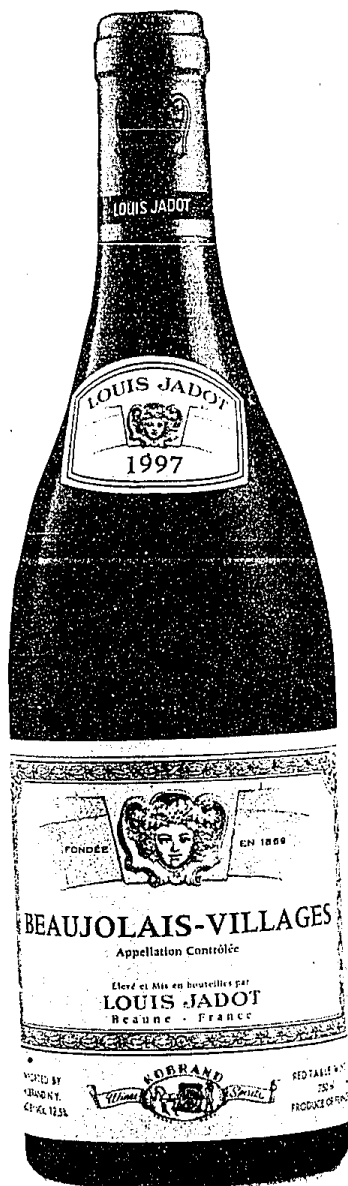


# "Highly Recommended."

WINE & SPIRITS MAGAZINE

"The Jadot wines are excellent across the board." — Bon Appétit, Anthony Dias Blue  
 "This is an extraordinary house where quality is the highest priority." — Robert M. Parker, Jr.



"Toast your feasts and good times with Beaujolais-Villages. That's what I highly recommend."

BACCHUS, GOD OF WINE.

## Safe from page B1

■ Cook stuffing separately (in a casserole dish); the turkey roasts quicker. To cook stuffing, place in casserole dish and cook in 325°F oven with the turkey for approximately 1 hour or until internal stuffing temperature reaches 165°F.

■ If you choose to stuff your turkey, stuff loosely, about 3/4 cup stuffing per pound of turkey. It is absolutely essential to use a thermometer to check the internal temperature of the stuffing as well as the turkey itself. When the stuffing is done, the temperature of the center of the stuffing should be 165°F. The temperature of the turkey should be 180-186°F in thigh before removing it from the oven.

■ Remove stuffing as soon as turkey is cooked — keep it hot at 200°F until ready to serve.

### Healthy suggestions

■ Bake the stuffing in a non-stick pan instead of inside the turkey.

■ Use chicken stock instead of butter to make the stuffing moist or to baste the turkey.

■ Make mashed potatoes using skim milk and low-calorie margarine.

■ Make a lower-fat pumpkin pie. A slice of high-fat pumpkin pie takes 21 minutes of jogging or 34 minutes on a bike to burn off.

■ Choose lower-fat white meat

over the dark meat.

■ Don't eat the turkey skin.

■ Serve bread sticks instead of biscuits and save 62 calories and 6 grams of fat.

■ Serve several vegetables minus the butter, instead, use a little lemon and herbs to flavor them.

### Safe Handling of Turkey Dinners to Go

■ If you are eating within two hours, pick up the food and keep it hot, not just warm. Set the oven temperature high enough to keep the turkey at 149°F or to check temperature.

■ Stuffing and hot side dishes must also stay hot.

■ Cover food with foil to keep moist.

■ If you are not eating until later (more than two hours after picking up the food), remove all the stuffing from the turkey and refrigerate. Cut turkey meat off the bone, slice and refrigerate with side dishes. Reheat the turkey thoroughly to 165°F.

■ Buying a refrigerated, full-cooked stuffed turkey is not recommended by the U.S. Department of Agriculture.

### Leftovers

■ Divide the leftovers into smaller, shallow dishes to refrigerate or freeze.

■ The maximum amount of time you can store leftover cooked turkey in the refrigerator is 3-4 days. Leftover cooked turkey slices can be frozen for up to 4 months. Leftover cooked turkey with gravy or sauce can be frozen for up to 6 months.

■ Other cooked dishes such as vegetables, can be refrigerated 3-4 days, or frozen up to 1 month.

■ Stuffing and gravy can be refrigerated 1-2 days, or frozen up to 1 month.

■ Cranberry relish can be made ahead and refrigerated for up to 1 week.

■ Pumpkin pie can be refrigerated 3-4 days. Could be frozen up to 2 months, but the quality suffers.

■ Apple pie can be refrigerated 4-5 days, or frozen up to 6 months.

Don't despair, enjoy the day, with family and friends by serving safe, good food. Just stay in control of what you eat.

Lois M. Thieleke and Sylvia Treitman are home economists for the Michigan State University Extension Service, Oakland County. Call the Food and Nutrition Hot line (249) 858-0904 from 8:30 a.m. to 5 p.m. Monday-Friday, for answers to your food safety, food and nutrition-related questions. They will be closed Thanksgiving Day.

## Twist from page B1

- 12 small whole shallots, peeled
- 1 pound Crimini mushrooms
- 1/2 stick butter
- 3 to 4 sprigs fresh thyme
- 2 cloves garlic, minced
- 4 cups Corsondonk brown ale
- 2 tablespoons flour
- Salt and pepper to taste
- Hearty mustard of your choice to taste (optional)

In a pan that can be covered, or

a Dutch oven, melt butter over medium heat. Add shallots and sauté 4 minutes. Add mushrooms and beef and cook 5 minutes more, add garlic and thyme, cook 2 more minutes, stirring all the while so nothing sticks.

Add the ale, boil for 1 minute, cover and reduce to a simmer, and cook for 1-1 1/2 hours until beef is tender. Remove beef, shallots and mushrooms and keep warm.

Place about 1/2 cup of the sauce in a bowl and add the flour and mix very well (no lumps). Add to

remaining sauce in the pan, turn up the heat and stir until slightly thickened. Add salt, pepper and mustard, taste, adjust seasonings. Serve sauce over beef with shallots and mushrooms. Serves 4.

Chef's tip: Serve this dish with a nice, crusty French bread.

Chef Joseph Styke is sous chef at the Water Club Scaford Grill in Plymouth and an award-winning home brewer. Look for his column on the last Sunday of the month in Taste.

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