TH CHRISTMAS

ng to the Book of Christmas Day has brated throughout the world since about 400 e of the best known s carols date from very , but one of the most famous, "Hark the Herald Angels Sing," is 100 years old this year.

TEMPTS INVALIDS

Broiling is said to be the best means of cooking smaller pieces of meat quickly for invalids.

Noted Chef Hands on Expert Advice on Preparing, Fixing "Super Turkey Dinner" With All Trimmings

MONTREAL—Christmas is the time when housewives summon all their culinary skill to produce a succulent roast turkey that will become the talk of the dinner table.

Of course this means trimmings, and first on the list is a rich sage dressing. No one is more aware of the importance of this than the Canadian National Railways, whose chefs will be serving it in dining cars on 24,000 miles of track covering all 10 provinces of Canada and 12 states of the union.

The secret of the dressing comes from Joseph F. Nellis, chef instructor of the CNR's sleeping and dining car department.

Trimming the ingredients down to kitchen size proportions, Chef Nellis suggests half a cup of bacon topped off with a similar quantity of finely chopped ham. To this is added an onion, likewise finely chopped.

The next ingredients to prepare are one and a half cups of celery, a quarter cup of parsley, two dessert spoons of sage, and five cups of bread. For best results, Chef Nellis says, be sure to soak the bread in water or milk then press out excess fluid.

Next the ham and bacon is braised lightly on top of the stove, then fried till cooked but not brown. The sage and parsley are added, and all is cooked in five minutes. A final mixing with the bread, a sprinkling of salt and pepper, and the dressing is ready for the turkey.

With plenty of care, the CNR chef says, this dressing will bring out the full rich flavor of the turkey.

Most housewives overcook their Christmas turkeys says Mr. Nellis.

"The 'little woman' gets up early in the morning to put the 'bird' in the oven and roast it for several hours," says chef Nellis. "No wonder it is considered dry by the time it reaches the dining table."

The veteran chef, who has spent more than 35 years in kitchens on diners, steamships, hotels and restaurants of the CNR, says three to three and a half hours is all the time required to cook a 20 pound turkey.

To cook a turkey so that it retains its natural flavor and juices, Mr. Nellis says it should be put in an oven of 400 degrees for the first half hour. "This seals in the juices, and the oven then can be reduced to about 350 degrees for the rest of the roasting period."

Another idea advanced by Mr. Nellis, is that of spreading butter over the bird should it be lean. If it is a fat bird, there is no need for this, the chef says, nor is there a need to put the turkey in a brown paper bag as many housewives do. However, the brown paper bag routine can be used to good advantage if the bird is being reheated for another meal, he admits.

Vegetables can also be added to the roasting pan. Carrots, onions and celery may be put in with the turkey and allowed to cook for the duration of the roast to provide added juices and make ideal gravy.

Another suggestion for ideal gravy has to do with the wings, gizzard and neck of the turkey. "Everyone knows these pieces are just about impossible to serve in any form," says Nellis.

Rather than discard these extras, cooks of the CNR remove them and put them in the pan along with the vegetables. They let them roast for about two and a half hours, and then remove them from the pan. They are then put in a pot on top of the stove with about two quarts of water, and the contents are allowed to simmer for an hour or more.

"This juice provides ideal stock," says Mr. Nellis, "and once the turkey is removed from the roasting pan, the stock is poured in with the vegetable juices. Flour is added until the desired thickness of the gravy is obtained."

"Then everything is ready for the feast," says Mr. Nellis, "and the compliments."

Merry Christmas!
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