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White Meat, and Dark

Margaret L. Marnette
Iowa State College

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White Meat, and Dark

By MARGARET L. MARNETTE

THANKSGIVING, or any other holiday, seems to be the time to stay at home and be happy. Company may come, as company does, and is expected on this day of days. Planning ahead is efficient, knowing what and how to buy is prudent, but knowing how to prepare what is bought is quite the most necessary of all.

Turkey, without a doubt, is the bird to grace the Thanksgiving table. For those who do not have the opportunity of sending out to the chicken pen for the bird, and who feel that, without turkey, a few words will be of some help.

Meat, turkey or otherwise, should be ordered early in order to insure a nice bird. For a table of six or eight guests, a bird weighing eight to ten pounds is a good weight. In case ten or more guests are to be served, if facilities allow, two small birds of from eight to ten pounds instead of one large bird weighing over twelve pounds. Meat on larger birds is often tough and stringy.

The skin on any bird is for the purpose of protecting the flesh from dirt and bacteria. That is why a bird with a clean, unbroken skin should always be selected.

Regardless of the promises of the butcher, do a little private detective work of your own and choose your turkey with your own hands. Pinch the skin under the leg or wing. If it is tender and seems to break easily, the bird is young and fresh. Note the pin feathers. On a young bird these will predominate, while older birds will have a large amount of hair on their bodies. Old flesh is purple and sometimes blotched on the back. Young birds have a clear and even color.

Wednesday is the time to prepare your bird for dinner. Thursday there will be dozens of little things to do, and it often improves the flavor of a bird to leave it stuffed overnight in the ice chest, where it will be cool but will not freeze.

Clean the inside of the bird, remove the pin feathers with a small knife and singe, being careful not to hold the flesh near the flame. Wipe dry and rub salt and pepper inside and out. Then fill with the prepared stuffing until nice and plump. Don't forget to allow for swelling of the stuffing, especially if it is made of crackers. Fill the crop space thru a slit in the neck, and then sew up the bird with a strong linen thread.

Draw the thighs close to the body and secure them by a skewer passed thru one thigh, the body and the other thigh. Do the same with the wings. Remove the neck close to the base and



skewer the skin on the back side of the bird. Cross the drumsticks and, with a strong string or thread two feet long, tie them to the tail. Turn the bird on the breast, cross the strings and wind one around the thigh skewer and the other around the wing skewer. Tie securely and place the bird in a cool place.

Twenty minutes is the time allowed for each pound of bird. Weigh it in Thursday morning just before putting it into the roaster. A word about a roaster; a cover is necessary, and so is a good vent, which can be easily opened when required. Dredge the bird with flour, salt and pepper and place stripes of salt pork over it. Do not add water because that will prevent it from attaining that delicious golden brown so required of a turkey.

For twenty minutes let it roast in an oven of 550 degrees F., then reduce the heat to 500 degrees for ten minutes, and finally reduce the heat to 400 degrees for the remainder of the time. Remove the cover for the last fifteen minutes to improve browning.

Turkey, being an expensive meat, is not always available, and other birds are substituted with just as good results. Capons, or unsexed roosters, which weigh from five to eight pounds, are large enough for a moderate sized family. Capon is the choicest roasting chicken, and commands a rather high price due to the tender meat and delicate flavor. Some capons attain a weight of twelve pounds. In buying any kind of poultry it will be found that dry picked poultry both looks and keeps better than scalded birds, because the heat breaks the skin and causes blotches. Frozen poultry, when thawed, deteriorates rapidly; that is

why one must always be sure it is delivered frozen.

Milk-fed poultry is to be preferred to corn-fed because the fat is distributed around the meat rather than the internal organs. The carcasses of capons are more plump than those of hens or roosters. In the south many of them are fed on rice and their fat is nearly white. Those fed on corn meal will have a yellow fat, but not such a coarse fat as those fed strictly on shelled corn.

In buying capons, or any poultry, note the feet. In a young bird, the feet are smooth and slightly moist; older birds have hard feet. The feet should be supple and joints should bend easily. Beware of the cartilage that is broken, for it sometimes means the butcher has taken that means to deceive.

The eyes of young birds are bright and have none of the dullness noted in older fowls.

It is bad enough to buy a drawn bird, but one undrawn is perhaps as bad. Drawing should be promptly accomplished after the bird has been killed. But a bird should be kept at least twenty-four hours after it has been killed before it is cooked.

To draw a bird, make a cut around the vent with an incision toward the breast. Insert two fingers and loosen the fat from the skin, separating the membranes close to the body. Keep the fingers close to the breastbone until you can reach in beyond the liver and heart and loosen them on either side. Work to the back. Do not forget the gall bladder lies under the liver on the left side and be careful not to break it. Altho many people leave in the lungs and perhaps other organs, it is always a safe rule to remove everything removable. Then singe and stuff as with the turkey.

Duck is a rare dish in many homes, and particularly nice for Thanksgiving dinner. Domestic duck or goose should not be more than a year old. White, soft feet and tender wings are necessary. The body should be plump and thick, the skin light and fat semi-transparent. The beak should be flesh-colored and brittle. Test the windpipe and see that it breaks when pressed between the thumb and forefinger.

Duck and goose should be cooked until the blood turns blue-purple. Of course, many people have their own preference, but goose and duck usually

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taste better if they are not cooked too dry.

Bacon or salt pork should be wound around the legs of a duck or goose when putting it into the oven. Often duck is not trussed nor stuffed, but a few stalks of celery is put into the inside for bringing out the fine flavor.

Hens are usually more tender and better flavored than gobblers or roosters. Ducks range from four to six pounds, geese from four to eight, and chickens from three to six pounds. These are the weights advised for small family consumption.

The stuffing is one of the important features of the bird. In Scotland this stuffing is considered very fine.

- 3 c stale bread crumbs
- 3 c oats
- 6 small sliced onions
- 3/4 c meat drippings
- 1 c boiling water
- Salt to flavor

Another delicious stuffing may be made by substituting the chestnuts in any good recipe for pecans.

The Danish housewife prepares a sweet dressing of:

- 1 qt. milk over a loaf of bread.
- 1 c raisins
- 1 c prunes
- 1/2 c citron
- 3/8 c sugar
- 2 eggs
- 1/2 tsp salt
- 1/2 tsp cloves
- 1 tbsp cinnamon

Perhaps a dressing which is best with goose is the apple stuffing.

- 3 c bread crumbs or dry bread
- 2 tbsp butter
- 1 tsp salt
- 1 onion
- 3 apples
- 1/4 tsp pepper

When you make your gravy remember if you want it to be nice and brown, let the flour become well browned before you add the water. As soon as water is added the browning process stops.

May: "Is Jennie keeping up her study of natural sciences?"

June "Oh, yes. She's so strong on entomology that she married a firebug."

**"Ask Me Another"
Fashion Questions**

By Sara Van Rensselaer

My dear Miss Van Rensselaer: I am thirty years old, of medium height and considered fairly good looking, but I have never been able to acquire the smart manner of costuming myself no matter how much money I've spent in the endeavor. I am most anxious to learn for I am confident that I would be more welcome at social functions and feel more at ease if I weren't conspicuous for my poor taste.

Minneapolis, Minn. Grace S.

Chic is not a matter of money—but of good taste and requires thought and intelligent planning. The first step is to choose the colors and it is necessary that you limit these so the various groups will blend and accessories and other things be interchangeable. Plan the wardrobes in four groups: sports and country clothes, town and travel clothes, afternoon clothes and evening clothes. In your accessories, be sure your underthings are designed to make your figure slim and straight-lined. Kayser has made several models to effect this silhouette and they are very successful. Since the slim figure is the keynote to chic then be sure everything you choose achieves this. In hosiery select either Slipper Heel or Twin Heel.

S. V. R.

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