## HOLIDAY COOKING FOR A CROWD MADE EASY

These guidelines can help simplify cooking for a large guest count.
A number of things can be expected during the holiday season. Children will anxiously await visits 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 preferable.

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 hams come pre-cooked and pre-sliced, so producing a flavorful main course may be just a matter of dressing it up with seasonings or even using the glaze that often comes with such products.

## Cater a meal

There's certainly pride that comes with offering guests a table full of home-cooked foods. But the expense, effort and time that goes into creating a masterful menu can be taxing. If a lot of people are coming for 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 a lot of the pressure.

## Select familiar foods

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 creation.

## PLANNING POINTERS FOR HOLIDAY HOSTS

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 season.

- 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 accommodate
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.
relatives or neighbors stopping in for the night, hosts can arrange for transportation to and from their homes to ensure everyone arrives safely and makes it home without incident. Pick overnight guests up at the airport so they see a friendly face upon arrival. When hosting gatherings with local family and friends, encourage others to share how they intend to get home and recruit designated drivers if you intend to serve alcohol.
Hosts can take heed of these planning pointers so guests feel welcome and have a good time this holiday season.
- Arrange for transportation. Whether guests are flying in from distant lands or local friends,


## STAY SAFE THE NIGHT BEFORE THANKSGIVING

There are many ways to make the evening before Thanksgiving a bit safer.

The evening before Thanksgiving may be crunch time for holiday hosts. However, for the hordes of college students arriving home for the first long break since the semester began, that night is often seen as a chance to let loose with friends close to home.
The night before Thanksgiving goes by many names, including Blackout Wednesday, Drinksgiving, Wacky Wednesday, and even Whiskey Wednesday. MADD and many local law enforcement authorities warn that this day has become associated with binge drinking and additional dangerous behaviors that can put individuals at risk. In fact, MADD says that Blackout Wednesday is one of the most fatal days of the year, even when compared to New Year's Eve or St. Patrick's Day. Easy accessibility to liquor (as parents likely are stocking their supplies in advance of holiday entertaining), coupled with no school or work responsibilities, can give college students free reign to party.

Furthermore, certain bars or entertainment establishments may offer promotions on the night before Thanksgiving to appeal to returning students or even others who want to let loose before the Thanksgiving weekend.

Thankfully, there are many ways to make the evening before Thanksgiving a bit safer.

- Keep alcohol out of reach. Parents may need to police their young adults by making alcoholic beverages less accessible to those who are not yet legally eligible to drink. Lock up liquor cabinets and do not try to be the "cool parents" by offering to buy or serve underage drinkers. There's a very real legal risk should you serve an underage drinker and he or she goes on to get hurt or injure someone else.
- Choose designated drivers. Those who are 21 are free to drink, but reminders should be made to never get behind the wheel while intoxicated. Arrange for a rideshare vehicle or offer to pick up a loved one if need be.
- Offer to host friends. Your college student can be encouraged to

invite people over for refreshments and entertainment that does not revolve around drinking alcohol. Hosting such a gathering means you can keep tabs on your own child.
- Avoid packed establishments. Encourage your child to skip bars or restaurants that are packed with other students to reduce the pressure to drink heavily.
- Go out with an accountability buddy. Ria Health suggests students look out for one another and embrace the buddy system. This way one student can stop the other if he or she is being irresponsible. Binge drinking can
result in memory issues, unsafe sex, fights, sexual assault, and alcohol poisoning. People who binge drink often also may develop a dependence on alcohol.
- Keep things open and honest. Foster a strong relationship with your child so there is comfort in communicating. Those who are nervous about contacting parents if they become intoxicated may take risks rather than calling home.

Going out drinking has become the norm for many college students returning home prior to Thanksgiving. It's important that safety be a priority.


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Travel is a common component of celebrating the holiday season. In 2022, AAA estimated that 112.7 million people would journey 50 miles or more away from home between December 23 and January 2. It stands to reason that a similar number of people will find themselves on the road, rails or in the sky this year as well.
Holiday travelers recognize there is much to coordinate to make travel comfortable and convenient during this busy time of year. The holiday season is an especially exciting time of year for children, so special attention can be afforded to youngsters who are making holiday journeys as well. Holiday hosts can employ these strategies to ensure kids have as much fun as their adult traveling companions.

- Share your Wifi password. Kids spend a lot of time on their phones and tablets. Parents may police those hours during school days, but during holiday breaks there may be more free reign. Hosts can alert their guests to the Wifi router name and password so that kids will be able to jump online without missing a beat.
- Plan activities for all. Children may feel left out if adults gather for drinks and chit-chat. Hosts can avoid such an outcome by
organizing activities and engaging in conversations that everyone can be involved in. Game night, family movie sessions with snacks, or something similar can keep kids entertained.
- Accommodate all kids. Children are bound to have more fun when other kids are around. If possible, make room for as many kids as you can. The kids can camp out in the living room or share a bedroom if space is limited. Creature comforts might be what adults are looking for, but the more kids the merrier applies to the youngsters.


## - Offer some comforts reminiscent

 of home. Young children may be out of sorts sleeping away from their familiar spaces. Hosts can plan ahead and leave out some dolls, stuffed animals, a night light, or other creature comforts in spaces where kids will be sleeping.- Relax the rules. Just as kids may have more freedom with using their devices, hosts can relax the rules of the house while guests are staying over. Let your own kids and your guests' children stay up a little later and plan to offer a nightly dessert.
Overnight stays are part of holiday travel, and there are many ways to make staying over more enjoyable for children.


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## HOLIDAY SHOPPING STRATEGIES TO SAVE TIME \& MONEY

## The following tips can make holiday shopping more fruitful.

 The holiday season is here again, which means that the time for shopping lists and gift-buying has returned as well. Shoppers long have relied on Black Friday deals to save some money and streamline shopping excursions. But now Thanksgiving Day sales and additional retail holidays like Plaid Friday, Small Business Saturday and Cyber Monday have made it easier than ever to score holiday deals. The following tips can make holiday shopping more fruitful.
## Know your prices

Shoppers who would do well on TV's "The Price is Right" can save money. It's important to have a general idea of what items cost, especially those that will be on holiday lists. Shoppers can set up price alert notifications on the gifts they plan to buy to compare prices in advance of holiday sales. This way they will have a better idea if the Black Friday/Cyber Monday "deal" is just a markdown on an exaggerated price or if it's a legitimate bargain.
Consider price-matching
Before shoppers run all over to a

dozen stores in the name of saving a few bucks, learn about stores' price-matching policies. For example, Best Buy may be willing to give the same price on a printer if you can prove that Staples is offering it for $\$ 30$ cheaper. Keep in mind that many stores are even willing to match Amazon's prices.
Utilize a shopping app or coupon aggregator
Online shopping is here to stay, and one way retailers provide deals is with coupon codes. Shopping applications can help shoppers save money and time. Some, like Rakuten, offer cash-back and
instant discount opportunities, particularly during the holiday season. Others, like Honey, for example, are apps as well as browser extensions that will automatically search for and apply coupon codes on retailers' sites to ensure a shopper is getting the lowest price.
Shop ahead and pick up
Be aware of retailers who offer a lower online price for merchandise than what the same item sells for in store. For example, a six-pack of socks may be $\$ 9.99$ when purchased online, or $\$ 13.99$ in store. If the store offers free pickup
for online orders shipped to the store, then consumers can use this option to get the discount but avoid shipping fees. Plus, pickup kiosks generally are less crowded than waiting for the checkout registers.

## Buy now, resize later

Shoppers who can't find their needed size or color in clothing or merchandise can buy any size or color on sale day at the discounted price, then exchange a few days later for the item they need.
Think beyond the usual retailers
Lowe's, Home Depot and even pharmacies have lesser-known, but advantageous deals as well. Don't overlook these retailers for holiday decor or stocking stuffers.
Holiday sales shopping is more budget-friendly with some simple saving strategies.

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## 7 WAYS TO ORGANIZE AND STORE HOLIDAY DECORATIONS

Decorating a home for holidays is quite popular. A survey from the National Retail Federation found that 53 percent of respondents said they were planning to decorate their home or yard for Halloween in 2023. Lombardo Homes polled 1,000 Americans in 2021 and 94 percent said they celebrate Christmas in at least some way, and 84 percent said they decorate. According to Time2Play, which surveyed 1,000 Canadians about their holiday decorating habits, Manitoba puts up Christmas decor earlier than any other province, with these residents taking out decorations 4.3 weeks ahead of Christmas Day on average.

With so many avid holiday decorators, individuals will need to find ways to organize and store their seasonal items. Holiday decor comes in many different sizes from the smallest tree ornaments to illuminated statues for the yard or inflatable items. Figuring out a storage plan can take a little effort. These seven tips can help.

1. Purchase clear, similarly sized storage bins and shelving racks, hanging them where you plan to keep the decorations. Most people prefer an out-of-the-way spot, such as in the garage, attic or basement. Label each bin by holiday and put the bins in chronological order to make finding items more convenient. Uniform bin sizes make it easier to stack and store.
2. Store smaller items inside larger decor items. Decorative baskets or wrapped boxes brought out for Christmas or Chanukah are ideal places to keep smaller tchotchkes like ceramics, dreidels, candlestick
holders, or mantel hooks. Delicate items can be tucked into Christmas stockings or wrapped and stored in a fluffy tree skirt. Egg cartons can be used to keep small items safe as well.
3. Label everything so you will not need to dig through boxes or bins to know what is inside. This might be a good year to ask for a label maker for the holidays!
4. Use overhead or wall storage for holiday decor. Overhead spaces in the garage or basement walls can be good spaces to keep holiday decorations. Always keep bins and boxes off the floor so they are not vulnerable to damage related to leaks or floods.
5. Garment bags can protect larger decorations, such as wreaths, artificial trees or signs. If you have a large number of mechanical, illuminated or inflatable lawn ornaments, consider investing in a small shed where these items can be safely kept. Wrap the extension cords and any bracing stakes or strings used with the decorations so it's easy to find.
6. Utilize pieces of cardboard as well as toilet paper or paper towel tubes to keep lights and wires tidy. Tuck cords into the toilet paper tubes, and wrap lights around the cardboard to avoid tangles.
7. Each year, take inventory of your decoration collection and toss out anything that is damaged or has seen better days.
Storing holiday decorations will take some time, but once you establish a system, things will be simple year after year.


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## TAKE A STEP BACK IN TIME WITH CHRISTMAS GOOSE

## Holiday hosts can create some nostalgia around the Christmas dinner table by serving this recipe for "Roasted Christmas Goose."

The holiday season is a sentimental time of year. Nostalgia for past holiday seasons and excitement about what's to come make this a particularly special time of year for millions of people across the globe.
It's not uncommon for Christmas celebrants to include a little history in their decorations and celebrations each year. Some families may read Charles Dickens' early Victorian novella A Christmas Carol together before watching one of the many film adaptations of the beloved story. Many popular Christmas carols also date back to the nineteenth century if not earlier, adding another degree of nostalgia to the season. Even food can add a touch of the sentimental to Christmas celebrations. This year, holiday hosts can create some nostalgia around the Christmas dinner table by serving this recipe for "Roasted Christmas Goose" courtesy of the Food Network and Mark Slawson of the The Wort Hotel in Jackson, Wyoming.

## ROASTED CHRISTMAS GOOSE

Yields 6 to 8 servings
$1 \quad 14$ - to 16-pound goose 1/4 cup sea salt 1 lemon, halved 1 apple, cut into chunks 1 potato, cut into chunks 1 orange, sliced 1 cup chopped celery Basting Syrup (recipe follows) Stuffing (recipe follows) Cumberland Sauce (recipe follows)

## Basting Syrup

1/3 cup corn syrup
1/3 cup cane syrup
$1 / 3$ cup melted butter
1/4 cup light brown sugar
2 tablespoons brandy

## Stuffing

3 cups whole chestnuts, roasted and peeled

14 -ounce bag stuffing mix
cup raisins
1/2 cup chopped celery
1/4 cup diced apple

1/4 cup diced onion
3/4 teaspoon salt
1/8 teaspoon pepper
3 cups chicken stock
3/4 cup melted butter
1/4 cup heavy cream Cumberland Sauce:

11/2 cups beef stock
3/4 cup port wine
3/4 cup red wine vinegar
3 shallots, peeled and chopped
1 tablespoon crushed black peppercorns
3 oranges, juiced
DIRECTIONS:

1. Place goose in a large pot. Add water to cover and stir in the sea salt. Refrigerate overnight.
2. Preheat oven to 450 degrees $F$.
3. Remove goose from water and drain well. Remove all innards and trim excess fat from the tail. Rub inside cavity with lemon juice. Place apple, potato, orange and celery inside the body cavity. Truss the bird like a turkey.
4. Place the goose in the preheated

450 degree $F$ oven. Reduce oven temperature to 350 degrees F. Cook 20 to 25 minutes per pound. Baste the goose every half hour with the Basting Syrup.
5. Carve goose and serve with Stuffing and Cumberland sauce.

## Basting Syrup:

6. Mix all ingredients together in a small bowl.
Stuffing:
7. Preheat oven to 350 degrees $F$.
8. Coarsely chop the chestnuts and put in a large bowl. Add the stuffing mix, raisins, celery, apple, onion and salt and pepper. Toss to combine. Pour in the chicken stock, butter and cream and mix until evenly moistened.
9. Transfer to a baking dish and bake until the top is browned and crisp, about 1 hour.
Cumberland Sauce:
10. In a saucepan, combine the stock, port, vinegar, shallots, peppercorns and orange juice. Bring to a boil, cook until reduced by $2 / 3$, about 25 minutes. Strain and refrigerate. Serve cold over roast goose.


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## A VERSION OF GINGERBREAD WITH HISTORICAL ROOTS

Gingerbread is a popular sweet that often finds its way onto holiday dessert tables. Some people bake and construct lavish gingerbread houses, while others make cutouts of gingerbread people to turn into cookies.

Legend suggests that gingerbread originally landed in Europe in 992 with an Armenian monk named Gregory of Nicopolis, who brought a honey-and-spice cake to other monks in France, where it quickly became a favorite and was considered a "food from heaven." Historians are not really sure if the original gingerbread had any ginger in it at all. In fact, typical medieval recipes for gingerbread include no ginger and the French would later refer to it as "pain d'epices," or spiced bread.
Gingerbread once was a treat only for the elite, but as the masses discovered it, recipes evolved to include soft cakes to hard biscuits and everything in between. The following recipe for medieval "Gingerbread" produces a chewy, almost candy-like texture with potent ginger flavor. Try it for holiday gatherings, courtesy of "Tasting History" (Simon Element) by Max Miller.

## GINGERBREAD

Makes 20 to 25 1-inch pieces
12 to 14 slices $(238 \mathrm{~g})$ stale white bread

1 cup (330 g) honey
1 tablespoon ground ginger
3/4 teaspoon ground long pepper (a spice similar to black pepper but with more heat that typically must be ordered online)
1/2 teaspoon sandalwood powder, if desired, for color (one drop of red food dye can be used instead)

1/2 cup ( 50 g ) or less sugar (enough for sprinkling)
20 to 25 whole cloves Gold leaf

1. Either with a food processor or by hand, grind the bread into coarse bread crumbs. Commercially bought bread crumbs will work as well, though the texture from homemade bread crumbs is preferable.
2. Pour the honey into a large saucepan set over medium heat, and heat to a rolling boil; the honey will become like syrup. Note that it will boil up quite a bit, so do not use a small saucepan. Slowly add the bread crumbs to the honey while stirring. The mixture should come together and begin to pull away from the sides of the saucepan. Continue to mix until fully combined. Remove the pan from the heat and quickly stir in the ginger, long pepper and sandalwood, if desired. Turn the mixture out onto a sheet of parchment and spread with a spatula. Then, place another sheet of parchment and, with a rolling pin, roll the gingerbread out to about $1 / 2$-inch thick ( 1.2 cm ). Wrap in plastic wrap and chill in the refrigerator until stiff, about 2 hours.
3. Once the gingerbread is cool, sprinkle sugar on top and cut into 1-inch squares or whatever shape you like. Keep in mind that each piece should be bite size, as they are very strong. They will also be quite sticky, so handle them as little as possible. Insert a whole clove into each piece of gingerbread and fleck with gold leaf. Leave the clove in until serving, then remove it just before eating.



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