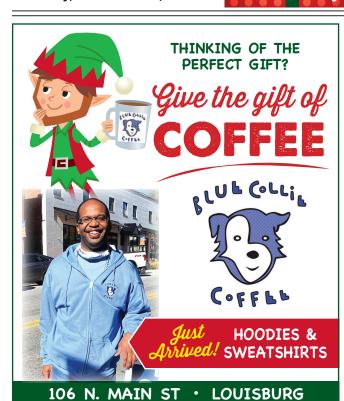




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## Thanksgiving food safety tips just in time for the big day

Thanksgiving Day is full of family get-togethers, giving thanks, lots of food and some turkey deep frying horror stories. From homes burning down to turkeys skyrocketing into the air, safely preparing and frying a turkey doesn't have to be dangerous. To avoid becoming one of these Thanksgiving Day horror stories, and to make sure you fry that centerpiece safely to avoid foodborne illness, USDA offers advice on properly preparing and frying your turkey safely.

There are few things to remember before, during and after you fry a turkey.

• Don't buy the bird too

- if bought fresh: keep in the refrigerator (40 F or less) and cook within 1-2 days.

- If bought frozen: it takes 4-5 pounds per day to thaw safely in the refrigerator; for a 12 pounder it will take 2.5 to 3 days in the refrigerator to thaw, then cook within 1-2



• Smaller birds work best for frying. The turkey should be no larger than 12 pounds – or you can fry parts instead, such as breasts, wings or legs. It should be fresh, completely thawed and not stuffed.

• If you bought the frozen turkey and don't have time to thaw it in the refrigerator before the family dinner, use our quick-thaw, water attended. method: submerge the frozen bagged bird in cold tap water, changing the water every 30 minutes so it con- approximate time needed, tinues to thaw. Small pack- check to see if the turkey ages of meat, poultry or is safely cooked by removseafood — about a pound — ing the turkey from the oil, may thaw in an hour or less. draining the oil from the For whole turkeys, estimate cavity and with a food therabout 30 minutes per pound. mometer, check the internal So a 12-pound bird will take temperature of bird. DO

approximately 6 hours with this method. Remember, when thawed completely, the food must be cooked immediately.

 When working with large amounts of hot oil, select a cooking vessel large enough to completely submerge the turkey without it spilling over.

The oil should cover the turkey by 1 to 2 inches. Select a safe location outdoors for deep fat frying a turkey. Heat the cooking oil to 350°F. Very slowly and carefully lower the turkey into the hot oil. Monitor the temperature of the oil with a thermometer during cooking.

Never leave the hot oil un-

 Allow approximately 3 to 5 minutes of cook time per pound. When reaching



Turkey is the center of attention at many Thanksgiving tables

NOT test the temperature the turkey has not reached while the turkey is submerged in oil. The turkey is safely cooked when the turkey reaches a minimum internal temperature of 165°F in the innermost part of the thigh and wing and the thickest part of the breast. If

165°F in all three locations, then return it to the hot oil for additional cooking.

When the turkey reaches 165°F, remove it from the oil and place it on a sturdy tray lined with paper towels. The skin can range in color from golden to dark brown to almost black. Let it rest about 20 minutes before carving, to let the juices set.

After dinner, remember For safety, do not leave the tion This Thanksgiving

turkey or other perishable foods sitting out at room temperature longer than 2 hours. Slice leftover turkey and place in a shallow container and store in the refrigerator for 3-4 days or freeze for longer storage.

If you have additional questions about using your leftovers safely, you can call Dominque Simon at 919-496-

Reference: USDA: Don't Make to follow the 2-hour rule. Turkey Frying a Disastrous Situa-

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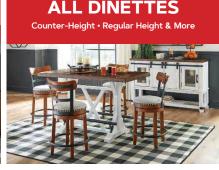
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### Homemade pumpkin pie makes for a perfect ending to your meal Millions of people insist no holiday meal is complete

without some pie for dessert. Pie served with coffee certainly makes for a fitting end to a holiday meal, and hosts can serve any type of pie and still end up with some satisfied guests.

Though pie aficionados typically have their own go-to pie, pumpkin pie is especially popular at the holiday dinner table. Hosts who want to cater to the masses can serve up the following recipe for "Pumpkin Pie" courtesy of Emily Luchetti's "Classic Stars Desserts" (Chronicle Books).

Featuring homemade pumpkin purée and cream, this recipe is sure to make guests happy this holiday



#### Pumpkin Pie Serves 8

3 large eggs

cup firmly packed light brown sugar

1/2 1/2cup dark corn syrup

11/2 cups heavy whipping cream

11/2 cups pumpkin purée, homemade (see below)

tablespoon rum 1

1 teaspoon ground cinnamon 3/4 teaspoon ground ginger

1/2teaspoon salt

prebaked 91/2-inch pie crust 1 1 recipe chantilly cream (see below)

Preheat the oven to 350 F.

In a large bowl, whisk together the eggs and brown sugar until blended. Add the corn syrup and whisk until smooth. Whisk in the cream, pumpkin purée, rum, cinnamon, ginger, and salt until well mixed. Pour into the prebaked pie

Bake until the filling is set, about 30 minutes. Let cool to room temperature. Serve with the chantilly cream.

Chef's Tip: The pie may be made a day in advance, covered and refrigerated. Bring to room temperature before serving.

> Pumpkin Purée Makes 21/2 cups

pounds sugar pumpkins cup water

Preheat the oven to 325 F. Cut each pumpkin into sixths. Scrape out the seeds and any stringy pulp. Put the pumpkin pieces, cut-side up, and the water in a baking pan and cover the pan with aluminum foil. Bake until soft when pierced with a fork, about 1 hour and 10 minutes.

Remove from the oven and, when cool enough to handle, scoop out the flesh with a spoon and purée in a food mill or food processor. If the purée is watery, place it in a large sauté pan and cook over medium heat, stirring frequently, until thick. The timing will depend on how watery the purée is.

Let cool, cover and refrigerate until using.

#### Chantilly Cream Makes about 21/4 cups

cup heavy whipping cream 1/2

teaspoon vanilla extract tablespoon granulated sugar 1

Put the cream, vanilla and sugar in a bowl and whip by hand with a whisk or with an electric mixer on medium speed until soft peaks begin to form. The cream should hold its shape but still be very smooth.

Cover and refrigerate until

serving

Chef's tip: You can whip the cream an hour or two in advance, cover and refrigerate it. If it sits longer than that, it will start to thin out and you will need to re-whip it lightly before using. A few quick stirs with a whisk will do the

# Holiday cooking for a crowd doesn't have to be difficult

from Santa and travelers recognize there is bound to be traffic on the roadways and crowds at the airport. And if you're opening your home to guests, those visitors will be expecting some delicious food.

Meals are a big component of holiday entertaining, so much so that holiday hosts may spend weeks pondering what to serve guests. These guidelines can help simplify cooking for a crowd.

Plan make-ahead dishes Simplifying holiday cooking comes down to spending less time in the kitchen on the day of the festivities. Make-ahead dishes that can be reheated or set in chafing dishes for buffet meals are prefer-

There's lots of dishes to choose from, including casseroles, stews, soups, and baked pasta dishes.

Avoid fresh pasta offerings, like spaghetti and meatballs, for example. Leftover noodles will get mushy and will not reheat very well.

Ham is a good choice Ham is a forgiving dish that is quite popular for holiday gatherings. Many

A number of things can hams come pre-cooked ter of dressing it up with be expected during the and pre-sliced, so pro- seasonings or even using holiday season. Children ducing a flavorful main the glaze that often comes that comes with offering goes into creating a masterwill anxiously await visits course may be just a mat- with such products.

Cater a meal

cooked foods. But the ex- lot of people are coming for guests a table full of home-ful menu can be taxing. If a

There's certainly pride pense, effort and time that the holidays, hosts can find out which area businesses offer holiday catering packages and consider them. This frees up more time for mingling with guests. And food establishments often have experience knowing just how much food to have per person, reducing waste and helping hosts avoid having a refrigerator full of leftovers they may or may not eat.

> Delegate some tasks It's alright to ask guests to bring something to the holiday dinner. In fact, they may be eager to pitch in. If someone brings a salad, another an appetizer and others some desserts, then it is just up to the host to provide

the main course and maybe a side or two. This removes

Select familiar foods

a lot of the pressure.

Hosts may be tempted to try all of the delicious recipes featured in magazines or online around the holidays. However, sticking with familiar dishes that you have made before reduces the chances for error. Recipes that can be whipped up by rote will make holiday cooking tasks easier and quicker.

Cooking for a holiday crowd doesn't have to be difficult, especially when hosts employ a few strategies to simplify meal cre-



Holiday time is family time for many; find the time to join the fellowship and enjoy!

Ways to save both time and money

# Here are a few simple tips to ease holiday stress

Hosting is a significant part of the holiday season. From late November until New Year's Day, millions of people across North America welcome friends and family into their homes.

Whether you're hosting a small gathering with locally based loved ones or welcoming distant relatives into your home for several days, the following are some planning pointers to ensure your home is ready and guests feel welcome this holiday

• Hire a local cleaning service. The holiday season can be hectic. Holiday functions at school, office parties, community events, and more fill up social schedules between late November and early January. Busy social schedules leave little time for house cleaning, which is a must before welcoming guests into a home. A local cleaning service can clean the whole house for hosts welcoming overnight guests or focus on a few popular entertaining areas if party guests will be going home at the end

of the night. • Get an early head count. Ask party invitees and prospective overnight guests to RSVP early enough to ensure you can accommodate everyone's needs. Additional seating may be required for holiday parties, while hosts may need to arrange for extra bedding for overnight guests. The earlier you know who's coming, and potentially staying, the more time you have to ensure you can accom-

modate everyone. • Rent items from a local party supply store. When hosting large gatherings, a local party supply store can be the place to go for decorations, seating, food trays and utensils, and more. Such establishments also may rent specialty supplies like outdoor heat lamps for cold weather parties or tents and outdoor tables and chairs in areas where the weather is warm during the holiday season. Hosts can typically rent everything they need to host the party, saving them the expense of buying items that may just sit in storage the rest of the year.

tation to and from their intend to serve alcohol. homes to ensure everyone arrives safely and makes these planning pointers it home without incident. so guests feel welcome Pick overnight guests up and have a good time this

• Arrange for transpor- friendly face upon arrivtation. Whether guests al. When hosting gatherare flying in from distant ings with local family and lands or local friends, rel-friends, encourage others atives or neighbors stop- to share how they intend ping in for the night, hosts to get home and recruit can arrange for transpor- designated drivers if you

Hosts can take heed of





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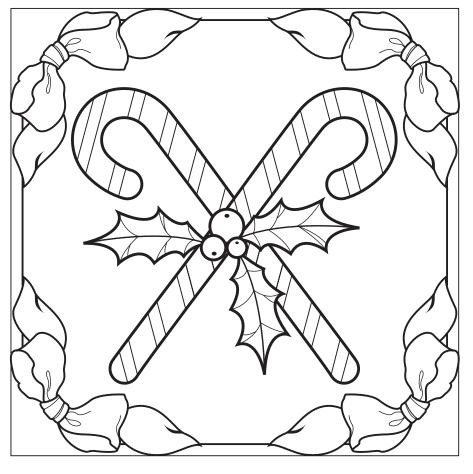
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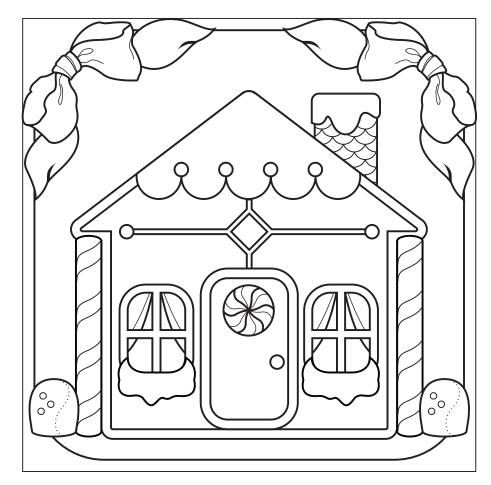
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#### Ages 4-5 Color "Candy Canes"

Name	Age
Parent/Guardian	
Address	



#### **Ages 6-8** Color "Gingerbread House"

Name	Age
Parent/Guardian	
Address	
Daytime Phone Number	

# Santa's Christmas

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# Franklinton christens veterans park with inaugural program

From Staff Reports

**FRANKLINTON** — The American Legion Post 52 held its annual Veterans Day Ceremony in Franklinton, for the first time ever at the newly named Franklinton Veterans Memorial Park at the intersection of Main Street and Front Street in downtown.

With the donation of labor, materials and expertise from Randy Bright of Bright Memorials in Wake Forest, Post 52 recently moved its Veterans monument from Fairview Cemetery to the park so it can be the center piece for the aptly named park.

Now citizens can see the monument more frequently and pay tribute to Franklin County veterans throughout the year.

This year's ceremony featured a speech by Post 52 Legionnaire, Vietnam veteran, and Purple Heart recipient SFC Ed Wilson, USA (Ret) telling those in attendance of his two tours in Vietnam and his return home to a bitter and divided country.



"While we absolutely said during the Nov. 11 cersalute and honor all vet- emony, "we especially want erans of our country's to pay tribute to the Vietmilitary today," Post 52 nam War Era veterans who Commander Chris Smith did not receive a proper



RAISE THE COLORS. At left, scouts from Troop 187 posting the colors at the start of the Veterans Day Ceremony at Franklinton Veterans Memorial Park. Above, keynote speaker, Post 52 Legionnaire, Vietnam veteran, and Purple Heart recipient SFC Ed Wilson addressed the crowd about his two tours of duty in Da Nang Province, Vietnam from 1968-1970.

welcome home after much sacrifice during the war.

"Today we want to say to the Vietnam veteran, Thank vou for vour service - welcome home!"

Post 52 offered its thanks to veterans, Franklinton officials, The Franklinton Chamber of Commerce, downtown Franklinton businesses offering veteran discounts, BSA Troop 187 for posting the colors and all citizens who attended.



SQUAD GOALS. The Franklin County sheriff's office displayed its specially wrapped veterans squad car.



LEADERS. Franklinton leaders, from left, veteran and Commissioner John Allers, Commissioner Latasha Wilder, veteran and Commissioner Alvin Holden, and





ADDRESS. Post Commander Chris Smith speaks to members of American Legion Post 52, their families, and members of the community.





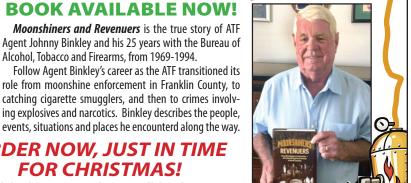
We wish you a municipal Christmas...





CHRISTMASTIME. left, Brian Gordon with the town of Louisburg's Electric Department installs a decorative Christmas snowflake aloft a utility pole on S. Main Street in town. The lights were placed along Main Street and Bickett Boulevard to add some Christmas cheer in the county seat of Franklin County.





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FROSTY. At top, the town of Bunn decorated Community Park, which sits next to town hall. It will be the site of the town's Dec. 1 Christmas tree lighting. Above, Franklinton public works employees erect a Christmas tree on the lawn of Franklinton Middle School, the site of its Nov. 25 tree lighting



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