



Greenfield's Thanksgiving Meal 2011

Use the following for your big holiday meals!

#1: Quinoa Stuffing

- 3 bay leaves
- 2 cups quinoa
- 1/4 cup olive oil
- 2 small zucchini, cut into 1-inch cubes
- 1 butternut squash, peeled and diced
- 2 bunches green onions, chopped
- 1 cup dried apricots, diced
- 1 cup dried cranberries
- 1 cup fresh parsley, chopped
- 1 cup fresh mint, chopped
- 1 lemon

Boil 4 cups water; season with bay leaves and salt. Add quinoa and return to a boil. Reduce heat, cover and simmer about 20 minutes, until quinoa absorbs water. Remove from heat; remove bay leaves and let cool. Meanwhile, heat 3 tbsp oil in a frying pan. Sauté zucchini and squash — season with salt and pepper — until slightly browned. Combine vegetables and quinoa. Drizzle on remaining 1 tbsp oil. Stir in onions, apricots, cranberries, parsley, and mint. Grate in lemon peel and squeeze on lemon juice to taste. Season with salt and pepper.

#2: Stuffed Sweet Potatoes

- 6 sweet potatoes, even in size and scrubbed
- 4 tablespoons butter, room temperature
- 4 ounces yogurt cheese (much better option) or cream cheese
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- Salt and freshly ground black pepper

Preheat oven to 375 degrees F.

Place sweet potatoes on sheet tray and bake for 1 hour or until soft. Remove from oven and let stand until cool enough to handle.

Split potatoes and remove the flesh to a medium sized bowl, reserving skins. In another bowl, add brown sugar, butter and yogurt cheese and the all of the spices and mash with a fork or rubber spatula.

Add the butter and yogurt cheese mixture to the sweet potato flesh and fold in completely. Add the filling back to the potato skins and place on a half sheet tray. Bake for 15 minutes or until golden brown.

#3: Bacon Wrapped Asparagus

- 10 spears fresh asparagus, trimmed
- 1/8 teaspoon pepper
- 5 bacon strips, halved lengthwise

Place asparagus on a sheet of waxed paper; coat with nonstick cooking spray. Sprinkle with pepper; turn to coat. Wrap a bacon piece around each spear; secure ends with toothpicks. Grill, uncovered, over medium-low heat for 8-12 minutes or until bacon is crisp, turning occasionally. Discard toothpicks.

#4: Roasted Turkey

For the brine:

- 1 cup kosher salt
- 1/2 cup light brown sugar
- 1 gallon vegetable stock
- 1 tablespoon black peppercorns
- 1 1/2 teaspoons allspice berries
- 1 1/2 teaspoons chopped candied ginger
- 1 gallon heavily iced water

For the aromatics:

- 1 red apple, sliced
- 1/2 onion, sliced
- 1 cinnamon stick
- 1 cup water
- 4 sprigs rosemary
- 6 leaves sage
- Canola oil

2 to 3 days before roasting:

Begin thawing the turkey in the refrigerator or in a cooler kept at 38 degrees F.

Combine the vegetable stock, salt, brown sugar, peppercorns, allspice berries, and candied ginger in a large stockpot over medium-high heat. Stir occasionally to dissolve solids and bring to a boil. Then remove the brine from the heat, cool to room temperature, and refrigerate.

Early on the day or the night before you'd like to eat:

Combine the brine, water and ice in the 5-gallon bucket. Place the thawed turkey (with innards removed) breast side down in brine. If necessary, weigh down the bird to ensure it is fully immersed, cover, and refrigerate or set in cool area for 8 to 16 hours, turning the bird once half way through brining.

Preheat the oven to 500 degrees F. Remove the bird from brine and rinse inside and out with cold water. Discard the brine.

Place the bird on roasting rack inside a half sheet pan and pat dry with paper towels.

Combine the apple, onion, cinnamon stick, and 1 cup of water in a microwave safe dish and microwave on high for 5 minutes. Add steeped aromatics to the turkey's cavity along with the rosemary and sage. Tuck the wings underneath the bird and coat the skin liberally with canola oil.

Roast the turkey on lowest level of the oven at 500 degrees F for 30 minutes. Insert a probe thermometer into thickest part of the breast and reduce the oven temperature to 350 degrees F. Set the thermometer alarm (if available) to 161 degrees F. A 14 to 16 pound bird should require a total of 2 to 2 1/2 hours of roasting. Let the turkey rest, loosely covered with foil or a large mixing bowl for 15 minutes before carving.

#5: Mashed Turnips

- 1 1/2 cups light olive oil
- 3 tablespoons unsalted butter
- 5 to 6 shallots, peeled and sliced into thin rings
- 2 large yellow turnips about 4 pounds total
- Kosher salt
- 1 cup whole milk
- 6 tablespoons (3/4 stick) salted butter
- 1/2 teaspoon freshly ground black pepper

Heat the oil and butter in a saucepan over medium-low heat until it reaches 220 degrees F. Reduce the heat to low, add the shallots and cook until they are a rich golden brown, 30 to 40 minutes. The temperature should stay below 260 degrees F. Stir the shallots occasionally to make sure they brown evenly. Remove them from the oil with a slotted spoon, drain well, and spread out to cool on paper towels. Once they have dried and crisped, they can be stored at room temperature, covered, for several days.

Peel the turnips to remove the waxy skins and cut them into generous 1-inch chunks. Place them in a saucepan with water to cover and 1 teaspoon of salt. Bring to a boil and simmer, covered, until easily pierced by a paring knife, about 35 minutes. Drain.

In a separate saucepan, heat the milk and salted butter over low heat until the butter has melted and the milk just begins to simmer.

Puree the turnips in several batches in a food processor fitted with the steel blade. With the motor running, add the melted butter and milk in a steady stream. The turnips should be smooth.

Return the puree to the saucepan, season with 1 teaspoon salt and the pepper, and reheat, stirring, over medium heat. Serve piping hot, sprinkled generously with crispy shallots.

#6: Pumpkin Pie

<http://www.youtube.com/watch?v=or-XMKgPEJ8>

#7: Cherry Pie

- 1 recipe pastry for a 9 inch double crust pie
- 4 tablespoons quick-cooking tapioca
- 1/8 teaspoon salt
- 1 cup white sugar
- 4 cups pitted cherries
- 1/4 teaspoon almond extract

- 1/2 teaspoon vanilla extract
- 1 1/2 tablespoons butter

Preheat oven to 400 degrees F (205 degrees C). Place bottom crust in piepan. Set top crust aside, covered.

In a large mixing bowl combine tapioca, salt, sugar, cherries and extracts. Let stand 15 minutes. Turn out into bottom crust and dot with butter. Cover with top crust, flute edges and cut vents in top. Place pie on a foil lined cookie sheet --- in case of drips!

Bake for 50 minutes in the preheated oven, until golden brown.

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<http://www.bengreenfieldfitness.com/innercircle/forum>***