

# No foul?

This holiday make room for turkey alternatives.

Like chocolate on Valentine's Day, most people crave turkey on Thanksgiving. But what about something else to add to the Thanksgiving table or as the holidays progress, through December and the New Year?

During the holidays, people want something nicer, says Patrick Johnson, owner of D&R Fruit & Meat Market in Lafayette. "So rather than, say, a pork loin, a popular choice is to prepare a pork crown roast, stuff it, and it makes a pleasing alternative to turkey."

Cooking a pork crown roast is not too labor intensive because the butcher shapes the roast into a crown.

"We are skilled technicians," notes Johnson, "so you should not try this at home. Any recipe will say that the butcher should carve the crown roast for you."

The roast requires minimal preparation and seasoning before it is placed in the oven, but the stuffing is what gives the pork crown roast flavor and beauty for the holidays.

"People put a stuffing right in the middle of the roast. It's really an elegant presentation," Johnson says. "Sometimes people will make an apple walnut stuffing or even the traditional sage stuffing, roast it, and cut between each one of the bones."

Johnson has been helping people choose the meats and flavors for their holiday meals for 25 years in Lafayette, and along the way, he's seen a local tradition evolve on Thanksgiving: the addition of a chicken and noodles dish alongside the turkey on the table. This is basically chicken boiled in a pot with stock, herbs and noodles. For the best flavor, Johnson recommends using a stewing chicken.

"Oh yes, you've got to use a stewing chicken. Generally, they are the old hens that don't lay anymore, and they have a higher percentage of body fat or subcutaneous fat." The chicken and noodles is the type of cooking to be savored and stretched out—a way to add aroma, warmth and activity to a holiday kitchen, Johnson notes.

# No harm!



Pork Crown Roast from  
D&R Fruit & Meat Market



“You cook that chicken forever. You can turn your heat up, cook it, simmer it, and you get the chicken cooked in the boiling water.” The chicken gets pulled off the bones and goes back into the pot, along with the noodles.

“You know from as much as I can tell, it seems to be universally accepted in Lafayette, that when the Thanksgiving meal is put out, people make chicken and noodles to go with the turkey dinner.”



Former West Lafayette mayor Sonya Margerum prepares lutefisk and oyster stew.

For Christmas, the contents on the table are as varied as the families themselves, ranging from foods around the world to familiar American staples. Former West Lafayette mayor Sonya Margerum serves a fish known as lutefisk and oyster stew every Christmas Eve. The dishes are part of a traditional Norwegian Christmas Eve dinner, says Margerum.

Lutefisk is dried cod, and traditionally, it’s softened with a little bit of, surprisingly, lye in water.

“My mother used to prepare it as described, getting big slabs of dried cod, soaking it in this solution until it was the right consistency.”

The taste is an acquired one, so Margerum has modified the lutefisk, taking out the lye, but preserving the presentation and keeping the tradition.

“The most important ingredient is the melted butter over the whole thing,” explains Margerum. “I just put a little water and butter over the cod, cover it and bake it, then put the fish over the potatoes with the melted butter.”

Part of the tradition is that the food included in the meal is white, and the tablecloth is white; the brightness to contrast the long darkness of the days during winter in Norway, she notes. Also, by Christmas, it was difficult to get fresh fish, so the custom was to eat dried fish.

In addition to the lutefisk, Margerum serves an oyster stew, and an unleavened bread called lefse, which is served with butter and sugar. The lefse lightens the flavor of the fish, she explains. Lefse can be ordered ➤

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prepared. Sometimes another type of unleavened bread known as flodbrod is served. Dessert features a white pudding called Rommegrot and pecan rolls with white powdered sugar. The entire Norwegian Christmas Eve menu appears in the book, *Holiday Recipes from Home*, compiled by the former Lafayette Home Hospital Auxiliary.

Families and old friends make their own traditions with food and the holidays, which can be simple or elaborate, and vary—from year-to-year.

“The benefit for me, the cook, to serve an alternative to turkey is that Thanksgiving is such a big ‘all-out’ preparation, when Christmas planning comes, I think easy, easy, easy,” says Karen Bosma, a

resident of West Point in Tippecanoe County. “Everyone brings a dish at Thanksgiving, but at Christmas, a gift to my family is to prepare the meal myself.”

Bosma makes it a point to watch all year long for special appetizers, meats, salads, vegetables and more, creating the meal of the season and the year, at Christmas.

“We do have something different at Christmas each year. It’s been steaks, soups and sandwiches, barbeque ribs, pork roast, ham with Coca-Cola sauce, always something different and kept ‘under wraps’ until the Christmas gathering,” she says.

Another benefit to serving something other than turkey is that you’re not deluged with so many

leftovers and no place in the refrigerator to put them, says Chef Thomas England, a culinary arts instructor at Ivy Tech Community College in Indianapolis. England teaches classes all over the United States, including at KitchenArt in West Lafayette. He recommends braised duck for the holidays.

“Indiana is one of the largest producers of duck in the world,” he notes.

For vegetarians, England suggests a nut roast because it still includes protein.

Spiral-sliced ham has become a popular alternative or addition to turkey during the holidays, notes Shawn Spencer, the meat and seafood merchandising manager for the 152 stores in The Kroger Co. Central Division. The division includes the Pay Less grocery stores in Lafayette and West Lafayette. Like just about all other products, food manufacturers are seeking to quicken the pace of preparation, particularly for large gatherings.

“In the past, we would sell a whole ham, and you would have to slice it with a knife after you had baked it with the bone, so it was difficult,” Spencer says. “The spiral sliced is actually sliced evenly all the way through with the bone still intact. Many come glazed, and basically, all that you have to do is place them in the oven, heat them up, and they taste great.” ❖



Karen Bosma shares two of her favorite holiday dishes, barbeque ribs and sandwiches.





A pre-cooked, spiral baked ham makes entertaining easy. Simply warm it through in the oven and serve.

Turn the page for recipes and helpful holiday cooking tips. Enjoy!

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# "just as tasty as turkey" recipes

## Pork Crown Roast

(Patrick Johnson, owner, D&R Fruit & Meat Market, Lafayette)

*"You crack the bone so you can bend it around, and it fringes the bones on the end, and the roast has the appearance of being the crown of a king."*

- 1 8-10 lb. molded pork roast (butcher should carve and shape the meat)
- 1 Tablespoon olive oil or enough to cover roast
- Stuffing of your choice
- Salt and pepper to taste
- (Optional) additional seasonings for roast to complement flavor of the stuffing

Preheat oven to 350 degrees. Rub the roast with the olive oil, salt and pepper. Pork that is cooked properly will have a tremendously good taste on its own, notes Johnson. Cook the roast, depending on size, for about 20 minutes per pound of the roast. For best results, check the internal temperature of the meat after around 2 1/2 hours. The meat should be done when it reaches a maximum internal temperature of 145 to 150 degrees.

Add the stuffing to the roast in the last hour of cooking. Place aluminum foil over the top of the roast in the shape of a tent to prevent the stuffing from burning, and at the very end of cooking, take the aluminum foil off so the stuffing crisps.

When the cooking time is finished, take the roast out of the oven, and leave the meat in the roasting pan for a while. "Then start carving it, and it will be juicy, tender and delicious," Johnson says.

## Chicken and Noodles

(Patrick Johnson, owner, D&R Fruit & Meat Market, Lafayette)

*"Use good old fashioned egg noodles or make your own egg flour noodles, season that bird up, and cook it."*

- 1 stewing chicken
- Egg noodles to taste
- A pinch of salt
- Chicken stock
- Court bullion for best results

Prepare the court bullion by mixing water and a bundle of herbs. Simmer the mixture to draw out the flavor of the

herbs. Place the chicken and the chicken stock in the herb and water mixture. Either cook on a high flame or continue to simmer the chicken, depending on time and taste. The aroma will fill the room, and the bird gets tender.

Take the chicken out of the pot, take the meat off the bones and peel the skin off. Season the chicken again to taste. Place the boneless chicken back in the broth, reduce the flame, and then add the noodles.

## Oyster Stew

(Sonya Margerum, former West Lafayette mayor)

*"This is the soup dish as part of the Norwegian Christmas Eve meal."*

- 1 pint of oysters
- 4 cups of milk – more or less to taste
- 1 teaspoon salt or more to taste
- Pinch of pepper
- Butter for sautéing the oysters
- (Optional) oyster crackers

Sauté the oysters and the broth in the butter just until the edges curl. Add the milk and bring it up to a boil or until hot. Add the salt and pepper. Serve with oyster crackers.

## Braised Duck

(Chef Thomas England, culinary arts instructor, Ivy Tech Community College, Indianapolis)

*"Braised foods are the comfort foods of the Midwest. The melting pot of Northern European settlers brought many of these dishes with them."*

- Duck, about 5 1/2 to 6 1/2 lbs.
- Salt and pepper to taste
- 1 oz. dried mushrooms
- 1 large carrot, coarsely chopped
- 2 yellow onions, coarsely chopped
- 6 garlic cloves, coarsely chopped
- 1 celery stalk, coarsely chopped
- 3 fresh thyme sprigs
- 4 1/2 cups strongly flavored chicken stock
- 1 Tablespoon soy sauce
- 1 teaspoon powdered ginger
- 2 Tablespoons Madeira

Preheat an oven to 350 degrees. Wipe the bird all over with dry paper towels, then season, rubbing in the salt and pepper. In a large ovenproof pot, over medium heat, brown the duck on all sides until golden brown. The bird will

release enough fat so you don't need to add any oil.

Remove and reserve the duck while you add the vegetables and herbs; cook the vegetable and herb mixture for 2 minutes. Put the duck back on top of the vegetables and pour over the stock. Bring to a boil, turn down the heat and simmer. Add the soy, ginger and Madeira. Put on the lid and put the pot into the oven to braise for 2 hours.

Remove from the oven, transfer the duck to a serving dish and leave to rest for 10 minutes. Strain the braising liquid into a small saucepan and skim off the fat. Bring to a boil, lower the heat and simmer while you carve the duck. Pour any juice from the duck into the sauce.

## Savory Vegetarian Nut Roast with Stuffing

(Chef Thomas England)

### The Roast

- 2 Tablespoons margarine
- 2 onions, chopped
- 1 bulb garlic, minced
- 3 cups raw cashews, chopped
- 1 1/2 cups bread
- 1 cup vegetable stock
- Kosher salt and black pepper
- 2 Tablespoons white wine

### The Stuffing

- 3 cups seasoned bread cubes
- 2 Tablespoons margarine, melted
- 1 onion, chopped
- 2 stalks celery, chopped
- 1/2 teaspoon thyme
- 1/2 teaspoon marjoram
- 1/2 teaspoon sage
- 3 Tablespoons parsley, chopped
- Kosher salt to taste

For the roast, cook the onion and garlic in the margarine until tender and remove from the heat. Cut up the bread. Add the cashews and bread to the onion, then add the vegetable stock, salt and pepper, and wine. Put half of this mixture into a small, non-stick loaf pan (or line a regular loaf pan with parchment paper if a non-stick pan is unavailable).

Mix together all the ingredients from the stuffing list. Put the mixture on top of the ingredients in the loaf pan, and add the rest of the roast mixture so that there are three layers of food in the pan.

Place the pan on a baking sheet or in a larger loaf pan (in case it overflows while cooking), and bake at 400 degrees for half an hour. The top should be browned.

Let the roast cool for a few minutes, then turn the pan over and serve the roast on a plate (or simply serve it out of the pan). Serve with gravy if desired.



### Barbeque Beef Sandwiches

(Karen Bosma, resident, West Point)

*"I treasure my childhood memories, and I want to create the same atmosphere of joy, love and acceptance for my grandchildren."*

- 3-4 lbs. chuck roast
- 2 Tablespoons brown sugar
- 1 24-oz. bottle catsup, rinse bottle with about a Tablespoon of vinegar
- 2-3 Tablespoons brown sugar
- 2-4 Tablespoons Worcestershire sauce
- 2-4 Tablespoons liquid smoke
- 1 teaspoon mustard
- 8 oz. Coca-Cola
- 1/2 teaspoon Tabasco sauce

Rub 2 Tablespoons brown sugar into the meat. Cook in a slow cooker (with a bit of water) until tender. Cool. Remove fat from meat as you pull it apart. Mix all remaining sauce ingredients and simmer until it begins to cook down. Add the prepared meat. Serve on your favorite bun. It is especially good with red onion slices added to the sandwich.

### Baked Ham with Apricot Glaze

(Shawn Spencer, meat and seafood merchandising manager, Kroger Central Division. Recipe from [www.Kroger.com](http://www.Kroger.com))

*"If customers are tired of turkey or they are looking for something different, ham is usually the choice."*

- 1 whole ham or half ham fully cooked or ready to eat
- 1 cup apricot preserves
- 1/4 teaspoon ground nutmeg
- 1 teaspoon ground cinnamon
- 1 cup of apricot juice
- 1 teaspoon ground cloves

Place the ham on a rack in a shallow roasting pan. Bake the meat at 325 degrees until a meat thermometer registers 140 degrees. Combine the apricot preserves and juice and mix. Add the nutmeg, cinnamon and cloves. Spoon the glaze mixture over the ham during the last stage of the baking (around the last 30 minutes). Serve the leftover glaze as a sauce with the sliced ham.

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