



Thanksgiving Recipes

Each year we host a Thanksgiving Beer Dinner. It is a feast to keep you stuffed for a week! It's where we demonstrate traditional and progressive recipes, share in quality food and good company, and discuss techniques for the tastiest and stress free Thanksgiving.

Each year we add to this recipe guide to reflect some of the new dishes served and to incorporate feedback from our customers.

If you have a recipe or suggestion to add to next year's guide, please reach out to us at info@freshforkmarket.com

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Section 1: Planning: “A goal without a plan is just a wish.”

By Parker Bosley

Thanksgiving is the biggest eating holiday of the year. Friends and family gather around the dinner table to reconnect and to share. For some, there is football. For others, movies. But for everyone, there is food. If you want your holiday meal to come together without any major disasters, you need to devote some time to planning.

Getting started should be easy, right? But if you are looking at magazines or pouring over Pinterest pins, then it is easy to become overwhelmed. Then you start to put your menu together and find that you need to stop at numerous stores to get all the pesky ingredients to make each dish a success and your recipe cache becomes the size of the an encyclopedia. If you take a little time and plan your meal around what is in season and what is readily available, you can accomplish more with less effort. By learning basic techniques, you can adapt recipes to fit what you have and you can save yourself a lot of time, money and energy.

What is available in late-November in Ohio?

While we have all become accustomed to turkey, green bean casserole, and cranberry sauce at Thanksgiving, that may not actually be reflective of the end of the harvest season in Ohio. The original Thanksgiving was most likely fall foods and foods that had been dried and put away. There would have been things like seafood, wild game, winter squashes, grains and dried corn. There were fewer fresh ingredients at that time of year in the Plymouth colony.

The modern Thanksgiving offers more produce that is available from farther away. However, we believe that the best tasting ingredients are those that are locally produced and nutrient dense. The Fresh Fork Market approach to bundling a Thanksgiving package is to highlight three core types of early-winter products – fresh, cold hardy produce like lettuces, kale, and cauliflower; storage crops like potatoes, winter squash, and onions; and preserved produce, like pickled or frozen vegetables. And of course, every Fresh Fork Market Thanksgiving package is bundled with a pasture raised turkey.

Create a plan for your Thanksgiving dinner

You may have wondered how a chef gets his staff to prep and prepare dozens of meals each day. The key to doing this efficiently and economically is by careful planning. Chefs use their staff to the best advantage by using prep lists. Prep lists are comprised of all the dishes that need to be prepared that day and the individual components that are required to make each dish ready.

For example, if a menu included the following items, we can create a prep list for each ingredient:

1) Chicken confit – cut up whole chicken into pieces, season, prepare cooking fat, cook

- 2) Pan fried potatoes – wash potatoes, cut/chop, soak in salt water, soft-boil, pan fry
- 3) Braised greens – wash greens, sauté/braise
- 4) Pan seared halibut – cut fresh fish, season, sear
- 5) Fresh salad – wash and dry salad greens, dress greens and toss, serve

By looking at the list above, we realize we can do a few things in advance to minimize the amount of work done while not compromising quality. Here is a list of things we may do over three days:

Day 1: Cut and season chicken, wash and cut potatoes

Day 2: fully cook the chicken, boil the potatoes, wash and braise the greens, pan fry the potatoes

Day 3: wash, dry, and dress the salad greens; reheat the chicken confit, potatoes, and greens in convection oven; sear off the halibut.

Following this method, the meal can be prepared in about 30 minutes on Day 3 without effecting quality. All restaurants follow a similar preparation technique.

Parker's Words of Advice

Write your menu, whether using recipes from those in this packet, your favorite family recipes or a combination of both. Are any of your guests bringing items for the dinner? If so, make sure they have ingredients and the recipe—if you have agreed on these specifics.

Make a list of cooking surfaces and ovens. Do you have space and shared oven space? If not, adjust your menu. One important thing to keep in mind is that the turkey can come out of the oven hours before dinner and be wrapped tightly in foil. It will keep warm for a very long time and before carving, it can be re-warmed quickly in the oven. This makes the oven available for the last few hours before dinner for casseroles, pies, or anything else that needs to be cooked.

For each recipe, determine what part of that recipe can be done in advance. Examples: Prepare the cauliflower by removing a “florets” from the stalk; chop, dice and measure all the ingredients for the stuffing; peel the potatoes and store in water; look at your inventory of cooking tools and vessels. Do you have an appropriate pan or the proper tool to do the job? Determine what dishes can be made in advance and reheated. Roasting the sweet potatoes on Tuesday or Wednesday would be an example; Review your recipes to determine what parts of each dish can be made in advance for later assembling.

Who will help you? If you will need extra hands in the kitchen, particularly at serving time, make sure you discuss this with you “team” in advance. Provide them with clear directions. Make sure

that each helper has a specific place to work. Make sure they know when to start their part of the process and when to take things to the table. Do not hesitate to assume the role of “the boss.” Post instructions with the assigned person’s name next to each task.

Quite simply, make sure you have a plan. Don’t wait until the big day to pull things together. Remind guests to respect your schedule. Two o’clock is not mid-afternoon or when the game is finished or when kids are ready. Two o’clock mean the big hand is on 12 and the little hand is on 2.

Section II: Turkey Q & A

“Coexistence: what the farmer does with the turkey--until Thanksgiving.”

We get tons of questions each year about buying and storing your turkey. There is a lot to understand about a turkey and how it is raised. I’ll focus on a few common questions that I get:

How big of a turkey do I need? I can only suggest guidelines. I like to suggest one pound (1#) of turkey per eater. A turkey never yields exactly what it weighs – think of all the bones and trim that is lost! This suggestion does of course depend on the appetite of your guests and the number of side dishes that you have available.

Also, are your guests purely white meat eaters? A turkey is about 65% white meat. That means that if the suggested weight is 1# of turkey (before carving) per guest, then a twenty pound (20#) turkey is equivalent to a thirteen pound (13#) white-meat only turkey (if such thing existed).

Smaller birds tend to be easier to cook more evenly; however you may then need two turkeys and may not have the available oven space to roast two birds simultaneously.

Is there a difference between fresh and frozen turkey? This is an age-old debate. There is no research that supports that there is a quality difference between fresh and frozen poultry. In fact, all of Fresh Fork Market’s poultry (except Thanksgiving turkeys) is frozen immediately upon kill. This locks in freshness and reduces the food handling issues. Why then do I only sell fresh, never frozen Thanksgiving turkeys? It is what the customers want! It also, from a logistics point of view, falls in line perfectly with the timing on which my producers can raise turkeys. One word of caution is to not try to store poultry longer than 6 months in the freezer. It will dry out after that time.

What is a basted turkey (as seen on the packaging of some commercial birds)? Basted is another word for a bird injected with water, a saline solution (brine), or marinade to help it maintain its moisture when cooked. This is a technique used by commercial turkey producers for a couple reasons: 1) turkeys are sold by the pound and a saline solution is cheaper than feed, hence they can make more money off of the turkey if it weighs more; and 2) the customer is less likely to over-cook their turkey. Legally, poultry can be sold with up to 12% retained water. That means that a 20# turkey can contain up to 2.4# of retained water that you are paying for.

What is the difference between a tom and a hen? Depends how technical you want to get. From a taste point of view, you won't notice a difference. You usually won't find turkeys marketed as either toms or hens. I sell them that way because it indicates a bigger turkey versus a smaller turkey. With our turkeys being harvested only one-day before delivery, we don't have time to weigh and invoice each turkey at a per pound price. Instead, we group them in certain weight classes as either toms or hens.

Technically a tom is the male turkey. He gobbles, has a beard hanging from his chest (not chin), and is fully mature. If we wanted to get real technical, our 19 week old turkeys are actually jakes. If you were a serious turkey hunter, you could tell the difference between the two. The tom has symmetrical, evenly grown tail-feathers that he displays when he struts (puffs up his chest and tail-feathers). He also has a longer beard and usually a more "mature" gobble.

A hen is the female turkey. She is usually smaller than the tom and doesn't have the beard. For our young turkeys, she may be called a "jenny." The hen is technically a mother just as the tom is technically a mature male turkey that has mated.

What is a heritage breed? Heritage breed is a breed of turkey not usually raised for commercial applications anymore. They usually have more dark meat and tend to be smaller. The Fresh Fork Market Thanksgiving turkeys are a blend of broad breasted white turkeys (not heritage) and broad breasted bronze turkeys (borderline heritage). This year, we also have a good supply of Standard Bronze heritage turkeys.

What is a young turkey? Turkeys sold in the grocery store and what Fresh Fork Market sells are considered young turkeys. Our turkeys are generally 19 weeks of age when harvested. I cannot attest to the age of commercial turkeys.

Can turkey (or any poultry) be thawed and refrozen? Yes. Many restaurants buy frozen chickens, thaw them and cut them up, and refreeze them. As long as the bird is initially frozen immediately after kill (fresh), then thawing it and refreezing in a short period of time is not dangerous and will not affect quality.

How long will a fresh turkey stay good before cooking? This question depends on the temperature of your refrigerator, the quality of the bird, and the processing plant where the turkey was killed.

Our turkeys are harvested the Monday and Tuesday before Thanksgiving. Our processor has a unique, home-made device for chilling your turkey quickly. He has converted dairy bulk tanks (large, stainless steel vats) into chill tanks. The tanks are filled with clean water and hundreds of pounds of ice are added to each. Small pieces of PVC pipe run across the bottom of the tank. The pipe is drilled with very small holes. Compressed air is then blown through the tubes so that it creates turbulence in the water. This current in the water expedites the chilling of the birds.

Fresh turkeys can be taken from a warm carcass to a chilled, 35 degree bird in just a couple hours. He then removes each turkey from the cold water bath, drains off the excess water, and bags them. The turkeys then go into a 28 degree cooler.

So, the short answer is that a fresh, properly processed turkey (not one killed on some guys farm and rinsed with a garden hose) that is chilled at kill, stored in proper refrigeration, and delivered cold *can be kept fresh for approximately 7 to 10 days.*

The following procedure will assure that your turkey remains fresh for a week:

- 1) Remove it from the original packaging. Rinse the turkey with cold water, inside and out. Put into a new bag.
- 2) Store the turkey in the coldest part of your refrigerator (which is usually the back). Turkeys may be stored at a temperature as low as 26 degrees Fahrenheit before they begin to freeze. If your refrigerator isn't cold enough, store the turkey in cooler outside or in the unheated garage. Submerge the bird in ice and drain off excess water from the cooler periodically.

The Produce

As indicated earlier, the selection of produce available around Thanksgiving in Ohio is limited. If you want to have a completely local Thanksgiving, consider shopping at Fresh Fork Market, at your local farmers market, or even directly at the farm (known as a farm market).

Section III: Cooking a Turkey

“After a good dinner one can forgive anybody, even one's own relations.”

You only get one chance once per year to mess up your Thanksgiving turkey. It's a good idea to do your research first. We've compiled years of experience into the following sections.

About a brine

Each year the newspapers and blogs burst with new, trendy brines. This year I've seen everything from beer brines to citrus brines. Some, in my opinion, are more of a marinade than a brine. Brining, like marinating, is a technique of soaking a piece of meat in liquid for some time prior to cooking. Marinating is done to infuse flavor and moisture. Brining can also add some flavor but is primarily used to “cook” and tenderize the meat chemically. Another key benefit is that the additional moisture can help cook the meat more consistently throughout.

Brining, in contrast to a marinade, technically includes lots of salt. This salt creates a chemical reaction that, for lack of any better words, “cooks” the meat. It doesn't really but it can reduce the cooking time. Think of cured meats. They aren't ever cooked with heat. They are treated with salts to preserve the meat.

More importantly, the salt in a brine affects the molecular structure of the proteins in the meat. The salt weakens the structure of the proteins and hence allows the cooking to break them down more easily, producing a more tender piece of meat. As the proteins change, they also allow more water into the molecules. When the meat is roasted, the water is locked into the meat. It retains more moisture in the

final product. I generally don't brine anything except large pieces of meat, such as a whole hog for a pig roast or perhaps a turkey.

Here is a brine recipe that I have used successfully on both turkey and pork:

- 1 cup kosher salt to each gallon of liquid (if using table salt, reduce the salt by 25%. If using sea salt, increase salt by 25%)
- 1 part apple cider vinegar
- 1 part apple cider
- 1 part water (usually in the form of ice, 10# ice is 1 gallon water)
- ¼ cup crushed black peppercorns for each cup of salt
- 1/8 cup mustard powder for each cup of salt
- 2 lbs onions for each gallon of liquid
- 0.25 lbs peeled and crushed cloves of garlic for each gallon of liquid

You'll want to brown the onions and garlic quickly in some hot olive oil over high heat. Stir frequently to prevent sticking. Add the cider vinegar and cider. Bring the mixture up to a soft boil and reduce the heat. Add the crushed peppercorns and mustard powder. Stir in. After a few minutes, add the salt gradually and stir until it all dissolves. You want the liquid to reach a saturation of salt. The mixture should be quite pungent and yellow in color. It will open up your sinuses some. Remove from the heat source and allow it to cool some. When warm, add ice, stir in as it dissolves and cover your meat with it; inject the meat in thicker areas. Refrigerate immediately.

Bar Cento Poultry Brine: (courtesy of Chef Adam Lambert)

1 gal water	2 lemons
1 cup of kosher salt	4 bay leaves
¾ cup granulated sugar	1 T black peppercorns
10 springs of thyme	

Note: This is a 1 gallon recipe. You will probably need to do a 3-4x batch of this to cover a large turkey.

Procedure: Add all ingredients into a stock pot and bring to a simmer. Stir to ensure salt and sugar has been completely dissolved. Remove from heat and let stand for 30 min. Remove lemons from brine. In small batches, blend the brine for about 20 sec or so, just until all ingredients are fully incorporated. Next chill the brine either in your refrigerator or in an ice bath. Place your turkey in a vessel that is large enough to hold it and enough brine so that the bird is completely submerged. Cover the turkey with the brine if necessary, weight it down with a few clean dinner plates so the turkey stays submerged. Place the brining turkey in your refrigerator for 48 hours (But remember any brine time, is better than no brine time). Remove the turkey from the brine, pat dry, and allow to come up to room temperature before cooking.

What equipment will I need?

We are suggesting that you roast your turkey. For a roast turkey, the requirements are quite simple:

- A deep, roasting pan large enough for your turkey. The pan may be stoneware, glass, aluminum, or any other material. It will not affect the results.

- A grate or insert for the roasting pan to keep the turkey from touching the bottom
- Aluminum foil
- Thermometer, preferably a digital, remote thermometer that can be kept outside of the oven with the probe in the turkey
- Optional: cheese cloth

Many customers have asked us about roasting bags. Our opinion is that roasting bags are great for cleanup. You can jam all your scraps in it, tie it off, and throw it in the trash.

Also, it is not necessary to have a lid for your roasting pan. A lid, like a bag, will create a moister cooking environment. The skin won't get crispy with a lid on it.

Seasonings and aromatics

Fresh herbs like rosemary, thyme, and sage are perfect compliments to a turkey. Chop them finely and sprinkle on the outside of the turkey. Season the turkey with salt and pepper.

Many chefs prefer to add fresh herbs and vegetables to the inside cavity of the turkey to infuse flavor. Common herbs include rosemary, thyme, sage, and bay leaves. First, add the herbs to a shallow pan with some water in it. Bring the water to a soft boil to help the herbs release their oils. Place the herbs inside the cavity of the turkey and even on the skin of the turkey.

Getting a crispy skin

The crispy, golden skin of a well roasted turkey is one of those delights for which there are no words to define. There are a few ways to achieve this, but one thing is constant – the turkey must be roasted, not cooked in a covered pan or in a bag.

Here are some tips for achieving a crispy skin:

- Start your oven hot at 450 degrees. Roast the turkey for about 30 minutes at that temperature or until it starts to get golden. Reduce the temperature down to 350 degrees.
- Use butter. Make small slits in the skin of the turkey and rub softened or molten butter under the skin and pour butter over the skin. Olive oil may also be used. Pull the skin back together and secure with a pin or twine.
- Use butter-soaked cheesecloth. Dress the bird with the butter soaked cheesecloth until the last 30 minutes. The butter will then help the skin caramelize.
- If the skin starts to dry out too much, or if you are worried about over-cooking any parts of the turkey, such as the breast, cover those parts in aluminum foil.

Should a turkey be stuffed?

We do not recommend stuffing a turkey. There are several reasons:

- Food safety. If the bird is stuffed, then the stuffing will absorb the turkey juices while cooking. In most cases, the cook will check the temperature of the thickest piece of meat on the turkey. That does not

mean that the stuffing has reached a safe temperature and may contain undercooked or raw turkey juices.

- Thoroughness of cooking. If the cavity is stuffed, that means that there is no air circulation through the cavity. The center of the bird will now take longer to cook. There is a good chance that the drumsticks will be overcooked by time the breasts are cooked.

- Increased chance of overcooking. If the cook is checking the stuffing for a safe temperature and consistency (165-170 degrees), then the white meat will likely be overcooked at that point and dry.

For tonight's class, the dressing/stuffing you will enjoy will be referred to as a bread pudding as we are cooking it separate from the bird.

Cooking Time

In general, expect to cook a turkey at 350 degrees for approximately 10 to 15 minutes per pound (depending on a lot of variables, including brine, initial temperature, and if you cover the pan ever). The internal temperature of the turkey in the breast and the thickest part of the thigh should be 155 to 160 degrees. Remove the turkey from the oven and wait 30 minutes before carving. The turkey will continue to cook when removed from the oven.

For exceptionally large turkeys (over 24 pounds), we suggest starting your turkey very hot (as stated in the roasting directions below) and then cooking at a slower, lower heat such as 325. This allows for a more thorough, even cooking. This will increase the cook time by about 2 minutes per pound. Alternatively, you could cover the entire pan in aluminum foil, add some apple cider or liquid to the bottom of the pan, and cook at a higher temperature like 375 for some time. As the bird nears completion, uncover it and step the temperature down to about 325.

Roasting a Turkey

Preheat your oven to 450 degrees. Remove one rack and place the remaining rack near the bottom. The turkey should be about centered in the oven to get even air flow around the bird.

If brining: At least an hour before roasting, remove your turkey from the brine and rinse with cold water. Pat the turkey dry with paper towels or make it do a funky dance to drip dry! You should have fun with this turkey. If you have extra time, let it stay refrigerated (uncovered) overnight to help the skin dry out and you'll get an even crispier skin.

Add your aromatics to the cavity. Place the turkey in a large roasting pan. Your pasture raised turkey will be quite juicy so be sure to use a roasting pan with plenty of room for the drippings. A cookie sheet is not a recommended roasting pan.

In the roasting pan, place 3 to 4 quartered onions, shallots, carrots, roasting potatoes, and other root vegetables you may prefer. Think gravy. These veggies may be eaten later, but more importantly, they will help flavor the pan drippings which can be used to make tasty gravy. For really large birds, you may

want to add the potatoes and carrots half way through roasting to keep them from drying out. Coat them in olive oil and season with salt. Add them to the pan.

Place the bird on a rack in the roasting pan, breast side up. (Optional) Slice the skin along the breastbone and pour melted butter under the skin and over the skin. Pin the skin back together. Another technique I have seen is to cover the bird with a butter soaked cheesecloth.

Place your chilled but not completely refrigerated turkey into the hot oven (450 degrees). Roast, uncovered, for about 30 minutes. Watch carefully to make sure the skin doesn't burn. You are trying to crisp the skin and lock in the moisture. Once the skin has browned moderately, reduce the oven heat to 325 or 350 (lower temperature for larger birds). If the skin continues to cook too much, apply a layer of aluminum foil over the bird.

Roast your turkey for approximately 12 minutes per lb. After an hour, check to see if the turkey has left some pan drippings. With a baster, suck up the juices and squirt over the turkey. Continue roasting, checking about every half hour through the window on the oven. After 2 to 2.5 hours, start watching the temperature (this depends on size of the turkey). A remote thermometer with a probe in the bird will make this much easier.

You will want to remove the turkey from the oven when the internal temperature of the breast and thickest part of the thigh reaches about 150 degrees and no more than 160. Let the bird rest (covered with foil) for 30 minutes before carving as it will continue to cook and pull back in the moisture.

Alternative Cooking Methods

Smoked Confit Turkey Wings and Legs

Ingredients:

1 cup sugar

0.5 cup kosher salt

1 tsp smoked paprika

1 tablespoon dried sage

1 teaspoon black pepper

1 tsp ground chili flakes

½ tsp ground allspice

Remove the turkey wing and leg from the turkey. Mix the seasoning above and heavily coat all parts with the rub. Rub it into the skin. Place the turkey on a sheet tray or plate and place in the refrigerator, unwrapped, overnight. The next day, rinse the dry rub off of the turkey. Dry the meat with paper towels and place back in the refrigerator uncovered. This will allow the skin to form pellicle (a protein in the skin) that helps flavor and smoke adhere to it. It also allows you to get a crispy skin later.

Get the smoker started. You want to cold smoke, so the temperature should be around 100 degrees. Place the turkey in the smoker and smoke for 3 to 4 hours.

After smoking the turkey leg and wing, you will confit it. With a deep, strong pan, cover the turkey with pork lard. You may want to melt it in a pan first to make it easier to work with. Cover the turkey and fat with parchment paper then plastic wrap (yes, to put in the oven) and then aluminum foil.

In a 225 degree oven, cook the turkey for approximately 4 hours. Check after 3 hours for doneness. Wiggle the joints of the wings to see if the joints pop out of place easily. This is a clear sign you are done. The goal is meat that will easily pull away from the bone but not just fall off when you pick the meat up.

Allow the turkey to cool overnight in the fat in the refrigerator. The next day, heat up the pan just enough to melt the fat but not make it hot. Pull the turkey parts out. If you have a frier, get it heated to 300 degrees. If not, skip this step. In the frier, cook the turkey until the skin is crispy.

If not using a frier, place the turkey on a sheet pan and roast at 400 degrees for about 5 to 10 minutes until a golden skin forms. Reduce the heat to 325 and heat the turkey through. You are not cooking at this point but just warming up the turkey. Serve hot.

Turkey “Porchetta”

Ingredients

1 turkey breast

Skin from turkey breast and some more (read below)

Stuffing: you can use sausage, herbs, anything you like

If you don't want a roast turkey, you can quarter up the turkey and cook it in parts. When cutting the turkey to achieve this recipe, your goal is to get as large of a piece of continuous skin as possible. Start by removing the wings and leg/thigh. From there, peel the skin up and over both breasts and as far down the sides as possible.

With a sharp boning or paring knife, cut along the breast bone and down to the wishbone. Peel the breasts off. The next step is to roll cut it. This is the tricky part. You may want to check youtube for a video. Here is a decent video of someone rollcutting a pork loin (same process):

<https://www.youtube.com/watch?v=OI4EWQYYXK8>

Once you have the breast rolled out, spread your stuffing out on the breast. Roll the breast back to form a log. Roll the skin around it tightly. Use plastic wrap to help here. The plastic wrap can help you roll all sides up evenly and roll the turkey breast tight. Roll the plastic up really tight at both ends to squeeze the turkey breast. This is hard to explain but the final product should look like a tube of Jimmy Dean sausage.

Let the turkey breast rest in the refrigerator overnight. If you have a vacuum sealer, seal the turkey breast up. If not, just leave it in the plastic wrap. The next day, in a pan of almost simmering water,

poach the turkey breast (yes, in the plastic). This will take about an hour to get it up to 150 degrees. Check the temperature as the turkey begins to get firm. Check the temperature by inserting the thermometer into the end of the turkey roll. Remove at 150 degrees.

Remove the breast from the plastic wrap and sauté in a pan of oil to start to brown the skin. Finish in a 350 degree oven. Roasting it shouldn't take long as you are trying to take it from 150 degrees to 160 degrees. Let rest for 10 minutes before slicing and serving.

Poached Turkey Breast

Use a pot that has a good lid

1 whole boneless turkey breast with skin on
3-4 peppercorns
1 bay leaf
½ tsp dried thyme
3-4 slices of onion
1 celery stock chopped
½ tsp salt
1 cup white wine (optional)
Water to nearly cover the turkey breast

Place the turkey in the poaching pot and scatter all the ingredients around it. Add the wine if using. Add enough water to nearly cover the turkey breast. The skin should be exposed. Cover the pot and place it in a 250 degree oven. Poach for about one hour. (The time will depend on the size of the turkey breast and the type of pan you are using.) Begin checking after about 30 or 40 minutes. Press on the flesh. It will become more firm as it cooks. When thinner end of the breast becomes firm and the thick center of the breast still has a springy texture to your touch, remove the pot from the oven. Remove the top and let the turkey breast cool in the liquid.

Remove the skin and wrap it well in plastic and refrigerate. Save the poaching liquid and add it to the stock pot.

Roasting the Turkey in Two Parts

One of the challenges of roasting the Thanksgiving turkey is timing. If you roast the bird long enough to properly cook the leg and thigh meat the white meat of the turkey breast is often over-cooked and dry. Our fear of food borne illnesses has become an issue resulting in our over-cooking meat for the sake of food safety. It is quite safe to under cook the turkey breast since pasture raised turkeys like those from Fresh Fork Market are healthy birds from very clean production systems. Nevertheless, good practices are always important.

For those who are more adventurous and want a little more challenge, separating the major parts of the turkey and roasting them individually is the way to have perfectly prepared turkey legs and thighs as well as breast meat that is somewhat pink in the interior—pink and juicy.

The following is a three day work plan for separately, deboning portions, creating the rich stock, making the bread stuffing and doing the final roasting. After reading the game plan you can adjust and double up the work of the various steps.

TUESDAY

Place the bird on its back and remove the first two joints from the wings. Chop these roughly and set aside. Remove the neck from the cavity and chop it and add these pieces to those of the wing.

Now for the challenging, but not impossible, task of boning the turkey thigh-leg pieces. Removing the bones from the turkey thigh-leg pieces follows the same procedure as one uses for boning chicken legs. If you attended a Fresh Fork Market Chicken 101 class, then you have seen this done. If not, you can find the class guide here: <http://freshforkmarket.com/2012/07/02/parker-cuts-up/>

Place the turkey leg skin-side down. With the sharp point of the boning knife follow the line above the thigh bone that is parallel to the bone. Open the flesh on both sides of the thigh bone. Slip the knife under the bone and carefully move the knife from the leg joint to the tip of the thigh bone. Always keep the knife scraping against the bone.

Now begin cutting and scraping around the leg and thigh bone joint cutting all the tendons and connective tissue. Begin scraping the leg bone to expose it completely. You will discover several very thin bones running parallel to the leg bone. These can be pulled out easily.

When the leg bone is completely exposed and the thigh-leg resembles a sleeve turned inside out you have achieved success. Use a cleaver to chop the bone leaving a two inch piece remaining in the leg. When you have removed the bones from the thigh-legs chop the bones and add these to your collection of wing and neck bones.

Now you can separate the entire double breast from the rest of the carcass. Place the bird, minus the light and legs portions, on its back. With a large knife cut down to the back bone on an angle following the last rib of the rib cage. When you get to the back bone, use a cleaver to separate the two parts of the carcass.

Put the double breast in the refrigerator with the two boned thigh-legs. Chop the carcass and add the pieces to the collection of wing, neck and thigh-leg bones. You can stop now or if you have four or five hours during which you will be at home, you can start the turkey stock.

To make the stock, which is of great importance for the preparation of the meal, brown the bones in a very hot oven with a little bit of lard or cooking oil. Do not use olive oil. Use a pair of tongs to turn the bones from time to time.

When the bones are nicely browned, remove the roast pan from the oven and place all the bones in the stock pot. Set the roasting pan over high heat and add two or three cups of water. Bring to a boil and scrape the bottom of the pan to release the brown bits. Add this deglazing liquid to the stock pot. Fill the pot with more water to cover the bones by three or four inches. Bring the stock to a boil over high heat. Begin skimming until there is little or no scum on the top.

Add a large onion peeled and chopped, a carrot peeled and chopped and a stalk of celery chopped. Lower the heat to medium or medium low. The stock should bubble slightly but not continue with a hard boil. Add a tablespoon of dried thyme and a bay leaf.

Cook the stock for four to five hours. Let it cool and then strain the stock through a damp towel. Place the stock in the refrigerator overnight.

WEDNESDAY

If you did not make the stock on Tuesday do it today so that it can be refrigerated overnight and the fat can be removed on Thursday morning.

Make the bread stuffing today. Since you will need turkey stock to moisten it, you can take some from the stock pot if you did not prepare the stock on Tuesday. Make sure the bread stuffing is completely cool before you refrigerate it overnight.

THURSDAY

Lay the boned turkey legs skin side down and stuff them with the bread stuffing. Pull the thigh meat and skin up over the dressing and tie the thigh portion in two places with kitchen string. Cover the exposed portion of the stuffing with a piece of foil to prevent its sticking to the roasting pan.

You can also push bread stuffing under the skin of the turkey breast starting at the neck end. Refrigerate the breast and the stuffed legs.

Place chopped onion, celery and carrot to form a layer on which you can place the turkey. Ideally you should use two small roasting pans one for each part of the turkey. This is not absolutely necessary.

The timing will depend on the size of the turkey. The time needed for this method of boned legs and separated breast will be about one half to two thirds of the comparable time for a whole bird. Use a meat thermometer to make sure that the internal temperature of the breast is at about 150. It will continue cooking after removing it from the oven reaching about 160-165.

Section IV: The Side Dishes' Recipes

First things First: Creating the Basics

To make really great stuffing, you need turkey stock. You can use chicken stock that you have made in advance. If you don't have any stock put away, use the wings and neck to make a small portion of stock

that you can use for the stuffing. Lay the turkey on its back and remove the first two joints from the wings. Pull the neck from the cavity. Chop the wing pieces and neck. Brown these bones in a heavy bottom stock pot or roast them in the oven. Use the recipe above (for Tuesday prep) to make a small amount of stock.

Bread Stuffing

This recipe will produce stuffing to fill an 8 1/2 x 11 baking dish. 10 –12 servings

1 loaf of FFM whole wheat bread (equals 12 to 14 cups of cubed bread)	3 tsp dried sage
2 tsp salt	1 cup diced onion
1 tsp pepper	1 cup diced celery

Optional additions:

- 1 lb ground pork, browned in a non-stick sauté pan; include the fat that comes from the pork
- 3 apples peeled, cored and diced
- 1 cup chopped walnuts

Sauté the onions and celery using a couple of tablespoons of lard or butter. These vegetables should soften a bit and color but they should not brown.

Place the cubed bread in a large bowl and add the sautéed onion and celery, the salt, pepper and sage. Mix the ingredients together and then begin adding turkey stock or water to moisten the bread. Check after each addition of liquid. The stuffing should come together and hold when you squeeze a handful together. The amount of moisture is your call...very soft or somewhat dry.

You can make the stuffing on Tuesday or Wednesday before the holiday. Refrigerate until ready to use. If you have made the stock, moisten before refrigerating. If not, you will need to moisten it before putting in the refrigerator.

Adam Lambert's Bread Pudding

2 lbs medium diced bread	1 cup chopped dried sour cherries or cranberries
¾ cup heavy cream	2 tsp fresh picked and chopped thyme leaves
2 whole eggs	1 T dried rubbed sage
½ cup each fine diced carrot, onion, celery, fennel bulb	2 T kosher salt

Procedure: Sweat carrot, onion, celery, fennel in a skosh of oil over a medium flame. Once translucent, approx. 3 minutes remove from heat and dump the vegetables onto a sheet pan with a few paper towels to absorb the extra oil. Place your diced bread into a large mixing bowl. Next whip together your

heavy cream and eggs. Dump cream mixture over your bread and mix. The bread should be very moist, but not completely soaked. Add remaining ingredients and mix again. Transfer your bread mixture to a butter baking dish. Cover with foil and bake in the oven @ 350 f for 45-50 mins, or until the pudding is completely set up and no longer raw in the middle. Once finished, remove foil and place aside to rest until you get hungry.

About Gravy

Although you can use any all-purpose flour, I have found that Stutzman Farms whole wheat flour adds a bit of flavor depth to the final product. For richer flavor and color, cover the bottom of the roasting pan with chopped onion, celery and carrot. Lay the turkey on this bed of vegetables rather than using a roasting rack. The vegetables will caramelize and add to the color and flavor on the gravy.

3 TBS flour

1 cup milk

2-3 cups turkey stock

juices from the roasting pan

Salt and pepper

Water or additional stock to thin the gravy if necessary

Mix the flour and milk in a small bowl and set aside.

Remove the turkey from the roasting pan and return to the oven to keep it warm. Set the roasting pan on medium-high heat and add 2 or three cups of turkey stock or water. Scrape the bottom of the pan. When all the glaze and vegetables have been released from the pan strain the liquid into a sauce pan and add the milk-flour mixture.

Bring the gravy to a boil and cook for 3-4 minutes. If the gravy is too thick add water or stock. If it is too thin add another tablespoon of flour that has been mixed with some water or stock. Season with salt and pepper.

OR, if you choose you can add the flour, without the milk, directly to the pan juices. As you scrape the pan to release the brown bits, the flour will take on color. Add stock, the milk and/or water and bring to the boil. Strain the gravy into a sauce pan to keep warm.

Apple and Pear Agro Dolce (a local solution to cranberry sauce) by Adam Lambert

Agro Dolce (I think technically agrodolce, but it think it reads easier as two words) is a category of sweet and sour sauces typical to Italian cuisine. It involves balancing intensely sweet and intensely sour flavors.

In this case, we will use pears and apples. Peel, core, and slice your apples into whatever size chunks you want. Cook them with a little oil on a very low flame for an hour or two. The goal is to caramelize them.

In a heavy stainless pot, add 2 cups of sugar and enough water to make the sugar look like wet sand (about 2 tablespoons). Over medium heat, cook the sugar to an amber color. This takes about 10 minutes. With a basting brush, wash down the sides of the pan so that the extra sugar doesn't turn to rock candy on the side of the pan.

As the sugar turns amber, add approximately 1/3 cup apple cider vinegar. Whisk with a long handled whisk. Expect this to be noisy as the sugar and vinegar and heat react. Add ½ cup red wine (or just enough until the mixture tastes balanced). Add a pinch of salt. Fold in the apples and pears. Cook down for approximately 20 minutes until it thickens some. Stir regularly. Serve over turkey, dressing, or anything you like.

Vegetable Sides

Corn Custard

4 cups corn (2 pkg FFM frozen)
1 TBS butter
1 TBS minced onion
1 TBS flour

1 cup cream
5 eggs
Salt and pepper

Place the butter in a non-stick sauté pan set over medium-high heat. Add the onions and cook for 3-4 minutes. Add the flour and stir to combine. Add the frozen corn with its liquid. Raise the heat to high. Toss and stir the corn to evaporate nearly all the liquid. Add the cream and boil for 2-3 minutes.

In a large bowl, beat the eggs with salt and pepper. Slowly whisk in the corn-onion mixture. Taste and add more salt and pepper if needed. Pour the mixture into a baking dish and bake at 350 degrees for about 30 minutes or until the custard has set. It should be a little soft in the center.

Simple Roast Brussel Sprouts

Brussels Sprouts
¼ lb bacon (optional)
Fresh thyme
Salt and pepper.

Remove the sprouts from the stalk. Trim the butt of the sprouts and remove any dead leaves. Cut large sprouts in half. Blanche the sprouts in boiling salted water and shocked in ice water. Drain sprouts.

Cut the bacon into small pieces. Cook in a heavy bottom pan and render off the fat but don't crisp the bacon. In a mixing bowl, toss the sprouts with the bacon grease and bacon pieces. If not using bacon, use olive oil.

On a sheet tray, add a few sprigs of fresh thyme and roast the sprouts in a 400 degree oven. At first, cover the sprouts with foil then remove the foil the last 5 minutes. The sprouts should be softened but not mushy. Transfer the sprouts to a serving bowl and season with salt and pepper. Roasting time is approximately 20 minutes depending on size of sprouts.

Fried Corn

This simple recipe captures the great flavor of the summer harvest.

For each package of frozen corn use

1 TBS butter	Salt and pepper
4-5 TBS cream	¼ tsp dried thyme
Fresh grated nutmeg	

Melt the butter in a non-stick sauté pan set over medium-high heat. Add the corn and the dried thyme. Toss and stir the corn to evaporate nearly all the liquid. Add the cream. Season well with nutmeg, salt and pepper. Raise the heat to high and cook until the corn is coated with the cream. You can hold the corn in a serving dish placed in the oven. *Cooked lima beans can be added with the cream to create the classic Succotash.*

Cauliflower with Cheese Sauce

1 head cauliflower, stem pieces separated from the core	1 cup milk
1 1/2 TBS butter	1 cup shredded cheese
1 ½ TBS flour	1 tsp Dijon mustard
	Salt and pepper

Make the sauce and keep warm. Melt the butter in a heavy bottom sauce pan. Add the flour and whisk to make sure all the flour is moisten with the butter. Add the milk, raise the heat and cook until the sauce has thickened. Add the cheese stir to combine. Season with salt and pepper.

Boil the cauliflower in salted water for 10 minutes or until it is just tender. Drain the cauliflower and arrange it in a baking dish. Pour the cheese sauce over the cauliflower and serve or hold in the oven.

Cauliflower with Garlic and Olive Oil

1 head cauliflower, stem pieces separated from the core	1 TBS lemon juice
1 TBS minced flat leaf parsley	½ cup olive oil
	Salt and pepper

Boil the cauliflower pieces in salted water just until tender. Drain and return to the cooking pan. Add lemon juice, olive oil, salt and pepper. Return to the heat and toss until pieces are coated with olive oil.

Root Veggies

Carrots with Dill

6-8 carrots, peeled and cut into rounds	Salt and pepper
1 cup milk	2 TBS butter
1 cup water	1 TBS flour

Combine the water and milk in a sauce pan with ½ teaspoon of salt. Add the carrots. Cover the pan and simmer for 15-20 minutes until the carrots are just tender. Cooking times will depend on the thickness of the carrot slices. While the carrots are cooking, combine the flour and butter to make a paste.

When the carrots are tender, pour off half of the cooking liquid. Return the pan to the heat and slowly add the flour-butter mixture a little at a time. When the sauce has thickened taste and season with salt and pepper. Add chopped fresh dill, sage or thyme.

Brandy Glazed Carrots

2 lbs carrots, peeled and cut into coins
½ cup brown sugar
½ cup butter
½ cup brandy
Water (as needed)

In a saute pan, melt the butter. Add the brown sugar and whisk together. Add the carrots and toss with the butter and sugar. Over medium heat, cook the carrots, beginning to caramelize them. Add brandy and allow it to flame up and burn out. As the moisture reduces down, add some water, a little at a time, to keep the carrots cooking and to prevent sticking. Cook until desired done-ness is achieved. Test by piercing the carrots with a fork.

Sweet Potatoes and Celery

4 cups cooked, mashed sweet potatoes	2 cups bread crumbs
4-5 stalks celery, chopped	1 tsp dried sage
2 TBS butter	Salt and pepper
1 cup minced onion	

Melt the butter in a non-stick sauté pan and add the celery and onion. Cook until the celery softens. Mix the cooked celery and onions with the bread crumbs and sage. Add this mixture to the sweet potatoes and season well with salt and pepper. Put the mixture into a baking dish.

Bake the casserole in a 350 degree oven until very hot...about 30 minutes.

Potatoes with Onion Casserole

1 lb potatoes	1 tsp dried thyme
1 ½ cups thinly sliced onion	1 cup stock
2 TBS butter	Salt and pepper

Sauté the onions in the butter using a non-stick pan. Keep the heat at medium. The onions should soften but not brown. Peel and slice the potatoes. Layer them with salt and pepper and thyme. Spread the onions over the potatoes and pour the stock over the onions. Season well with salt and pepper. Bake the potatoes at 350 degrees for about 1 hour. Add more stock or water if the top layers of potatoes begin to dry or curl.

Braised Turnips

1 ½ lbs turnips	2 TBS tomato paste
2 TBS butter, 1 onion, peeled and diced	1 tsp dried thyme
1 carrot, peeled and diced	1 bay leaf
2 stalks celery, diced	Salt and pepper
1 ½ cups stock or water	

Choose a pan that can be moved from the top of the stove to the oven.
Peel and cut the turnips into small wedges. Set aside.

Melt the butter in the pan set over medium heat. Add the onion, celery and carrot and cover. Cook for about 5 minutes. Do not let the vegetables brown. Lay the turnips on top of the onion, carrot and celery mixture and add the stock, tomato paste, thyme and bay leaf. Cover and braise in a 350 degree oven for 30 or 40 minutes. The turnip pieces should be tender.

2 TBS butter, softened
1 TBS flour

While the turnips are braising, mix the butter and flour together to form a paste. Set aside.

To Finish:

Remove the turnips from the braising pan to a serving dish and keep warm. Strain the braising liquid into a small sauce pan. Bring to the boil. Whisk in pieces of the butter flour mixture until the sauce is thickened. Season with salt and pepper and pour over the turnips.

Adam's Potato and Turnip Mashed

3# Potato	1 clove garlic peeled and smashed
#1 turnips peeled	4 oz butter
2 C Heavy cream	

Procedure: Place the potatoes, skin on, in a pot and cover with cold water. Place over medium heat and bring to a simmer. Cook until they can be easily pierced with a knife. In another pot, bring salted water up to boil. Add turnips and bring water down to a simmer. Cook until tender, remove from water. In a 3rd and final pot bring cream, garlic, and butter to a simmer for about 20 min then remove garlic from cream. With a paring knife, carefully peel the hot potatoes, cut them into small chunks and pass through a ricer or tamis. Next pass the turnips through. Add root vegetables to your stand mixing bowl and turn on to a low setting. Slowly add your warm cream/ butter liquid to the potatoes. Turn the mixer on medium high speed and whip to desired consistency. Finish seasoning with kosher salt.

Never process potatoes in the food processor as they will create a thick and sticky paste.

Glazed Turnips

Sliced turnips, thin as for escalloped potatoes	1/3 cup brandy
3 TBS butter	Salt and pepper
2 TBS brown sugar	

Peel and slice the turnips. Blanch in boiling salted water for 1 minute. Drain and toss to allow water to evaporate. Have ready a non-stick sauté pan. Melt the butter in the sauté pan set over medium-high heat and add the brown sugar. When the sugar has melted, add the turnip slices. Toss to coat the slices with sugar and butter.

When the turnips can be easily pierced with a knife point add the brandy and flame it. Cook until the moisture evaporates and the turnips are glazed and caramelized.

Sausage and Turnips

1 lb sausage: brats, etc—fresh, not smoked	2 TBS butter
2 TBS oil	1 cup turkey stock
6-8 turnips	Salt and pepper

Cut the sausage into one inch pieces. Sauté the pieces for three or four minute in the oil. Use a non-stick pan. Remove the sausage from the sauté pan and place the pieces in a casserole dish.

Peel and cut the turnips into ½ inch pieces. Blanche in boiling salted water and refresh in ice water.

Pour the oil and fat from the sauté pan and return the pan to the stove over medium heat. Melt the butter and add the turnips. Make sure the turnips are well drained and dry. Toss the turnips in the butter. Raise the heat to medium high. Add the turkey stock and cook until the liquid is reduced by half. Season with salt and pepper. Add the turnips and the cooking liquid to the casserole. *If you want to make ahead, this is where you refrigerate and bake the next day.* Bake in a 350 oven for about 45 minutes until the turnips can be pierced with a knife point.

Turnip, Carrot and Onion Casserole

1 large onion
6 turnips
4 carrots

3 TBS butter
2 TBS minced flat leaf parsley
Salt and pepper

Peel the turnips and carrots. Cut them into small pieces of similar size. Cook the carrots and turnips in water using two separate pans. When each is just tender strain them and set aside.

Peel the onion and slice in into thin half circles. Sauté the onion slices in butter over medium-high heat. Be careful not to burn the thin pieces. Toss the onion slices continually until they are very soft. Add a half cup of turkey stock and raise the heat. Continue stirring with a spatula. Turn the onion mixture over and over until the stock has evaporated. Season with salt and pepper and set aside.

To assemble and serve, arrange the carrot and turnip in a shallow casserole dish. Season the vegetables well with salt and pepper and the minced flat leaf parsley. Drizzle two or three tablespoons of melted butter over the vegetables. Spread the caramelized onions over the carrots and turnips and reheat for about 30 minutes in a 350 degree oven.

The casserole can be complete prepared and assembled in advance and held in the refrigerator. Covered well with plastic wrap. If the casserole has been refrigerated increase the heating time to 45 minutes in a 350 degree oven.

Winter Vegetable Hash

Use a combination of vegetables such as turnips peeled and cut into ½ inch pieces, sweet potatoes peeled and cut into pieces equal to the turnips, onion peeled and sliced into half-circles, carrots cut into thick rounds, celery cut into ½ inch pieces, cabbage shredded, collard greens pre-cooked and cut into ribbons, kale pre-cooked and chopped...

Salt and pepper, butter, turkey stock

Blanche all the vegetables, except the onion and greens, in boiling salted water and refresh in ice water.

Arrange your choice of vegetables in a casserole dish and toss them with salt and pepper, dried thyme and 3-4 TBS of butter or oil.

Roast the vegetables in a 350 oven for 15 minutes and then add one or two cups of stock depending on the size of the casserole dish and the amount of vegetables. The vegetables should be nearly covered. Continue roasting the vegetables until they are all completely cooked. The liquid should be nearly evaporated. If the liquid evaporates before the carrots and turnips are completely soft, add a little water. Add the greens and mix them with the cooked vegetable during the last 10 minutes of the cooking process.

This casserole dish could be made in advance to the point where the greens are added. Cool the casserole and refrigerate. To finish, add the greens and reheat.

Turnips, sweet potatoes and onions are the base of this dish. All other vegetables are optional. Celeriac, parsnips, Brussels sprouts cut in half and blanched, cauliflower or broccoli, blanched, can also be used and these near the end of the cooking time.

Garnish with minced flat leaf parsley

Turnips with Apples and Onion Spiked with Brandy

6 turnips

2 medium onions

3 apples

6 TBS butter

1 cup turkey stock

¼ cup brandy (apple jack would be good if available)

Salt and pepper

Peel and slice the onion into half circles. Melt 3 tablespoons of butter in a non-stick sauté pan over medium heat. Add the sliced onions stir and toss the onions to coat with the melted butter. As they soften and create some moisture in the pan raise the heat to medium-high. Be careful that the onions do not burn. When the onions are colored, add the stock. Raise the heat to high and evaporate the liquid. Season the onions with salt and pepper. Spread the onions in the casserole dish to form an even layer.

Peel the turnips and cut into ½ inch pieces. Blanche in boiling salted water for 2-3 minutes and then refresh in ice water. Use the sauté pan in which the onions were cooked and set it over medium heat. Melt 2 tablespoons of butter. Add the turnips making sure they are completely drained. Toss the turnips in the butter to coat and raise the heat to medium high. Add the dried thyme. Cook the turnips for 3-4 minutes. Season with salt and pepper and then add them to the onions in the casserole dish.

Peel and core the apples. Cut into pieces similar to the turnips. Use the same sauté pan set over medium heat. Melt 2 TBS of butter and add the apples. Toss to coat the apples. Add a tablespoon of honey if you choose. Add the apples to the casserole. *You can make the dish to this point and finish the next day.* Place the casserole in a 350 degree oven and roast for 45 minutes to an hour until the turnips can be easily pierced with a knife point.

Optional: Add ¾ to 1 cup of cream during the final 10 minutes of cooking.

Greens

Braised Greens

In addition to the usual collard, turnip and mustard greens include the leaves from broccoli, cauliflower, beets and kohlrabi. Kale and chard can also be included in the mix. All greens can be cooked—wilted, boiled or braised—in advance and then refrigerated in tightly sealed container. Although best cooked separately, greens can be stored mixed together.

Collards require the longest time to cook. They can be boiled or braised. Collards retain a bit of crunch as well as their very dry green color which occurs in the cooking process. Broccoli, kohlrabi and cauliflower leaves can be cooked much like collards.

Turnip, mustard and kale greens are best when sweated in a covered pan set over low heat. Just a little water in the bottom of the pan is all the moisture that is needed. Keep the heat low and check often to see that there is a small amount of water in the bottom of the pan.

Remove the central spine from leaves of all greens if it is tough and thick. Chop the greens after they are cooked and have cooled. Store in the refrigerator until ready to use.

Use greens instead of lettuce when making turkey sandwiches. Thin slices of turkey breast can be rolled around greens and homemade mayonnaise.

Collard Greens

4-5 cups of cooked, chopped collard greens
½ cup of minced onion
2 TBS sunflower seed oil
Salt and pepper

Sauté the onion in the oil just to soften. about 10 minutes, over medium heat. Add the cooked greens and season with salt and pepper. And toss. Raise the heat to high and completely reheat the greens.

Quiche with Bacon and Greens

Stir chopped greens and some sautéed chopped bacon into your favorite quiche filling. Bake and serve hot or at room temperature.

Pre-baked pie shell

2 egg yolks	Salt, pepper and nutmeg
2 cups chopped cooked greens	½ tsp dried thyme (optional)
1 egg	½ cup grated cheddar, jack or gruyere cheese
1 cup cream or half and half	

Whisk the egg yolk and whole eggs with the cream. Add dried thyme if using. Season the mixture.

Squeeze moisture from the greens and scatter the greens and the bacon over the bottom of a pre-baked pie shell. Pour the egg and cream mixture over the bacon and greens and bake the quiche in a 350 degree oven for 30-40 minutes or until it is set. You could bake the quiche in a casserole without the pie crust and serve as a side dish with the meal.

Squash

Bacon and Winter Squash Soup

1 winter squash such as butternut
1 large onion
4 slices bacon
1 cup chicken/turkey stock
Salt and pepper to taste

If using a butternut squash, cut the “neck” from the bulb end of the squash. Slice the top and bottom of the squash off to create flat surfaces. Set the squash halves on end and slice down the middle. On the bulb end, remove the seeds with a spoon.

For easy cleanup, cover a cookie sheet with aluminum foil. Lay the squash skin side up on the sheet pan, maybe add a little water to the pan. Wrap the tray in foil. Roast at 350 degrees for about an hour or until the squash is soft (depends on size of squash). The neck portion will take longer. That’s why you should separate each side of the squash so that the bulb can be removed when it is complete.

While the squash is roasting, cut the bacon into one inch pieces. Saute the bacon in a heavy bottom pan that will be used to make the soup. Adjust the heat to prevent the bacon pieces from becoming crisp.

Peel and slice the onion. When the bacon has rendered its fat, add the onion. Cook the onion until very soft and beginning to color.

Remove the flesh from the roasted squash and add it to the bacon and onion mixture. Add the chicken stock and enough water to cover the ingredients. Cook for about an hour. Puree the soup in a food processor, blender, or with an immersion blender. Pass the soup through a screen to further smooth it out.

Taste and season with salt and pepper. Remember that the bacon has salt so you likely won’t need much salt. Garnish the soup with herbs, sour cream, whipped cream or a herb butter. Extra soup freezes well and makes easy meals later.

Acorn Squash with Bacon Cream

2 acorn squash
2 slices bacon

1 tsp dried thyme
½ cup cream

Cut the squash in quarters. Cut from stem to bottom. Wrap the pieces in foil. Roast the pieces on a baking tray until they are very soft. While the squash is roasting, dice the bacon into small pieces and sauté to render most of the fat. Pour off the fat and add ½ cup of cream. Boil for 2-3 minutes just to thicken.

Remove the squash from the oven and cut the pieces in half—cutting across the wedge-- to make 16 pieces. Season with salt and pepper. Arrange the pieces on a serving platter and spoon a small amount of bacon cream over each. Add a little fresh pepper.

The squash are served in their shell. If you prefer, bake the squash cut in half. When the squash are cool enough to handle scoop out the flesh and mix with salt and pepper. Mash but do not puree. Acorn squash has a good texture. In this presentation, make small mounds of the cooked squash on the serving platter. With the back of a spoon make an indentation in each and then place some bacon cream in each. *This dish could be prepared in advance. Reheat the squash and the bacon cream and assemble just before serving.*

Sweet Potato and Squash Puree

The ratio of sweet potato to squash is up to your individual tastes. Cut squash in half from top to bottom and cover the pieces with foil. Place the squash on a baking tray that has been lined with foil to make cleaning the tray much easier. Roast the squash in a 350 degree oven until the pieces are very soft. Remove the squash from the oven and let it cool. Scoop out the pulp from the shell. Set aside. Peel the sweet potatoes and cook in boiling water until they can be easily pierced with a knife. Drain and return the sweet potatoes to the pan and set it over medium high heat for a minute or two to evaporate moisture and “dry” the sweet potatoes. Puree the squash and sweet potatoes together. The only seasoning you will need is a very little salt and pepper. Fresh grated nutmeg is an optional addition.

Starters and Misc

Mayonnaise (for poached turkey breast, and for turkey sandwich made from the left-overs)

1 whole egg and 2 egg yolks
¼ tsp dry mustard or Dijon mustard
½ tsp salt
A few drops of lemon juice
1 ½ - 2 cups salad oil, olive oil or a combination of both
Additional salt and lemon juice as needed for your taste

Place the egg and egg yolks, the mustard, salt and a teaspoon of lemon juice in the food processor and spin for a minute. Begin adding oil in a stream through the feeder tube with the blade spinning. Check consistency and taste after about one cup of oil has been added. Add more lemon juice or salt to taste. Add more oil to obtain the thickness that you prefer.

Store the mayonnaise in a sealed container in the refrigerator. It is good for three or four days. I think this would be a great recipe in which to use FFM Sunflower Seed Oil. If the issue of uncooked eggs is of concern, here is another method.

3 egg yolks	Lemon juice
¼ tsp dry mustard or Dijon mustard	1 ½ -2 cups oil
¼ tsp salt	Salt and white pepper

Place the egg yolks in a metal bowl and set the bowl over simmering hot water. Use a wire whisk or a hand held mixer to whip the yolks. This will take three or four minutes. The yolks will become thick and pale in color. Remove the bowl from the hot water and place it on a damp towel to prevent its sliding on the counter. Whisk in the salt, mustard and two teaspoons of lemon juice. Continue whisking. Or, you can place the “cooked” egg yolks in the food processor and then finish the recipe. Slowly add the oil a few drops at a time while whisking constantly. When the mayonnaise reaches the consistency you prefer taste and add more salt or lemon juice.

Beet Tapenade *(courtesy of Chef Adam Lambert)*

2# Bulls Blood Beets	Kosher salt
½ cup finely grated, fresh parmesan cheese	4 springs thyme
1/3 cup minced shallot	2 spring rosemary
¼ chopped capers	2 cloves garlic
1 T dijon mustard	1 teaspoon coarse ground black pepper
1 T chopped flat leaf parsley	2 cups white wine
1 T sherry vinegar	1 cup water
½ aioli or mayonnaise	1 T Olive Oil

Place beets, wine, water, olive oil, thyme and rosemary in a baking dish. Season with salt and pepper then cover in foil. Place in a 400 degree oven for approx. 45 minutes or until the beets can be pierced but are not soft or squishy. While hot, carefully peel the beet with a towel (the skin should come off with ease). Use a paring knife to remove any remaining skin. Let beets cool for 20 minutes or so, then refrigerate. Once cold, uniformly small dice each beet and set aside. In a food processor add the beets, shallot, parsley, capers, dijon, mayo, and sherry vinegar. Pulse until all ingredients have come together and texture is that of a chunky, spreadable paste. Finish seasoning with kosher salt, and feel free to add more vinegar or dijon if desired. A squeeze of lemon juice and/or lemon zest. Serve with crostini.

Black Bean Dip

2 cups cooked black beans	2 TBS minced cilantro leaves
1 clove garlic, minced fine	¼ tsp cumin powder
	Salt and pepper

Mix and mash all ingredients together with a fork or puree them in a food processor.

Optional: chili powder, cayenne pepper, minced green onion (for garnish)

Desserts

Apple Crisp (for an 8 ½ x 11 baking dish)

6-8 apples (enough to make a 1 ½ - 2 inch thick layer in the baking dish)
4 TBS butter
2 TBS sugar or 1 ½ TBS honey
½ tsp cinnamon
1/8 tsp fresh grated nutmeg (optional)

Peel, core and slice or chop the apples. Melt the butter. Mix the apples, sugar or honey, butter, cinnamon and nutmeg together to coat the apple pieces. Set aside.

For the topping:

1 cup brown sugar or ¾ cup honey	½ cup whole wheat flour
1 cup rolled oats	1 tsp cinnamon
½ cup corn meal	¾ cup soft butter.

Place the dry ingredients and the butter in a bowl. Use a large metal or wooden spoon to smear them together using the back of the spoon against the bowl. When the mixture is combined, add the sugar or honey and mix thoroughly. Heat the oven to 350 degrees. Layer the apples in the baking dish. Cover the apples with the topping. Smooth it out to cover all apple pieces. Bake for 1 hour in the middle of the oven.

Pumpkin Cornbread (from Spoon Fork Bacon Blog)

Ingredients:

1 cup pumpkin or winter squash puree
¼ cup brown sugar
¾ teaspoon ground cinnamon
½ tsp ground ginger
¼ tsp ground nutmeg
¼ tsp ground cloves
1.25 cups cornmeal

1 cup flour (if using whole wheat, increase baking powder by 1 teaspoon)
2 teaspoon baking powder
½ teaspoon salt
1 egg
½ cup (1 stick) butter, unsalted preferred, melted, divided into two ¼ cup increments
1 cup buttermilk or Velvet View original yogurt
2 tablespoons honey, warmed (plus a little extra to drizzle on the top of the finished product)
Salt and pepper to taste

Pan: We prefer cast iron, like a 9 inch cast iron skillet. If not, use an 8x8 or 9x9 baking pan, greased.

Preheat oven to 400 degrees. Place cast iron skillet in the oven.

In a mixing bowl, combine the pumpkin/squash puree with spices. In a separate mixing bowl, whisk together cornmeal, flour, baking powder, and salt. In a third bowl, whisk together eggs, ¼ cup butter (melted, note only ¼ cup), buttermilk/yogurt, and warm honey.

Pour the wet ingredients (eggs and butter mixture) into the dry ingredients and stir until well mixed. Fold in the pumpkin mixture. For an extremely fluffy cornbread (maybe use a bigger pan then), at this point take one egg white and beat until very stiff peaks form. Fold that into the mixture quickly right before putting in the oven.

Remove hot cast iron pan from oven. Add remaining ¼ cup melted butter. Swirl to coat all sides. Pour batter into the skillet or baking pan. Bake until a toothpick comes out clean. This depends a lot on the size of the pan. For an 9 inch cast iron skillet, this is approximately 35 minutes.

Remove from the oven and drizzle with honey. Allow it to rest for 15 minutes. Serve.

Pumpkin Bread Pudding (for an 8 ½ x 11 baking dish)

4 cups of cubed sweet egg bread	1 tsp cinnamon
2 cups pumpkin (or sweet potato puree)	Fresh grated nutmeg (optional)
1 cup whole milk	2 eggs
¾ cup honey or 1 cup brown sugar	
½ tsp salt	Pastry Cream (below)

Using a whisk, combine all the ingredients, but the bread.

When the pumpkin mixture is well blended, spread it out in the baking pan to create the first layer. Cover the pumpkin mixture with the cubed egg bread and then pour the pastry cream over the bread as the top layer. Bake the pudding in a 350 degree oven for 40 minutes. Remove from the oven and cool.

This bread pudding could be made and assembled two or three hours before baking. Or you could prepare all three parts of the recipe the day before. Assemble and bake the pudding during the dinner. Cool and serve warm.

Pastry Cream

2 cups of whole milk	¾ cup sugar
6 egg yolks	5 TBS flour

Heat the milk in a heavy bottom pan.

Beat the eggs with the sugar in a large bowl. Add the flour and mix it into the egg yolks and sugar. Slowly add the hot milk into the egg yolks whisking while adding. Return the mixture to the pan and cook over medium heat while whisking constantly. When the pastry cream has thickened, lower the heat to simmer and cook the mixture for two or three minutes continuing to whisk.

Pass the cooked custard through a screen into the mixing bowl. Add the vanilla. Place over a bowl of ice water and whisk to cool the mixture.

Humble Pie Baking Crust Recipe

2 ½ cups all purpose flour	2/3 cup butter
2 tablespoons sugar	2/3 cup lard
2 teaspoons salt	¼ to 2/3 cup cold water

By hand: Toss flour, sugar and salt together in large mixing bowl. Cut butter and lard into flour. Drizzle water around flour and fat mixture and gently toss, then “scrunch” or pull together into a ball.

In food processor: Put flour, sugar, salt, butter and lard into the bowl of food processor with the cutting blade. Pulse until the mixture resembles a course meal. Add water a bit at a time and pulse until dough pulls together in a ball.

Humble Pie Baking Crumb Topping

1 cup flour or 1 cup oats, chopped	1 teaspoon salt
2/3 cup brown sugar, light or dark	Optional: 1 teaspoon vanilla extract or 1
2/3 cup butter	teaspoon cinnamon

Cut all ingredients together in a bowl with a pastry cutter or add to a food processor and pulse until combined.

Pâte Brisée (all butter pie crust) using local whole wheat flour

This is the crust that Parker developed for this year's sweet potato pie. Here are two variations based on flour:

With Stutzman Golden White Pastry Flour (soft red winter wheat)

95 grams butter
1 whole egg
1 egg white
190 grams flour
1 tsp salt

With Stutzman Hard Red Winter Wheat (traditional whole wheat)

95 grams butter
2 whole eggs
3 tbs ice water
190 gram flour
½ tsp salt

In a bowl, whisk the egg to beat it. If recipe calls for egg white, keep the white separate. If using water in the dough, beat the water with the egg.

Cut your butter into small pieces and place in the freezer. In a food processor, pulse the flour and salt to combine. Add the butter and cut into the flour with the processor. Pulse the machine until the butter and flour create a mixture with no chunks of butter. The mixture will be somewhat like a course cornmeal.

Add the eggs followed by the egg white (if using that variation). Pulse the machine until the mixture comes together to form a ball.

Turn the dough out onto the counter and form it into a disk that is about 1 inch thick. Wrap it in plastic wrap and refrigerate for at least 3 hours.

Southern Sweet Potato Pie

2 cups peeled, cooked sweet potatoes	1/4 teaspoon salt
¼ cup melted butter	1/4 teaspoon ground cinnamon
2 eggs	1/4 teaspoon ground ginger
1 cup sugar	1 cup milk
2 tablespoons bourbon	

Preheat the oven to 350 degrees F.

Using an electric mixer, thoroughly mix all the ingredients but the milk. Once well mixed, add the milk and continue to mix. Pour filling into the pie crust and bake for 35 to 45 minutes, or until a knife inserted in the center comes out clean. Cool to room temperature before serving. Top with whipped cream.

Sweet Potato Brownies

1/3 cup freshly brewed hot coffee OR boiling water
1 ounce unsweetened chocolate, finely chopped (you can use semi/bittersweet in a pinch)
1/4 cup canola oil
2/3 cup sweet potato pureé
2 teaspoons pure vanilla extract

1 cup sugar
1/2 cup cocoa powder
1/4 teaspoon salt
3/4 cup all-purpose flour
1/2 teaspoon baking powder
1/3 cup semi-sweet, non-dairy chocolate chips, carob chips, or cocoa nibs
1/4 cup chopped nuts, optional

Chocolate Frosting (optional):

1 can (400 ml) full-fat coconut milk, chilled overnight in fridge
1 bag non-dairy chocolate chips
1 teaspoon vanilla extract

Preheat oven to 350°F and line an 8x8-inch baking pan with parchment paper. Combine coffee and 1 ounce chocolate in a small bowl and let sit 1 minute. Whisk until completely melted and smooth. Place coffee-chocolate mixture in a large bowl. Whisk in the oil, sweet potato pureé, vanilla, sugar, cocoa powder, and salt. Mix until thoroughly combined.

In a separate bowl, mix together the flour and baking powder. Stir in the chocolate chips. Gently fold the dry ingredients into the wet ingredients with a spatula until all the ingredients are incorporated. Pour the batter into the prepared baking dish and bake for 30 to 35 minutes or until a toothpick inserted into the center comes out clean. Cool completely.

FOR FROSTING: Open the can of coconut milk and scoop out the chilled fat from the top into a medium saucepan, while leaving the liquid at the bottom of the can. Save remaining liquid and use it for smoothies later. Place chocolate chips in the saucepan with the coconut fat. Heat on low, stirring occasionally with spatula, until melted and well combined. Transfer mixture to medium bowl and cover with plastic wrap. Place in fridge for several hours (3 to 4- depends on bowl and temperature of fridge) or until completely chilled and firm (not solid). Remove bowl from fridge and whip with electric beaters until creamy and lightened in color. Beat in vanilla. Use as desired. If you choose to use the frosting, you probably will only need half of the batch it prepares. You can easily save the rest for another use by freezing it.

After The Feast

Make More Stock (You can never have too much.)

Remove all the meat from the bones. Chop the carcass, the wings and the leg bones. Break and roughly chop these. Place these bones in a stock pot. Add a chopped onion, carrot and a stalk of celery. Bring to the boil and skim for two or three minutes. Add a bay leaf and some dried thyme. Lower the heat to medium and cook for four or five hours.

Strain the stock through a damp cloth, cool and refrigerate. The next day, remove the fat from the top of the stock and return the stock to the stove. Simmer to reduce and concentrate the flavor. You do not have to do this on Friday after the feast. Refrigerate the bones and do this on Sunday or Monday.

ALL THAT MEAT

If you have a lot of meat left over from the feast, divide it into portion—based on your family size—and freeze the portions in plastic bags. Weeks later you'll be able to enjoy and remember your Thanksgiving Day once again.

Turkey Mac and Cheese

8 oz. macaroni (measure before cooking)
4 TBS butter
2 TBS flour
3 cups milk

2 cup shredded cheese: cheddar, jack or gruyere
½ cup grated parmesan (optional)
salt and pepper

Cook the macaroni in boiling salted water and drain. Set aside

While the macaroni is cooking, melt the butter in a heavy bottom sauce pan over medium high heat. Add the flour and whisk to make sure that all the flour is moistened by the butter. Slowly whisk in the milk and then add the cheese. Cook until the mixture is thickened. Season with salt and pepper.

Place the drained macaroni in the baking dish. Pour half of the cheese over it. Cover with turkey. Finish with the remainder of the sauce. Bake for 30 minutes in a 350 degree oven.

Optional: Melt 2 TBS of butter in a non-stick sauté pan. Add ½ cup bread crumb. Toast the bread crumbs and then cover the cheese sauce with them.

Casserole of Flavorful Ingredients

Layer turkey, bread stuffing, mashed potatoes or squash-sweet potatoes. Bake at 350 until very hot and completely heated through.

Baked Eggs

Place a layer of turkey in a baking dish and cover it with stuffing or mashed potatoes. Place the baking pan in a 350 degree oven until both the turkey, stuffing and potatoes are completely reheated. Bring the pan from the oven and break eggs directly onto the surface. Season the eggs with salt and pepper and return to the oven to cook to your preference. Soft cooked is best.

Fried Mashed Potatoes

2 cups mashed potatoes	¼ cup flour
1 egg, beaten	salt and pepper to taste
½ cup grated onion	

Mix potatoes, egg, onion, flour and salt and pepper. Blend very well. Make patties (1/4 cup of mixture) and fry in a combination of oil and butter (about 2 TBS of each). Turn the cakes to brown both sides about 4 minutes each. Serve with re-heated turkey gravy.

Optional: Add ½ cup of grated cheese to the mixture or cover the fried patties with cheese and run under the broiler for a couple of minutes.

Turkey Pot Pie

Use a half recipe of your favorite pie crust recipe.

Fill the pie dish with turkey, cooked carrots, celery and onions. Add turkey gravy. Cover the pie with round of crust. Pinch the crust to seal it to the rim of the pie dish. Bake for 20 minutes in a 400 degree oven. Lower the heat to 350 and bake for an additional 25 to 40 minutes.

Instead of making a pie crust, you could cover the top of the "pie" with mashed potatoes. Bake for about 45 minutes at 350.

SOUP, SOUP, SOUP: The possibilities are numerous.

From the squash and sweet potatoes: sauté chopped bacon, with diced onion.

Use a ratio of:

3 cups squash-sweet potato mash	1 tsp dried thyme
½ cup bacon	2-3 cups turkey stock
1 cup onion	

Combine sautéed bacon and onion, the squash-sweet potato, the thyme and the stock. Cook on medium for an hour. Puree the soup in the food processor. Pass it through a screen. Season with salt and pepper.

Optional: Use mashed potatoes instead of the squash-sweet potato puree.

Turkey Noodle Soup

Peel and chop an onion and a carrot. Chop a stalk of celery. Combine these with cooked turkey in 3-4 cups of stock. Cook over medium high. When the carrots are softened add noodles. Season with salt and pepper.

Sandwiches

Most everyone enjoys a couple of turkey sandwiches in the days following the feast. A good addition to any sandwich and for turkey especially is braised greens and little of the homemade mayonnaise.