

Gourmet Group Fall Menu 2021
Preparing a Thanksgiving Meal

Starter

Sweet Potato Soup

Thanksgiving Meal

Lemon-Herb Turkey with Lemon-Garlic Gravy

Three Mushroom Dressing with Prosciutto

Roasted Fingerling Potatoes

Brussel Sprouts Hash with Caramelized Shallots

Lemon Roasted Green Beans with Marcona Almonds

Blood Orange Cranberry Sauce

Popovers

Dessert

Pumpkin Mascarpone pie

Bread Pudding with Warm Praline Sauce

Wine

White : Sauvignon Blanc

Red: Bordeaux

Starter

Sweet Potato Soup

Serves 6

Vegan,GF,DF

Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 1 carrot, chopped
- 1 celery rib, chopped
- 1 orange bell pepper, stemmed, seeds removed, and chopped
- 3 cloves garlic, minced
- 1 bay leaf
- 2 lbs sweet potatoes, peeled and chopped
- 32 oz vegetable broth
- 1 1/2 teaspoons smoked paprika
- 1/2 teaspoon ground coriander
- 1/2 teaspoon dried thyme
- Kosher salt and black pepper, to taste
- 1 cup coconut milk

Instructions:

In a large pot, heat the olive oil over medium high heat. Add the onion, carrot, celery, and pepper. Cook until vegetables are tender, about 5 minutes. Add the garlic and bay leaf and cook for one more minute.

Add the chopped sweet potatoes and vegetable broth. Season with smoked paprika, coriander, thyme, salt, and pepper. Partially cover the pot with a lid and simmer for 20 to 30 minutes or until the sweet potatoes are soft when pierced with a fork.

Use an immersion blender to puree the soup in the pot until smooth. You can also carefully transfer the soup to a blender and puree. You will need to do it in two batches, so the blender isn't too full and make sure you let the soup cool for a few minutes so it isn't too hot.

Stir in the coconut milk. Taste and season with additional salt and pepper, if necessary. Ladle into bowls and serve warm. You can garnish the soup with a drizzle of coconut milk, a dash of smoked paprika, and chopped fresh parsley, if desired.

Thanksgiving Meal

Lemon-Herb Turkey with Lemon-Garlic Gravy

10-12 servings, GF, DF

Bon Appétit

Lemon-Herb Butter

- 1 large lemon
- 1 small head of garlic
- 3/4 cup (1 1/2 sticks) unsalted butter, room temperature
- 1/4 cup chopped fresh Italian parsley
- 3 tablespoons chopped fresh fennel fronds
- 1 cup small shallot, chopped
- 1 tablespoon chopped fresh sage
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 large pinch of powdered saffron or saffron threads

Instructions:

Make 4 long 1/2-inch-deep cuts in lemon. Place in a microwave-safe bowl. Cover and microwave on high for 2 minutes. Place the garlic head in a medium microwave-safe bowl; add enough water to cover garlic. Cover bowl and microwave on high until soft, about 3 minutes. Transfer garlic to work surface; cool and peel.

Pour any lemon juice from the bowl into a small cup. Cut lemon in half and squeeze juice into the same cup; reserve juice for gravy. Scrape all fruit and pith from inside peel halves; discard insides. Chop peel. Blend peel and garlic in a mini processor until finely chopped. Add butter and all remaining ingredients; process to blend.

Do Ahead: Can be made 2 days ahead. Transfer to bowl. Cover lemon juice and lemon-herb butter separately; chill. Bring butter to room temperature before using.

Well Preserved: The microwave method for the lemon is a neat trick. It's a two-minute way to make fresh-tasting Moroccan-style 'preserved' lemons (which usually take from one week to one month to cure).

Test-Kitchen Tip: Fennel fronds, those delicate, feathery, dark-green leaves rising from the fresh fennel bulb, are jam packed with fennel flavor. At the market, look for fennel bulbs that still have the fronds attached (you'll find that some bulbs have been too closely trimmed).

Turkey:

- 1 14- to 16-pound turkey, rinsed, patted dry inside and out (neck heart and gizzard reserved for Shortcut Turkey Stock)
- 3 lemons, cut into 1/8-inch-thick slices
- 10 fresh Italian parsley sprigs
- 6 fresh sage sprigs
- 6 fresh fennel fronds
- 2 tablespoons olive oil
- 2 cups Do-Ahead Turkey Stock* or water

Instructions:

Set rack at lowest position in oven and preheat to 325°F. Transfer 2 tablespoons lemon-herb butter to a small bowl; reserve for gravy. Sprinkle the main turkey cavity with salt and pepper and spread with 2 tablespoons lemon butter.

Starting at the neck end of the turkey, carefully slide your hand between skin and meat of breast, thighs, and upper drumsticks to loosen skin. Spread lemon butter over the thigh and drumstick on both sides.

Arrange a few lemon slices under the skin. Spread remaining butter over breast meat; place lemon slices atop butter under skin. Fill the main cavity with any remaining lemon slices, parsley and sage sprigs, and fennel fronds. Tie legs together loosely to hold shape. Tuck wing tips under.

Place the turkey on a rack set in a large roasting pan. Rub the outside of the turkey all over with oil; sprinkle with salt and pepper. Pour stock into the pan. Roast turkey until the thermometer inserted into the thickest part of the thigh registers 165°F to 170°F, about 3 hours. Tilt turkey so juices from the main cavity run into the pan. Transfer turkey to a platter. Tent very loosely with foil; let rest at least 30 minutes (internal temperature will rise 5 to 10 degrees). Reserve pan.

Gravy:

- 2 cups (or more) Do-Ahead Turkey Stock*
- 3 garlic cloves, chopped
- 1 small shallot, chopped
- 1/4 cup all purpose flour
- 1teaspoon finely grated lemon peel
- 1/2 teaspoon sugar
- 1/4 cup chopped fresh Italian parsley
- 1tablespoon chopped fennel fronds
- 2 teaspoons chopped fresh sage
- 1/2 cup crème fraîche (optional, omit for dairy free option)

Instructions:

Scrape the juices and browned bits from the reserved roasting pan into a large glass measuring cup. Spoon off the fat, reserving 2 tablespoons. Add enough stock to the juices to measure 1 2/3 cups.

Heat the reserved 2 tablespoons fat in a heavy large saucepan over medium-high heat. Add garlic and shallot; sauté for 2 minutes. Add flour; whisk until golden, about 4 minutes. Add degreased pan juices and 2 cups stock. Bring to boil, whisking until smooth. Reduce heat and simmer until gravy is reduced to desired consistency, about 4 minutes. Whisk in 2 tablespoons reserved lemon butter, 2 tablespoons reserved lemon juice, lemon peel, and sugar, then herbs. Whisk in crème fraîche, if desired. Season to taste with salt and pepper.

***Do-Ahead Turkey Stock**

Makes 5 cups

In a large saucepan combine:

- 8 cups low-salt chicken broth
- 2 scrubbed unpeeled carrots, cut into chunks
- 2 celery stalks, cut into chunks
- 1 rinsed unpeeled large onion, quartered
- Stems from 1 bunch fresh Italian parsley
- Reserved turkey neck, heart and gizzard

Bring to a boil. Reduce heat to very low: simmer gently until gizzard is tender, about 1 ½ hours. Transfer neck, heart, and gizzard to a plate. Strain stock into a medium bowl and cool. If adding giblets to gravy, pull meat from the turkey neck. Chop neck meat, heart, and gizzard.

Do Ahead: Cover stock and wrap giblet. Chill for up to 3 days.

Three-Mushroom Dressing with Prosciutto

Bon Appétit

Serves 10

You can modify the recipe to meet your dietary restriction.

DF butter, GF bread, Plant based sausage like Field Roast instead of prosciutto.

Ingredients:

- 8 cups 1/2-inch cubes rustic rosemary bread (from one 14 1/2-ounce loaf)
- 1 ounce dried porcini mushrooms*
- 2 cups boiling water
- 4 teaspoons vegetable oil
- 1 3-ounce package thinly sliced prosciutto, cut crosswise into 1/4-inch-wide slices
- 6 tablespoons (3/4 stick) butter
- 1/2 pound small button mushrooms, trimmed
- 1/2 pound small fresh shiitake mushrooms, stemmed, quartered
- 1 cup chopped onion
- 3 garlic cloves, minced
- 2 1/2 tablespoons crushed dried rosemary
- 1 cup dry white wine
- 1 cup chopped green onions, divided
- 2 large eggs, beaten to blend
- 1 cup (about) low-salt chicken broth

Instructions:

Preheat the oven to 350°F. Spread bread cubes in a single layer on a large rimmed baking sheet. Bake until lightly browned and slightly crisp, about 18 minutes. Cool. Combine porcini mushrooms and 2 cups boiling water in medium bowl; let stand until mushrooms are soft, about 30 minutes. Strain, reserving soaking liquid. Chop mushrooms.

Heat oil in a heavy large skillet over medium-high heat. Add prosciutto and cook until crisp, stirring occasionally, about 4 minutes. Transfer to paper towels. Melt butter in the same skillet over medium-high heat. Add button mushrooms, shiitake mushrooms, and onion to the skillet and sauté until soft and brown, about 10 minutes. Add garlic, rosemary, and porcini mushrooms. Sprinkle it with salt and pepper. Add wine and boil until almost all liquid evaporates, about 4 minutes. Transfer to bowl.

Do ahead: Bread cubes, mushroom soaking liquid, prosciutto, and mushroom mixture can be made 1 day ahead. Cover and store bread cubes at room temperature. Cover mushroom soaking liquid, prosciutto, and mushroom mixture separately and chill.

Preheat the oven to 350°F. Generously butter a 13x9x2-inch baking dish. Combine bread cubes, 1/2 cup prosciutto, mushroom mixture, and 3/4 cup green onions in a

large bowl; toss to distribute evenly. Add eggs; toss to coat. Pour mushroom soaking liquid into a 2-cup measuring cup. Add enough chicken broth to soaking liquid to measure 2 cups. Add broth mixture to bread mixture; toss to coat (mixture will be moist). Transfer dressing to prepared dish. Bake uncovered until the top is slightly crisp, about 30 minutes. Sprinkle with remaining prosciutto and green onions.

*Available in the produce section of many supermarkets and at specialty foods stores and Italian markets.

Kitchen tip: If the prosciutto softens before serving, place in a small skillet set over medium-high heat and stir until crisp.

Roasted Fingerling Potatoes

Serves 4, V, DF, GF

Ingredients:

- 1 ½ pounds fingerling potatoes sliced in half lengthwise
- 2 tablespoon butter unsalted, melted
- 3 cloves garlic minced
- 1 tablespoon Italian seasoning (oregano, basil, thyme)
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon olive oil
- 1 tablespoon parsley fresh, chopped, for garnish

Instructions:

Preheat your oven to 425 F degrees.

Toss the potatoes with the butter, garlic, Italian seasoning, salt, and pepper. Add the olive oil to a large skillet, then spread the potatoes evenly in a large cast iron skillet. Bake for 20 to 25 minutes, or until crispy. Garnish with parsley and serve.

Brussels Sprout Hash with Caramelized Shallots

8-10 servings , V,GF,DF

Epicurious

Ingredients:

- 6 tablespoons (3/4 stick) butter, divided
- 1/2 pound shallots, thinly sliced
- Coarse kosher salt
- 2 tablespoons apple cider vinegar
- 4 teaspoons sugar
- 1 1/2 pounds brussels sprouts, trimmed
- 3 tablespoons extra-virgin olive oil
- 1 cup water

Instructions:

Melt 3 tablespoons butter in a medium skillet over medium heat. Add shallots; sprinkle with coarse kosher salt and pepper. Sauté until soft and golden, about 10 minutes. Add vinegar and sugar. Stir until brown and glazed, about 3 minutes.

Halve brussels sprouts lengthwise. Cut lengthwise into thin (1/8-inch) slices. Heat oil in a large skillet over medium-high heat. Add sprouts; sprinkle with salt and pepper. Sauté until brown at edges, 6 minutes. Add 1 cup water and 3 tablespoons butter. Sauté until most of the water evaporates and sprouts are tender but still bright green, 3 minutes. Add shallots; season with salt and pepper.

Lemon -Roasted Green Beans with Marcona Almonds

Serves 8, V, GF, DF

Bon Appétit

Ingredients:

- Nonstick vegetable oil spray
- 2 pounds green beans, trimmed
- 1 onion, peeled, cut into 8 wedges
- 6 large fresh marjoram sprigs
- 2 tablespoons extra-virgin olive oil
- Coarse kosher salt
- 1 tablespoon fresh lemon juice
- 1 teaspoon (packed) finely grated lemon peel
- 1/2 cup coarsely chopped Marcona almonds or roasted regular almonds

Instructions:

Position 1 rack in top third and 1 rack in bottom third of the oven and preheat to 450°F. Spray 2 large rimmed baking sheets with nonstick spray. Combine green beans, onion wedges, and marjoram in a large bowl. Drizzle with oil, then sprinkle with coarse kosher salt and pepper. Toss; divide between prepared sheets.

Roast vegetables 15 minutes. Reverse sheets. Continue to roast until beans are tender and beginning to brown in spots, about 10 minutes longer.

Transfer vegetables to a bowl. Add lemon juice, grated lemon peel, and half of chopped almonds. Toss to coat; season with salt and pepper. Sprinkle with remaining almonds.

Blood Orange Cranberry Sauce

Makes about 2 ½ cups, V, GF, DF

Ingredients:

- 12 oz fresh cranberries
- 1/3 cup granulated sugar (maple syrup or honey to taste)
- 2 blood oranges juiced
- The zest from 1 blood orange
- 1 tsp vanilla extract (optional)

Instructions:

Add the cranberries, sugar or maple syrup and orange juice to a saucepan. Bring to a simmer and cook on low flame for 5 minutes or until all the cranberries burst. Stir in the vanilla & orange zest and cook for one more minute.

Remove the sauce from heat and allow it to cool and thicken. Serve at room temperature or refrigerate.

Instead of vanilla you could add about two teaspoons of finely chopped crystalized ginger or 1/4 teaspoon cinnamon.

Popovers

Makes 12

Mark Bittman

Ingredients:

- 5 tablespoons melted butter
- 2 eggs
- 1 cup milk
- 1 teaspoon sugar
- 1 teaspoon salt
- 1 cup all-purpose flour
- 1 teaspoon fresh thyme (or 1/2 teaspoon dried), optional

Instructions:

Preheat oven to 425 degrees. Drizzle a teaspoon or so of melted butter in each cup of a 12-cup muffin pan or a popover tin and put it in the oven while you make batter.

Beat together the eggs, milk, 1 tablespoon butter, sugar and salt. Beat in the flour a little bit at a time and add thyme if using; mixture should be smooth.

Carefully remove muffin tin from the oven and fill each cup about halfway. Bake for 15 to 20 minutes, then reduce heat to 350 degrees and continue baking for 15 minutes more, or until popovers are puffed and browned. Do not check popovers until they have baked for a total of 30 minutes. Remove from the pan immediately and serve hot.

Dessert

Bread Pudding with Warm Praline Sauce

16 servings,

All recipes

Dietary modifications below*

Ingredients:

- ¼ cup butter, melted
- 2 cups half-and-half
- 2 cups milk
- 1 (1 pound) loaf soft French bread, torn into small pieces
- 3 eggs, lightly beaten
- 3 cups white sugar
- 4 teaspoons vanilla extract
- 1 ½ teaspoons ground cinnamon
- ¼ cup raisins, or more to taste (optional)
- ½ pound unsalted butter
- 1 cup heavy cream
- 1 cup brown sugar
- ½ cup chopped toasted pecans

Instructions:

Preheat the oven to 325 degrees F (165 degrees C). Coat a 13x9-inch baking dish with 1/4 cup melted butter.

Pour half and half and milk over bread in a large mixing bowl; let soak for 10 minutes before gently stirring. Stir eggs into the bread mixture until incorporated. Add sugar, vanilla extract, cinnamon, and raisins respectively, stirring each addition into the mixture before adding the next. Spoon bread mixture into prepared baking dish.

Bake in a preheated oven until the bread mixture is firm and pudding-like, about 50 minutes.

Stir 1/2 pound unsalted butter, heavy cream, and brown sugar together in a heavy saucepan; bring to a boil. Reduce heat to low, stir pecans into the cream mixture, and simmer until the sugar is dissolved and the sauce thickens, about 5 minutes; pour over bread pudding to serve.

*For DF, GF options I have tried this recipe using GF bread, full fat alternative milk and Silk coconut based whipping cream. For half and half, mix equal parts of coconut cream and water or coconut milk.

Pumpkin Mascarpone Pie

8 Servings

Giada De Laurentiis

For the dough:

- 1 1/2 cups all purpose flour
- 2 tablespoons sugar
- 1/2 teaspoon kosher salt
- 3/4 cup 1 1/2 sticks unsalted butter, cubed and chilled
- 1/4 cup ice water

For the filling:

- 2 eggs at room temperature
- 1 15 ounce can pumpkin puree
- 1 cup whipped cream cheese
- 1/2 cup mascarpone cheese
- 3/4 cup light brown sugar
- 1/2 teaspoon kosher salt
- 1 teaspoon ground cinnamon
- 1 teaspoon lemon zest
- 1 teaspoon pure vanilla extract

Instructions:

Chill the bowl and blade of a food processor for 1 hour before starting.

To the food processor add the flour, sugar and salt and pulse to combine. Add the cold butter and pulse 3 or 4 times or until chick pea sized pieces of butter remain. With the machine running, drizzle in the ice water until the dough just starts to come together.

Turn the dough out onto a piece of plastic wrap and form into a flat disk. Wrap tightly and refrigerate for at least an hour or up to 2 days.

Preheat the oven to 350 degrees F. Position an oven rack on the lower third of the oven.

On a clean surface dusted with flour roll the pie dough out to a 1/6 inch thick round.

Place the dough in a 9inch pie pan and trim so there is a 1/2 inch overhang. Tuck the overhang under the edge to make a double layer around the edge. Using 2 knuckles and your tip of a finger, crimp the edges to make a decorative edge. Refrigerate until the filling is ready.

In a large mixing bowl whisk the eggs until smooth. Add the pumpkin puree, cream cheese, mascarpone, sugar, salt, cinnamon, zest and vanilla. Whisk until combined and smooth. Pour the filling into the chilled pie dough and tap the pan on the counter to smooth the top. Place the pie on a rimmed baking sheet and bake for 1 hour and 10 minutes or until the center is just set and the edges are starting to crack slightly. Cool to room temperature and then refrigerate to chill completely. Slice and serve with whipped cream.

Wines

White : A French Sauvignon Blanc is perfect for the lemon and blood orange flavors.

Red: A Bordeaux matches the roasted dishes in this menu.

Happy Thanksgiving and Happy Holidays to you and your families!!