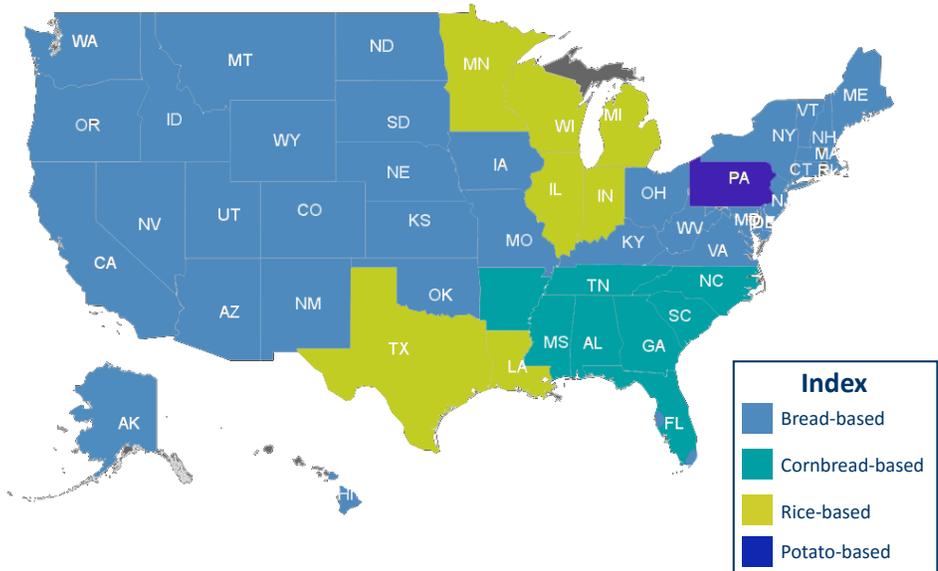


NOVEMBER 2016

THE GREAT DEBATE

And you thought the debates were over. Think again. The next topic of national significance is the great Thanksgiving dressing/stuffing controversy. People are very strident about this traditional side dish. Up until yesterday, I thought the words stuffing and dressing were synonymous. They aren't. Stuffing is cooked inside of the bird. Dressing is cooked outside. South of the Mason-Dixon Line, both are called dressing. Henceforth, I will refer to it as dressing. Once that distinction was made, I was able to get immediate and definitive answers to my question "How do you make your Thanksgiving dressing?" After a few inquiries I concluded that people are passionate in their love, hate or indifference for Thanksgiving dressing.

DRESSING BY DELEGATION



LOVE IT

The "love it" delegation, after pausing to imagine their particular version, proceeded by sharing THE recipe. Despite a quick internet search yielding millions of recipes, everyone thinks that theirs is THE ONE. The recipe narration is often prefaced with such modifiers as "secret" and "handed down for generations". It is amazing to me that so many millions of secret family recipes got out! Could it be a national cyber security issue?

After further research, I have concluded that the millions of recipes are simply melting pot variations of a handful of dressing standards. Depending upon the family's geography, the dish will be bread, cornbread, potato or rice-based. Each "base" camp is adamant in its correctness, yet the responses are not particularly distinctive. Note the similarities to the closely-guarded-family-secret ingredients below:

BREAD-BASED DRESSING: French bread cubed and toasted, stale white bread processed into crumbs, Pepperidge Farm Cubes, Pepperidge Farm Crumbs, Stove Top.

CORNBREAD-BASED DRESSING: Homemade from scratch, homemade from a mix, store-bought cornbread or corn muffins, Pepperidge Farm, Stove Top.



the supplement

FACILITATING VITALITY

Potato dressing, called filling, is unique to the Amish community. Rice-based dressing is popular in rice-growing states such as Minnesota, Louisiana and Texas.

After the base is fully and vigorously defended, the remainder of the ingredients follow. Butter and broth appear universal—no big argument or vehemence displayed there. The next material point of contention is the garnishes. These are somewhat geographically linked, oysters for example, but most are variations based on ancestry.

The last of the great debate is whether the dish is cooked inside or outside of the bird. The “love it” delegation is split between the options, though cooking outside of the bird is favored. Safety is the main issue cited, particularly when there is another meat or seafood involved. There is also a faction that is enamored with the crunchiness imparted when cooked outside of the bird. Some prepare individual servings using muffin tins to maximize the crunch. This is where we run into the remaining “hate it” and “indifferent to it” delegations.

HATE IT

The “hate it” delegation universally fell in the cooked inside-the-bird segment. They were seriously disgusted by the thought of the mixture being stuffed into a raw bird and then cooked. All responded “gross” and refused to discuss the topic further.

INDIFFERENT TO IT

Big fans of the traditional feast, these are the folks who take a little bit on their plate out of politeness or completeness. The indifferent delegation unanimously reported their dressing was cooked outside of the bird. In fact, the dressing was so outside of the bird that it never made it past the stove top and into the oven in its preparation.

Regardless of your dressing delegation, enjoy every bit of your Thanksgiving feast. Savor. Be present. Share it with people you love. Celebration is an essential part of wellbeing. Its power rests in the sharing, not in the dressing.

DRESSING GARNISHES



- Turkey Giblets
- Sausage (cannot be spicy)
- Bacon
- Oysters
- Cranberries
- Apples
- Sage
- Thyme
- Rosemary
- Chestnuts
- Pecans
- Cashews
- Celery
- Onion
- Garlic
- Mushrooms
- Artichokes
- Parmesan Cheese



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