

- Antipasto tray: steamed shrimp, marinated mushrooms, olives, grape tomatoes
- Spiral Sliced Ham
- Scalloped Potatoes
- Brussels Sprouts with Cheese Sauce
- Sweet and Sour cooked Carrots
- Rolls with Butter
- Salad Greens topped with thin slices of fresh pear and candied walnuts
- Holiday Cookie Tray
- Eggnog, Wassail, and Beverages

TRADITIONAL CHRISTMAS MENU

1. Bone-in hams make an ideal centerpiece. The amount of water contained in a ham affects its taste, texture, and price. The more water the ham contains, the lower the price. Added water also lowers ham's nutritional value and makes the meat more perishable.

3. Categories of ham:

- **Ham:** must be 20.5 percent protein in its lean area and have no water added.
- **Ham with Natural Juices:** Contains at least 18.5 percent protein and has a small amount of water added during the curing process for a moist ham with a smooth texture.
- **Ham-Water Added:** Contains at least 17 percent protein and has no more than 10 percent added solution. The added water content makes this ham versatile and ideal for steaks and thin slicing.

4. Ham is an excellent source of protein and a rich source of thiamin and vitamin B-1. It provides iron, zinc, niacin, vitamins B-6 and B-12 and other vitamins and minerals.

5. Plan 1/2 to 3/4 pounds per serving for bone-in ham. Ham will feed more people when served buffet-style.

—Source: The HoneyBaked Ham Company

THE PERFECT HAM



- Have three or four cookie sheets when baking cookies.
- Have at least one rack for cooling cookies.
- Select cookie cutters, cookie press, or other forms or pans for specific cookies. For sugar cookies, have a rolling pin and decorations or ingredients for Butter Cream Icing.
- Use the best quality ingredients.
- Read the recipe and have everything you need both equipment and ingredients.
- Allow enough time when making cookies to refrigerate dough, bake dough, cool, decorate, and store. Some cookie recipes can be made in stages over 2 or 3 days. For example, make and bake sugar cookie dough one day; decorate the next day.

ORGANIZE YOUR BAKING

- 2 3/4 cups all-purpose flour
 - 1 teaspoon baking powder
 - 1/2 teaspoon salt
 - 3/4 cup butter or margarine, softened
 - 1 cup sugar
 - 2 eggs
 - 1 teaspoon vanilla
- Candy sprinkles and/or Butter Cream Icing
- Combine flour, baking powder, and salt with a whisk. Put butter in large bowl. Add sugar, mixture is light and fluffy. Beat in flour mixture with mixer until smooth. Chill 1 hour or until firm. Roll a small amount of dough at a time on floured board to 1/8-inch thick. Keep remaining dough in refrigerator until ready to use. Cut into desired shapes with floured cookie cutters. Put on greased cookie sheets. Add candy sprinkles (or frost baked cookies). Bake in 375-degree oven for 8 to 10 minutes until pale brown. Remove to wire racks to cool. Decorate with candy sprinkles or icing if desired.
 - Yield: 4 dozen 3-inch cookies

SUGAR COOKIES RECIPES

THE BLADE

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YOUR POCKET GUIDE TO CHRISTMAS DINNER



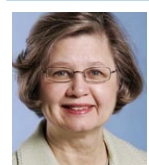
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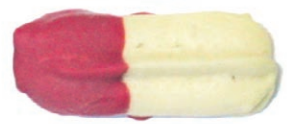
- King Arthur Flour Hotline at 802-649-3717.
- Crisco Pie Hotline at 877-FOR PIE TIPS or www.crisco.com for tips on making pies.
- Butterball Turkey-Talk Line at 800 BUTTERBALL (800-288-8372).
- USDA Meat and Poultry Hotline at 800-535-4555 available 10 a.m. to 4 p.m. weekdays.



YOUR POCKET GUIDE TO CHRISTMAS DINNER was written by Blade Food Editor Kathie Smith. Read Kathie every Tuesday in The Blade or toledoblade.com

YOUR SHOPPING LIST

- Antipasto: frozen or fresh cooked shrimp, marinated mushrooms, olives, and grape tomatoes
- Spiral sliced ham
- Baking potatoes, onion, butter, milk
- Brussels sprouts with cheese for sauce (or cheese soup or packet of cheese sauce)
- 1 to 2 pounds carrots, sweet sour sauce ingredients
- Rolls, butter
- Salad greens, 1 to 2 medium ripe pears, candied walnuts, salad dressing
- 3 to 4 varieties homemade or bakery holiday cookies
- Eggnog, wassail, assorted hot and cold beverages



FOLD FIRST

FOLD SECOND

FOLD THIRD