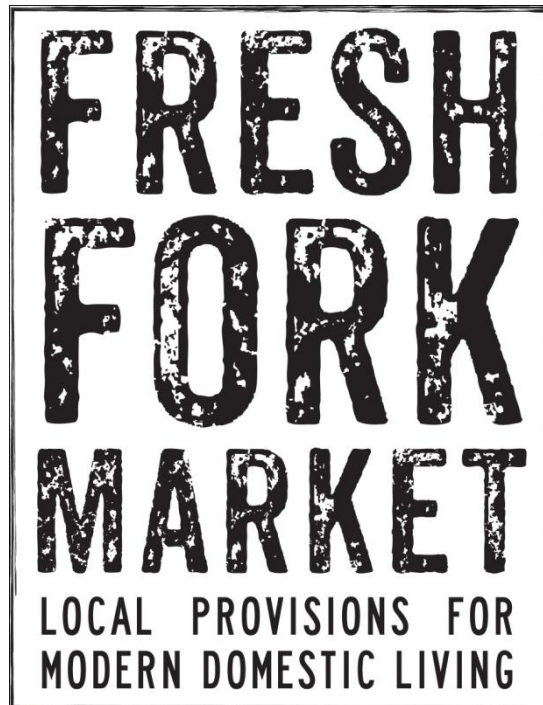


## HOLIDAY GUIDE



Thanksgiving may be the food holiday, but this time of year is still filled with good food, sweet smells and gatherings of family and friends. We have compiled this guide to help you prepare the food that is an important part of creating the memories and traditions that makes this season so special. It is our hope that it will answer questions you may have about our products and help you to prepare delicious meals and treats that will nourish your family and friends.

# Ham

The traditional way to present a ham, which is already cooked or smoked, is to make a glaze which you can “paint” onto the ham as it reaches about 160 degrees. Placing the ham on a rack works best so that it does not stick to the bottom of the roasting pan. Most recipes recommend that the ham “roasted” uncovered.

Heat the oven to 400 degrees. Lower the temperature to 350 after putting the ham in the oven. The roasting time will be about 20 minutes per pound. The internal temperature should reach 160 degrees.

You may choose to remove the skin or rind before roasting. This will allow the fat to render. If you prefer, you can remove the skin after the roasting.

Create a glaze according to your taste--sweet, tart, spicy or any combination of these.

Dijon mustard and honey made somewhat like a honey-mustard salad dress. Start with a combination of  $\frac{3}{4}$  honey and  $\frac{1}{4}$  mustard. Add some fresh ground pepper. A small bit of cinnamon or clove is an optional addition. Taste the combination and add either more honey or more mustard.

The glaze needs something to hold it together and honey is the most practical. A substitution would be sorghum syrup altered with lemon juice and brown sugar. To one cup of sorghum syrup add 2 teaspoons of lemon juice and 2 tablespoons of brown sugar. Taste and add a little more lemon juice or brown sugar. You could add some orange juice to this glaze.

For a decorative presentation, use the point of a sharp knife to score the ham. The knife point should go just into the skin but not pierce the meat. Make the incisions on the diagonal from upper left hand side (eleven o'clock) to the lower right hand side (four o'clock). These lines should be about  $\frac{3}{4}$  to 1 inch apart. Repeat the process going from the upper right hand side to the lower left hand side. This will create a lattice pattern. Turn the ham and repeat the process three times always connecting the new incisions with those already completed. If you have removed the skin and still want to create the decorative lattice, make the incisions very slight.

The glaze is best added several times throughout the roasting. Turn the ham several times during the cooking to glaze all sides.

A fruit sauce thickened with cornstarch is often served with ham. Choose fruit or fruit juice that will be compatible with the glaze.

To make 1  $\frac{1}{2}$  cups of fruit sauce, you will need 2 TBS butter, 2 TBS of corn starch and 1  $\frac{1}{2}$  cups of fruit juice. Melt the butter and add the corn starch. Make sure the corn starch is completely combined without small lumps. Add the fruit juice. Bring to the boil to thicken.

Cider with the addition of a couple tablespoons of cider vinegar and a couple of apples—peeled and mince very fine would be a good combination.

## **Ham Sandwich Combo**

Here is an idea for entertaining during the days before or after the big holiday. Having these sandwich “fixin’s” ready is a great way to treat visitors. This would be a great idea for the New Year’s Eve party, also.

Roast the ham without glazing. You can do this days before you plan to use it. When it has completely cooled, remove the skin and the fat. Slice the ham to create pieces that will fit well in the sandwich buns. Do the same with the Havarti cheese. Make sandwiches and offer the pepper butter, mustard, Brussels sprout relish and some honey mixed with mustard and fresh ground black pepper.

If you prepared a goose or turkey for the holiday trim and slice the left-overs with the ham.

## **Breakfast Ham Combo**

Turn you kitchen into a diner with a breakfast options. Cook the potatoes with or without the skins. Cool and refrigerate. Roast the ham or remove the skin and slice it. Refrigerate. Fry the ham slices to order along with the home fries. Serve with the eggs—any style and toasted whole wheat bread.

# **Goose**

The tradition of eating goose on Christmas goes back to the middle ages. Those who were wealthy, lords and the like, would feast on goose and swan for their Christmas dinner. That would be combined with venison and whatever root vegetables could be had. The peasants would typically have whatever could be found and a good lord would allow those in his fiefdom the treat of taking the offal from these animals-which they would make into pies. The tradition of venison has slowly been replaced with ham, both in England and in the United States. Goose, however, is still popular in the UK and in many American homes.

There are plenty of great goose recipes on the web, from the likes of Gordon Ramsey, Jaques Peppin and Martha Stewart. We have many on our blog. If you are ready to dive in, here are the basics from our very own Parker Bosley:

Roasting a goose will depend on the size of the bird and your concerns about the fat. Most recipes suggest that the skin is punctured several times between the carcass and the thigh. I would also suggest that several punctures be made on each side of the back bone. Place some large pieces of onion, carrot and celery, some thyme and a bay leaf in the cavity of the goose. If you would like to serve dressing or stuffing with the goose, it is best to bake it separately.

You may place the goose breast side up on a bed of vegetables or on a rack. I would suggest a rack since the amount of fat will make the vegetables unusable. At the beginning of the roasting add a couple of cups of water to the pan.

Roast the goose at 400 degrees for one half hour and then lower the heat to 350. As soon a fat begins to accumulate in the pan begin basting the goose. The roasting time will be about 20 minutes per pound.

## Rack of Lamb

For those who want to punctuate the holiday feasting and dining featuring roast goose, turkey or ham here is your change. Rack of lamb. It's simple, lowest in fat and rich. Two rack could serve six people. One large rack could serve three or four. If you plan a dinner for two, remove two chops—two ribs and put them aside for another meal or freeze them for a January treat.

Roast the rack with the loin to top of the bones. The bones create a nature rack. Lamb is best when served medium rare or rare.

Rare: 20-30 minutes with an internal temperature of 125

Medium rare: 40 minutes with an internal temperature of 140

Lamb with a variety of vegetables is a wonderful after the rich feasting of the season. Carrots, Brussels sprouts, steamed shredded cabbage, chard, braised greens and broccoli make a colorful plate.

## Turkey

We just finished selling turkeys for Thanksgiving. If you are interested in all of Parker and Trevor's tips for a fantastic bird, check out the blog and the Thanksgiving Guide that can be found in the newsletter section of our website. Here is one idea that comes from the New York Times that is highly recommended by some of our customers. It is a dry brine that is different from most wet brines:

- 1 12- to 16-pound turkey, preferably a heritage or pasture raised bird

- 1/2 cup kosher salt, more if needed

- 1 tablespoon black pepper

- 10 sprigs fresh thyme

- 1/2 bunch flat leaf parsley

- 2 small onions, halved

- 2 small apples, cored and halved

- 1/2 cup butter

- 1/2 cup white wine (optional).

1. Two days before serving, rinse turkey and pat dry. Rub all over with kosher salt, slipping salt under skin where possible and rubbing some into cavities. Use about 1 tablespoon per four pounds of bird.
2. Wrap bird in a large plastic bag and place in refrigerator. On second night, turn turkey over. A couple of hours before cooking, remove turkey from bag and pat dry. Place in roasting pan and allow to come to room temperature.
3. Heat oven to 450 degrees. Sprinkle half the pepper into main cavity of turkey; add thyme, parsley, half the onions and half the apples. Truss legs with kitchen twine. Put remaining apples and onions in neck opening and tuck neck skin under bird.
4. Rub butter under breast skin and onto thigh meat. Sprinkle bird with remaining pepper.
5. Roast for 30 minutes. Remove turkey from oven, reduce heat to 350 degrees and cover breast of bird and wing tips with foil. Add a cup and a half of water or white wine to bottom of roasting pan and roast bird for another two hours, depending on size; figure 12 minutes a pound for an unstuffed bird. Remove foil in last half-hour so breast browns.
6. When turkey has roasted for two hours, begin to test for doneness by inserting a meat thermometer (digital is best) into two places in thigh, making sure not to touch bone. It should be at about 160 degrees.
7. When roasting is done, tip turkey so interior juices run back into pan. Remove turkey to a separate baking sheet or serving platter, cover with foil and then a damp kitchen towel and allow to rest for at least 30 minutes.
8. Pour fat and drippings from pan into a measuring cup. Deglaze pan with white wine or broth and pour that into same measuring cup. Fat and drippings can then be used to make gravy.

## Sides

Our website is filled with recipes for seasonal veggies, but here are a few favorites that have not yet made it to the blog. They are perfect for holiday gatherings.

### **Poached Pears**

A traditional favorite for the holidays, is a dish of poached pears. The presentation is impressive, and the flavors pair well with all the traditional holiday foods. There are plenty of recipes for this dish, and any type of pear will work-it is up to your individual tastes. Here are some of the basics. Prepare a bowl or pan of water with some lemon juice or citric acid. This will keep pears from turning brown before you poach them. I prefer to poach the pears whole for a great presentation, but you can also cut them in half or slice them. Remove the core-a melon baller works great for this. Peel the pears, leaving the stem on the top. Submerge in the lemon water until ready to cook.

Stand the pears up in a baking dish and pour wine into the baking dish-about an inch or two up the sides. Poach in a medium oven until the pears are tender. Alternately, you can poach them on the stove in a pan using enough liquid to cover the pears entirely. When choosing a wine to poach in, taste the pear first. If your pears are very sweet, I prefer a red wine that is not sweet but is very fruit forward-Beaujolais or a fruity merlot, for example. You can also use a white wine. For a more sweet dessert dish, use a sweet wine like reisling or port. You can also add spices like cardamom, cinnamon, cloves, etc to the wine. In this case, warm the wine with the spices before using it on the pears. If you are not a

wine person, try using a sweetened brewed tea like Constant Comment. Serve in individual dishes or on the buffet. Pairs well with crème anglaise or chocolate sauce.

### **Brussels Sprouts and Onions**

Brussels sprouts are great with holiday foods. Toss them with olive oil, salt and pepper and roast them until tender. Try caramelizing onions and mixing them with the sprouts. For a special treat, sauté onions in butter until wilted and clear, then add some wine vinegar to add some acidity. Then, mix with the roasted sprouts.

### **Glazed Carrots**

Poach your carrots until tender in some water. Drain. Then add a tablespoon or two of butter and a tablespoon or two of your favorite sweetener. Honey is great, as is maple syrup.

### **Spelt Berry Stuffing**

Try this dish as a side.

#### Ingredients:

2 cups spelt berries, soaked overnight  
1 apple, finely diced  
2/3 cup dried fruit (cranberries, apricot, and/or cherries work well)  
1 small bunch of greens (kale, arugula, etc.), wilted  
1/2 C finely chopped onion, caramelized  
Salt & pepper, to taste

#### Directions:

Cook soaked spelt in heavily salted water until tender, approximately 45-90 minutes. They should be soft, but chewy. Then, drain and return to pot. Preheat oven to 375°. Stir in apples, dried fruit, onions, and chopped greens, adding salt and pepper to taste. Put in a baking dish, and cover with foil and bake for 45 minutes.

## **Bread**

The holidays are not the time to be watching your carbs. Bread often brings meals together, so try some of these recipes from Parker Bosley for breads that are easy to work into your holiday gatherings.

### **Basic Pan Bread**

1 cup milk	1 TBS active dry yeast
1 TBS sugar	2 TBS warm water
2 TBS butter	1 egg
¼ tsp salt	2 ½ --2 ¾ cups flour

Place the yeast and warm water in a small bowl. Set aside.

Heat the milk and add to it the sugar, butter and salt. Let the milk cool to luke warm. Add the yeast/water mixture. Beat in the egg.

Combine 2 ½ cups flour with the milk mixture. Mix slowing with the dough hook in the mixer. Or, combine in a large bowl and mix with a wooden spoon. Add more flour to create dough that is soft but not sticky. Knead for five minute.

Place the dough in a buttered bowl and let it rise in a warm place. 30-45 minutes.

Punch the dough down. Press it into a buttered loaf pan. (approximately 8 ½ x 4 inch pan) Cover and let it rise again for about 30-45 minutes. Make 3 or 4 slashes on the top. Brush the top with butter and bake for about 35 minutes in a 400 degree oven.

Use this same dough to make dinner rolls. Use muffin pans. The recipe will produce about 18 rolls. Butter the muffin tins. Roll balls of dough that will fill the rounds of the muffin pans about 2/3 full. Cover the pans and let the dough rise for about 30 minutes.

Use a pair of scissors to cut a slash in the tops of the rolls. Brush the tops with melted butter.

Bake for about 20 minutes at 400 degrees.

You can substitute Stutzman Farm winter wheat flour for about 75% of the total flour used in the recipe.

### **Pizza Dough**

1 TBS active dry yeast

1 TBS honey

¾ cup warm water

3 cups flour

3 TBS olive oil

1 tsp salt

This is a quick dough that you can make in the food processor.

Use a small bowl for the warm water. Sprinkle the yeast over the warm water. Stir the yeast to dissolve. Measure the flour and salt and put these in the food processor or in a mixer bowl. Add the oil and honey to the yeast and water. Measure the oil first. Using the same measuring spoon measure the honey. The honey will slide easily from the spoon.

Pour the liquid ingredients over the flour and begin pulsing the processor. When the ball of dough is created, remove it to the work surface and knead for a minute. Place the dough in a bowl that has been greased with olive oil. Let the dough rise to double in size. Punch it down. Form several small round pizzas. Let them rise for 30-45 minutes and bake.

You can bake it on a cookie sheet for about 15 minutes. Remove from the oven and brush it with olive oil. You could also put the dough in a loaf pan and bake it for slicing.

### **Focaccia**

Double the pizza dough recipe. Omit the honey and add 2 additional tablespoons of olive oil. (4 TBS when doubling) Bake the dough in a rectangular shape on a sheet pan. Let the dough rise to double in thickness and then pierce several times with a fork. Bake in the same way as the pizza dough.

Optional: add a tablespoon of dried thyme or a combination of thyme and oregano to the dough.

### **Pumpkin Bread**

3 cups sugar

½ tsp baking powder

1 cup oil

½ tsp salt

3 eggs

1 tsp baking soda

2 cups pumpkin puree

3 1/3 cups flour

1 tsp each clove, cinnamon, nutmeg

Cream together the oil and sugar. Add the eggs and continue to beat. Stir in the pumpkin. Mix dry ingredients together and add to the pumpkin mix. Grease and flour 2 loaf pans ( 3 if they are smaller pans) Divide the mixture between the pans and bake in a 350 oven for 1 hour. Bread is done when knife or toothpick inserted into the center comes out clean.

# Sweets

Often the best holiday sweets are ones that have been in the family for years. Nothing tastes as sweet as the once a year cookies that remind you of grandma. These old favorites are usually made with Crisco, white and brown sugar, and white flour. You can update your old favorites with some healthier alternatives and still get the taste that makes the holidays complete. Here are some tips to help you out.

Shortening: I am a fan of butter over shortening. I usually sub it directly for shortening in my recipes. However, some baked goods will change in texture. Butter naturally has some water in it; shortening doesn't. Cookies made with shortening and no extra water added, for example, are higher and lighter, while butter cookies are flatter and crispier. This is because butter has a lower melting point than shortening, causing them to spread faster and more in the short time it takes to bake a cookie. If there is another liquid, I will sometimes diminish the amount of that liquid or increase the flour amount a little, unless I am using whole wheat flour. Butter from grass fed cows is higher in CLA's and better for you, while shortening is often full of trans fats (although that is changing). I avoid margarine altogether. If you truly prefer the flavor and texture of shortening over butter, you can sub lard in exact proportions. Lard is generally lower in saturated fat and higher in good fats than butter.

Whole Wheat Flour: Whole wheat flour will sub in exact proportions, as long as it is the same type of flour. Use whole wheat all purpose flour for white all purpose flour, for example. Be sure to sift whole wheat flour more, as it is denser and sifting will add more air to the mix. Avoid over mixing, as gluten develops more in whole wheat flour, and it is easier to make your end product chewier. Wheat flour is drier than white flour, so it is often helpful to increase the liquid in the recipe by a small amount or to decrease the baking time slightly.

Sugar: Honey can easily be substituted for sugar. Due to honey's ability to retain water, products made with honey tend to remain moister longer than similar products made with sugar or other sweeteners. Lighter honey has milder flavor than darker honey. Use equal amounts of honey for sugar up to one cup. Over one cup, replace each cup of sugar with 2/3 to 3/4 cup over honey depending upon the sweetness desired. Lower the baking temperature 25 degrees and watch your time carefully since products with honey brown faster. In recipes using more than one cup honey for sugar, it may be necessary to reduce liquids by 1/4 cup per cup of honey. In baked goods, add 1/4 teaspoon of baking soda per cup of honey if baking soda is not already included in the recipe. This will reduce the acidity of the honey, as well as increase the volume of your product. Moisten a measuring spoon or cup first with water, oil, or an egg before measuring the honey to prevent it from sticking to the measuring utensil. Honey is heavy by weight. A 12 ounce jar equals one standard 8 ounce cup.-*from Cooks.com*

Oil: A great substitute for oil is applesauce. It will only mildly affect the flavor. You can sub applesauce on a one for one basis, and use applesauce without sugar. You can also add in a small amount of oil (about 1 tsp per half cup of applesauce) to improve the texture of the final product.-*eHow.com*



### **Pumpkin Cookies**

1 cup honey	1 tsp baking powder
1 cup pumpkin puree	1 tsp baking soda
½ cup applesauce	½ tsp each salt, cinnamon, ginger, nutmeg
1 tsp vanilla	1 cup raisins
2 cups flour	½ cup chopped nuts (optional)

Sift dry ingredients and set aside. Mix honey, pumpkin, applesauce and vanilla until smooth. Add sifted dry ingredients and mix until well blended. Add raisins and nuts and stir. Drop by spoonfuls onto greased cookie sheet and bake in 350 degree oven for 12-15 minutes.

### **Oatmeal Cookies** 3 dozen

1 ¾ cups all-purpose flour	1 ½ cups brown sugar
¾ tsp baking soda	¼ cup sugar
¾ tsp baking powder	2 large eggs
½ tsp salt	2 ½ teaspoons vanilla
½ tsp ground cinnamon	1 cup raisins
½ tsp ground nutmeg	3 ½ cups old-fashioned rolled oats
½ lb unsalted butter, softened	

Set the oven a 350. Grease cookie sheets.

Mix the dry ingredients, except the rolled oats, together and set aside. Cream the butter, both sugars in the mixer bowl. Add the eggs one at a time. Add the vanilla. Slow mix the dry ingredients into the creamed butter. Blend well. Remove the bowl from the mixer and stir in the rolled oats and the raisins. Drop heaping tablespoons of the dough onto the cookie sheets. Space the cookies at least three inches apart. Grease your finger or the back of a spoon and press the cookies to flatten. Cookie should be about ½ inch thick. Bake in the middle of the oven for about 8 minutes. Bake only one sheet at a time. It helps to rotate the cookie sheet half-way through the baking to get even browning. Remove to a rack and cool.

### **Fresh Apple Cake**

3 C Flour	1 ¼ C oil
1 tsp baking soda	2 tsp vanilla
½ tsp salt	3 large apples
2 C sugar	1 C walnuts (optional)
2 eggs	

Preheat oven to 350 degrees. Grease and flour Bundt pan. Sift dry ingredients together and set aside. Whisk liquid ingredients together and set aside. Peel, core, and dice apples. Mix apples and walnuts. Pour dry ingredients over apple mix and stir well to mix and coat. Add liquid ingredients and mix very well. Spoon mix evenly into Bundt pan and bake for 1 ¼ hours.

### **Chocolate Mousse Cake**

8 oz semi-sweet chocolate

¾ cup sugar

8 oz unsalted butter

Five egg whites

8 egg yolks

Set the butter out an hour before starting the cake so that it will be soft but not melted. Melt the chocolate in a bowl set over simmering water. While the chocolate is melting, prepare two 8-9 inch cake pans. Butter the bottoms and sides. Cover the bottom with a round of parchment paper then butter and dust the parchment with flour.

Beat the sugar with the egg yolks. When the chocolate is melted, whisk the soft butter in the chocolate. Slowly whisk the chocolate and butter mixture into the beaten egg yolks. Beat the egg whites with a pinch of salt until they create stiff peaks. Whisk 1/3 of the beaten whites into the chocolate mixture. Fold the remaining whites into the mixture. When the whites have been completely folded into the chocolate, turn the mixture into the prepared cake pans. Bake in a 350 degree oven for about 20 minutes. Remove from the oven and let the cakes cool in the pans. Invert the cakes on plates and remove the parchment paper. Dust the cakes with powdered sugar.

You can freeze the cakes wrapped in plastic. They re-warm easily. If you bake the cakes in rectangular pans you can cut them into squares and serve as cookies.

### **Spiced Apple Bars**

½ lb unsalted butter

2 2/3 cups all purpose flour

1 1/3 cups dark brown sugar

2 ½ tsp baking powder

1 cup sugar

1 tsp cinnamon

4 large eggs

2 ½ cups coarsely grated peeled apples

½ tsp vanilla

Line a 13 x 9 baking pan with greased aluminum foil. The foil should be large enough to overhang the narrow ends of the baking dish. This will help you lift the baked product from the pan. Melt the butter and add the brown sugar and white sugar. Whisk in the eggs one at a time. Combine the flour, baking powder, cinnamon. Add these dry ingredients to the butter-egg mixture. When completely blended, add the grated apples. Scrape the batter into the prepared baking pan and smooth the batter out to the sides. Bake at 350 for about 35 minutes. The center will be slightly moist. Cool completely. Use the overhanging foil to lift the cake from the pan. Or invert the baking pan onto a clean cutting board. Carefully peel off the foil. Cut into bars or squares.

*Parker notes: For the serious cookie baker one of the best sources of recipes and techniques is Joy of Cooking All About Cookies.*