

# Holiday Eats: The Mangrove Galley

By Sandi Mieszczanski

Excuse the cliché, but let's talk turkey. North America's largest game bird reaches its peak in popularity this time of the year. Since the original Thanksgiving, the turkey has become a tradition in American homes during the holiday season. The average American consumes 18 pounds of turkey annually. The turkey industry is a billion dollar business in the United States with North Carolina leading the country in turkey production. Considering the price per pound, turkeys are one of the greatest values on the market.

Without a doubt, the delectable prime cut breast meat, will disappear quickly at the table. What to do with all that is left and the carcass? Turkey freezes extremely well so divide the leftover meat and save for future meals. Boil the carcass with herbs and vegetables and use the broth for a soup. Try the recipes printed below and I promise that you won't hear that old disgruntled phrase, "turkey, again?" To good friends, good food, and a Happy Turkey Day!

## TURKEY CROQUETTES

This recipe is great for the leg and wing meat. Yields four croquettes.

- 1 small onion, chopped
- 1/3 cup finely chopped celery
- 2-2" slices of french bread
- 3 cups chopped turkey
- 2 eggs
- 1 teaspoon basil
- 1/2 teaspoon rubbed sage
- 1/2 teaspoon Tabasco pepper
- salt
- garlic powder
- 1 jar of prepared turkey gravy

Remove the crust from the bread and process to make the bread crumbs for the outside of the croquettes. Sprinkle in garlic to taste and

set aside. Process the center of the bread into fine crumbs and use 1/2 cup as filler in the mixture. Combine the rest of the ingredients in a bowl, with the filler, and mix thoroughly. Form the mixture into four equal size patties and coat with the ground crust crumbs. Heat vegetable oil in a saute pan. Cook the croquettes on medium heat until brown on both sides. Heat the gravy and serve over the croquettes.

## MEXICAN TURKEY SOUP

- 3 cups turkey or chicken broth (preferably homemade)
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 2 teaspoon minced fresh jalapeno pepper
- 1 tablespoon minced fresh cilantro
- 2 finely minced garlic cloves
- 1 medium diced onion
- 1 29 ounce can diced tomatoes
- 1 10 ounce package frozen corn
- 1 15 ounce can drained and rinsed pinto beans
- 2 cups diced cooked turkey
- salt and pepper to taste
- corn tortilla shells
- butter

In a stock pot combine the all of the ingredients except for the tortilla shells. Bring to a boil, lower heat and simmer for 1/2 hour. Slice tortilla shells into strips. Brown on both sides in a saute pan with butter. Ladle the soup into bowls and serve with tortilla strips across the top.

## TURKEY TETRAZZINI

This is one of my husband's favorites. The recipe makes one casserole.

- 1 8 ounce box of elbow macaroni
- 2 cups cooked, diced turkey meat
- 1/4 pound sliced mushrooms
- 1 small diced onion
- 1/2 diced green pepper
- 1 tablespoon plus 2/3 stick of

- butter
- 1/3 cup plus 1 tablespoon flour
- 2 cups plus 2/3 cup milk
- salt and pepper to taste
- 2 ounce jar of pimentos, drained
- 3/4 cup shredded cheddar cheese

Cook the macaroni according to the package but drain when slightly al dente. In a large bowl add the turkey to the macaroni. Saute the mushrooms, onions, and green pepper in 1 tablespoon of butter. Add to the macaroni. In a large saute pan, melt the 2/3 stick of butter. Add the flour and whisk over medium heat for 5 minutes. Add the 2 cups of milk and the salt and pepper.. Turn the mixture down to simmer and cover. Whisk occasionally, simmering for 10 minutes, then add to



the macaroni. Blend in the additional 2/3 cup of milk. Add more milk if the macaroni mixture appears dry. Mix in the cheese and stir well. Place the macaroni mixture in a large casserole dish. Bake, covered, in a 350 oven for 40 minutes. Remove and add the topping.

## TOPPING

- 1 cup cracker crumbs
  - 2 tablespoons melted butter
- Add the butter to the crumbs, mix well. Smooth the topping over the casserole. Place under a low broiler until crumbs brown. Be careful because the casserole will brown quickly. Serve.

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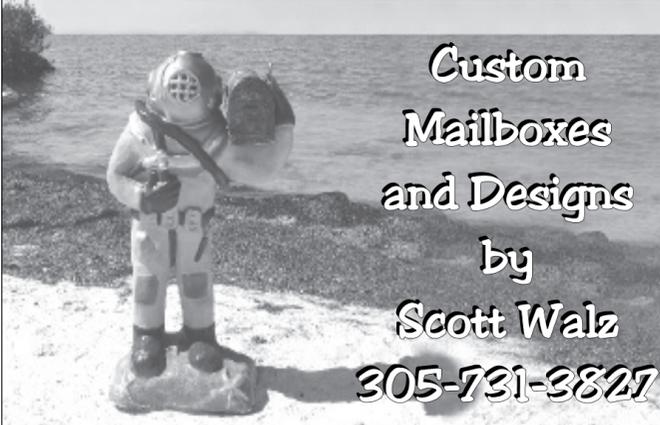
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# The Life of Your Dreams Waking Up

Many of us are familiar with the experience of waking up to the fact that our lives are no longer working the way we have set them up. Sometimes this is due to a shift occurring inside ourselves over time, and sometimes it is part of the larger shift that is currently affecting all humanity. Change is happening at such an increased rate that it is difficult to predict what the future holds. As a result, many of the old ways of planning out a life are no longer applicable, and if we cling to them we feel strangely out of tune with reality. If we are in tune with the energies around us, we will begin to question ideas that just a few years ago seemed sensible.

In the simplest terms, the shift we are undergoing right now has to do with recognizing ourselves as being more than human, remembering that our earthly aspects are a very small part of who we are. In truth, we are multidimensional beings. When we begin to realize this, the life we planned for a limited conception of

ourselves no longer fits. We must meet the needs and qualifications not only of our bodies but also of our souls. This realization dawns slowly for some and with the suddenness of a bolt of lightning for others, and we all must find the way that works for us to integrate this new and larger sense of self into our life plan.

Sometimes a drastic change feels totally right, and overnight we might decide to sell our home and move to another country or quit our job and begin a second career. Other times, we allow the changes to proceed slowly, beginning perhaps with allowing ourselves to dream of a new life or just to ask the deeper questions that encourage us to discover our true purpose in life. Either way, know that this process is a natural sign of the growth we are all going through, and trust it to guide you to the life of your dreams.



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