

Nancy's Goose Dressing Recipe

Persian Cracked Wheat (Bulghur) and Apricot Stuffing

1/2 lb. dried apricots, pitted
1 c. tawny port wine
2 c. bulghur (also apparently called burghul)
1/4 c. butter
2 med. onions, chopped
2 celery stalks, finely diced
1 tsp. dried sage
salt and pepper
1/2 lb. dried prunes, pitted and halved
1/2 c. pine nuts (pignoli)-- I toast them
1 c. beef broth

Soak the apricots in the port overnight; reserve port for basting (you might need more). Soak the bulghur in 4 c. water for 2 hrs; drain well. Melt the butter and saute the onions and celery, add well-drained wheat and saute for 5-10 min. Season with sage, salt and pepper to taste. Mix in prunes, pine nuts, drained apricots, and broth and simmer for 20 min. Makes about 6 cups, enough to stuff body cavity and neck of a 10-lb. goose.

NOTE FROM NANCY: *This recipe is from the Horizon Cookbook and Illustrated History of Eating and Drinking Through the Ages, a two-volume set I got as an engagement or young married gift, so, late sixties.*

