

# LIFE + FOOD

THURSDAY, NOVEMBER 5, 2009

FRIDAY IN WEEKENDER  
**SECOND  
CITY HAVING  
A BIG YEAR**



**MORE  
CALORIE  
BARGAINS**  
DIET DETECTIVE, B3



## PIECES OF THE PUZZLE

Putting together Thanksgiving dinner

Three weeks from today is Thanksgiving. Don't panic; we're here to help. Each week, the Life + Food section will focus on a part of the meal, helping you to put together all the pieces for a fabulous feast. Today, we share information about preparing the turkey. On Nov. 12, we'll tackle side dishes; Nov. 19, desserts and Nov. 26 — that's Thanksgiving Day — leftovers. Our goal is to help make your Thanksgiving meal less stressful and more delicious than ever.

# THE WORD ON THE BIRD

*Plenty of help available to prepare the turkey*



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**By Sharon Thompson**

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The Thanksgiving feast is not a one-cook show.

These days, it takes contributions from almost the entire guest list to produce the fabulous meal that everyone expects. Grandma might have all the recipes and skills, but most likely she's tired of doing it year after year. Now it's time for the young folks to step up and take the reins.

Barbara Harper-Bach of Lexington has created a recipe booklet that contains everything you need to know to prepare a great Thanksgiving meal.

"I'm at the age where I'm ready to pass the buck," Harper-Bach said.

Three years ago, she compiled Thanksgiving recipes and cooking tips for her daughter and daughter-in-law.

"We have young cooks in the family who have never

tried to prepare a big turkey dinner. The best way to teach them to do it is to write it all down," she said.

Harper-Bach's booklet, *The New Turkey Clinic*, is a how-to for staying ahead of the game. The booklet started as a guide for young cooks, but one of Harper-Bach's retired friends has found it helpful, too.

"She had worked all her life and never attempted Thanksgiving dinner," she said.

Harper-Bach said her booklet is a "homespun thing." It's available for \$10; to order a copy, call her at (859) 272-4821.

It also will be available at Rockcastle River Trading Company's holiday open house on Nov. 21. Jon Carlotis' store is at 13855 Old Wilderness Road in Livingston. Call (606) 843-0854.

See **TURKEY, B2**

### TURKEY TIPS

■ For crisper skin, unwrap the turkey the day before roasting and leave it uncovered in the refrigerator overnight. Leaving the turkey alone for the first hour of cooking allows the skin to crisp. Basting frequently after that gives the bird an even color while helping to seal in juices.

■ Cooking times will differ depending on whether you bought a fresh or frozen bird. Plan on 20 minutes a pound in a 350-degree oven for a defrosted turkey and 10 to 15 minutes a pound for a fresh bird.

■ A turkey will cook more evenly if it is not densely stuffed. Consider adding flavor by loosely filling the cavity with aromatic vegetables — carrots, celery, onion or garlic work nicely — or by carefully tucking fresh herbs underneath the breast skin. For stuffing lovers, cook the dressing in a casserole dish on the side.

■ For even roasting, truss your turkey. To truss, pull the legs

See **TIPS, B2**

Recipes  
on Page  
B2



Nov. 12: Side dishes



Nov. 19: Desserts



Nov. 26: Leftovers

### TIDBITS

## Paintsville school's cookbook also tells stories



SHARON  
THOMPSON  
HERALD-LEADER  
FOOD WRITER

A cookbook produced by Our Lady of the Mountains School in Paintsville is much more than recipes. "It tells the story of the beautiful building our school is housed in, one of the most historic buildings in Eastern Kentucky — the Mayo mansion," parent Sue Miller said.

Proceeds from the sales will be used to help students with tuition.

"Because more than 50 percent of our students receive significant amounts of tuition assistance, the school must generate over \$80,000 each year through fund-raising efforts," Miller said.

The school is housed in the three-story neoclassical home built by coal baron John C.C. Mayo in the early 1900s. In 1945, the building was sold to the Roman Catholic Diocese of Covington, and it has been a school since then. It is now part of the Lexington diocese.

The cookbook has photos of past and current students, and student artwork, among the recipes from parents, teachers and friends of the school.

The cookbook is \$20; shipping is \$5 regardless of the number purchased. Call (606) 789-3661 or e-mail jeddison123@yahoo.com.

More **TIDBITS, B6**

Kentucky.com

Check out Sharon Thompson's blog, *Flavors of Kentucky*, for recipes and lots of food talk.

### THE FRU-GAL

## You can throw a great birthday party on a budget



DEBORAH  
MORRIS  
CONTRIBUTING  
COLUMNIST

On MTV, there is a show called *My Super Sweet Sixteen*. It is about people going over the top to celebrate their children's 16th birthdays.

I was thinking how crazy it is to spend so much money on a party. Last year after Halloween, I bought lots of pirate costumes, fake gold treasures, fake parrots and fake swords for my nephew's birthday party in February. My brother-in-law made treasure maps, and the kids hunted for buried treasure. They had a blast. I got the costumes and treasures for 90 percent off at Kmart. After-holiday sales, and a little imagination, can make for a great party.

### Other ways to save

■ Host a house party and you'll receive free items, sneak previews of TV shows and other offers. Many varieties of parties exist.

See **FRU-GAL, B3**

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