepper.

You can make a stock with the neck and giblets by placing them in a small saucepan and covering with two cups of water. Bring to a boil, reduce the heat and simmer for 1 hour. If you desire, insert a cut up onion and any fresh herbs like parsley, celery leaves or fresh sage in the cavity and truss, if you know how. If you don't, forget it.

Now it's time to begin cooking. Preheat the oven to 425 degrees. Place the turkey, breast side up, on a greased rack in a shallow roasting pan just large enough to hold the bird. Melt a stick of butter and cut a 14 by 24-inch piece of cheesecloth. Soak the cheesecloth in the melted butter until all butter has been absorbed. Double the cheesecloth and drape it over the turkey breast (this ensures a moist, not overcooked breast).

Place the turkey in the oven and immediately reduce the heat to 325 degrees. Using a large bulb baster, baste the turkey through the cheesecloth with the pan drippings every 30 minutes. About 45 minutes before the turkey is finished, remove the cheesecloth. Continue roasting and baste every 10 minutes. Check the temperature at this time. When the bird reaches 165 degrees, transfer the turkey to a carving board and cover loosely with foil as it allows to rest for 20-25 minutes.

The bird's internal temperature will rise about 10 degrees, and the bird will retain more juices. Make the gravy and mash potatoes.

See Larry Jones' family-tested recipes inside.

## LOOKING AHEAD

What to watch for in Taste next week:

- Healthy holiday appetizers.
- Make some cookies with your kids.



Steve Perini for Larry Jones

## Preparing for Hanukkah is 'men's work'



Making potato latkes is a male tradition in the Katzenstein family. Three generations - grandfather, father and son - help prepare food for the eight-day Jewish Festival of Lights.

BY SANDRA DALKA-PRYSHY

SPECIAL REPORT

Most people think of candles, not food, when it comes to Hanukkah. But for some families, food is an important part of this "Festival of the Lights," which is observed over eight nights beginning at sundown, Nov. 27.

According to Danny Katzenstein of Beverly Hills, preparing food for the celebration commemorating the the Maccabees' rededication of the Temple in Jerusalem in 165 BC, has become a male tradition in his family.

"My father, father-in-law and I make the potato latkes for our family celebration," Katzenstein said. "This year we're going to introduce my eight-year-old son, Joshua, to this custom."

Grandfather Sonny Schwartz of Farmington Hills said that while Josh is going to be taught "the skill of making not only good, but great, latkes, one tradition - that of cooking with a glass of vodka in one hand - will have to be postponed for a number of years."

Josh's other grandfather, William Katzenstein of Birmingham, said

that the vodka is needed to inspire the chefs.

"It also makes it much easier to handle the less-than-pleasant task of peeling lots and lots of potatoes."

Danny Katzenstein said potato latkes, also known as potato pancakes, are a traditional Hanukkah food because they are cooked in oil.

"Oil is a significant ingredient to Hanukkah. After the Maccabees threw out the Greeks and their idols, they lit a lamp to help them clean up the Temple. There was only enough oil in the lamp to last one night, but a miracle happened. The oil lasted for eight days," he said.

"Cooking food in oil is one way of marking this occasion. Another is lighting the menorah (a candelabrum that holds nine candles). One candle is lit the first night, two the second and one on each of the remaining nights of Hanukkah."

William Katzenstein said that while latkes are the tradition of Jews in this country, deep-fried pastries similar to jelly-filled donuts are the



In the kitchen: Eight-year-old Joshua Katzenstein and his father, Danny, (top) pour potato latke batter onto a hot skillet. Joshua's grandfather, William Katzenstein, tastes the latkes.

tradition in Israel.

According to the three chefs, some American Jewish families also make "heinenblozen" for their celebration.

"This is cookie dough that is deep fried in oil. While being fried, the dough expands. The result are odd-shaped puffs that are sweetened with powdered sugar and cinnamon," said Danny Katzenstein.

Sweet treats are not the main concern of Sonny Schwartz. He said his

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## Simi Winery CEO misses winemaking

BY ELEANOR AND RAY HEALD  
SPECIAL WRITERS

You read it here first. Zelma Long, chief executive officer (CEO) of Simi Winery, will get back into winemaking with a new California label.

It may take a couple of years, but the former winemaker at Robert Mondavi and Simi wineries is getting tired of being CEO and watching someone else make the wine while she pushes papers in her office.

Long created the Simi Reserve Chardonnay program that continues under the able winemaking

skills of New Zealander Nick Goldschmidt. The 1990 Simi Reserve Chardonnay has intense fruit with harmonious, rich oak in a true reserve style, with the added advantage of two years bottle age.

We don't know whether Long will continue as CEO, but it's exciting to think that we might again be able to drink a chardonnay made by the master. What makes this such an intriguing prospect is that Zelma's husband, Phil Friese, is the for

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## Wine Selections of the Week

Best Buy Chardonnay

• 1993 Napa Ridge Central Coast Chardonnay (\$8)

Cabernet and Merlot

- 1990 Louis M. Martini Cabernet Sauvignon (\$8)
- 1990 Louis M. Martini Reserve Cabernet Sauvignon (\$14)
- 1991 Kenwood Artist Series Cabernet Sauvignon (\$35)
- 1991 Beringer Knights Valley Meritage (\$13)
- 1992 Murphy-Goodie Merlot (\$15)
- 1992 Silverado Merlot (\$17.50)
- 1990 Joseph Phelps Insignia (\$22)
- 1990 Robert Sineky Carneros Cabernet (\$20)