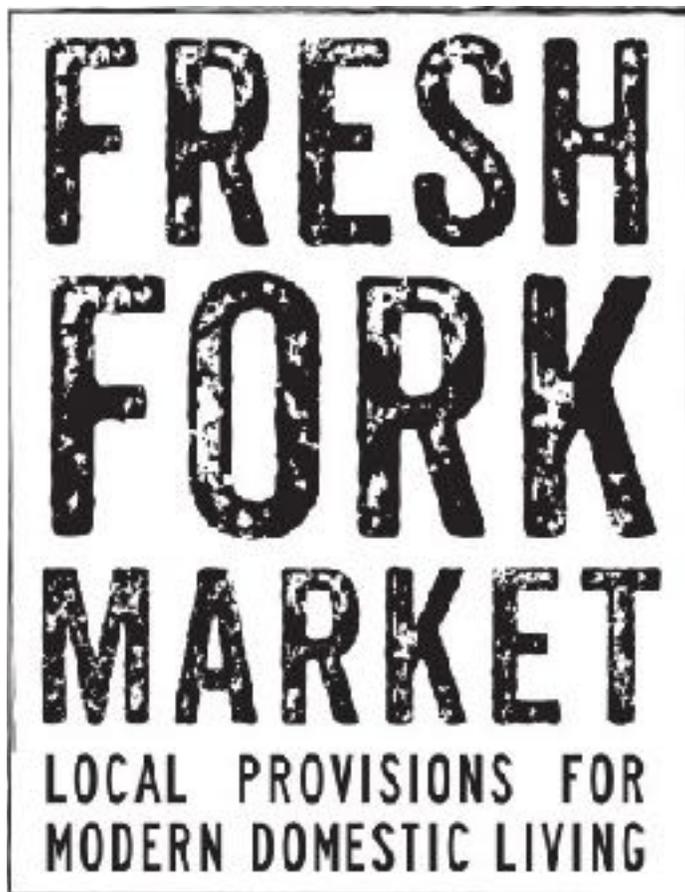


THE THANKSGIVING GUIDE 2017



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Section I: Planning

“A goal without a plan is just a wish.”

Thanksgiving is the biggest eating holiday of the year— whether your day includes traveling to visit family for the big meal, serving in a soup kitchen, or watching the game with dessert, it almost always centers around the food. That's why it's so important to take the time to sit down and actually make a plan for your feast.

Getting started should be easy, right? But once you start looking at magazines or pouring over Pinterest, it is easy to become overwhelmed. Then you start to put your menu together and find that you need to stop at numerous stores all over town to get everything and your recipe ingredient list becomes the size of an encyclopedia.

One helpful hint: ***plan your meal around what is in season*** and what is readily available. 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?

There are those “traditional” Thanksgiving dishes that we have all seen around the table for decades— roast turkey, green bean casserole, and cranberry sauce. Going even further back, even towards original Thanksgiving celebrations, they most likely served Fall foods and items that had been preserved, dried and put away (there were few fresh ingredients available at that time of year in the Plymouth colony.) There would have been things like seafood, wild game, winter squashes, grains and dried corn.

Now, of course, we have access to all sorts of produce, spices and meats grown and raised far away from our homes and delivered conveniently to our grocery stores. We believe, however, that the best tasting ingredients are those that are locally produced and nutrient-dense and that actually reflect the end of the harvest season in Ohio.

Our Thanksgiving Packages 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, a pasture-raised turkey.

Steal a trick from the pros- create Prep Lists for each recipe.

You may have wondered how a chef gets his or her staff to prep and prepare dozens of different meals each day, and then hundreds each of those once service begins. *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 list 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 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 final meal can be prepared in about 30 minutes on Day 3 without effecting quality. All restaurants follow a similar preparation technique.

Parker's Five Steps to a Successful Thanksgiving

Step one: Write your menu.

Select recipes from this packet, family-favorites or new recipes you've found online or in books. Also, if any of your guests are bringing a dish that you have suggested, make sure you both have the recipe and you've settled all the details (are they brining it fully cooked? If they're cooking at your house, who is buying the ingredients?)

Step two: Scope out the available cooking surfaces and ovens.

Do you have counter prep space and adequate oven space to make everything you're planning? 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. It's also important to check in with your guests if they are bringing anything— how long does it need to be reheated and in the oven? On the stove-top?

Step three: Determine what part of each recipe can be done in advance.

Review your recipes to determine what parts of each dish/whole dish can be done ahead of time.

Examples:

1. Prepare the cauliflower by removing a “florets” from the stalk and bagging.
2. Chop, dice and measure all the ingredients for the stuffing.
3. Peel the potatoes and store in water.
4. Roasting the sweet potatoes on Tuesday or Wednesday.

Step four: Do you have the cooking tools, cooking dishes and serving platters you need?

Look at your inventory of cooking tools and vessels. Do you have an appropriate pan or the proper tool to do each job? Rather than Googling what Home Goods stores are open on the big day, plan ahead and adjust your menu or borrow from a friend.

Step five: 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 and make sure that each helper has a specific place to work. Make sure they know when to start their part and when to take things to the table. Do not hesitate to assume the role of the Executive Chef. Post instructions with the assigned person's name next to each task on a space on the wall that is easy to see.

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 means the big hand is on 12 and the little hand is on 2.

- *Chef Parker Bosley*

Fresh Fork Market Thanksgiving Checklist

AT LEAST TWO WEEKS BEFORE:

- ___ Finalize guest list & finalize menu.
- ___ Start eating down your fridge and freezer.
- ___ Make anything now that can be frozen ahead.

THE WEEK BEFORE:

- ___ Make your an "Oven Schedule" for the day of.
- ___ Make "prep lists" for each recipe.
- ___ Make a "Master Shopping List" and buy all non-perishables as early as you can.
- ___ Make menus (or dish cards for buffet) and name cards.
- ___ Give the fridge a good cleaning and figure out where you're brining the turkey.

SUNDAY (4 days before):

- ___ Clean house & bathrooms.
- ___ Do laundry, including linens for table & napkins.
- ___ Take inventory of table settings, serving ware and utensils; clean or polish as needed.
- ___ Take inventory of kitchen tools: sharpen knives, find your baster and thermometer.
- ___ Finalize your centerpiece ideas if you're making one.
- ___ Check in with everyone who said they were bringing something.

MONDAY (3 days before):

- ___ Go shopping for alcohol and other drinks. Don't forget ice!
- ___ Buy any extra serving ware you need, candles or decorations, and storage containers.
- ___ Use Master Shopping List to buy extra perishables.
- ___ Make a playlist or pick some music.

TUESDAY (2 days before):

- ___ Prep all vegetables and put in labeled bags or containers.
- ___ Brine turkey.

WEDNESDAY (the day before):

- ___ Cook as much as you can. Most dishes can be prepared up until baking and refrigerated.
- ___ Make pumpkin pie purée from sugar pumpkin.
- ___ Set the table, then relax!

THURSDAY (THANKSGIVING DAY):

- Have a good cup of coffee and a morning walk.
- Have someone else who is not helping in the kitchen to do a last round of tidying & cleaning the counters, floors and bathrooms.
- Remove turkey from brine, dry off and bring to room temp.
- Fire turkey, and when it's done, wrap it tightly in aluminum foil to rest and make gravy.
- Fire casseroles and sides.

ENJOY YOUR AMAZING MEAL!

Section II: Turkey Q & A

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. Here are some of the most common questions we get asked:

How big of a turkey do I need?

We like to suggest 1.5 - 2 pounds of turkey per eater. This estimate will include adequate leftovers. A turkey never yields exactly what it weighs – think of all the bones and trim that is lost! A smaller turkey (under 15 lbs) will have a lower meat-to-bone ratio, so veer closer to 2lbs per guest. This suggestion does of course depend on the appetite of your guests and the number of side dishes that you'll be serving.

Also, are your guests purely white meat eaters? A standard turkey is about 65% white meat (for example, a twenty pound turkey would yield about thirteen pounds of white-meat. Once you get into the really big turkeys, 25# and up, they can be really difficult to cook evenly (without undercooking the dark meat or overcooking the breast meat).

For larger gatherings, another choice is to get two average or smaller-sized birds, because smaller birds tend to be easier to cook more evenly. However you may not have the available oven space to roast two birds simultaneously.

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. We 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**. 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**. A hen is technically a mother turkey just as the tom is technically a mature male turkey that has mated.

What is a heritage breed?

Heritage breed turkeys are not usually raised for commercial sale anymore. They tend to have more dark meat and to be smaller in stature. The tom & hen turkeys that we sell are a blend of broad breasted white turkeys (not heritage) and broad breasted bronze turkeys (borderline heritage). We also sell true heritage breed Standard Bronze 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.

Is there a difference between fresh and frozen turkey?

This is an age-old debate. There is no research that supports that suggests 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 food handling issues.

Why then do we only sell fresh, never frozen Thanksgiving turkeys? It is what the customers want! Also, from a logistics point of view, it falls in line perfectly with the timing on which my producers can raise turkeys. We raise them to be ready for harvest a few days before Thanksgiving.

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. 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 means that the bird has been 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.
- 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.

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 device for chilling turkeys quickly: he 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 few 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 guy's 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.
- 3) 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.

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

Any brine time is better than no brine time— even just a few hours will reduce cooking time, impart moisture and result in more evenly-cooked bird. Brining, like marinating, is a technique of soaking a piece of meat in liquid prior to cooking. Marinating is done to infuse flavor and moisture. Brining can also add some flavor, but the primary reason is to tenderize the meat chemically with salt.

This salt creates a chemical reaction that, for lack of any better words, “cooks” the meat and therefore reduces the actual cooking time. Think of cured meats: they aren't ever cooked with heat, but preserved with salt. In general, you'll need 1 cup of salt per gallon of liquid in any brine recipe, and a large turkey will need 3-4 total gallons of brine to be completely submerged.

The salt in a brine also weakens the molecular structure of the proteins in the meat. This allows the heat applied during roasting (or grilling, or frying) to break the proteins down even more easily. As the proteins change during the brine, they allow more water in, and when the meat cooks, the water is locked into it. The final cooked turkey is juicy throughout.

TREVOR'S BRINE

2 lbs onions, chopped

0.75 lbs peeled and crushed cloves of garlic

Olive Oil

1 gallon apple cider vinegar

1 gallon apple cider

3/4 cup crushed black peppercorns

1/4 cup + 2 tbsp mustard powder

3 cups 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 gallon (usually in the form of ice, 10# ice is 1 gallon water)

Directions

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 it's warm, add ice, stir in as it dissolves and cover your meat with it; inject the meat in thicker areas. Refrigerate immediately, covering for up to 48 hours in brine. Rinse off brine and allow to come to room temperature before roasting.

BAR CENTO POULTRY BRINE

Chef Adam Lambert

1 gal water

1 cup of kosher salt

$\frac{3}{4}$ cup granulated sugar

10 springs of thyme

2 lemons

4 bay leaves

1 tbsp black peppercorns

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

Directions

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 mixed.

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. If necessary, weigh the turkey down with a few clean dinner plates so it stays submerged.

Place the brining turkey in your refrigerator, or in a large cooler in the coldest part of your garage. A turkey can go down to 26 degrees before it freezes. Allow to brine for 24-48 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 (will take a few hours.)

What equipment will I need?

We suggest that you roast your turkey (as opposed to frying, grilling, etc.) For a roast turkey, the requirements are quite simple:

1. A deep, roasting pan large enough for your turkey. The pan may be stoneware, glass, or any other material. It will not affect the results
2. A grate or insert for the roasting pan to keep the turkey from touching the bottom
3. Aluminum foil
4. Thermometer, preferably a digital remote version that can be kept outside of the oven with the probe in the turkey
5. A turkey baster

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. However you will not get crispy skin from all the locked-in moisture. Similarly, it is not necessary to have a lid for your roasting pan. A lid, like a bag, will create a moister cooking environment and the skin won't get crispy with it on.

Seasonings and aromatics

Many chefs prefer to add fresh herbs as well as salt and pepper to the inside cavity of the turkey as well as the skin to infuse flavor. Fresh herbs like rosemary, thyme, and sage are perfect compliments to a turkey. 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 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 at a high temp for about 30 minutes 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 and over the skin. Olive oil may also be used. Pull the skin back together and secure with a pin or twine.
Or use butter-soaked cheesecloth. Dress the bird with the butter soaked cheesecloth until the last 30 minutes. The butter will help the skin caramelize.

- **Use aluminum foil.**

If the skin starts to dry out too much, or if you are worried about over-cooking the breast meat, cover those parts in aluminum foil.

Should a turkey be stuffed?

We do not recommend stuffing a whole turkey. Several reasons:

- **Food safety.** If the bird is stuffed, then the stuffing will absorb the turkey juices while cooking. In most cases, you check the temperature of the thickest piece of meat on the turkey, but that does not mean that the stuffing has reached a safe temperature and may still 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 you are checking the stuffing for a safe temperature and consistency (165-170 degrees), then the white meat will likely be overcooked and dry by that point.

Cooking Time

In general, expect to cook a turkey at **350 degrees for approximately 10 to 15 minutes per pound.** This depends on a lot of variables, including brine, initial temperature, and if you cover the pan.

The internal temperature of the turkey in the breast and the thickest part of the thigh should be 155 to 160 degrees. When you do remove the turkey from the oven, wrap the bird in foil and wait 30 minutes before carving. The turkey will continue to cook when removed from the heat.

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 reduce the temperature down to about 325.

Roasting a Turkey

1. Preheat your oven to 450 degrees.
2. Remove one rack and place the remaining rack near the bottom. The turkey should be roughly centered in the oven to get even air flow around the bird.
3. At least an hour before roasting, remove your turkey from the brine and rinse with cold water. Pat the turkey dry with paper towels. 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.
4. Add your aromatics & herbs to the cavity.
5. Place the turkey in a large roasting pan. A 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 good choice.**
6. Toss 3 to 4 quartered onions, shallots, carrots, roasting potatoes, and other root vegetables in oil and season with salt, then add to the bottom of the roasting pan. These veggies may be eaten later, but more importantly, they will help flavor the pan drippings which can be used to make gravy. For really large birds, wait to add potatoes and carrots until halfway through roasting to keep them from drying out.
7. Place the bird on a rack in the roasting pan, breast side up.
8. (Optional) Slice the skin along the breastbone and pour melted butter under and over the skin. Pin the skin back together. Or, cover the bird with a butter-soaked cheesecloth or just rub butter into skin. Add herbs, salt and pepper.
9. 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.
10. Once the skin has browned a little, reduce the oven heat to 325 or 350 (lower temperature for larger birds). If the skin is browning too quickly, apply a layer of aluminum foil over the whole bird.
11. Roast your turkey for approximately 12 minutes per lb (total time, including the original 30 minutes.) So for 20 lb turkey should take between 3.5 - 4 hours. A 15 lb turkey only needs 2.5 - 3 hours.
12. After an hour, check to see if the roasting pan has some drippings. Using a baster, suck up the juices and squirt over the turkey. Continue roasting, checking about every half hour through the window on the oven. You're looking at the skin, especially breast meat, wing tups and drums— if they starts to get too brown or even burnt looking, protect with foil.

13. After 2 to 2.5 hours, start watching the internal temperature (this depends on size of the turkey). A remote thermometer with a probe in the bird will make this much easier. The remote probe thermometer should be inserted into the thickest part of the thigh without touching the bone. The breasts do cook faster than the legs, so your might want to tent them in foil once the leg starts reading 145.
14. 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 157 - 160 degrees.
15. 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 Turkey Cooking Methods

SMOKED CONFIT TURKEY LEGS AND WINGS

By Adam Lambert

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

Pork lard

Directions

Remove the turkey wing and leg from the turkey. Mix the seasoning above and rub it into the skin. Place the turkey on a sheet tray or large 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 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: in 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 they 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 it 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.

POACHED TURKEY BREAST

By Parker Bosley

1 whole boneless turkey breast w/ 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

Directions

Make sure to use a pot that has a good lid. Place the turkey in the poaching pot and scatter all the other dry 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 the thinner end of the breast becomes firm and the thick, and the center of the breast still has a springy texture to the touch, and remove the pot from the oven. Remove the top and let the turkey breast cool in the liquid.

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

SPATCHCOCKED SMOKED & GRILLED TURKEY

By Adam Lambert

1 brined, raw turkey

Kosher salt

1 pair of sharp kitchen shears or a sharp knife

Black pepper

Directions

Remove turkey from brine. Using paper towel pat the turkey dry. Place on a sheet tray with a resting rack unwrapped overnight in the refrigerator.

Remove from refrigerator and place on a clean cutting board. Place turkey breast-side down, with the legs towards you. Using your kitchen shears, cut up along each side of the backbone to remove it, cutting through the rib bones as you go. Open the turkey out and turn over. Flatten the breastbone with the heel of your hand so that the meat is all one thickness. Bend the tips of the turkey wings back underneath the drums to help stabilize the bird.

Get your smoker fired up. Put the spatchcocked turkey into the smoker, and cold smoke (under 100 F) the turkey for about 2-3 hours. Pre-heat your clean and seasoned grill on medium-heat.

On both sides, season your turkey with salt and pepper and place breast-side down onto the grill. Grill covered for approximately 20-30 minutes (checking and watching for flare-ups and hot spots; all grills cook differently and unevenly) or until the turkey starts to brown, and then carefully flip over and continue to cook for another 20-30 minutes. At this point you can either turn the heat down to low and finish cooking the bird, flipping as needed until an internal temp of 157-160 (temperature will carry up to 165 during the resting stage) is recorded on the thickest part of the back leg (thigh).

If you do not want to finish on the grill you can finish it breast side up in a 350 oven and cook until recommended internal temperature is achieved. Let the bird rest for at least 25-30 minutes before carving.

Roasting the Turkey in 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. 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 juicy. The following is a three day work plan for deboning, creating the rich stock, making the bread stuffing and doing the final roasting.

TUESDAY - DEBONE TURKEY

Place the turkey 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.

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 done it. 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 you 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 wing and leg 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 (recipe below.)

WEDNESDAY - MAKE TURKEY STOCK

To make really great stuffing, you need turkey stock. You can also use chicken stock that you have made in advance. 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.

If using a whole turkey (not debone), lay the raw 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. If you already did this yesterday and set those parts aside, use them here. Brown the bones in a heavy bottom stock pot or roast them 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 pan from the heat and place all the bones in a stock pot. Set the pan where you browned the bones (if stove-top safe) 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 stock pot with more water to cover the bones by three or four inches and bring to a boil. 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 at 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.

Prepare the bread stuffing today, too. Since you will need turkey stock to moisten it, you can take some from the stock pot as you make it. Make sure the bread stuffing is completely cool before you refrigerate it overnight.

THURSDAY - STUFF AND ROAST

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.

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 150-155. It will continue cooking after removing it from the oven reaching about 160-165.

Section IV: The Side Dishes

The Basics

TURKEY STOCK

By Parker Bosley

To make really great stuffing, you need turkey stock. You can also use chicken stock that you have made in advance. You can make your stock ahead of time by pre-ordering a Turkey Pack from Fresh Fork, which contains a drum, a wing and a turkey back (leftovers from making our turkey breast lunch meat.)

If using a whole turkey, lay it (uncooked) 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 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 pan from the heat and place all the bones in a stock pot. Set the pan where you browned the bones 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 stock pot with more water to cover the bones by three or four inches and bring 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 at a hard boil. Add a tablespoon of dried thyme and a bay leaf.

If you have the time, 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.

TRADITIONAL DRESSING (BREAD STUFFING)

By Parker Bosley

1 loaf of FFM whole wheat bread (equals 12 to 14 cups of cubed bread)

2 tsp salt

Turkey or chicken stock

1 tsp pepper

3 tsp dried sage

1 cup diced onion

1 cup diced celery

Optional additions:

1 lb ground pork, browned in a non-stick
sauté pan; including the rendered fat

3 apples peeled, cored and diced

1 cup chopped walnuts

Sautéed or braised greens

Directions

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

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 stock 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.

Ideally, you should make the stuffing on Tuesday or Wednesday before the holiday. Refrigerate until ready to use. If you have made the stock, moisten before refrigerating. Allow to come to temp on counter and then bake, covered in foil at 375 until heated through (30 min) and then 15 min with foil removed to brown.

SWEET & SAVORY CHERRY BREAD PUDDING

By Adam Lambert

2 lbs medium diced bread

¾ cup heavy cream

2 whole eggs

½ cup each fine diced carrot, onion, celery,
fennel bulb

1 cup chopped dried sour cherries or
cranberries

2 tsp fresh picked and chopped thyme leaves

1 tbsp dried rubbed sage

2 tbsp kosher salt

Directions

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 buttered baking dish. Cover with foil and bake in the oven @ 350 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.

TREVOR'S CORNBREAD

1 cup cornmeal

1 cup flour

½ tsp baking powder

½ tsp salt and ¼ tsp pepper

1 cup yogurt or milk or buttermilk

2 eggs

½ cup honey

½ cup plus ¼ cup melted butter

Directions

In a mixing bowl, whisk together the cornmeal, flour, salt, and baking powder. In a separate bowl, combine honey and ½ cup melted butter. Stir until combined. Beat in 2 eggs. Mix in the yogurt/buttermilk/milk.

Add the wet ingredients into the dry ingredients and mix thoroughly. At this point, you may add caramelized onions or kernels of corn as you desire.

Preheat a heavy cast iron pan in the oven at 400 degrees. Add the remaining ¼ cup butter to the pan and be sure to wipe the sides of the pan with the butter using a brush or paper towel.

Add your batter to the prepared pan and bake at 400 degrees until edges pull away and a toothpick inserted comes out clean. The time varies depending on how many batches you make at once and how large of a pan you have (which determines the depth of the batter).

TRADITIONAL GRAVY

By Parker Bosley

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 of the gravy.

3 tbsp flour

1 cup milk

2-3 cups turkey stock

Juices from the roasting pan

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

Remove the turkey from the roasting pan, wrap with foil, and either return to the oven to keep it warm or keep on carving board. Set the roasting pan over medium-high heat and add 2 or 3 cups of turkey stock or water. Scrape the bottom of the pan. When all the glaze and vegetables have been released from the bottom 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 & PEAR AGRO DOLCE

by Adam Lambert

Agrodolce is a category of sweet and sour sauces typical to Italian cuisine. It involves balancing intensely sweet and intensely sour flavors, and this is a great local alternative to cranberry sauce.

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 1/2 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, stirring often. Serve over turkey, dressing, or anything you like.

Vegetable Sides

CORN CUSTARD

By Parker Bosley

4 cups corn (2 pint pkgs frozen, thawed)
1 tbsp butter
1 tbsp minced onion
1 tbsp flour

1 cup cream
5 eggs
Salt and pepper

Directions

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 ROASTED BRUSSELS SPROUTS

By Parker Bosley

Brussels Sprouts
¼ lb bacon (optional)

Fresh thyme
Salt and pepper

Directions

Remove the sprouts from the stalk. Trim the end of the sprouts and remove any dead leaves. Cut large sprouts in half. Blanch in boiling salted water and shock in ice water. Drain well.

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, appx 20 minutes (depending on size of sprouts.) At first, cover the sprouts with foil then remove the foil the last 5 minutes. The sprouts should be softened but not mushy. Transfer to a serving bowl and season with salt and pepper.

CAULIFLOWER WITH GARLIC & OLIVE OIL

By Parker Bosley

1 head cauliflower, stem pieces separated
from the core

1 tbsp minced flat leaf parsley

1 tbsp lemon juice

½ cup olive oil

Salt and pepper

Directions

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.

SHAVED RAW VEGETABLE SALAD

By Adam Lambert

2 candy striped beets (chioggia)

1 kohlrabi

1 butternut squash

1 carrot

1 turnip

2 apples

10-15 cored and thinly sliced Brussels
sprouts

3 cups apple cider

Apple cider vinegar

½ stick of cinnamon

2 whole cloves

2 whole allspice berries

1 bay leaf

4 whole black peppercorns

Sunflower oil

Kosher salt

To make the vinaigrette:

In a small pot, add apple cider, mulling spices and bring to a simmer. Reduce until you are left with about a ½ cup of cider syrup. Strain and cool completely.

In a bowl, add ½ cup of apple cider reduction, 4 tablespoons of apple cider vinegar and stir to combine. While whisking, slowly drizzle in about 1/2 - 3/4 cup of oil and season with salt. The vinaigrette should be fully emulsified, sweet yet balanced with the acid from the vinegar and salt to blend all ingredients together. If your vinaigrette breaks, no worries, just stir or shake to reincorporate before dressing the salad.

To make the salad:

Have a large strainer or colander set up in an ice water bath.

Peel all vegetables. Using a mandolin, carefully slice all vegetables (except the squash, apples, and Brussels sprouts) as thin as possible. As you are cutting, reserve vegetables in the ice water bath.

Using a vegetable peeler, peel thin ribbons of squash and reserve in ice bath (the squash is a bit more fibrous than the other vegetables, peeling the ribbons give them a better texture when eating raw).

Core the Brussels sprouts and thinly shred on a mandolin (do not put in ice bath).

Using the julienne attachment on your mandolin, shred the peeled apple, making sure to avoid the seeds and the core (do not put in ice bath).

Strain all the vegetables in the water bath and combine with the Brussels sprouts and apples. Next, dress with the cider vinaigrette to your liking and a pinch of salt. Blue cheese or some nuts would work well as a garnish.

BRANDY-GLAZED CARROTS

By Parker Bosley

2 lbs carrots, peeled and cut into coins

½ cup brown sugar

½ cup butter

½ cup brandy

Water (as needed)

Directions

In a sauté 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.

Potatoes & Root Vegetables

GLAZED SWEET POTATOES

By Parker Bosley

4-5 tbsp butter

4 medium sweet potatoes

1/2 cup brown sugar

3-4 tbsp maple syrup (optional)

1/2 tsp salt (omit if using salted butter)

freshly grated nutmeg and/or 1/2 tsp

cinnamon (optional)

Use an 8 1/2 x 11 baking dish or similar in size oval dish.

Directions

Peel the sweet potatoes and slice. Thickness will determine cooking time.

Grease the baking dish with some of the butter and lay the sweet potato slices in the dish over lapping like roofing tiles.

Dot the potatoes with small pieces of butter. Season with salt if using. Sprinkle the brown sugar evenly over the potatoes. Pour the syrup over the sugar if using. Season with cinnamon and/or nutmeg.

Cover the dish with foil and bake for 45 minutes to 1 hour. Bake until the slices are tender.

You can make the dish ahead of time and bake just before serving. If you are taking the dish to a gathering, bake it first and then rewarm on site.

SWEET POTATO CASSEROLE

By Trevor Clatterbuck

3 # sweet potatoes

1# onion (about 2 medium onions)

Salt and pepper to taste

Herbs: parsley, sage, thyme to taste

3/4 cup cream

3/4 cup milk

2 tsp flour

2 tablespoons butter

1 1/2 cups shredded cheese (dry and sharp),
such as Flat Rock, Gruyere, Gouda, or Hulls
Trace Cheddar

Optional:

3/4 cup breadcrumb or chopped oats

1/4 cup butter

1/2 tsp salt

Directions

Preheat oven to 375.

Scrub your sweet potatoes well. Peel or not peel, up to you (I keep the skins on.) Slice them very uniformly into discs of the same thickness. The easiest way to do this is with a mandolin or food processor.

Peel your onion and slice into thick discs, leaving them intact as whole slices.

Toss the sweet potatoes with salt and pepper and oil. Brush the onions with oil. On a prepared flat top or outdoor grill, partially cook the potatoes and onion. You want the heat to be hot and char them a little. This is easier with thicker slices to prevent losing them.

In a small saucepan, melt the butter. Add the flour to the butter and stir in over the heat. Add the cream and milk and bring to a soft boil, stirring constantly until it starts to thicken. The desired thickness of your roux is about that of a thick batter.

In a casserole dish, arrange the sweet potato slices with onion slices mixed in. Add shredded cheese between, under, and over the potatoes. Pour the roux over top and sprinkle some cheese on top.

If you want a crumb topping, add the oats and small pieces of butter and salt into the food processor. Spin until oats and butter are combined and the oats are chopped up. Similarly, if using bread crumbs, just mix the melted butter and bread crumbs and sprinkle over gratin.

Bake at 400 until knife inserted into potatoes enters easily. Approximately 20 minutes depending on how far the potatoes were precooked.

HOME FRIES WITH CABBAGE AND BACON

By Adam Lambert

4 lbs of potatoes, scrubbed

½ head of green cabbage, cored and thinly sliced/ julienned

½ lb of bacon, julienned (“Lardons”)

1 onion chopped

1 clove sliced garlic

Kosher salt

Black pepper

Apple cider vinegar

½ bunch parsley washed and chopped

Cast iron or heavy bottom skillet

Sunflower oil

Directions

Place potatoes in a large stockpot and cover with cold water. Place over medium-high heat and bring up to a simmer. Do not let the water come to a full, hard boil as it can break the potato skin. Cook until potatoes until knife tender but not fragile and falling apart, about 10-15 minutes once a simmer has been reached.

Remove potato from water and set aside to cool to room temp. Once cooled, uniformly dice into small pieces.

In a hot cast iron skillet, add 1 tablespoon of oil and the julienned bacon. Cook, stirring often, until the fat has rendered out and the bacon is crispy but not burnt or overcooked. Remove the bacon from the skillet and reserve on some paper towels (leave the fat in the skillet).

Add the onion to the skillet and sweat in the fat for a few minutes. Next add the potatoes. There should be a good amount of fat in the skillet at this point. The potatoes will essentially fry and absorb the fat. Cook the potatoes until they start to brown. Add the garlic and cook for 2 minutes, careful not to burn. Add the thinly julienned cabbage and a good pinch of salt (the salt will help break down the cabbage).

Cook until the cabbage is tender and its liquid has combined and cooked down a little with any remaining fat. Finally, add 2 tablespoons of vinegar, chopped parsley and season with salt and pepper to taste. Enjoy!

BRAISED TURNIPS

By Parker Bosley

1 ½ lbs turnips

2 tbsp butter, 1 onion, peeled and diced

1 carrot, peeled and diced

2 stalks celery, diced

1 ½ cups stock or water

2 tbsp tomato paste

1 tsp dried thyme

1 bay leaf

Salt and pepper

2 tsp butter, softened

1 tbsp flour

Choose a pan that can be moved from the top of the stove to the oven.

Directions

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. Cover and 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.

While the turnips are braising, mix the 2 tsp softened butter & 1 tbsp flour butter and flour together to form a paste. Set aside.

Remove the turnips from the braising pan to a serving dish and keep warm. Strain the braising liquid into a small sauce pan and 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.

MASHED POTATOES & ROOT VEGETABLES

3 lbs potatoes

1 lb root vegetables: rutabagas, parsnips,
turnips; all peeled

2 cups heavy cream

1 clove garlic peeled and smashed

4 oz butter

Directions

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 root veggies 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.

SAUSAGE & TURNIPS

By Parker Bosley

1 lb sausage: brats, etc—fresh, not smoked

2 tbsp oil

6-8 turnips with greens

2 tbsp butter

1 cup stock

Salt and pepper

Directions

Turn your oven to 350. Remove the turnips from the greens. Roughly chop the greens, and discard the stems. Wash and dry the greens thoroughly.

If using sausage links or brats, remove casing and slice into 1" pieces, then sauté in the oil a few minutes to brown. Does not have to be cooked all the way through. If browning bulk sausage, break apart with the edge of a wooden spoon as you go. Remove the sausage from the sauté pan and place the pieces in a lightly oiled casserole dish.

Scrub the turnips. Peel them if they're tough or large. Dice into ~ 1/4" cubes. Blanch in boiling salted water and refresh in ice water 2 minutes. Drain well.

Heat up the skillet to medium-high where you cooked the sausage and pour off any excess oil. Melt the butter on top of the drippings, and add the turnips. Raise the heat and toss the turnips in the butter. Add in the greens and stir to coat, and season with salt and pepper. Add the stock and cook until the liquid has reduced by half.

Turn off the heat on the skillet and mix the sausage into the turnips. Transfer it all to the baking or casserole dish. If making ahead, stop here, cool, cover and refrigerate and bring to room temp an hour before baking.

Bake for 30-45 minutes, or until the turnips can be pierced with a knife point.

WINTER VEGETABLE HASH

By Adam Lambert

1 sweet potato

1 butternut squash (or any winter squash)

1 celeriac

1 large onion

2 cloves garlic

1 Tablespoon fresh picked and chopped
thyme leaves

Zest of 1/2 a lemon

3/4 cup golden raisins

2 cups Spiced Rum

Kosher salt

5 springs of Parsley chopped

1/4 cup fresh bread crumbs

1/4 cup chopped biscotti cookies

Sunflower or vegetable oil

3/4 cup chopped peeled and blanched
hickory nuts

Directions

FIRST STEP IS EXTREMELY DANGEROUS: in a 1 qt or small pot, heat the rum to a simmer and using a long candle lighter, light the rum on fire (keep your head back away from the pot when you light it. If flame is too high, turn down heat or cover to extinguish). Continue to cook for about 1 minute and remove from heat (the

goal is to cook off the alcohol). Add the raisins to the pot (they should be covered by the cooked rum) and let rehydrate until needed.

Preheat your oven to 400. Next, peel and uniformly dice the sweet potato, squash, and celeriac. Fine chop the onion and garlic. Over medium-high heat, heat a large Dutch oven or deep-sided pan with a few tablespoons of oil. Add the onion and sweat for a few minutes, next add the garlic. Cook garlic for another minute (careful not to burn).

Add the chopped vegetables making sure not to over-crowd the pan: you want to get a little bit of color, and if it's too crowded they'll just steam. Sauté until the vegetables begin to soften, about 5-8 minutes. Next stir in lemon zest, strained raisins, herbs, hickory nuts and season with salt to taste.

Combine the breadcrumbs and biscotti together and sprinkle over top of the vegetables. Place into the oven uncovered for about 7 minutes, or until the breadcrumbs start to brown. Remove from oven and enjoy.

TURNIPS WITH APPLES & ONIONS, SPIKED WITH BRANDY

By Parker Bosley

6 turnips

2 medium onions

3 apples

6 tbsp butter

1 cup turkey stock

¼ cup brandy (Apple Jack good if available)

Salt and pepper

Directions

Peel and slice the onion into semi-circles. Melt 3 tablespoons of butter in a non-stick sauté pan over medium heat. Add the sliced onions stir and toss 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 develop some color, add the stock. Raise the heat to high and evaporate the liquid. Season the onions with salt and pepper. Spread the cooked 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 where the onions were cooked and set it over medium heat. Melt 2 tablespoons of butter, and add the turnips (first 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 tbsp of butter and add the apples; toss to coat. Add a tablespoon of honey if you choose. Add the cooked 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 $\frac{3}{4}$ to 1 cup of cream during the final 10 minutes of cooking.

HARVARD BEETS (SWEET & SOUR BEETS)

By Parker Bosley

5 medium beets

1 tsp salt

1/2 tbsp cornstarch

1/4 cup + 1 tsp apple cider vinegar

1/4 cup sugar

Directions

Cut off most of greens and stems from the bulb, all but 2 inches of beet tops. This is called the tap root, and when kept on during boiling it helps preserve some of the color from leaching out. Wash the greens and keep them for another use. Wash beets, add to a pot and cover with water, a teaspoon of salt and a teaspoon of vinegar (which helps prevent more color loss as well.) Add more water when necessary to keep the water above the beets and cook until the beets can be pierced easily with the point of a knife (about 30-35 minutes.) Smaller beets can be removed sooner than the large ones.

When the beets are done, drain the boiling water and plunge them into ice water to chill. When they're completely cooled, cut off a thin slice from both the root and the stem end and then slip off the skin. These cooked beets will keep well in the fridge for a few days.

To continue with the recipe, cut the cooked beets in half, and then into either a large dice or in semi-circle slices. Heat up the sugar, the cornstarch and the remaining vinegar in a small pot and whisk until thickened and bubbling, and add in the beets. Stir and cook the beets until the sauce becomes thick and tacky, and has totally dressed the beets. Serve warm.

Greens

BRAISED GREENS

By Adam Lambert

1 lb greens
1 large onion, very finely chopped/julienned
1 large carrot chopped into a very small dice
1/8" x 1/8"
2 cloves peeled minced garlic
1 jalapeno seeded, stemmed, minced
(optional)

1 orange zest and juiced
1 cup white wine
1 qt stock
Sunflower oil
Kosher salt

Directions

Make sure greens are completely washed of dirt (they will be very gritty if not properly cleaned) and free of stems and larger veins.

In a deep-sided pot over a medium-high flame, heat a few tablespoons of sunflower oil. Once hot, but not smoking, sweat the onions for about 3-4 minutes. Next add the carrots and continue to cook for an additional 3-4 minutes. Add the garlic and jalapeño if you are using it and cook for 2 minutes. Next, add the greens and cook down until almost dry (that is until the liquid they release during cooking has mostly evaporated). Add orange juice and zest, stir in and cook for 1 minute. Add the white wine, stir and cover.

Once the wine has evaporated, add stock a little at a time and keep covered in between. Cook the greens down until they are tender, about 30 minutes and there is just a little bit of cooking liquid left (remember you are not trying to make soup, the liquid should just be enough to dress the greens).

Finish seasoning with salt and you can add a touch more orange juice or apple cider vinegar to brighten it up.

QUICHE WITH BACON AND GREENS

By Parker Bosley

Pre-baked pie shell
2 egg yolks
2 cups chopped cooked greens
1 egg

1 cup cream or half and half
Salt, pepper and nutmeg
1/2 tsp dried thyme (optional)
1/2 cup grated cheddar, jack or gruyere
cheese

Directions

Sautéed chopped bacon in a pan and then using a slotted spoon, remove to a plate. Wash and roughly chop some greens, and then cook in the drippings.

Whisk the egg yolk and whole eggs with the cream. Add dried thyme if using, and some salt and pepper.

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.

Squash

BACON & WINTER SQUASH SOUP

By Parker Bosley

1 winter squash such as butternut
1 large onion
4 slices bacon

1 cup chicken/turkey stock
Salt and pepper to taste

Directions

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, which is why you should separate the squash into parts so that the bulb can be removed when it is done.

While the squash is roasting, cut the bacon into 1” pieces. Sauté the bacon in a heavy bottom pot 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. Purée 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 extra. Garnish the soup with herbs, sour cream, whipped cream or an herb butter. Extra soup freezes well.

Section V: Desserts

APPLE CRISP

By Parker Bosley

6-8 apples (enough to make a 1 ½ - 2 inch thick layer in the baking dish)

4 tbsp butter

2 tbsp sugar or 1 ½ tbsp honey

½ tsp cinnamon

1/8 tsp fresh grated nutmeg (optional)

8 ½ x 11 baking dish

Directions

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 rolled oats

½ cup corn meal

½ cup whole wheat flour

1 tsp cinnamon

¾ cup soft butter

1 cup brown sugar or ¾ cup honey

Place the topping 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.

PASTRY CREAM

By Parker Bosley

2 cups of whole milk

6 egg yolks

¾ cup sugar

5 tbsp flour

Directions

Heat the milk in a heavy-bottomed pan.

Beat the egg yolks 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.

PUMPKIN BREAD PUDDING

By Parker Bosley

4 cups of cubed sweet egg bread

2 cups pumpkin (or sweet potato puree)

1 cup whole milk

$\frac{3}{4}$ cup honey or 1 cup brown sugar

$\frac{1}{2}$ tsp salt

1 tsp cinnamon

Fresh grated nutmeg (optional)

2 eggs

8 $\frac{1}{2}$ x 11 baking dish

Pastry Cream (recipe below)

Directions

Using a whisk, combine all the ingredients except 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 eggy-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.

WHOLE WHEAT BUTTER PIE CRUST (Pâte Brisée)

By Parker Bosley

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

Directions

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 coarse 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

¼ cup melted butter

2 eggs

1 cup sugar

2 tablespoons bourbon

¼ teaspoon salt

¼ teaspoon ground cinnamon

¼ teaspoon ground ginger

1 cup milk

Directions

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.

Section VI: The Leftovers

First, make more stock...because 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.

TURKEY MAC N' CHEESE

By Parker Bosley

8 oz. macaroni (measure before cooking)

4 tbsp butter

2 tbsp flour

3 cups milk

2 cup shredded cheese: cheddar, jack or gruyere

½ cup grated parmesan (optional)

salt and pepper

Directions

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 tbsp 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.

TURKEY NOODLE SOUP

By Parker Bosley

Directions

Peel and chop an onion, a carrot and 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.

LEFTOVERS CASSEOLE

By Parker Bosley

Directions

Layer turkey, bread stuffing, mashed potatoes or squash-sweet potatoes. Bake at 350 until very hot and completely heated through. Enjoy as is, or add some eggs on top: 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, ONCE-MASHED POTATOES

By Parker Bosley

2 cups mashed potatoes
1 egg, beaten
½ cup grated onion

¼ cup flour
salt and pepper to taste

Directions

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 tbsp 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

By Parker Bosley

Use a half recipe of your favorite pie crust recipe or a prepared crust.

Directions

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.

SQUASH & SWEET POTATO SOUP

By Parker Bosley

3 cups squash-sweet potato mash

½ cup bacon

1 cup onion

1 tsp dried thyme

2-3 cups turkey stock

Directions

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

Optional: Use mashed potatoes or mashed root veggies instead of the squash-sweet potato purée.

MAYONNAISE (FOR TURKEY SANDWICHES)

By Parker Bosley

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 sunflower oil or olive oil or a combination of both

Additional salt and lemon juice as needed for your taste

Directions

Some may prefer cold turkey sandwiches in the days following the feast more than the roast bird itself. Top with some leftover braised greens and homemade mayonnaise.

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.

If the issue of uncooked eggs is of concern, here is another method:

3 egg yolks

¼ tsp dry mustard or Dijon mustard

¼ tsp salt

Lemon juice

1 ½ -2 cups oil

Salt and white pepper

Directions

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.