

PANDEMIC PANTRY RECIPES ~ NOVEMBER 14, 2020
HELPFUL HINTS FOR HEALTHFUL HOLIDAYS

Turkey Roulade with Apple – Cider Gravy
(serves 6)

2 ½ pound Skinless Turkey Breast Butterflied
½ cup dried cranberries and cover with some cranberry juice or cider
2 TBS Canola Oil, divided
1 ½ cups diced onion
1 cup sliced onion
6 minced garlic cloves
2 ½ cups stuffing (cubed or crumbs)
1/3 cup lightly toasted chopped pecans
3 TBS fresh sage, chopped and divided.
1 ½ cup chicken stock plus more to moisten stuffing
1 teaspoon kosher salt
½ tsp black pepper
1 cup apple cider
3 TBS apple cider vinegar
1 heaping teaspoon cornstarch dissolved in 2 TBS water

Preheat Oven to 375 degrees.

If you are butterflying your own turkey breast, slice it open horizontally making an open envelope. Place between two sheets of plastic wrap and pound until it reaches about ¾ inch thickness.

Place cranberries in a small sauce pan with your choice of liquid. Bring to a boil, let sit five minutes and drain. Take a tablespoon of canola oil and add to a heavy Dutch oven. Add chopped onions and garlic and cook until transparent. Add two tablespoons of sage, croutons, pecans, and cranberries, salt and pepper. Mix well and add about a cup of chicken stock to moisten. Don't make it too wet as the turkey will add more juices to it.

Spread stuffing over the turkey breast, roll, and tie securely with kitchen twine. Take one tablespoon of oil, add to Dutch oven and heat. Sear the top and sides of the turkey breast. Add onions, and 1 ½ cups stock. Cover and bake in oven for about an hour (internal temperature should be no more than 160 degrees). Remove meat to a platter and let sit. Add cider and vinegar to Dutch oven. Bring to a boil and add cornstarch. Boil and reduce to desired thickness. Slice turkey in 1 ½ inch pieces. Serve gravy on side. Sprinkle with chopped fresh parsley or more sage to make it pretty.

Roasted Sweet Potatoes with Honey and Cinnamon
(serves 4)

4 Sweet Potatoes peeled and cut into 1 inch cubes
¼ cup extra virgin olive oil
¼ cup honey

2 teaspoons ground cinnamon
Kosher salt and black pepper to taste.
A drizzle of maple syrup.
Chopped parsley for garnish

Preheat oven to 375 degrees.

Lay sweet potatoes in a single layer on a heavy duty cookie sheet. Drizzle with honey, oil, and cinnamon. Sprinkle with kosher salt and pepper. Roast for about 25 minutes or until tender. Place in a serving bowl and drizzle with maple syrup. Garnish with a sprinkle of chopped parsley.

Vegan Wild Rice Stuffed Butternut Squash
(serves 4 - 8)

2 medium butternut squash (about 2 pounds each)
3 TBS apple cider vinegar
2 TBS maple syrup
4 TBS olive oil, divided
Kosher salt and black pepper
1 small chopped onion
½ cup wild rice
½ tsp mild curry powder
½ teaspoon ground cinnamon
¼ teaspoon cayenne pepper
¼ cup dried, unsweetened cherries
1 cup chopped parsley, plus a little more for garnish
1 TBS fresh sage, chopped
¼ cup chopped walnuts

Preheat oven to 400 degrees.

Cut the squash in half lengthwise and scoop out seeds. Arrange flesh side up in a large, baking dish that has been sprayed or oiled. Wisk together vinegar, maple syrup, and 2 TBS oil. Brush the flesh side with the vinegar/syrup mixture and sprinkle squash a little kosher salt and pepper. Bake flesh side DOWN until tender (about 30 to 40 minutes). Let squash cool down and scoop out flesh into a large bowl leaving about a ¼ inch border inside the skin. Leave scooped flesh in fairly large chunks.

Heat 2 tablespoons oil in a sauce pan. Add onions and garlic and cook until transparent. Add rice, curry, cinnamon, and cayenne, a little kosher salt and pepper and let cook for about 90 seconds to enhance flavors. Add 2 cups of water and bring to a simmer, covered, until the rice is tender...about 40 minutes. You may have to add more water. Remove from heat, add to squash chunks. Stir in remaining maple oil, cherries, parsley, and sage and taste to see if you need a bit more salt and pepper.

Scoop this filling evenly into squash shells and bake uncovered for about 20 minutes. Sprinkle with walnuts and parsley.

Spiced Ginger Shrimp with Burst Tomatoes
(serves 2)

1 ½ teaspoons garam masala (aromatic spice blend)
1 TBS finely grated ginger

6 garlic cloves, finely chopped
3 scallions, thinly sliced, greens and whites separated
¾ teaspoons kosher salt
¼ teaspoon black pepper
1 pound extra large peeled and deveined uncooked shrimp
1 TBS extra virgin olive oil
1 cup small cherry tomatoes
2 TBS unsalted butter
Fresh lime juice
½ cup fresh mint, chopped

In a medium bowl combine garam masala, ginger, garlic, the whites of the scallions, salt and pepper. Add shrimp and coat evenly.

Heat a heavy skillet on stovetop. Add oil and tomatoes cook until the tomatoes burst or wrinkle...about 2 minutes.

Add shrimp and cook until they become pink all over.

Stir in the butter and cook for about a minute until shrimp are totally cooked. Remove from heat and hit with fresh lime juice. Add more salt or spices to taste. Garnish with mint and scallion greens. Serve immediately over cous cous, rice, pasta....whatever you fancy. Or simply eat out of a bowl.

Crimson Pie **(serves 10)**

Dough

¼ cup sour cream
2 TBS ice water
3TBS sugar
¾ tsp salt
2¼ cup all purpose flour
¼ cup cake flour
½ cup unsalted butter
½ cup shortening

Filling

½ seedless orange, peel and all
4 cups fresh or frozen blueberries
1 – 12 ounce bag cranberries
1 ½ cups sugar
3 TBS corn starch

For the pie dough...

Combine all of the dried ingredients. Work butter and shortening into the flour mixture until it resembles coarse meal. Make a well in the center and mix in sour cream and water. Mix thoroughly and let sit until ready to roll.

For the filling...

In a food processor or a heavy duty blender, add orange, sugar, and cornstarch. Blend until it becomes a smooth paste. In a pot on the stove add blueberries, cranberries, and paste. Cook, stirring constantly, on medium heat until the mixture thickens and is bubbly. Cool slightly or chill overnight.

To bake....

Preheat oven to 450 degrees. Divide the dough into two pieces. Spray a ten inch pie pan with cooking spray. Roll out bottom crust and place in pie plate. Dampen the edges with water. Add filling. Roll out top crust and cover filling. Pinch edges together. Lightly wash the top crust with water and sprinkle with granulated sugar. Slice some small vents into the top of the pie. Place pie plate on a baking sheet and bake at 450 degrees for 15 minutes. Reduce heat to 350 degrees and bake until golden...approximately 30 minutes.

Ginger Crème Anglaise

2 cups heavy cream

4 egg yolks

¼ cup granulated sugar

Pinch of salt

To the cream: Add a little cinnamon, nutmeg, grated ginger to taste.

Vanilla to taste

In a heavy sauce pan, under medium heat, warm the cream and spices. **DO NOT LET IT BOIL.** In a small bowl place egg yolks and sugar and beat until ribbons form. Slowly drizzle some of the warm cream into the yolk mixture then pour all into saucepan with rest of cream. Stir constantly until mixture begins to thicken but do not allow to boil. This will curdle the yolks. You can prepare this over a double boiler if you prefer. When a line draw on a spoon does not drip, the custard is done. You may want to strain it depending upon if eggs curdled a bit. Chill over an ice bath. Add a little vanilla. Cool until ready to pour over the slices of crimson pie. YUMMO.

Chocolate Truffles

(yield...about 15 - 20 truffles)

1 cup heavy cream

10 ounces good quality dark chocolate chips

1.5 ounces of unsalted butter

¼ cup tasty booze: Frangelico, Amaretto, Kahlua, Framboise....yum

In a heavy saucepan, add cream, chocolate, and butter. Cook until melted and incorporated. Take off stove. Add liquor and mix well. Place in a bowl covered and put in refrigerator overnight. Take a small scoop (a melon baller is perfect) and with the palms of your hands, roll out truffles into small balls. Place on a foiled sheet pan and place in freezer to set. At this point, they can be rolled in chopped nuts, powdered sugar, cocoa powder or they can be dipped in melted chocolate that has been loosened with a little walnut, hazelnut, or almond oil.(be sure the melted chocolate is not really hot or your truffles will be impossible to handle!)

Once the candies have set in the refrigerator, they can be moved to candy cups....or directly into your belly ☺