

Brined and Roasted Turkey Breast

Yield 10-12 servings

Ingredients

Water	1 gal
Salt	1 cup
Sugar (optional)	¼ - ½ cup
Turkey breast	5 lb. breast
Lemon, sliced	1
Bay leaves	4
Allspice	1 tbsp.
Dried basil	2 tsp.
Pepper	as needed

Method:

1. Heat half of the water and dissolve the salt and sugar into it.
2. Pour the hot water mixture into the remaining cold water.
3. Submerge the cleaned turkey breast.
4. Stir in lemon slices, bay leaves, and allspice.
5. Cover container with plastic wrap.
6. Refrigerate for 24 hours, or overnight.
7. Remove turkey from brine and pat dry.
8. Place in roasting pan and season with oregano, basil and pepper.
9. Roast in a 400° oven for 10 minutes. Reduce heat to 325°. Total roasting time should be 12-15 minutes per pound which should bring the internal temperature to 165° and the juices run clear.
10. Let turkey rest 20-30 minutes before carving.

Notes:

- ?? Do not add salt to the seasonings. There is enough salt in the brine.
- ?? Sugar can be omitted from the brine, but the turkey will not have the same robust flavor and it will not brown as easily.

Smoked Salmon and Cucumber Canapés

Yield: 10 servings

Ingredients

Low fat cream cheese	1 lb.
Dijon mustard	2 tbsp.
Dill weed, chopped stems removed	2 tbsp.
Smoked Salmon	2 lb.
Cucumber (European)	1
Chives cut in ½ inch pieces.	½ bunch

Method:

1. Soften cream cheese and whip lightly. Add mustard and dill weed and mix well.
2. Spoon into piping bag.
3. Slice cucumber into ¼ inch thick slices, either straight or on an angle.
4. Slice salmon thin and roll slices into a rosette.
5. Fill salmon with cream cheese mixture and place on top of a cucumber slice.
6. Garnish with fresh chives and chill until ready to serve.

Note:

- ?? Piping bags can be found in most supermarkets in the baking section or in kitchen supply stores.
- ?? European cucumbers are readily available in most supermarkets. They are firmer and have smaller seeds than a traditional cucumber. The traditional cucumber may be used.

St. Andrew's Bean Spread

Yield: 1 lb.

Ingredients

Onions, diced	1 1/2 oz.
Garlic, minced	1/4 oz.
Thyme	1 tbsp.
Italian parsley	1 tbsp.
Rosemary	1 tbsp.
Frozen Lima beans, thawed	3/4 lb.
Chicken stock	1/2 cup
Olive oil, extra virgin	1/3 cup
Juice from 1/2 of a lemon	
Salt	to taste
Black pepper	to taste

Method:

1. Sauté onions and garlic in a little oil over a medium heat until translucent, about 3 minutes.
2. Add beans and stock. Simmer until tender, about 3-4 minutes.
3. Add all other ingredients and purée.
4. Check the seasoning. Let cool before serving.

Note:

- ?? Vegetable stock or water may be substituted for the chicken stock.
- ?? Kidney beans, Black beans, Garbanzo beans or Navy beans may be substituted for the Lima beans.

Roasted Seasonal Vegetables

Yield: 10 servings

Ingredients

Fennel bulbs	2
Zucchini squash	1 lb.
Yellow squash	1 lb.
Sweet potatoes	1 lb.
Red peppers	2
Green peppers	2
Salt and pepper	as needed

Method:

1. Wash and cut vegetables. Keep the size of the cuts similar for even cooking.
2. Spray with olive oil from a mister, and toss with the herbs, salt and pepper.
3. Roast on a sheet pan in 375° oven for 20-30 minutes, or until golden brown.

Note:

- ?? If you do not have a mister then toss the vegetables with one tablespoon of olive oil.
- ?? Some root vegetable may need to be par-boiled to soften them before roasting.

Roasted Potatoes with Herbs

Yield: 10 servings

Ingredients

Red bliss and Yukon gold potatoes	4 lb.
Olive oil	1 oz.
Garlic powder	1 tbsp.
Paprika	1 tbsp.
Parsley, chopped	1 tbsp.
Salt and pepper	as needed

Method:

1. Scrub potatoes and peel if desired. Small potatoes may be kept whole, and large potatoes should be cut into halves or quarters.
2. Combine oil and seasonings in a large bowl. Add the potatoes and toss until evenly coated. Transfer to a sheet pan.
3. Roast in a 400° oven until browned and tender enough to be easily pierced with a fork, about 40 to 45 minutes.
4. Sprinkle with chopped parsley and serve.

Stuffed Mushroom Caps

Yield: 10 Servings

Ingredients

Large mushroom caps, cleaned, stems removed	20
Ratatouille	recipe follows
Parsley leaves	20 leaves

Method:

1. Fill mushroom caps with Ratatouille. Place on a baking sheet.
2. Bake at 350°-375° for 10-12 minutes.
3. Garnish with a sprig of parsley.

Ratatouille

Yield: 2 pounds

Ingredients

Olive oil, extra virgin	1 tsp.
Red onion, diced	2 ½ oz.
Garlic, minced	1 ½ tbsp.
Shallots	1 tbsp.
Tomato paste	1 oz.
Plum tomatoes, peeled, sliced thick	8 oz.
Zucchini, diced	4 oz.
Bell pepper, diced	4 oz.
Eggplant, diced	4 oz.
Yellow squash, diced	3 oz.
Vegetable stock or chicken stock	1 cup
Basil, chopped	1 tbsp.
Oregano, chopped	1 tsp.
Salt	¼ tsp.
Black peppercorns, crushed	¼ tsp.

Method:

1. Heat the oil in a large pot. Add the onion, garlic, and shallots. Sauté until the onions are translucent.
2. Add the tomato paste and sauté until brown.
3. Add the remaining vegetables and the stock. Bring to a gentle simmer and stew, stirring occasionally, until the vegetables are tender, about 15 minutes.
4. Season with herbs, salt and pepper.

Note:

- ?? This recipe will be more than enough to fill 2 dozen mushroom caps.
- ?? You don't need to use all the vegetables listed here to make a delicious Ratatouille.
- ?? Use a Ratatouille recipe that is rather dry.

Sweet Potato Soup

Yield: 10 servings

Ingredients

Onion, diced	2 ½ oz.
Celery, diced	2 oz.
Leeks, diced	1 oz.
Garlic clove, minced	1
Chicken stock	3 pints + ¼ cup
Sweet potatoes, peeled, diced	2 ½ lbs.
Cinnamon stick	1
Ground nutmeg	¼ tsp.
Evaporated skim milk	6 tbsp.
Maple syrup	2 ½ tsp.
Salt	¾ tsp.

Optional Garnishes

Whipped cream	3 ½ tbsp.
Sliced toasted almonds	¾ oz.
Dried currants	¾ oz.

Method:

1. In a soup pot, sweat the onion, celery, leeks, and garlic in a small amount of stock until translucent.
2. Add the remaining stock, potatoes, cinnamon stick, and nutmeg. Simmer until the potatoes are tender. Remove and discard the cinnamon stick.
3. Purée the soup, using a food processor or blender.
4. Chill for 8 to 12 hours, allowing the flavor to develop.
5. Just before serving, add the evaporated skim milk, syrup and salt.
6. If desired, garnish each serving with 1 teaspoon of whipped cream and a small amount of the almonds and currants.

Note:

Extra recipe... Soup adds an elegant touch to any holiday table. This recipe was not shown in the program. However it's so easy, it can be made ahead of time and then simply reheated on the day of service.

Apple Cake

Yield: 1 cake

Ingredients

All-purpose flour	1 ½ cups + 2 tbsp.
Sugar	½ cup
Salt	½ tsp.
Baking powder	1 ½ tsp.
Apples, peeled, cored, and diced	1 lb.
Ground cinnamon	1 tsp.
Orange juice	¼ cup
Vanilla extract	1 ¼ tsp.
Eggs	2
Vegetable oil	½ cup
Confectioner's sugar (optional)	to garnish

Method:

1. Preheat oven to 350°.
2. Prepare spring form pan by spraying with vegetable spray, then sprinkle with 2 tablespoons of flour. Evenly coat, then shake out the excess flour.
3. In a bowl whisk together the orange juice, vanilla, and eggs and oil. Do not over mix.
4. In another bowl, sift together flour, sugar, salt and baking powder.
5. In a third bowl, combine the apples, and cinnamon.
6. Stir the wet ingredients into the dry ingredients, then fold in the apple mixture.
7. Pour the batter into the prepared pan and bake for 60 minutes. Test for doneness and let cool.
8. Dust with confectioner's sugar if desired.

Note:

- ?? If you do not have a spring-form pan use a regular 8-inch round cake pan. Prepare it with the spray and flour and line it with a circle of parchment paper. The parchment paper will really assist in removing the cake from the pan.
- ?? Any combination of your favorite apples can be used.
- ?? Adapted from a recipe by Laura Pensiero.

Whole Wheat Stuffing

Yield: 6 servings

Ingredients

Whole wheat bread, lightly toasted and cut into 1 inch cubes	1 lb.
Olive oil	1/2 oz.
Onions, diced	3/4 cup
Celery, diced	3/4 cup
Leeks, diced	1/2 cup
Poultry seasoning	1 tbsp.
Artichoke hearts drained, roughly chopped	3/4 cup
Sage leaves, roughly chopped	1 tbsp.
Parsley leaves, chopped (optional)	1 1/2 tbs.
Roasted red peppers, roughly chopped	1/4 cup
Chicken stock	1 cup
Egg substitute	equal to 4 eggs
Salt and pepper	as needed

Method:

1. Preheat oven to 325°.
2. Heat the olive oil over a high heat. Sauté the onions, celery 3-4 minutes until translucent. Season with salt and pepper. Add leeks and cook another 3-4 minutes until they are lightly softened.
3. Add the poultry seasoning and cook for an additional 2-3 minutes.
4. Add the sage and parsley.
5. Remove the pan from the heat and pour the mixture over the bread.
6. Fold in the artichoke hearts, red bell peppers and parsley.
7. Add the stock and egg substitute. Season with salt and pepper.
8. Stir mixture until thoroughly combined and place in an oiled loaf pan.
9. Cover with foil and bake 1 hour 15 minutes. Remove foil and bake another 15 minutes.

Green Bean Salad

Yield: 4-6 servings.

Ingredients:

Green beans, trimmed	¾ - 1 lb.
Vegetable oil	1 tbsp.
Sliced onions	½ cup (½ a med. onion)
Celery, ¼ inch slices	½ cup (1 stalk)
Salt	1 tsp.
Celery seed	½ tsp.
Pepper	1/8 tsp.
Rice wine vinegar	¼ cup
Water	½ cup
Oregano	to taste
Marjoram	to taste
Parsley	to taste
Red bell pepper, diced small	¼ cup

Method:

1. Cut green beans on the diagonal (a bias cut) into 2 inch pieces and blanch them.
2. Heat oil in a medium skillet. Sauté the onions and celery until translucent, about 4-5 minutes. Add Salt & pepper.
3. Add the celery seed, vinegar and water.
4. Then add the oregano, marjoram and parsley.
5. Allow the onion mixture to cool to room temperature.
6. Combine the green beans, onion mixture and red bell peppers.
7. Chill for one hour.

Notes:

- ?? You may substitute 4 cups of steamed cauliflower for the green beans. If you do so, then add 3 chopped hard-boiled eggs to the salad as well.
- ?? Blanching is the process of boiling the green beans for 3-4 minutes and then immediately immersing them into cold water.
- ?? Salad may be served either hot or cold.

Cheesecake

Yield: one 10 inch cake

Ingredients

Heat tolerant sugar substitute	1 cup
Ricotta	½ lb.
Fat free cream cheese	1 ¼ lb.
Regular cream cheese	12 oz.
Sour cream	1 lb.
Butter, softened	½ cup
Corn starch	3 tbsp.
Flour	3 tbsp.
Vanilla extract	1 tsp.
Lemon juice	2 tsp.
Eggs	3

Method:

1. Blend sugar substitute, ricotta, fat free cream cheese, regular cream cheese, and sour cream until smooth. Do not over mix; about 2 minutes.
2. Add the butter, corn starch, flour, extract and lemon juice and continue mixing gently.
3. Add eggs and blend until just incorporated. Pour into a prepared spring-form pan.
4. Place cheesecake in a cold oven with a water bath. Bake at 350° for 1 hour. Turn off the oven and leave the cheesecake in the oven for another hour. Cool at room temperature for 1 hour then refrigerate.
5. Remove from the pan after being completely cooled in the refrigerator.
6. Warming a knife in warm water can help to cut the cheesecake from the pan.

Note:

?? A Water Bath: Place the filled spring-form pan into a larger baking pan. Fill the larger pan with water until it reaches 2/3rds up the side of the spring-form pan. Be careful not to get any water into the cheesecake.