



Byrd's Kitchen

by Vivian Byrd

Those leftovers have great possibilities

There are many ways to deal with leftovers, those unwanted, unloved vestiges of holiday feasting. With luck, by the time you read this, the last of them will be finished off at your house.

Obviously, the whole question of what to do with them could be avoided simply by not having any. A small turkey that can be polished off at one sitting costs less and takes less cooking time (you can conserve energy).

What's that? You think that would mean too little white meat for those "white-meat-only" fans at your house? Then take advantage of the availability of fresh whole or half turkey breast now on the meat counters in sizes as small as three or four pounds.

There is an advantage to having leftovers. The cook of the house who has just prepared that fantastic Christmas dinner gets a break from preparing food for a couple of days, certainly a deserved respite.

Maybe your family loves leftovers, likes the turkey or club sandwiches you serve next day for lunch. Turkey divan, curried turkey or turkey and mushrooms in a bechamel sauce may be favorites at your house, eagerly awaited as part of the season.

EVEN AFTER those dishes are enjoyed, you can still throw the carcass with those last shippings of meat into the soup pot for stock. Or, add some vegetables and rice and serve up steaming bowls of soup on a cold day. If roast beef is your Christmas or New Year's dinner favorite, leftovers turn easily into a stick-to-the-ribs hash. Again, bones can be added to the stock pot or used for soup.

Then you can give yourself some well-deserved applause for being so thrifty, a trait to be cultivated and valued in these economic times.

Below are turkey and roast beef hash recipes good enough to work into any household's year round menus.

TURKEY HASH

5 tbsp. butter
1/2 cup finely chopped onion
2 garlic cloves, finely chopped
1/2 green pepper, finely chopped

3 cups diced cold turkey
1 cup cold stuffing
salt and freshly ground pepper
1/2 cup pitted black olives
1/2 cup toasted almonds
1/2 cup heavy cream
chopped parsley

Melt the butter and saute the onion, garlic and pepper until they are limp and just delicately brown. Add the turkey and stuffing and toss well with the onion and green pepper. Salt and pepper to taste. Allow the mixture to cook over medium heat until thoroughly warmed through. Turn and blend the mixture well and add the almonds and

olives. Drizzle the cream overall and let the hash cook down thoroughly until nicely blended and piping hot. Add chopped parsley and turn the hash out onto a heated platter or serve from the skillet in which it was made.

ROAST BEEF HASH

2 small onions or 1 medium onion, finely chopped
5 tbsp. beef drippings or 3 tbsp. butter and 2 tbsp. oil
1 1/2 cups finely diced boiled potatoes
2 1/2 cups cold roast beef, diced with some fat
salt and freshly ground pepper
thyme

chopped parsley
1/2 cup heavy cream (optional)

Saute the onion in the beef drippings until transparent. Add the potatoes and brown well over medium heat. They should begin to crisp at the edges. Add the beef. Season to taste, blend well, then cook down until the beef is brown and the mixture is crisp. The optional cream can now be added and the hash pressed down in the skillet. Raise the heat slightly and let the cream cook out, so that a crust forms on the bottom. Sprinkle with the chopped parsley.

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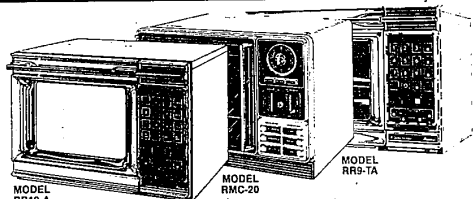
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