

Twice is nice: great ways to use leftovers when the big day is done

Good Housekeeping. 227.5 (Nov. 1998): p176.

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Abstract:

Innovative recipes for using Thanksgiving Day leftovers are shared. Recipes include turkey stir-fry, turkey hash, mashed-potato patties, shepherd's pie and turkey chili as well as new toppings and ideas for cold turkey sandwiches.

Full Text:

STUFFING SANDWICHES

These make a surprisingly hearty meal--you can try them on onion or poppy-seed rolls too.

PREP: 10 minutes COOK: 10 to 12 minutes

3 cups leftover Sausage & Apple Stuffing
(page 158) or Wheatberry Stuffing with
Apricots (page 170)

1 large egg

3/4 cup plain dried bread crumbs
(only for wheatberry patties)

olive oil

4 Kaiser rolls or sandwich buns

1. To prepare sausage-stuffing patties: In large bowl, with hand, mix stuffing and egg until combined. To prepare wheatberry-stuffing patties: In large bowl, with hand, mix stuffing, egg, and 1/2 cup bread crumbs until combined.

2. On waxed paper, divide either stuffing mixture into 4 equal portions. With damp hands, shape each portion into a 3-inch round patty. For wheatberry patties only, use remaining 1/4 cup bread crumbs to coat patties.

3. In nonstick 12-inch skillet, heat 1 tablespoon olive oil over medium heat. Cook patties 10 to 12 minutes, until golden on both sides. Turn patties over halfway through cooking time, adding 1 more tablespoon olive oil to skillet if making wheatberry patties. Serve on rolls. Each recipe makes 4 patties.

* Each sausage-stuffing patty without roll: About 315 calories, 9 g protein, 27 g carbohydrate, 19 g total fat (5 g saturated), 2 g fiber, 68 mg cholesterol, 525 mg sodium.

* Each wheatberry-stuffing patty without roll: About 350 calories, 10 g protein, 55 g carbohydrate, 11 g total fat (2 g saturated), 3 g fiber, 53 mg cholesterol, 545 mg sodium.

TURKEY GUMBO

A delicious stew you would never guess is made with leftovers. Use the turkey carcass to make a flavorful broth--for the gumbo and tender rice. Serve with a dash of hot pepper sauce if you like.

PREP: 20 minutes COOK: 2 hours 15 minutes

1 turkey carcass plus about 8 ounces

leftover cooked turkey meat

1 medium carrot

2 large celery stalks

2 medium onions

2 garlic cloves

1/4 cup all-purpose flour

1 tablespoon vegetable oil

4 ounces kielbasa (smoked Polish
sausage), diced (about 1 cup)

1 can (14 1/2 ounces) diced tomatoes

1/4 cup tomato paste

1 medium red pepper, chopped

1 bay leaf
 1/2 teaspoon salt
 1/4 teaspoon dried thyme
 1/4 teaspoon ground red pepper (cayenne)
 1/4 teaspoon ground allspice
 1 package (10 ounces) frozen cut okra
 1 cup regular long-grain rice

1. Prepare turkey broth: With kitchen shears or cleaver, cut carcass into several pieces. Cut leftover turkey meat into 3/4-inch pieces; cover and refrigerate. (You should have about 2 cups.) Cut carrot and 1 celery stalk into 2-inch pieces; cut 1 onion into 4 wedges. Reserve remaining celery and onion for making gumbo later.
2. In 6-quart saucepot, place turkey-carcass pieces, cut-up carrot, celery, and onion, and 1 garlic clove. Add 2 quarts water; heat to boiling over high heat. Reduce heat to low and simmer, uncovered, 1 hour.
3. Drain broth through colander into 8-cup glass measuring cup or bowl. Discard solids and return broth to saucepot. Heat broth to boiling over high heat; boil uncovered, 5 minutes or until broth is reduced to 5 cups. Set broth aside.
4. Meanwhile, prepare gumbo: In 4-quart saucepan, cook flour over low heat until golden, about 10 minutes, stirring frequently. Transfer flour to cup; set aside.
5. While flour is cooking, thinly slice reserved celery and onion, and mince remaining garlic clove.
6. In same saucepan, heat oil over medium-high heat. Add kielbasa and cook 2 minutes or until lightly browned, stirring. With slotted spoon, transfer kielbasa to plate. Stir 1/4 cup turkey broth into flour in cup until paste forms. Reduce heat to medium; add paste to saucepan and cook 1 minute, stirring. Gradually stir in 2 3/4 cups turkey broth.
7. Return kielbasa to saucepan. Stir in onion, celery, garlic, tomatoes with their juice, tomato paste, chopped red pepper, bay leaf, salt, thyme, ground red pepper, and allspice; heat to boiling over high heat. Add frozen okra; reduce heat to low and simmer, covered, 45 minutes or until vegetables are tender. Stir in turkey meat; cook 1 minute.
8. Meanwhile, prepare rice: In 2-quart saucepan, heat remaining 2 cups turkey broth to boiling over high heat. Add rice; heat to boiling. Reduce heat to low; cover and simmer 18 to 20 minutes, until rice is tender.
9. To serve, discard bay leaf from gumbo. Spoon gumbo over rice in bowls. Makes about 8 cups gumbo or 4 main-dish servings.

* Each serving with rice: About 525 calories, 31 g protein, 63 g carbohydrate, 16 g total fat (5 g saturated), 3 g fiber, 67 mg cholesterol, 1020 mg sodium.

ROASTED CAULIFLOWER FRITTATA

A perfect way to enjoy oven-roasted veggies the day after Thanksgiving. Round out the meal with a mixed green salad and crusty bread.

PREP: 15 minutes BAKE: 10 to 12 minutes

1 teaspoon olive oil
 1 1/2 cups leftover Roasted Cauliflower
 with Onions & Rosemary (page 171),
 coarsely chopped
 6 large eggs
 1/4 cup milk
 2 ounces Cheddar cheese, shredded
 (1/2 cup)

1. Preheat oven to 350 [degrees] F. In nonstick 10-inch skillet with oven-safe handle (or cover handle with heavy-duty foil for baking in oven later), heat oil over medium-high heat; add roasted cauliflower mixture and cook until hot, about 5 minutes, stirring frequently.
2. Meanwhile, in medium bowl, with wire whisk or fork, beat eggs with milk until blended.

3. Reduce heat to medium-low. Pour egg mixture over vegetables in skillet; sprinkle top evenly with Cheddar cheese. Cook 3 minutes, without stirring, or until egg mixture begins to set around edge. Place skillet in oven and bake 10 to 12 minutes, until frittata is set.

4. To serve, gently slide frittata out of skillet and onto cutting board or platter. Cut into wedges. Makes 4 main-dish servings.

* Each serving: About 220 calories, 15 g protein, 6 g carbohydrate, 15 g total fat (6 g saturated), 1 g fiber, 337 mg cholesterol, 280 mg sodium.

MASHED-POTATO PATTIES

If you don't get to make our special potatoes with horseradish cream, plain mashed spuds will work well too. These plump rounds are nice alongside roast meats or poultry.

PREP: 10 minutes COOK: 10 minutes

2 cups cold leftover Mashed Potatoes
with Horseradish Cream (page 170)
1 tablespoon all-purpose flour
1 large egg
1/4 cup plain dried bread crumbs
1/4 teaspoon salt
1/3 to 1/4 teaspoon ground red pepper
(cayenne)
2 tablespoons olive oil
parsley sprig for garnish

1. Onto sheet of waxed paper, measure eight 1/4-cup portions of mashed potatoes. With damp hands, shape each portion into 2 1/2-inch round patty. With dry hands, lightly coat patties with flour.

2. Lightly beat egg in pie plate. On clean sheet of waxed paper, combine bread crumbs, salt, and ground red pepper. Dip each patty in egg, then in breadcrumb mixture to coat both sides.

3. In nonstick 12-inch skillet, heat 1 tablespoon olive oil over medium heat until hot. Add patties and cook 5 minutes. Turn patties over; add remaining 1 tablespoon olive oil and cook 5 minutes longer or until patties are lightly browned on both sides. Makes 8 patties.

* Each patty: About 95 calories, 2 g protein, 11 g carbohydrate, 5 g total fat (1 g saturated), 1 g fiber, 29 mg cholesterol, 185 mg sodium.

COUNTRY HASH

This is like chunky, golden hash browns with delectable extras stirred in.

PREP: 20 minutes COOK: 35 minutes

3 large all-purpose potatoes
(1 3/4 pounds), peeled and cut into
3/4-inch chunks
2 medium carrots, cut into 3/4-inch pieces
1 tablespoon margarine or butter
1 tablespoon vegetable oil
1 medium onion, coarsely chopped
1 large celery stalk, cut into
3/4-inch pieces
1/2 teaspoon salt
1/4 teaspoon coarsely ground
black pepper
2 cups bite-size pieces leftover cooked
turkey meat (about 8 ounces)
2 ounces Fontina or Swiss cheese,

shredded (1/2 cup)
1 tablespoon chopped fresh parsley
leaves

1. In 2-quart saucepan, place potatoes and enough water to cover; heat to boiling over high heat. Add carrots to saucepan. Reduce heat to low; cover and simmer 5 minutes or until vegetables are almost fork-tender. Drain.
2. Meanwhile, in nonstick 12-inch skillet, heat margarine or butter with oil over medium heat. Add onion and celery and cook, stirring occasionally, 15 minutes or until lightly browned and tender.
3. Increase heat to medium-high; add potatoes, carrots, salt, and pepper, and cook, stirring occasionally, 10 to 15 minutes, until browned.
4. Stir in turkey and cook 1 minute. Sprinkle top with cheese; cover skillet and cook 1 minute or until cheese melts. Sprinkle with parsley to serve. Makes 4 main-dish servings.

* Each serving: About 370 calories, 25 g protein, 38 g carbohydrate, 14 g total fat (5 g saturated), 4 g fiber, 60 mg cholesterol, 490 mg sodium.

TURKEY STIR-FRY

Toss bite-size pieces of turkey meat with broccoli, red pepper, mushrooms, and a tasty ginger-and-garlic sauce. Serve with rice or curly egg noodles.

PREP: 20 minutes COOK: about 12 minutes

2 tablespoons seasoned rice vinegar
2 tablespoons soy sauce
1 tablespoon grated, peeled fresh ginger
1 teaspoon sugar
1/4 teaspoon crushed red pepper
2 garlic cloves, crushed with garlic press
1 teaspoon cornstarch
3/4 cup chicken broth
1 tablespoon olive oil
4 cups broccoli flowerets
1 medium red pepper, thinly sliced
8 ounces white mushrooms, thinly sliced
2 cups bite-size pieces leftover cooked
turkey meat (about 8 ounces)

1. In small bowl, combine vinegar, soy sauce, ginger, sugar, crushed red pepper, and garlic. In 1-cup glass measuring cup, mix cornstarch and chicken broth.
2. In nonstick 12-inch skillet, heat oil over medium-high heat until very hot. Add broccoli, red pepper, and mushrooms, and cook 5 minutes, stirring often. Stir in soy-sauce mixture, and cook 3 to 5 minutes longer, until vegetables are lightly browned and tender-crisp.
3. Add turkey meat and chicken-broth mixture to vegetables in skillet; heat to boiling, stirring. Boil 1 minute. Makes 4 main-dish servings.

* Each serving: About 210 calories, 22 g protein, 16 g carbohydrate, 7 g total fat (2 g saturated), 4 g fiber, 44 mg cholesterol, 930 mg sodium.

TURKEY CHILI

This spicy potful is made with limas and white beans--it's just right for a simple Sunday-evening supper. Serve with tortilla chips or corn bread.

PREP: 20 minutes COOK: 20 minutes

1 tablespoon olive oil
1 medium onion, chopped

3 garlic cloves, minced
 1 1/2 teaspoons chili powder
 1 teaspoon ground cumin
 1 teaspoon ground coriander
 1/4 teaspoon salt
 1/4 teaspoon coarsely ground black pepper
 3 can (15 to 16 ounces) Great Northern or small white beans, rinsed and drained
 1 can (14 1/2 ounces) reduced-sodium chicken broth
 1 package (10 ounces) frozen Lima beans
 1 can (4 to 4 1/2 ounces) chopped mild green chiles
 2 cups bite-size pieces leftover cooked turkey meat (about 8 ounces)
 1 cup loosely packed fresh cilantro leaves, chopped
 2 tablespoons fresh lime juice
 lime wedges (optional)

1. In 5-quart Dutch oven, heat olive oil over medium heat until hot. Add onion and cook until tender, about 5 minutes, stirring often. Add garlic and cook 30 seconds. Stir in chili powder, cumin, coriander, salt, and pepper, cook 1 minute longer.

2. Meanwhile, in small bowl, mash half of Great Northern beans.

3. Add mashed beans and unmashed beans, chicken broth, frozen lima beans, green chiles, and turkey meat to mixture in Dutch oven. Heat to boiling over medium-high heat. Reduce heat to low; cover and simmer 5 minutes to blend flavors. Remove Dutch oven from heat; stir in cilantro and lime juice. Serve with lime wedges if you like. Makes about 6 cups or 4 main-dish servings.

* Each serving: About 380 calories, 33 g protein, 45 g carbohydrate, 8 g total fat (2 g saturated), 7 g fiber, 44 mg cholesterol, 995 mg sodium.

TURKEY SHEPHERD'S PIES

Canned chicken broth works well, but homemade turkey broth adds fabulous flavor. If you have leftover gravy, you can mix half a cup with an equal amount of water to replace the broth.

PREP: 30 minutes BAKE: 30 minutes

1 tablespoon olive oil
 2 medium carrots, cut into 1/2-inch dice
 1 medium onion, cut into 1/2-inch dice
 1 medium celery stalk, cut into 1/2-inch dice
 3/4 cup milk
 2 tablespoons all-purpose flour
 1 cup chicken broth or turkey broth
 2 cups bite-size pieces leftover cooked turkey meat (about 8 ounces)
 1 cup frozen peas
 1/4 teaspoon salt
 1/8 teaspoon coarsely ground black pepper
 pinch dried thyme
 2 cups leftover Mashed Potatoes with Horseradish Cream (page 170)
 thyme sprigs for garnish

1. In 5- to 6-quart Dutch oven, heat olive oil over medium heat until hot. Add carrots, onion, and celery, and cook until vegetables are tender and lightly browned, about 15 minutes.

2. Meanwhile, in small bowl, stir mashed potatoes with 1/4 cup milk until combined.

3. Preheat oven to 450 [degrees] F. In 2-cup glass measuring cup, mix flour with broth and remaining 1/2 cup milk until blended. Pour broth mixture into Dutch oven with vegetables; heat over high heat until mixture boils and thickens slightly, stirring often. Boil 1 minute. Reduce heat to medium; add turkey, frozen peas, salt, pepper, and thyme, and heat through.

4. Place 4 deep 1 1/2-cup ramekins or souffle dishes on 15 1/2" by 10 1/2" jelly-roll pan for easier handling. Spoon warm turkey mixture into ramekins; top with potato mixture. Bake 30 minutes or until hot and bubbly and potatoes are lightly browned. Garnish with thyme sprigs. Makes 4 main-dish servings.

* Each serving: About 320 calories, 25 g protein, 33 g carbohydrate, 10 g total fat (3 g saturated), 4 g fiber, 54 mg cholesterol, 615 mg sodium.

RELATED ARTICLE: Cold Turkey: Top Sandwich Ideas

Go beyond the basics with these new ways to jazz up sliced white meat. Stack with:

- * Sautéed onions and cranberry sauce on toasted walnut-raisin bread
- * Coleslaw and tomato slices on multigrain bread
- * Thinly sliced ham, American cheese, and mustard on white bread; brown in buttered skillet
- * Jarred roasted red peppers and prepared pesto on Italian bread
- * Mango chutney and Brie on a French baguette or sourdough roll
- * Potato salad and horseradish on pumpernickel
- * Sliced cucumber, baby spinach, and garlicky yogurt in a pita pocket
- * Cheddar cheese and pickles on a sesame-seed bun
- * Sliced avocado, lettuce, and cilantro leaves with a mix of mayo and chopped canned chipotle chile in adobo in a flour tortilla
- * Thousand Island dressing, sauerkraut, and Swiss cheese on rye; cook in a lightly oiled skillet until hot and golden
- * Sliced green onion and watercress rolled in a flour tortilla brushed lightly inside with hoisin sauce
- * Blue cheese dressing and apple slices on toasted pecan bread
- * Tomato slices plus mayonnaise mixed with jarred olive paste on country white
- * Jalapeno-pepper Monterey Jack and salsa between flour tortillas; panfry (quesadilla-style) in a nonstick skillet until cheese melts

Source Citation (MLA 8th Edition)

"Twice is nice: great ways to use leftovers when the big day is done." *Good Housekeeping*, Nov. 1998, p. 176+.

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