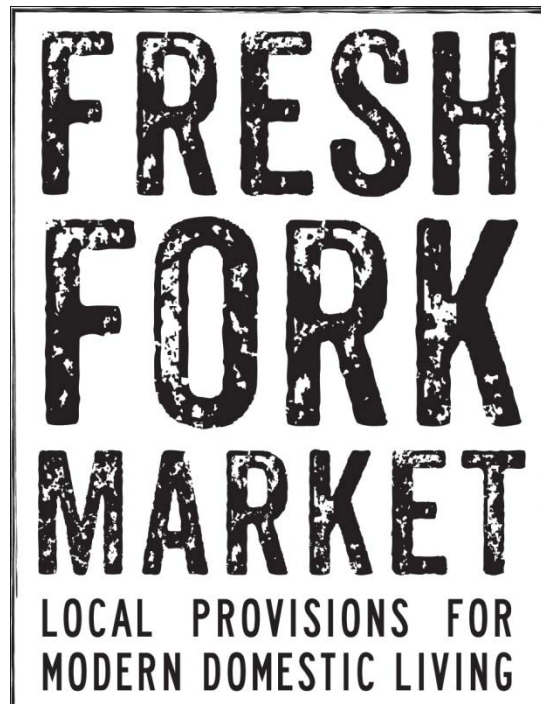


# Thanksgiving Beer Dinner and Cooking Class



Monday, Nov 5 2012

Whether you call it stuffing or dressing, we can all agree that there are certain traditions to Thanksgiving. For most of us, a traditional Thanksgiving includes a turkey, gravy, some potatoes, and a pie, at the least.

Tonight's dinner is to demonstrate to you what two renowned Cleveland Chefs would prepare for their guests. Tonight you are those guests, and our chefs have prepared a delicious dinner, all from local ingredients, and paired with local, hand-crafted beers.

In addition, we have prepared this packet for you to help you in preparing your own local, Thanksgiving dinner.

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# Section 1: Planning Your Thanksgiving

If you spend any time on the internet or reading cooking magazines, you may find that you soon have too much information and too many ideas. It is easy for the cook to quickly become overwhelmed.

Our experience has been that the most simple and convenient way to prepare Thanksgiving is to plan your meal around what you have available, not what the recipes call for. If you find a bunch of recipes that you like, well, you will just end up spending a lot of money on ingredients.

This is where we draw the line between learning to cook and learning to follow recipes. A good cook can adapt recipes based on their available ingredients and prepare meals based on understanding a few good techniques.

It is our goal as chefs and instructors to provide you with those techniques at this dinner and through this packet.

## **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 first Thanksgiving, although not well documented, likely included seafood, venison, hard squashes, dried corn and other grains. Fresh produce was limited that time of the year in the Plymouth colony.

As production techniques have further developed, more crops are available to us for our modern Thanksgiving. 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**

Chefs are regularly trying to juggle an intensive menu and the intensive prep work that is associated with it. Because we run a business, we must manage our resources wisely, mostly the time of our employees.

As a result, each week we create prep lists that include a list of all the tasks that must be done. They are then prioritized based on when they must be accomplished and what tasks can be done days in advance.

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.

For each recipe, determine what part of that recipe can be done in advance. Examples: Prepare the cauliflower by removing a “florettes” 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 your “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: About Buying a Turkey

While buying a turkey may seem like a routine chore, think again. 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 weights – 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?*** 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.

***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 weight 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).

***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 that I sell to 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 (OK, they are slaughtered....I'll quit using the friendly words) 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 1 week.*

***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 are wanting 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

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 effects 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:** (you'll probably need about 2 gallons to submerge a turkey in a tight fitting container, like a 5 gallon bucket)

- 1 gal water
- 1 cup kosher salt
- 0.5 cups sugar
- 2 lemons, split
- 3 bay leaves
- 6 sprigs thyme

Combine all the ingredients into a large pot. Bring to a simmer to dissolve salt, sugar, and to infuse the herbs. Chill brine down under 40 degrees. Completely submerge your poultry into brine. Make more if you do not have enough.

### **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 12 to 15 minutes per pound. 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.

## **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: 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.

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 a 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. Slice the skin along the breastbone and pour melted butter under the skin and over the skin. Pin the skin back together or cover with a cheesecloth (soaked in butter).

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 155 degrees and no more than 160. Let the bird rest for 30 minutes before carving as it will continue to cook.

## Section IV: The Side Dishes' Recipes

Introduction by Parker Bosley

I think the best part of a Thanksgiving meal is everything that supports the turkey—all those side dishes. I'm especially fond of bread stuffing. I always give special attention to it; in making it and in enjoying it at the table.

**Chicken stock** along with good sturdy bread is very important in any good bread stuffing. Here is an easy way to take care of that ingredient [the chicken stock]. Remove the first two joints of the turkey wings. Use these with the neck to make some stock.

Chop the wings and neck into one inch pieces. Place a tablespoon each of butter and oil in a heavy bottom pan over medium high heat. Add the chopped neck and wings. Brown these, turning from time to time, for about 15 minutes. Add a stalk of chopped celery as well as an onion and a carrot—both peeled and chopped. Continue browning the turkey parts and the vegetables for another five minutes.

Raise the heat to high and add a cup of white wine or water. Stir and scrape the bottom of the pan to deglaze. When the wine has nearly evaporated, fill the pan with several cups of water. Boil and skim the foam that comes to the surface.

Lower the heat so that the water is above the simmer and bubbles occur from time to time. Add a teaspoon of dried thyme and a bay leaf.

Cook for three or four hours until the meat falls apart. Add more water to keep the water level above the bones and vegetables. Cool and strain through a damp cloth.

Refrigerate until ready to use.

Note: A full guide to making rich stocks can be found on our website in the document from our Chicken 101 Class. The direct URL is <http://wp.freshforkmarket.com/2012/07/02/parker-cuts-up>.

### Recipe 1: Savory Bread Pudding

By Parker Bosley

#### Ingredients:

10-12 cups of cubed bread  
1 cup diced onion  
1 cup diced celery  
1 tablespoon dried sage

¼ cup fresh parsley leaves, chopped  
Salt and pepper  
2-3 cups of rich, chicken or turkey stock  
3-4 tablespoons butter

Optional: sausage. Breakfast sausage would include usually sage, salt and pepper, and maybe sugar. A chorizo would be spicy and could be interesting, non-traditional result. Italian sausage would add some fennel and crushed red pepper taste to the final product. There is no correct sausage. It is your choice.

Use a large, non-stick sauté pan or two medium sized pans. Melt the butter in the sauté pan and add the onions and celery. If using sausage in your stuffing, add the sausage now in small pieces. Sauté the onions and celery (and sausage if using) over medium heat, stirring often for about 15 minutes. The onions should be soft but not brown.

Add the sage and parsley and stir these with the onion and celery mixture. Add the cubed bread and season the mixture with salt and pepper. Carefully turn the bread cubes over and over to mix with the onion and celery.

After about five minutes, add a cup of stock. Continue to turn the mixture over and over to moisten the bread. Press down on the mixture with the back of a large cooking spoon. Add a little more stock. Stir the mixture and press the bread together.

Continue this process of adding a small amount of stock until the mixture will hold firm. If you accidentally add too much stock and the bread seems soggy, add some more bread or bread crumbs to firm it back up. The stuffing should be firm and moist but not soggy.

Season the stuffing well with salt and pepper to taste. Place the stuffing mixture in a baking dish. Aluminum, glass, stoneware, or ceramic will all work. Push the stuffing into the baking pan, cover with foil, and bake until firm and dry. This will be about 1 to 1.5 hours. Remove the stuffing from the oven and turn over with a spoon. Continue the process occasionally so that it cools evenly and doesn't get soggy.

Stuffing can now be refrigerated and reheated on Thanksgiving.

Variations: Peeled, diced apples can be added to the onion and celery mixture at the beginning of the process. Other additions include: diced, dried apricots, chopped walnuts, cooked spelt berries, or some cubed corn bread.



## Recipe 2: Bacon and Cream Dressing

By Adam Lambert

### Ingredients:

¼ cup bacon, diced, pan fried and reserve some grease

3 eggs

Approx 1 ½ cups heavy whipping cream

1 loaf hearty bread (approx 20 oz)

1-2 small carrots, diced

1 small onion, diced

1 stalk celery, diced

Salt and pepper

Optional: sour cherries, apple (diced), apricot (diced), or other firm fruit

Pan fry the bacon to medium. Depending on how much bacon flavor you want, either drain the grease or reserve it. In a separate pan, sweat onions, carrots, and celery in butter (over medium low heat).

Cut bread into approximately 1 inch chunks. Season with salt and pepper and toast in the oven at 350 degrees. You want the bread to be firm but not crunchy.

Break eggs into a bowl, mix together but not beaten. In a large bowl, combine bread, bacon, carrots, onions, and celery (and optional fruit). Add egg mixture and start to work cream into the mixture by hand. Mix by hand, combining the ingredients. The cream quantity is an estimate. You want the final mixture to be wet but not soggy. It should fill a 9 by 12 pan and be about 1.5 to 2 inches thick. Bake in an oven at 350 for approximately 30 minutes. Make sure the bottom and edges aren't burning or drying out.

## Recipe 3: Sweet Potatoes

By Parker Bosley

### Ingredients:

Sweet potatoes

Butter

Salt and pepper

Use a fork to pierce each sweet potato two or three times. Place the sweet potatoes on a tray and roast in a 350 degree oven until they are very soft. Remove from the oven and cool. Slice the sweet potatoes in half, lengthwise, and scoop out the flesh. Puree it in the food processor, blender, or even mixer. Add some butter and salt and pepper.

Place the sweet potato puree in an oven-proof baking dish that can go directly on the table. Refrigerate. Reheat the sweet potatoes for an hour before serving in an oven at 350 degrees. This dish could be prepared one or two days before.

Optional: create a crumb topping of course bread crumbs and melted butter. You may also season with cinnamon, nutmeg, and brown sugar.

## **Recipe 4: Sweet Potato Hash**

By Adam Lambert

### **Ingredients:**

2 lbs of sweet potatoes  
1 lb butternut squash  
1 lb gold or red potato  
1 cup golden raisins  
0.5 cups amaretti cookie crumbs  
1 cup chopped, blanched chestnuts  
6 sage leaves  
4 cups sugar  
2 quarts water  
1 ice bath (ice cubes and water)

Peel and uniformly dice the sweet potatoes, squash, and potatoes. About half inch cubes is ideal. In a pot, add cold water, sugar, and a pinch of salt. Bring to a rapid boil and add your squash, sweet potatoes, and regular potatoes. Blanch for 2 minutes or until slightly tender, then transfer to an ice water bath to cool rapidly.

Once cool, strain and dry the veggies in the colander. Next, get your large skillet and add enough canola oil or butter to cover the base of your pan. Once hot, add both potatoes and squash. Sauté over medium high heat (be careful that your hash veggies are dry enough when you put them in the hot oil). Once the veggies start to take on a bit of color (about 3 to 5 minutes), add the raisins, cookie crumbs, chestnuts, and sage. Cook until tender. Drain any excess oil and serve.

## Recipe 5: Sweet and Sour Beets

By Parker Bosley

### Ingredients:

3 cups cooked beets, sliced or cut into wedges  
½ cup sugar  
2 teaspoon cornstarch  
½ cup mild cider vinegar  
Salt and pepper

**Cook the beets:** Cut the beets from the tops. Trim the top and bottom and season with salt. Wrap the beets in aluminum foil individually. Roast in the oven at 400 degrees until tender (you can tell when you squeeze them). Remove from the oven, unwrap, and plunge into an ice-water bath. Remove from the ice bath after a minute or so. With a small knife, slice the skin and peel it back. It should slip right off.

**Process:** Mix all the ingredients except the beets together and cook over medium high heat, whisking until thickened. Add the beets. Stir until the beets are thoroughly heated. Do not boil or sauce will be too thin. Serve when sauce forms and beets absorb some.

## Recipe 6: Potato Gratin

By Parker Bosley

### Ingredients:

7 to 10 potatoes\*  
4 to 5 cups of milk  
1 cup cream  
Salt and pepper  
Fresh grated nutmeg  
1 tablespoon butter, softened

\*You'll need enough potatoes to cover your baking dish, probably 9 by 13, three or four layers thick with thinly sliced potatoes

Peel and slice the potatoes as for escalloped potatoes (thin slices, maybe as thick as a fifty-cents piece or a hair more). Place the slices in a heavy bottom pot and cover with milk. Make sure the pot is large enough for the milk to boil up without boiling over. Cook until the slices are soft but still have a little resistance. Drain the sliced potatoes and set aside. Save the milk.

Place the cream in the pan and return the pan to the stove. Boil the cream to reduce it by half. Whisk the cream constantly and prepare to remove the pan from the heat quickly when the cream starts to boil over. Be careful that the cream does not scorch on the bottom of the pan.

When the cream has thickened, begin adding the milk about a ½ cup at a time. Let each addition reduce before adding more. (The thickened cream will absorb the milk.) Always tend this process and continue to whisk.

When all the milk has been incorporated and reduced, remove the mixture and set aside. Season the cream/milk with salt and pepper and nutmeg.

Rub the baking dish with a peeled garlic clove. Butter the baking dish. Place a layer of potatoes in the buttered dish. Season with salt and pepper and freshly grated nutmeg. Continue layering all the sliced potatoes in this way. When all the slices have been layered, pour the cream mixture over the dish. The dish may be prepared to this point, covered with plastic until you are ready to bake it. This may be done a day or two in advance. Remove the plastic wrap and bake.

Bake for about 30 minutes in a 350 degree oven.

## **Recipe 7: Lyonnaise Potatoes**

By Parker Bosley

### **Ingredients:**

4 to 5 medium potatoes

¼ cup minced onion

2 tablespoons butter

Salt and pepper

This is a classic potato dish from Lyon. It is simply another version of home fries. For 4 or 5 boiled potatoes, diced, use ¼ cup of minced onion.

Wash the potatoes. Peel if you like, but not necessary. Boil in salted water until tender but not mushy. Cut into cubes (diced).

Place the onion in a non-stick saute pan with 2 tablespoons of butter. Soften the onion over very low heat. Do not brown or color the onions. When the onions are softened, add the diced cooked potatoes. Raise the heat to medium high. Toss and turn the potatoes and onions together. Season the potatoes well with salt and pepper. This dish can be prepared several days before Thanksgiving. Refrigerate and reheat in the oven on Thanksgiving Day.

## Recipe 8: Turnip Mashed Potatoes

By Parker Bosley

When making mashed potatoes, use 2/3 potatoes and 1/3 peeled, chopped turnips. Proceed to make mashed potatoes in your usual way. In addition to butter, cream and salt and pepper, add some freshly grated nutmeg.

## Recipe 9: Braised Red Cabbage

By Parker Bosley

### Ingredients:

1 head red cabbage, shredded  
4 tablespoons butter or lard  
1 cup diced onion  
3 apples, peeled and chopped  
½ cup Balsamic vinegar or red wine vinegar  
¼ cup brown sugar  
2 cups water  
¼ to ½ cup currant jam or grape jelly (optional)  
½ teaspoon dried thyme  
1 bay leaf

Melt the butter or lard in a heavy bottom stockpot or large pan (with matching lid). Add the onions. Cook the onion over medium heat for about 5 minutes. Add the apples, brown sugar and vinegar. Cook while stirring for about five minutes and then add the cabbage. Add the bay leaf and thyme.

Continue cooking and stirring for about 10 minutes. Add the water (and currant jam) and lower the heat as low as possible and cover the pot. Let the cabbage cook very slowly for about 2 hours. Stir from time to time. Make sure heat is kept very low.

After the 2 hour cooking time, remove the cabbage from the heat. Season it with salt and pepper and let it cool. Refrigerate overnight and return to the heat the next day. Let the cabbage rewarm very slowly.

## Recipe 10: Cauliflower

By Parker Bosley

There are many ways to prepare cauliflower. The most simple is steaming and then adding some butter and salt and pepper.

To prepare the cauliflower for any other preparation, drop the separated pieces of cauliflower into boiling salted water for 3-4 minutes and then refresh the cauliflower in ice water. You can then roast the cauliflower with olive oil and fresh sage. Season the cauliflower with salt and pepper. Roast for about 20 minutes or until it starts to brown a little.

Cauliflower is a good vegetable for creating a more elaborate and showy dish. A cheese sauce poured over blanched cauliflower can be baked and then run under the broiler for a couple of minutes to finish.

## Recipe 11: Basic White Sauce

By Parker Bosley

### Ingredients:

1 cup diced onion  
4 tablespoons butter  
5 tablespoons flour  
2 cups milk  
1 teaspoon dried thyme  
1 bay leaf  
Grated fresh nutmeg  
Salt and pepper

Melt 2 tablespoons of butter in a heavy bottom pan set over medium heat. Add the onions. Cook the onions for about 10 minutes stirring constantly to prevent their coloring.

Add the remaining butter and when it has melted, add the flour, the thyme and the bay leaf. Whisk for a couple minutes making sure all the flour is moistened. Add the milk. Raise the heat to medium high. When the sauce has thickened lower the heat to medium low and cook the sauce for about 10 minutes. Whisk from time to time.

Remove the bay leaf and season with nutmeg, salt and pepper.

If you prefer a cheese sauce, fold in grated cheese after seasoning.

The sauce can be made hours before the final cooking of the dish in which you use it.

The classic name for this sauce of butter, flour and milk is béchamel. It thickens. One can add egg yolks, cheese, tomato paste, meat stock or herbs in any combinations. This basic sauce serves as a vehicle for bring vegetables together; making them more than some carrots or broccoli or cauliflower or cabbage. When baked, the vegetables become a casserole. The vegetables are coated with or covered with the flavors of the béchamel sauce.

## **Recipe 12: Gratin of Cauliflower**

By Parker Bosley

### **Ingredients:**

Blanched cauliflower florets (see recipe 7)

White sauce (recipe 8)

In a deep baking dish, spread half of the white sauce. Add the blanched cauliflower and season it well with salt and pepper. Cover the cauliflower with the remaining sauce. Bake in a 350 degree oven for about 30 minutes. The sauce will begin to bubble.

### **Options:**

- Sprinkle the top of the gratin with bread crumbs and run it under the broiler.
- Garnish with minced parsley
- Incorporate minced garlic or onions in with the cauliflower
- Beat two egg yolks into the white sauce when making the sauce.
- Crumble crispy bacon in with the gratin before adding sauce over top.

This same recipe/procedure can be used for broccoli, blanched cabbage, boiled potatoes, and boiled/roasted turnips. For potatoes and turnips, they should be mostly cooked before putting them in this recipe. Another option is to make a dish incorporating all of these ingredients. After cooking, the dish can be refrigerated for up to 3 days before reheating and serving.

## **Recipe 13: Candied Carrots**

By Parker Bosley

### **Ingredients:**

Approx 2 cups sliced carrots

2 to 3 tablespoons butter

2 tablespoons brown sugar

1 cup water

Salt and pepper

Here is a classic French preparation for carrots. It requires constant attention.

Peel and slice the carrots into piece of equal size (for the cooking time). Use a non-stick saute pan. Melt 2 or 3 tablespoons of butter with a couple of tablespoons of brown sugar. Add the carrots. Toss and stir the carrots to coat them completely with the brown sugar butter mixture. The butter sugar mixture should bubble just a little.

When the mixture begins to form a caramel like syrup, add a cup of water. Raise the heat until the mixture boils. Use a pointed knife to pierce the carrots for testing doneness. Add more water as needed.

The goal is to evaporate the water and coat the carrots with the syrup.

Season with salt and a very little pepper.

You can make this dish a couple of hours ahead of time. Stop the cooking when the carrots are very close to being finished. There should be just a little water remaining. To finish, return the pan to the heat and boil until the water has evaporated.

## **Recipe 14: Roasted Onions with Celery Cream**

By Parker Bosley

### **Ingredients:**

8 medium onions, peeled

6 tablespoons butter

2 cups finely diced celery

1 tablespoon dried thyme

2 cups cream

1 cup Madeira, port, or dry red wine (but certainly there is a preference for Madeira or port)

Salt and pepper

1 teaspoon grated horseradish (optional)

Start with un-peeled onions. Slice the tops from the onions. Set the onion on a flat surface and then slice the onion in half from top to bottom. If large onions are used it would be best to quarter them.

Peel the onion halves or quarters carefully taking off only the outer layer. Take a thin slice off the bottom—the root—without destroying the root that holds the onion together. Take a very thin slice off the rounded side so that the onion half or quarter will sit well on the rounded side. Set aside.



In a heavy bottom sauce pan, melt 1 tablespoon of the butter and add the diced celery. Cover the pan and keep the heat very low. The celery on the bottom of the pan should not color. Check often to be sure there is no browning. Stir often bringing the bottom layer up over the top.

When the celery begins to soften—about ½ hour—add one cup of cream. Raise the heat to medium low. Leave the pan uncovered. Continue slowly cooking the celery in the cream. When half the cream has evaporated add the second cup of cream. Continue cooking for five minutes and then set aside. Season with salt and pepper.

Melt the remaining butter in a sauté pan set over medium to medium high heat. Place the onions cut side down in the butter. Monitor the heat carefully. The idea is to brown the onions slowly without burning. If the onions are quarter turn them to brown both cut sides.

When the flat sides of the onions have browned, remove them to a baking dish placing the browned sides up. Onion pieces should sit well on the rounded side since you removed a thin slice. Season the onion pieces with salt and pepper. (Use a baking dish that can be used as a serving dish on the table.)

Pour the Madeira into the sauté pan used for browning the onions and scrape up the glaze on the bottom of the pan. Bring to the boil. (The recipe could be done ahead to this point.)

Pour the Madeira over the onions in the baking dish and bake in a 350 degree oven for about 45 minutes or until the onions are soft but still holding together. The baking time is dependent on the size and shape of the onions. Check often and if the Madeira evaporates before the onions are cooked, add some water to keep the bottom of the roasting pan moist.

Return the cream and celery to the heat and bring to the boil. Reduce to form a thin sauce. Season with salt and pepper.

Bring the onions from the oven and pour the cream around them. Don't pour the cream over the onions as you want their brown color to be a contrast to the cream sauce. You could hold this dish in the warm oven for 10-15 minutes.

This is a complex dish with several steps. It is well worth the time as the presentation is quite impressive, the taste and flavors are excellent.

You can make the dish to the point of assembling—baked onions and cream. Reheat the onions and the cream and finish the dish.

## Recipe 15: Pickled Vegetables

By Adam Lambert

### Ingredients:

1 quart white wine vinegar  
1 quart water  
2 cups sugar  
1 cup salt  
2 bay leaves  
1 tablespoon whole coriander  
5 springs of fresh thyme  
Sliced veggies (cauliflower, onions, carrots, broccoli, pickles, etc)

Add all ingredients (except veggies) into a pot and bring to a soft boil. Chill down to room temperature and pour over the vegetables. Refrigerate for a few days to let pickle set in.

## Recipe 16: Fried Cabbage

By Parker Bosley

Shredded cabbage can be sautéed in olive oil. It is not necessary to blanch the cabbage for this preparation. Use a non-stick pan and a pair of tongs.

Pour olive oil into the saute pan. There should be enough oil to cover the bottom of the pan. You should be able to see the oil flow from side to side as you tip the pan.

Begin with raw cabbage. Start with the heat at medium or medium low. Use the tongs to turn the shredded cabbage over and over. As it softens you can begin to raise the heat. Add some minced garlic (as much or as little as you prefer). Season the cabbage with salt and pepper. The cabbage should retain a little crunchiness. Add fresh herbs if you choose—flat leaf parsley, minced rosemary or sage or thyme.

You need to give you full attention to the process. Serve when desired tenderness is achieved.

## Recipe 17: Orange Braised Greens

By Adam Lambert

**Ingredients: (can be scaled)**

2 lbs kale  
1 lb turnip greens  
1 red onion, diced  
5 cloves garlic, minced  
4 minced chili peppers or hot peppers (optional) or red pepper flakes  
1 small carrot, diced  
5 oranges, juiced  
Zest of 3 oranges  
3 cups vegetable stock

Wash and stem the greens, making sure to remove the thicker ribs. In a large dutch oven or stockpot, sweat the onions, carrots, garlic and chilis over low heat (in oil). Add the greens in and sweat them down (they should release enough liquid so that your pan does not start to scorch). Stir the greens to ensure proper wilting. Once wilted (approx 5 minutes), add the orange zest and juice. Add the vegetable stock and bring to a simmer. Stir often for about 10 minutes and cook off some of the excess liquid. Add kosher salt to finish. Serve.

## Recipe 18: Squash and Bacon Soup

By Parker Bosley

3 large butternut squash  
2 large onions  
8 thick slices bacon  
2 cups chicken stock  
Salt and pepper

**To cut the squash:** Cut the “neck” from the bulb. Split each of the resulting two pieces. Remove the seeds and pulp. Cover the squash with foil and roast the squash in a 350 degree oven for about an hour or until the pieces are very soft. The “neck” portion will take longer. This is the reason for separating the two parts of the squash.

While the squash are roasting cut the bacon in one inch pieces. Sauté 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 onions. When the bacon has rendered its fat, add the onions. Cook the onions until they are 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 one hour.

Puree the soup in a food processor or blender. Pass the soup through a screen.

Taste and add salt and pepper. Remember the salt from the bacon so you may not need much salt.

Garnish the soup with fresh herbs, sour cream, whipped cream or an herb butter.

This soup can be made in large batches at the end of the season when you have an abundance of squash. You can use most any hard squash—acorn, buttercup, Hubbard, turban or a combination of several kinds.

You could also use only a small amount of chicken stock and create a squash puree to serve as a vegetable rather than a soup. Make ahead and use later. Place the squash in a gratin dish and back it just enough to reheat.

The soup and the puree can be frozen for winter use.

## Section V: Pies and Dessert

By Diane Sikorski

If you have never had a Humble Pie Baking Company Pie, then shame on you. Diane takes pie seriously. She starts with only the best ingredients – local, tree ripened fruits, organic sugar, organic flour, butter from grass grazed cattle, and even local pork lard from the bellies of pasture raised, Berkshire hogs – known as leaf lard. In short, Diane is serious about her ingredients and has a very discerning palate.

Diane's pies have a crumbly crust and rich, not-too-sweet fillings. I recommend the confetti pie or the peach pie. You can find her pies year round through Fresh Fork Market and at select craft markets.

Checkout her facebook page for more details: [www.facebook.com/HumblePieBakingCompany](http://www.facebook.com/HumblePieBakingCompany)

### Recipe 18: Crust Recipe

By Diane Sikorski

**Ingredients:**

2 ½ cups all purpose flour

2 tablespoons sugar

2 teaspoons salt

2/3 cup butter

2/3 cup lard

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.

OR

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 coarse meal. Add water a bit at a time and pulse until dough pulls together in a ball.

### Recipe 19: Apple Filling Recipe

By Diane Sikorski

**Ingredients:**

7-8 mixed assorted apples, peeled and sliced/chopped

1 cup sugar

2 teaspoon cinnamon

1 teaspoon salt  
2 tablespoon cider vinegar  
2/3 cup melted butter  
2/3 cup flour

Add the cinnamon, sugar, salt and vinegar to apples and toss. Next toss with flour then drizzle butter and toss again.

## **Recipe 20: Crumb Topping**

By Diane Sikorski

### **Ingredients:**

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

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

## **Recipe 21: Pumpkin Pie Filling Recipe**

By Diane Sikorski

### **Ingredients:**

2 cups pumpkin, roasted  
1 cup heavy cream  
2 teaspoons lemon juice or cider vinegar  
3 eggs  
1 cup brown sugar  
2 teaspoon cinnamon  
1 teaspoon ground ginger  
½ teaspoon nutmeg

Whisk eggs, lemon juice and spices together until well combined. Add cream and whisk. Add pumpkin and whisk until well combined.

## Recipe 22: Bacon Panna Cotta

By Adam Lambert

### Ingredients:

15 oz heavy cream

15 oz whole milk

9 oz sugar

1 tablespoon vanilla

¼ cup maple syrup

6 sheets leaf gelatin (or approx 2 packets of Knox unflavored gelatin)

½ lb smoked diced bacon, not cooked

Add cream, milk and bacon (not cooked) into a stainless pot. Bring to a low simmer and let infuse for 45 minutes, stirring every so often to prevent the cream from scalding. Next, remove all the bacon with a slotted spoon and skim the top of the liquid with a ladle to remove excess bacon fat. Then add the sugar, vanilla, and maple. Bloom (see gelatin instruction packet) in cold water and bring cream back up to a simmer. Add the gelatin to the hot cream and stir to fully incorporate. Strain the cream through a chinois or a fine mesh sieve. Pour the cream into small serving containers and refrigerate at least overnight to set-up. If the panna cotta does not set-up, melt it back down in the pot and add more gelatin. Reset in containers and refrigerate. It is best to do this recipe a few days in advance in case it doesn't turn out right.

NOTE: cover the containers in the fridge or put inside an air tight container. The cream will absorb other flavors in your fridge, particularly any garlic, onion, or other strong odors. This is not desirable.