

Dear Family, Friends, and Neighbors:

It is hard to believe that another year has passed, as Thanksgiving is right around the corner. It is also hard to believe that I am approaching six months as your resident chef at HRFP. It has been an honor and a pleasure to meet many of you. I feel very welcomed in your home and it is a joy to help everyone with their easy meal planning and creative, easy meals.

As we approach the busy holiday season, it becomes harder to get everything done. So I wanted to make it a little bit easier for all of you this year. I wanted to create a guide to Thanksgiving. In the pages ahead I will share how I plan and prepare my Thanksgiving meal. I explain how to cook a turkey, how to carve a turkey, and even how to present the turkey to look like a professional chef made it for you. I also will share some of my recipes for the “must have” menu items and some of my other favorite meal items that I have served in the past.

I love to help everyone enjoy food. Food is my life and I love to share it when I can. Please take the time to read through this Thanksgiving Guide. Even if you have done Thanksgiving dinner for many years, maybe there is a tip to help you do something a little easier, or maybe a new idea that you have never thought of. I encourage everyone to reach out to me through the comments section on the HRFP website with any questions you have this holiday season. I am always looking to help when I can and answering your questions would be my pleasure.

I wish each neighbor at HRFP a wonderful Thanksgiving. I hope that you can take time to be with the ones you love and enjoy this sometimes-hectic time of the year. Food is a great way to get together and take a moment to share time. Make something or many things that taste great and enjoy it with your family.

Happy Thanksgiving Everyone!

*Chef JJ*

## HOW TO COOK THE TURKEY

### WHAT WILL I NEED?

- |   |       |                      |
|---|-------|----------------------|
| 1 | each  | Whole Turkey, thawed |
| 8 | each  | Garlic Cloves, fresh |
| 4 | Tblsp | Poultry Seasoning    |
| 2 | Tblsp | Salt                 |
| 1 | Tblsp | Black Pepper         |
| 2 | Tblsp | Oil                  |

It is important that your Turkey is thawed. If your turkey is frozen, you will need to let it thaw in your refrigerator. Place the turkey (keep the wrapper on) in a baking dish or roasting pan. Allow the turkey to thaw in refrigerator. It takes approximately 1 day for every 5 pounds the turkey weighs. So, a 12-15 pound turkey would need to be put in the fridge by Monday morning prior to Thanksgiving. Also make sure that your turkey is placed as low as possible in the refrigerator to lessen the chance of cross contamination in the event that the turkey leaks. FROZEN TURKEY DOES NOT COOK THE SAME. Please allow the turkey to thaw.

On the day you would like to cook your turkey, here are the steps.

1. Remove the turkey from the wrapper and drain any excess blood into the garbage can. Remove the turkey 30 min prior to cooking time. This will reduce the amount of shock on the turkey when it goes into the oven and will make for a more tender end result.
2. Preheat your oven to 450F.
3. Place the who garlic cloves under the skin of the turkey. The skin will be loose at the lower part. Spread the garlic evenly.
4. Rub the whole turkey with oil. Evenly sprinkle the seasonings around the turkey.
5. Place the turkey in the preheated oven for 10-15min. After that time, reduce the oven to 350F.
6. Cook the turkey until the thickest part of the breast reaches an internal temperature of 165F. The approximate cooking time will be 13-15 minutes for each pound of the turkey.
7. When the turkey is done, remove it from the oven and let sit for 15 minutes before carving.

I recommend to baste the turkey every 45 minutes, but this is not necessary. To baste the turkey, you simply and carefully take a large spoon or baster and spoon or drip the juice from the bottom of the pan, over the turkey for 2-3 minutes.

**See the next page for carving instructions.**

### HOW DO I CARVE A TURKEY?

After you have left the turkey rest for 15 minutes, move the turkey onto a clean cutting board.

1. Place the turkey on the cutting board with the legs away from you.
2. Remove the wings by pulling them from the turkey, set aside.
3. Using a chef's knife separate the leg and thigh from the whole turkey by cutting the joint. This can be done by pushing the leg quarter away from the turkey.
4. Pull the leg apart from the thigh. You can remove the thigh from the bone if you choose.
5. Take a chef's knife and cut down the middle of the two breasts.
6. Pull the turkey into two pieces by removing the back bone.
7. Using the knife, gently remove each breast from the bone. Throw the bone away and set the breasts aside. Discard the back bone.
8. Once you separate all the parts from the bird, clean off your board and remove the excess bones.
9. On a clean cutting board, slice the turkey breast in ½ inch pieces. If you removed the thigh meat from the bone, slice that as well.
10. Place your nicely sliced breast meat on the platter first. Place the thighs or thigh meat in the center of the two sliced breasts. Lay your legs opposite one another. Place your wings on the edges.
11. Garnish with some fresh herbs.

### THE GRAVY

#### WHAT WILL I NEED?

2 ½ cups	Chicken Broth or Stock (you can use the dripping from the pan)
¼ cup	All Purpose Flour
¼ cup	Butter

1. In a sauce pan, melt the butter.
2. Add flour to the melted butter and cook for 5-6 minutes. Stir frequently to prevent burning. The mixture should look like wet sand.
3. Add Chicken Stock and bring to a boil.
4. Reduce heat and cook for 10-15 minutes, stirring frequently.
5. Add any seasonings that you would like.

### THE SIDES

Sides for holidays can be different in many households. Although there are no specific ‘Thanksgiving Side Dishes’, I will share some of the common items that customers look for in the food world.

#### Mashed Potatoes

10	each	Russet Potatoes, medium sized, washed and peeled, med diced
1	tsp	Salt
2	tbsp	Butter
¼	cup	Milk, warm
½	tsp	Black Pepper

1. Place diced potatoes in large sauce pan. Cover potatoes with water. Don’t over fill the pot with water. Add the salt to the water and potatoes.
2. Bring the pot of potatoes to a boil. Cook until potatoes are tender. Time will vary.
3. When potatoes are tender, remove from heat and drain into a colander. Let stand in colander for 3-4 minutes.
4. Place potatoes back in sauce pot or into a bowl. Add melted butter and warm milk.
5. Whip the potatoes with a hand mixer until mixtures is smooth.
6. Add seasonings to taste. You can add more milk and butter if desired.

#### Mashed Sweet Potatoes

To make mashed sweet potatoes, follow the same recipe as above. The only difference is to roast the sweet potatoes, whole, with the skin on in a hot oven. You may need to add more butter and milk as sweet potatoes are stringier and more fibrous then potatoes. Once you cook the sweet potatoes, let cool slightly and scrape the insides into a mixing bowl. Follow the remaining steps of the mashed potato recipe.

### Stuffing

- 1 LB Bread (about 15 slices)
- 4 Tbsp Butter
- 2 Cups Onion, diced
- 1 Cup Celery, diced
- 2 ½ Cups Chicken Broth
- 2 Tbsp Parsley
- 2 Tbsp Poultry Seasoning
- ½ Tsp Salt
- ½ Tsp Black Pepper
- 2 Each Eggs

1. One day in advance: Lay bread out to dry. Bread should be stale before making this dish.
2. Cut bread into 1 inch cubes. Preheat oven to 250F.
3. Melt Butter in a large pot. Add onions and celery and cook for 3 minutes. After 3 minutes, add 2 cups chicken broth (reserve the ½ cup), parsley, poultry seasoning, salt, and black pepper. Cook for 3 minutes. Remove from heat.
4. In a small bowl, mix the two eggs and remaining chicken broth. Stir this mixture into bread cubes. Slowly stir in the broth/vegetable mixture to the bread mixture.
5. Grease/Spray a 9x13 baking dish. Place bread mixture into the baking dish. Cover the dish and bake for 30 minutes. After 30 minutes, remove foil and bake for another 25-30 minutes. Cook until the center is set and reaches 165F.
6. Remove from oven and let stand for 10 minutes.

### Roasted Butternut Squash

- 2 each Butternut Squash
- 1 cup Dried Cranberries
- 1 cup Spinach
- 4 tbsp Oil
- 2 tsp Salt
- 1 tsp Black Pepper

1. Preheat oven to 400F
2. Peel Butternut. Cut in half and remove seeds. Dice butternut to desired sized.
3. Toss Butternut with salt, pepper, and oil
4. Place on a cookie sheet and into the preheated oven.
5. Cook for 20-30 minutes or until the squash is tender.
6. Remove from oven and garnish with spinach and cranberries.

### Green Bean Casserole

(Campbell's Recipe)

*This recipe has been around for a long time. I will not take credit for this one, but I will share it with all of you. It is a very likeable dish and found on many holiday dinner menus in family households around the country.*

- 1 each      Campbells Cream of Mushroom Soup 10 1/2oz Can
- ½ cup      Milk
- 1 tsp      Soy Sauce
- 1 tsp      Black Pepper
- 4 cups      Green Beans, cooked
- 1 1/3 cups      French's French Fried Onions

1. Preheat oven to 350F
2. Mix Soup, Milk, Soy Sauce, Pepper, Green Beans, and half of the onions together in a bowl. Place into a 13x9 casserole dish.
3. Place mixture into the preheated oven and bake for 25 minutes or until the mixture starts to bubble.
4. Stir the mixture and top with the remaining onions.
5. Continue to bake for an additional 5 minutes or until the onions are golden brown.
6. Carefully remove the pan from the oven and let stand for 5 minutes.

### Green Beans – Nothing Fancy

- 4 cups      Fresh Green Beans, ends trimmed
- Water for Blanching
- 4 tbsp      Butter or Oil
- 2 tbsp      Salt
- 1 tsp      Black Pepper

1. Bring water and 1 ½ tbsp of salt to a boil.
2. Place green beans in boiling water for 2-2 ½ minutes.
3. If you are using them right away, toss with butter or oil, black pepper, and the remaining salt.
4. If you are using them later, shock the beans in ice water. To reheat, add green beans to boiling water for 60-90 seconds. Move to a bowl and toss with oil or butter, pepper, and remaining salt.

### Macaroni & Cheese

1 ½	cups	Elbow Macaroni, uncooked
1 ½	cups	Milk
5	Tbsp	Butter
3	Tbsp	Flour, all purpose
½	Tsp	Salt
¼	Tsp	Black Pepper
1	cup	Cheddar Cheese, shredded
2	ounces	Velveeta Cheese
2	Tbsp	Bread Crumbs

1. Cook Macaroni following the package instructions.
2. Meanwhile, in a saucepan, melt 4 tablespoons butter over medium heat. Stir in flour, salt and pepper until smooth. Gradually add milk.
3. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat. Add the cheeses, stirring until cheese is melted. Drain macaroni.
4. Transfer macaroni to a greased 1-1/2-qt. baking dish. Pour cheese sauce over macaroni; mix well. Melt the remaining butter; add the bread crumbs. Sprinkle over top. Bake, uncovered, at 375° for 30 minutes or until heated through and topping is golden brown.

### Bacon Cheddar Biscuits

½ lb	Bacon (about 8 slices)
3 cups	Flour, all purpose
3 Tbsp	Sugar
4 Tsp	Baking Powder
1 ½ Tsp	Salt
1 Tsp	Baking Soda
1 ½ Sticks	Butter
1 ½ Cups	Cheddar Cheese, shredded
1 Cup	Buttermilk

Optional: ¼ cup of fresh chives

1. Preheat oven to 425F.
2. In a frying pan, cook the bacon until it is crispy. Transfer to paper towels to drain. Chop and set aside.
3. In a medium sided bowl, mix together the flour, sugar, baking powder and soda, and salt.
4. Cut the butter into small pieces. Make sure the butter stays cold.
5. Using a food processor or your hands, slowly incorporate the butter into the dry mixture.
6. Add the cheese and bacon. Mix together.
7. Add the buttermilk and stir just to incorporate the mix evenly.
8. Drop ½ cup each of the mixture on a greased baking sheet. Space them 2 inches apart.
9. Bake in the oven for 15-20 minutes or until they are golden brown. Times will vary.
10. Serve warm with more butter.

### OTHER TRADITIONAL SIDES

Cranberry Sauce or Relish  
Roasted Brussels Sprouts  
Roasted Yams  
Scalloped or Au Gratin Potatoes  
Corn  
Asparagus  
Broccoli  
Dinner Rolls/Bread

### WHAT ABOUT DESSERT?

*Dessert is always an important part of every meal! It is important to offer everyone something sweet after all of the delicious savory food. Always remember that cooking Thanksgiving dinner is a lot of work. You may not want to tackle dessert on top of everything else. I always recommend just buying dessert or asking your guests if they wouldn't mind bringing the dessert. If you want to impress and do it all yourself, I will share some of my easy recipes for making tasty and quick desserts.*

#### Ambrosia Salad

- 2 cans Pineapple Chunks (20oz)
- 1 cans Mandarin Oranges (11oz)
- 1 jar Maraschino Cherries no stems (16oz)
- 1 each Whipped Topping (Cool Whip) (8oz)
- 1 Cup Vanilla Yogurt
- 1 Cup Sweetened Flaked Coconut
- 1 Cup Mini Marshmallows

(Recipe on next page)

1. Thaw Whipped Topping.
2. Drain Pineapple, Cherries, and Oranges in a colander.
3. In a large bowl, mix the drained fruit, whipped topping, and yogurt.
4. Fold in marshmallows and coconut gently.
5. Chill for 1 hour before serving.

#### Apple Crisp

- $\frac{3}{4}$  cups All Purpose Flour
- $\frac{1}{2}$  tsp Salt
- 8 tbs Butter, cut into small pieces
- 3 lbs Apples, cored and cut into chunks.
- $\frac{1}{2}$  tsp Cinnamon
- $\frac{1}{4}$  cup Light Brown Sugar, packed
- $\frac{1}{2}$  cup Granulated Sugar (reserve 2T)
- 1 cup Old Fashioned Rolled Oats
- 2 tbs Lemon Juice

### Apple Crisp (cont.)

1. Preheat oven to 375F
2. In a large bowl, mix together flour, brown sugar, salt, and 2 tbsp of sugar.
3. Using a pastry blender or your hands, add butter into the dry mixture.
4. Using your hands, add oats and squeeze mixture into large moist clumps.
5. Transfer mixture to the freezer to chill.
6. In a new large bowl, toss apples with lemon juice, cinnamon, and sugar.
7. Transfer to a 9x13 baking dish.
8. Sprinkle topping over the apples.
9. Place baking dish on a baking sheet to catch any dripping while cooking.
10. Bake in oven 55-65 minutes or until golden brown.
11. Let stand for 10 minutes before serving.

### Pumpkin Pie – No Baking Required

1 cup	Pumpkin Puree
3 ½ oz	Instant Vanilla Pudding
¼ cup	Milk
2 tsp	Pumpkin Pie Spice
8 oz	Cool Whip
1 each	Graham Cracker Crust

1. Stir together pumpkin puree, pudding mix, milk, and pumpkin spice. Stir until you remove all of the lumps.
2. Carefully fold in the Cool Whip
3. Spread mixture into the 9in Crust.
4. Chill for 4 hours.
5. Serve with additional whipped topping.

### OTHER TRADITIONAL DESSERTS

Pumpkin Pie  
Pumpkin Roll  
Pumpkin Cheesecake  
Bread Pudding  
Apple Pie