



October 2000 – Thanksgiving recipes

Thanksgiving feast

Here we have an elegant meal for 4-6 people, stuffed turkey breast with a port sauce, roasted garlic mashed potatoes with fresh sage, broccoli, Acorn squash with a spiced bourbon pecan butter and for dessert a cherry syllabub.

Stuffed Turkey Breast.

I boneless skinless turkey breast – this should be butterflied which means to cut in half like a book leaving one side attached. I then gently pound out the thick parts to make it uniform and easy to roll.

Stuffing.

2T butter

1 medium onion-finely diced and sautéed in the butter.

1/4c dry red wine

1/2c dried cranberries

1/2c dried apricots-diced and bring to a boil in the wine then remove from heat and allow to soak 10 min. Add to onions.

½ wild rice-this is optional. Cook and add to the onion mix.

1/2c walnuts-chopped

3 eggs-lightly beaten

2c day old bread-cubed

1/2c chicken stock

salt and pepper.

1t thyme

1t rosemary- add all these ingredients to the onion mix and combine.

Lay the breast out flat, top with stuffing and begin to roll from the more damaged end. Then tie together with a cotton string, placing a string every 1 inch or so along the breast then place in a roasting pan.

1T dijon

2T maple syrup-mix these two ingredients together and rub on the turkey, sprinkle with pepper and fresh rosemary.

Bake at 400 for 15min then reduce the oven temperature to 350* for 45min.*

Then remove from the oven and allow to rest for 10mins before carving.

Port sauce

1T oil

3 cloves garlic-finely diced

3 shallots-finely diced and sauté with the garlic in the oil.

¼c dried cherries

1c Port- add and reduce the sauce by half.

3c chicken stock-add and reduce by half.

1T fresh thyme

salt and pepper-add to finish off the sauce.

Roasted garlic mashed potatoes

My favourite potato is the Yukon gold potato, it produces a light fluffy mashed potato with lots of flavour. When you turn on your oven cut the tops off couple of bulbs of garlic, wrap in foil and place in the oven. In about 30-45 minutes the bulbs will be lightly caramelized and soft. When the bulb has cooled a little, grab it by the root end and squeeze, the tender juicy morsels of garlic will come popping out. Add this to you mashed potatoes with some fresh sage. ummm!

Acorn squash with a spiced bourbon pecan butter.

¼ c butter-room temperature

1/3 c pecans-toasted and chopped

1T maple syrup

½ t cinnamon

¼ t ginger

salt and pepper- mix all these ingredients together.

2 acorn squash-cut in half, with seeds and pith removed, then score the flash with a sharp knife being careful not to cut through the skin. Rub the butter mixture on the squash.

4T Bourbon-drizzle 1T over each half squash.

Bake beside the turkey at 350 for 20-30mins.*

Cherry Syllabub

This dessert dates back to the 16th and 17th centuries and produces a frothy creamy layer over a liquid one. These desserts should be given plenty of time to chill.

8oz dark ripe cherries-pitted and chopped, I used canned Bing cherries. Then divide them up among 4-6 tall dessert glasses or wineglasses.

2T Kirsch or cherry brandy-sprinkle on the cherries.

2 egg whites-beat until stiff

½ c superfine sugar

2T lemon juice

2/3 c sweet white wine- mix the last three ingredients and gently fold into the whites.

11/4c heavy cream-lightly whisk in a separate bowl, using the same beaters as for the egg whites, then fold into the egg white mixture. Spoon the cream mixture over the cherries and chill over night.

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