

Lifestyle

Don't get sick munching leftovers, instead create a new taste

By PASHA CARROLL
SUN REPORTER

Don't let that turkey set! To ensure the safety of a holiday leftover, be sure to follow timely turkey tips. Even after a long day full of dealing with turkeys (the poultry kind, not your Uncle Fred), spending just a couple more minutes working may save you a bellyache later.

Since food borne bacteria can set up in a relatively short time, the USDA Meat and Poultry division suggests deboning the turkey and refrigerating leftover meat in shallow containers within two hours of taking it out of the oven. Freeze portions that you will not use within four days for turkey and two days for stuffing and gravy.

Cranberries can usually make it up to a week and

leftover desserts and pies (if there is any) can be kept from three to five days (three for pumpkin pie.)

Make sure when you reheat turkey, it is done thoroughly at 165 degrees Fahrenheit or until it is hot and steaming throughout.

With that in mind, it probably won't be long after the top button on your pants is undone and you're comfy on the sofa watching football that daydreams will turn to a turkey sandwich and leftovers galore.

Since taste buds get tired of plain ole turkey, taters and stuffing, revitalize them with new concoctions made out of the traditional Thanksgiving goodies. But don't forget traditional turkey soup.

You can try these easy recipes to turn one meal into plenty of meals with

an extraordinary twist in the weeks that follow turkey-day.

Turkey Soup Courtesy of cdkitchen.com

1 turkey carcass
water
1 whole, peeled onion
1 carrot
1 stalk of celery (make sure to use some of the celery leaves)
1 bay leaf
salt to taste
a few whole peppercorns
fresh vegetables: diced carrots, diced celery, minced onion,
1 can of diced tomatoes
1 diced potato

Place the carcass in a very large stock or soup pot. Add water to cover the carcass, put in a whole, peeled onion, a carrot, a stalk or two of celery (make sure to use some of the celery leaves), a bay

leaf, salt to taste and a few whole peppercorns. Bring to a boil, reduce the heat and simmer for an hour or so. Strain the liquid and place back in the pot. Discard all of the vegetables that were in the stock. Pick any meat left on the carcass and put back into the pot of broth. Add fresh vegetables: diced carrots, diced celery, minced onion, you can even add a can of diced tomatoes to the broth. A diced potato or two would be good. Let simmer until the vegetables are soft. You could add cooked pasta (just about any shape of pasta would be good) to the cooked broth. Adjust the seasonings to taste.

Three new ideas for leftover cranberry sauce (either the whole-berry or jellied type)

- Courtesy of Mr. Food

1. Warmed and served as an ice cream topping.

2. Mixed with cream cheese to make an eye-opening spread for bagels, muffins or toast.

3. Melted in a saucepan over low heat with a bit of butter and used as a chicken glaze.

Cut leftover turkey into chunks and mix it with leftover gravy and veggies. Pour it into a pie plate, top it off with leftover mashed potatoes or stuffing, and heat it up for a new style of Shepherd's Pie.

Turkey hash with mashed potato crust -courtesy of real simple.com

4 tablespoons butter, plus enough to coat the baking dish

1/2 large onion, diced (1 1/2 cups)

2 carrots, diced small (1/3 to 1/2 cup)

2 stalks celery, diced small

4 tablespoons fresh parsley, finely chopped

1/4 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

2 1/2 to 3 cups shredded leftover turkey, white and dark meat

1/2 cup leftover gravy (add heavy cream or chicken broth to extend, if necessary)

1/2 to 1 cup chicken stock

2 cups leftover mashed potatoes

Preheat oven to 350° F. Heat a large skillet over medium heat, melt 1 tablespoon of the butter, and add the onion, carrots, and celery. Sauté until the onion is just translucent and the carrots start to soften, 5 to 7 minutes. Add half the parsley and the salt and pepper and cook another minute, then add the turkey and stir to combine. Stir in the gravy, then 1/4 cup of the broth. Bring to a boil, reduce heat and cook until thickened a bit, adding enough broth to make a thin, stewy sauce, about 5 minutes. Stir in the remaining parsley and transfer to 4 individual aluminum tins.

Melt the remaining butter in a medium saucepan and add the mashed potatoes, stirring in the melted butter until warm. Spread the potatoes over the tins and bake until golden, about 20 minutes.

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Crossword answers

BOOKS	SWAG	BREEZE	FDA
ARROW	NERO	REVIVED	LAX
DREW	BLANK	IDEATE	ORE
GIOTTO	SEANCES	ARGUED	
ESSO	SSE	RAKE	ISLAND
	WAS	ALL	THUMB
ES	SIT	ASAP	LOA
THACKERAY	CABLE	RITA	
HERR	RAG	HAD	ABAD
ABRAHAM	POPULAR	RESOD	
NAIVER	GENERIC	RETAIL	
EELER	SCRIBES	SABRE	
DIDNT	CATCH	ON	DEG
TINN	SUSHI	YEAR	ROUND
ATOM	THE	SAVE	SOO
NEWER	LOST	THIS	TOUCH
REMEDY	COEN	INC	ILLS
ARIOSSO	GARMENT	HYPEUP	
MUG	INFORM	GOT	NOWHERE
MPH	SOLACE	AREA	COZEN
OTT	TRADED	RARE	APART