



2020

*THANKSGIVING  
COOKBOOK*

BALLINGER



*APPETIZERS  
+ SIDES*

**SIDE / SERVES** 2-3 / **TIME** 30 Minutes

2 teaspoons garlic  
1 parsley, dried  
2 sweet potatoes  
1/2 teaspoon garlic salt  
1/2 teaspoon italian seasoning  
2 tablespoons butter  
4 tablespoons parmesan cheese, grated  
1 tablespoons olive oil

**STEP 1**

Preheat the oven to 400°F.

**STEP 2**

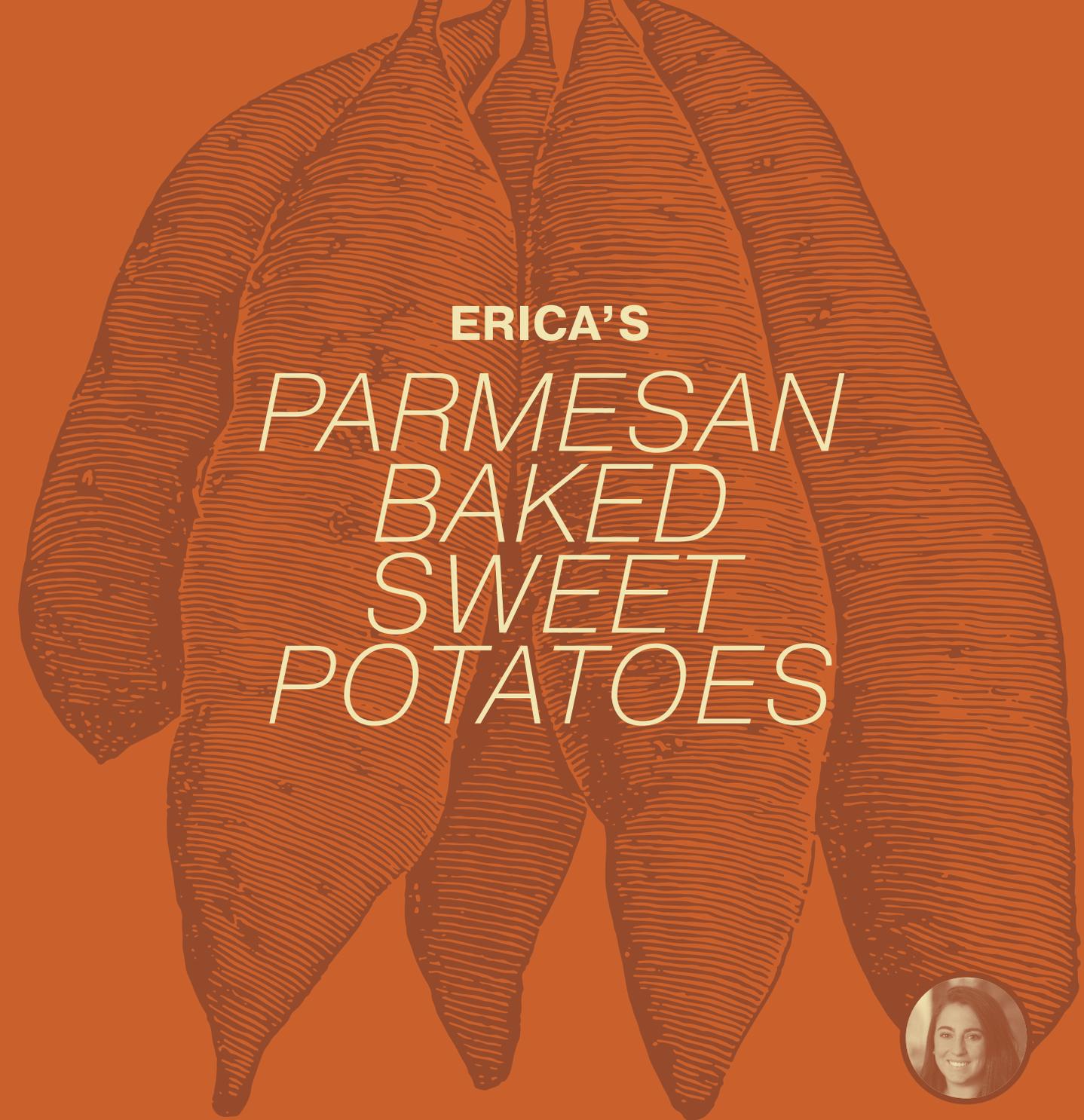
Peel and cube the sweet potatoes into 1-inch cubes. Set these aside and combine the garlic, oil, butter, salt, Parmesan cheese and Italian seasoning in a Ziploc bag and mix well.

**STEP 3**

Toss the sweet potatoes in the bag until they are well coated. Place on a foil-lined cookie sheet that has been greased.

**STEP 4**

Spread the sweet potatoes on the cookie sheet and bake for about 20 minutes.



*They're easy  
and delicious!*





**SIDE / SERVES 8 / TIME 60 Minutes**

5 sweet potatoes, sliced  
1/4 cup reduced fat margarine  
1/2 cup packed brown sugar  
3 tablespoons orange juice  
1 pinch ground cinnamon  
1 package miniature marshmallows  
(10.5 ounces)

**STEP 1**

Preheat the oven to 350°F.

**STEP 2**

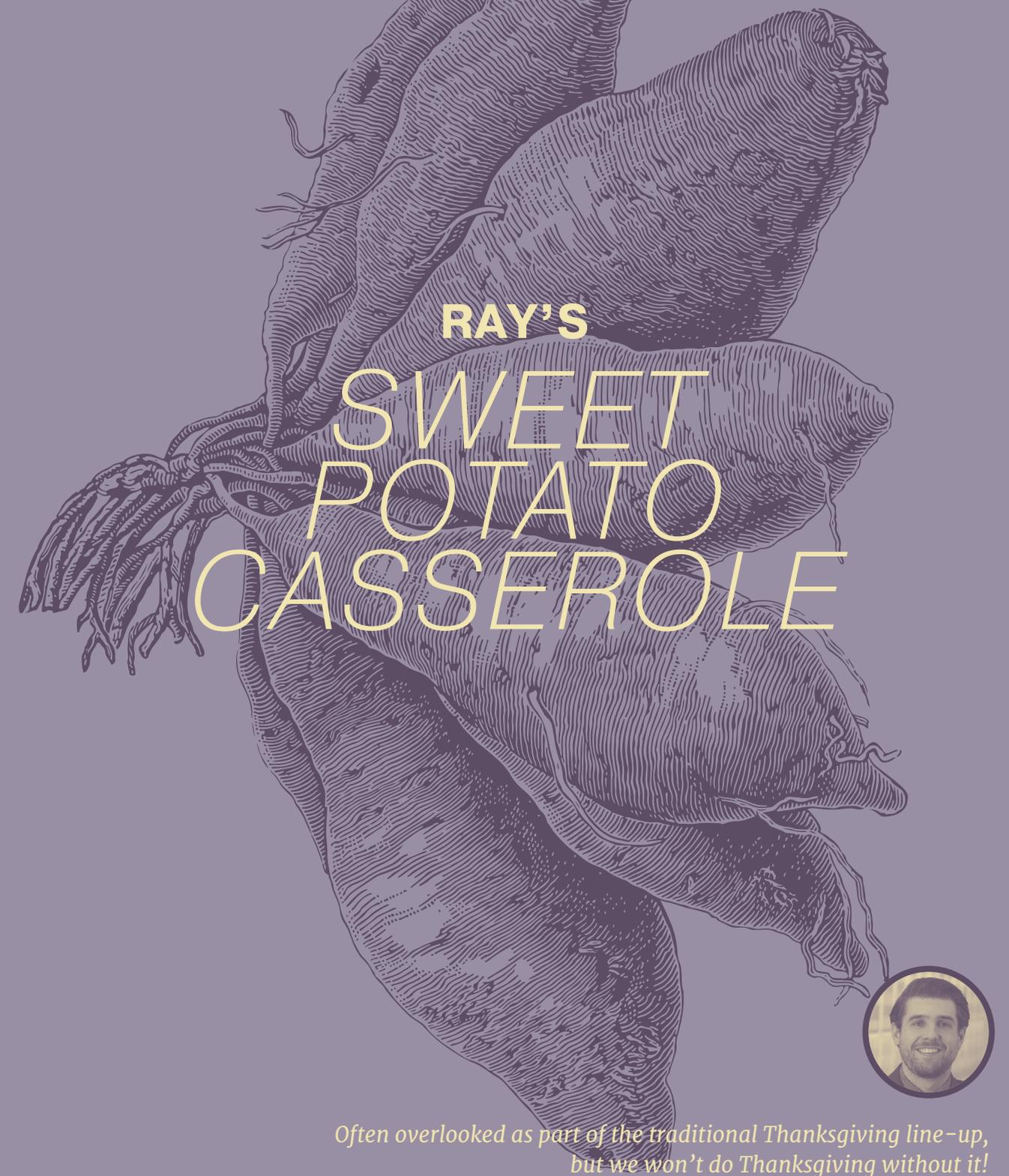
Place sweet potatoes in a large saucepan with enough water to cover. Bring to a boil, and cook until tender, about 15 minutes. Remove from heat, drain, and mash.

**STEP 3**

Place mashed sweet potatoes in large bowl, and use an electric mixer to blend with the margarine, brown sugar, orange juice, and cinnamon. Spread evenly into a 9x13 inch baking dish. Top with miniature marshmallows.

**STEP 4**

Bake for 25 to 30 minutes in the preheated oven, or until heated through, and marshmallows are puffed and golden brown.



*Often overlooked as part of the traditional Thanksgiving line-up,  
but we won't do Thanksgiving without it!*

**SIDE / SERVES 6-8 / TIME 60 Minutes**

6 ounces wild rice (approx. 3/4 cup, cooked.  
can swap out wild rice with other grains)  
1 pound mushrooms, sliced  
1 pound frozen spinach, defrosted and drained  
of excess water  
8 ounces cream cheese  
1/2 cup grated swiss cheese

**STEP 1**

Preheat the oven to 425°F.

**STEP 2**

Sautee mushrooms.

**STEP 3**

Mix spinach, cream cheese, rice, and mushrooms in an oven proof pan/shallow dish.

**STEP 4**

Cover with cheese and cook until cheese is slightly crispy.

**SARAH'S**  
**TIA**  
**MARA'S**  
**SPINACH**  
**GRATIN**



*Every Thanksgiving, my Tia Mara likes to go around the table and make everyone guess what kind of grain she used that year in her gratin de espinaca.*

**Vegetarian, Kosher DIETARY DATA**

**SIDE / SERVES 4 / TIME 60 Minutes**

4-8 beets, about 1-1/2 - 2 pounds  
1/2 cup oil (ideally pistachio)  
4 cloves garlic, smashed and peeled

1 cup shelled pistachios  
salt and pepper  
chopped pistachios for garnish

### **STEP 1**

Preheat the oven to 400°F. Wash beets then wrap them in foil (individually if they're very different sizes, or all together)

### **STEP 2**

Place on a cookie sheet and bake undisturbed for 45-90 minutes, until a thin-bladed knife pierces one with little resistance. They may cook at different rates, remove each one when done.

### **STEP 3**

Put half the oil in a skillet over medium heat. When hot, add garlic and cook for about a minute, then add the pistachios, cook, stirring often for about 3 minutes.

### **STEP 4**

Remove from heat, let cool a bit, and transfer to a food processor. Puree until smooth, adding more oil as necessary. The consistency should be thinner than peanut butter, just pourable. The pistachio butter can be covered and refrigerated for up to 2 weeks.

### **STEP 5**

Remove beets from oven, unwrap and peel. Cut them into large chunks. Sprinkle with salt and pepper. Put beets in a serving dish and spoon the pistachio butter on the top.

### **STEP 6**

Garnish with chopped pistachios, serve hot or at room temperature.



# CHRISTINE'S EASY BITTMAN BEETS WITH PISTACHIO BUTTER



*Your fingers will turn purple  
when you peel the beets!*

Pescatarian, Vegetarian, Vegan, Dairy Free, Wheat/Gluten Free, Low/No Sugar **DIETARY DATA**

**SIDE / SERVES 4 / TIME 60 Minutes**

1 pint oysters in liquid  
12 ounces saltine crackers, coarsely crumbled  
(3 packages out of a 16 ounce box)  
1/2 stick butter  
1 pint milk  
salt and pepper to taste

**STEP 1**

Preheat the oven to 350°F.

**STEP 2**

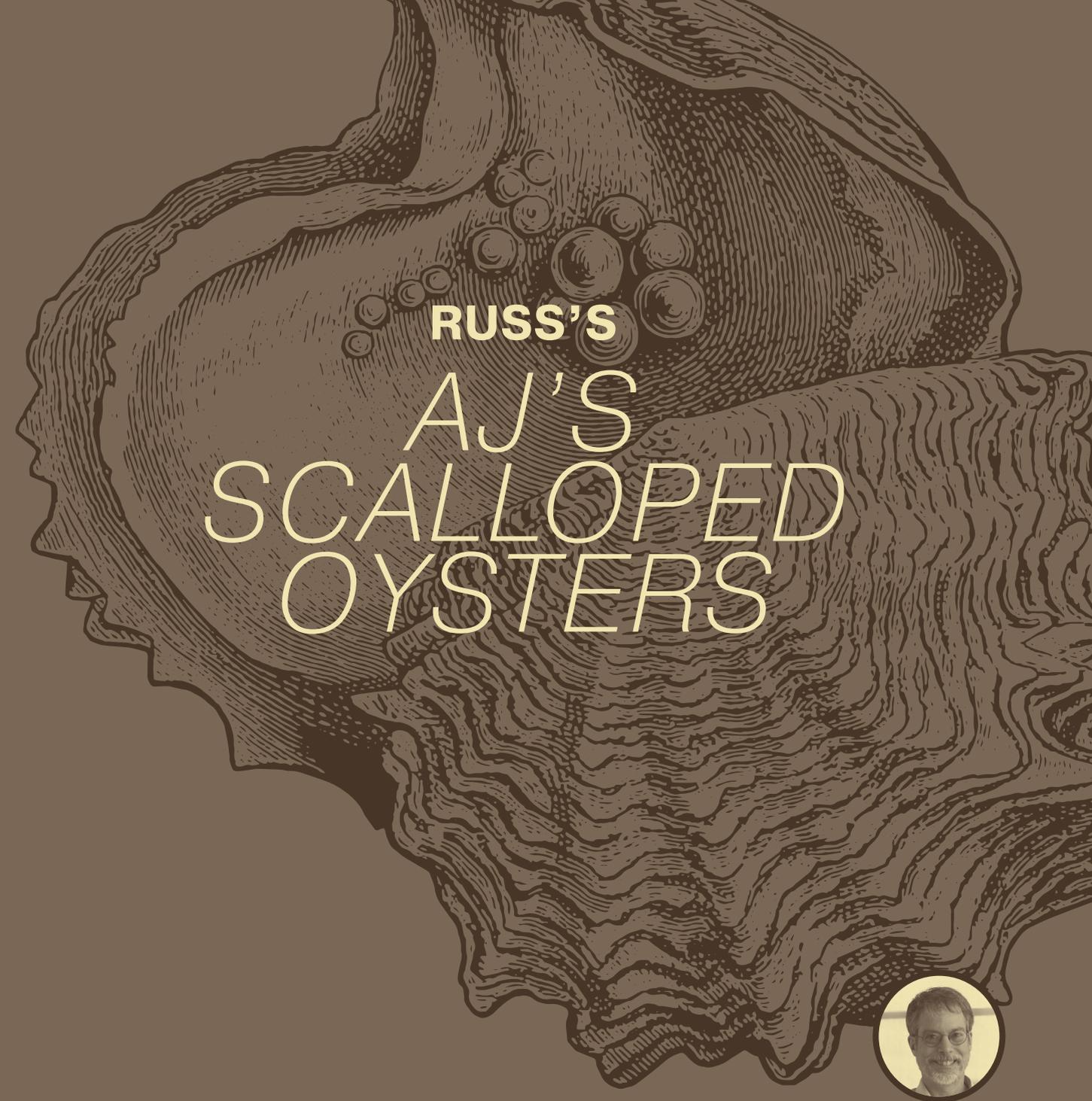
In a 2 quart casserole or lasagna  
pand, layer the cracker crumbs  
dabbed with butter alternately with  
oysters twice, starting and ending  
with cracker crumbs, salt and pepper.

**STEP 3**

Pour milk and oyster liquid over all,  
enough so milk and liquid comes up  
about half way.

**STEP 4**

Bake 30-40 minutes 'till slightly  
browned on top.



*This came from a family friend in western PA, and has kicked  
around my family for years. This is my version.*

**PASTRY**

- 1-1/2 cups unbleached all-purpose flour
- 3/4 teaspoon salt
- 1/2 cup (1 stick) butter, cold, cut into small pieces
- 3 tablespoons ice water

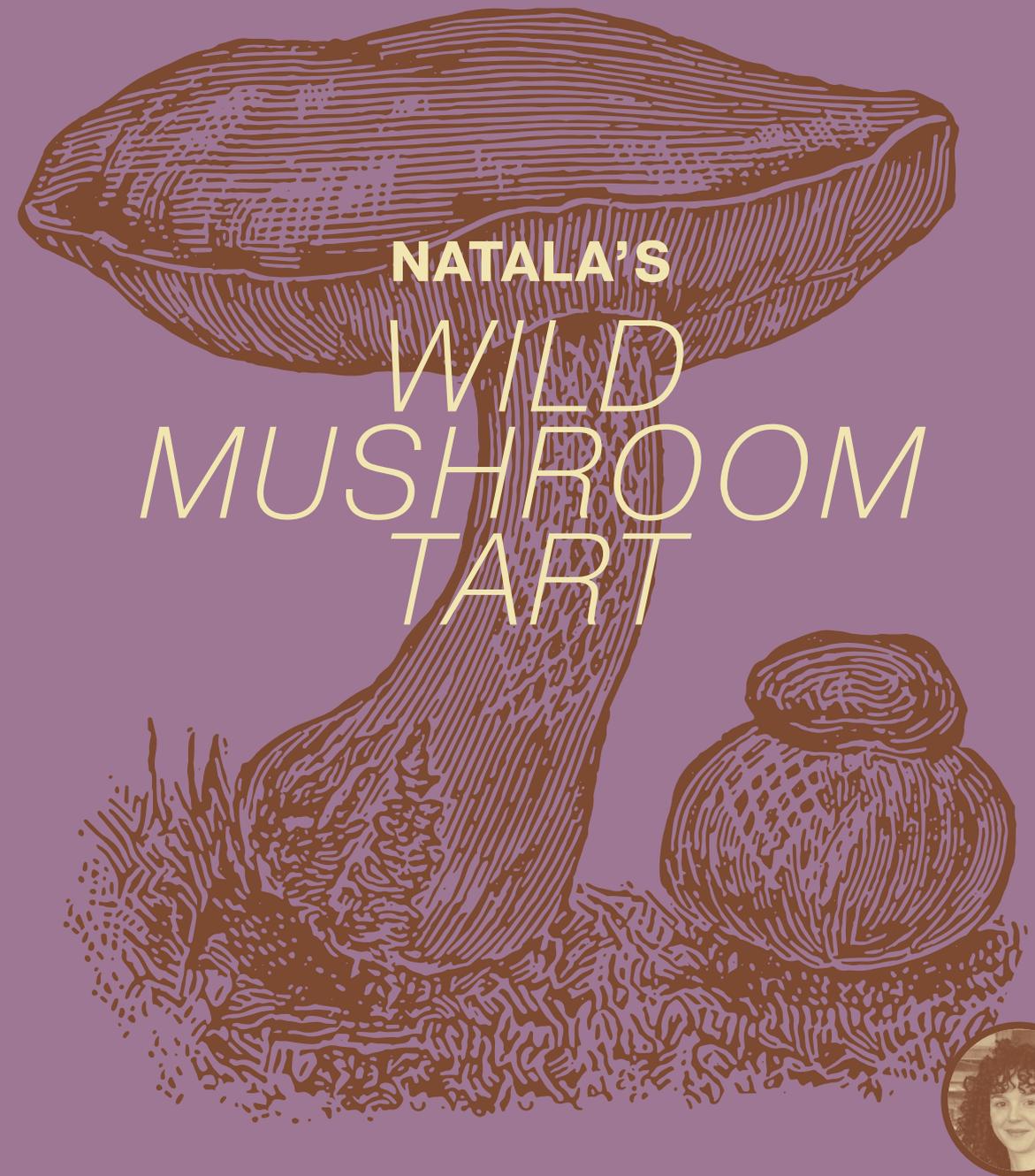
**FILLING**

- 1 cup apple cider
- 3/4 cup dried porcini mushrooms
- 1/4 cup high quality olive oil
- 1 small yellow onion, minced (or sub a few shallots)

- 4 ounces fresh wild mushrooms (likely from your local farmers market - such as shiitake, chanterelles, etc, well rinsed, dried and sliced)
- 8 ounces fresh cultivated mushrooms (likely available at any grocery - button mushrooms, etc)
- 1/4 cup applejack
- salt and fresh ground pepper, to taste
- 1/2 cup chopped fresh italian parsley
- 4 eggs
- 3/4 cup heavy or whipping cream
- 3/4 cup shredded smoked mozzarella
- 1/2 cup shredded parmesan cheese

**NOTE**

The taste of wild mushrooms can still be yours, even if fresh varieties are not available at your markets or if wandering in the woods is not your thing. Several kinds are available in dried form, usually imported from Europe...Make sure you inspect them for any bugs, then rinse thoroughly under cold running water and soak them in water, or more wisely, a liquid that you will be able to incorporate into the recipe, thus saving every bit of “elusive” flavor. Madeira, white wine, red wine, port, brandy, cognac, and either chicken or vegetable stock are the best choices. After soaking, mushrooms are usually chopped and sautéed in butter to bring out the full flavor before being added to the dish.



*This Wild Mushroom Tart is a MUST have tradition for my family! Its by far the most expensive item on the table each year due to my mothers love of exotic and interesting mushrooms.*

### STEP 1

To make the pastry, process the flour, salt, and butter in a food processor fitted with a steel blade until the mixture resembles coarse meal. With the machine running, pour the ice water through the feed tube in a thin, steady stream and process just until the dough holds together. Wrap in plastic wrap and refrigerate 1 hour. (this can be made a day ahead of time as well).

### STEP 2

Preheat the oven to 375°F.

### STEP 3

Roll out the dough 1/8" thick on a lightly floured surface. Line a 9" round tart pan with removable bottom with the dough. Trim and crimp the edges. Cover and Freeze for 10 min.

### STEP 4

Once frozen - line the shell of the tart pan with aluminum foil and weight the bottom with dried beans or pie weights. Bake for 20 min. Remove the beans and foil and set aside to cool.

### STEP 5

To make the Filling - Heat the cider to boiling and pour over the dried porcini in a small bowl. Let stand for 30 min.

### STEP 6

Heat the oil in a medium sized skillet. add the onion (or shallot), wild mushrooms and cultivated mushrooms and saute for 10 min. Add the porcini with the liquid, the applejack, and salt and pepper to taste. Cook uncovered over low heat for 20 min. Remove from heat and stir in the chopped parsley.

### STEP 7

Reset the oven to 375°F.

### STEP 8

Beat the eggs and cream together and stir in the cheeses. Combine the eggs and mushroom mixtures and pour into the tart shell.

### STEP 9

Bake for 30 minutes. Cool 5 minutes, then cut into wedges and serve immediately.



**SIDE / SERVES 6 / TIME 30 Minutes**

2 big bunches of curly green kale, washed well, and chopped into small pieces  
1/4 cup extra virgin olive oil  
2 lemons - juiced  
3 oranges  
1-2 pink grapefruits

1/3 cup dried cranberries or cherries, or mixture of both, chopped into small pieces  
2 teaspoons salt (or more to taste)  
toasted hazelnuts  
sliced almonds  
1/4 cup finely chopped fresh mint  
1 tablespoon honey or maple syrup

### **STEP 1**

In a large bowl mix together the sliced kale, the lemon juice, olive oil and salt. Using your hands and a lot of pressure, “massage” the kale until it becomes dark green, saturated with the lemon and oil and is tender to the touch – it should take about 5 mins.

### **STEP 2**

Cut the rinds off of the oranges and slice out the “meat” of the fruit with a sharp knife, being careful to leave the skin of the slices behind.

Squeeze any of the pulp/juice from the remaining center of the oranges into the bowl of kale. Repeat with the grapefruit. Add more grapefruit or oranges as desired.

### **STEP 3**

Mix in the dried fruit and, mint, and nuts and stir well.

### **STEP 4**

Drizzle honey or maple syrup over the salad, mix well.

# NATALA'S CITRUS KALE SALAD



*This is one way to get people who “don’t like” Kale to really enjoy it! Its been a hit at many fall/winter gatherings for years, and is the only way some of our friends will eat raw kale!*

**Vegetarian, Vegan, Kosher, Dairy Free, Wheat/Gluten Free, Low-Carb, Low/No Sugar **DIETARY DATA****

**SIDE / SERVES 8 / TIME 40 Minutes**

12-16 medium yukon gold potatoes  
3 teaspoons sea salt  
1 teaspoon ground black pepper

10-12 cloves of roasted garlic (or minced garlic  
sautéed for 3 min in olive oil)  
6-8 tablespoons vegan butter (softened)  
1/2 cup fresh chives

### **STEP 1**

For creamier mashed potatoes, peel your potatoes at this time. Otherwise, just halve your potatoes and place in a large saucepan or pot and cover with water by ≈1 inch.

### **STEP 2**

Bring to a light boil over high heat and add 1 tsp of sea salt (as original recipe is written // adjust if altering batch size), and cook for 25-30 minutes or until very tender. They should effortlessly slide off a knife when pierced with a knife. While the potatoes are cooking, chop up your chives (optional) and measure your vegan butter.

### **STEP 3**

Once tender, drain your potatoes and place them back in the hot pot off the heat for 1 minute to evaporate any additional water.

### **STEP 4**

Mash your potatoes using a potato masher until fluffy.

### **STEP 5**

Add in vegan butter, garlic, salt, and black pepper and stir to combine. Taste and adjust seasonings as needed.

### **STEP 6**

Lastly top with chives. Leftovers will keep in the fridge covered for up to a few days. Not freezer friendly.

# ANTHONY'S VEGAN MASHED POTATOES



Pescatarian, Vegetarian, Vegan, Dairy Free, Low/No Sugar **DIETARY DATA**

**SIDE / SERVES 6 / TIME 60 Minutes**

8 medium yukon gold potatoes,  
quartered unpeeled  
2 cups heavy cream  
2 cups whole milk  
4 cloves garlic, peeled  
and gently smashed

4 sprigs fresh thyme  
1 bay leaf  
extra virgin olive oil  
2 tablespoon butter  
1 tablespoon whole grain mustard  
salt and fresh ground black pepper

**STEP 1**

Add potatoes, cream, milk, garlic, thyme and bay leaf into a large saucepan and gently boil for 15 minutes until potatoes are just tender and the tip of a paring knife goes through with little resistance.

**STEP 2**

Strain potatoes and reserve the cream mixture but discard the bay leaf, thyme stems and the garlic.

**STEP 3**

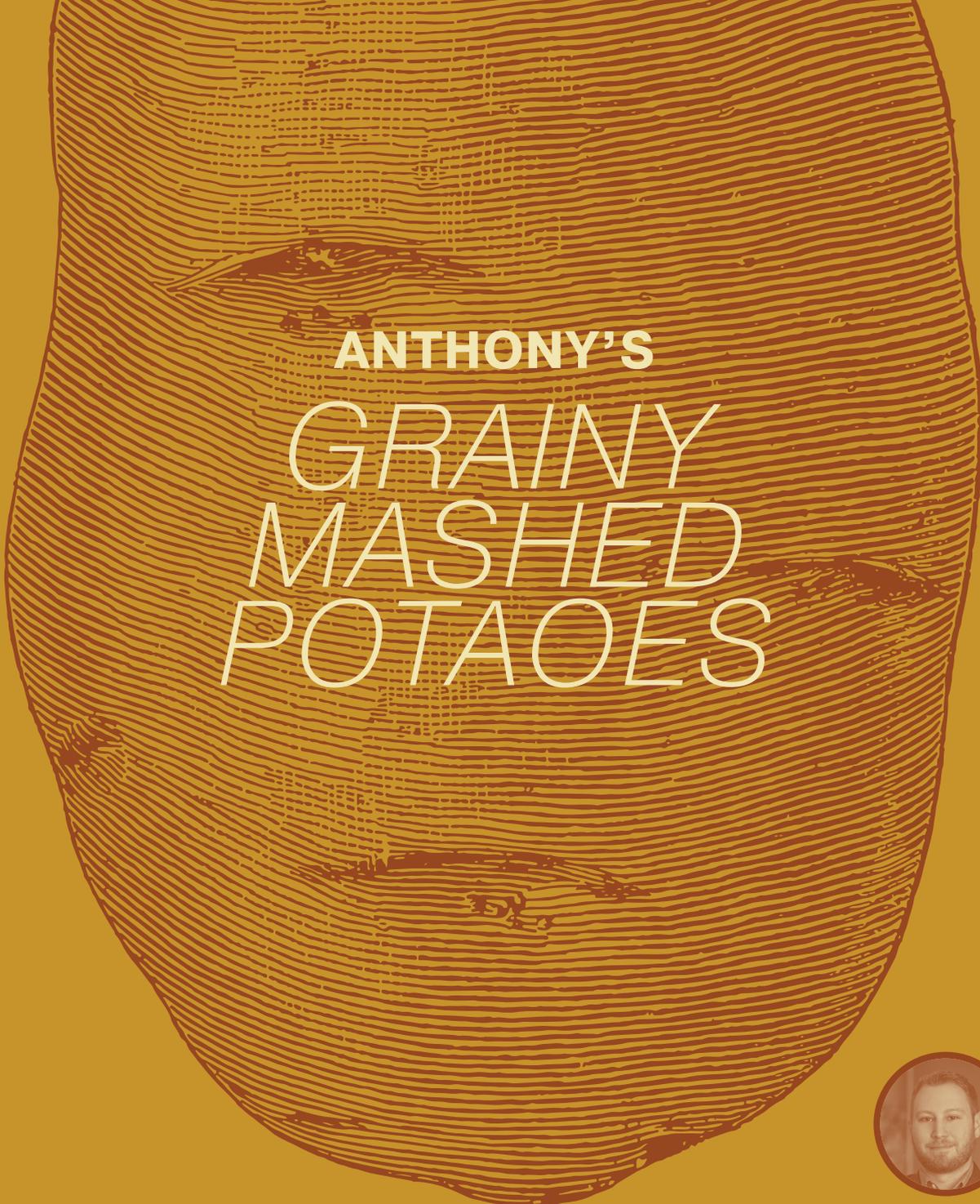
Mash the potatoes and fold in the cream mixture until the potatoes are smooth and creamy.

**STEP 4**

Fold in about a tablespoon of the olive oil, the butter, and the grainy mustard.

**STEP 5**

Season with salt and pepper.



**ANTHONY'S**  
**GRAINY**  
**MASHED**  
**POTATOES**



*Mustard may seem weird but it adds great flavor to the mashed potatoes.*

**SIDE / SERVES** 6-8 / **TIME** 90 Minutes

5 medium sweet potatoes/yams,  
peeled and sliced 1/8"  
2 leeks, washed well and thinly sliced  
6 tablespoons butter  
(or use olive oil if vegan, it's just as good)

1 tablespoon fresh thyme  
or 1 teaspoon dried thyme  
salt and pepper to taste

**STEP 1**

Preheat the oven to 375°F.

**STEP 2**

Butter or oil a medium baking dish  
and arrange potato slices overlapping  
to cover bottom of dish.

**STEP 3**

Drizzle with butter or oil and top  
with half the leeks and thyme.  
Sprinkle with salt and freshly ground  
black pepper.

**STEP 4**

Repeat with another layer of potatoes  
and butter or oil and top with

remaining leeks and thyme  
Sprinkle with salt and pepper.  
Top with remaining potatoes and  
brush with butter or oil.

**STEP 5**

Cover with foil and place a smaller  
baking dish or cast iron skillet on the  
foil to compress the potatoes. Bake  
for 30 minutes.

**STEP 6**

remove foil, brush with remaining  
butter or oil, and bake for another  
30 minutes. Cool for 15 minutes  
before serving.

**AMY'S**  
**SWEET**  
**POTATOES**  
**ANNA**



*From NYT;  
you will not miss the marshmallows!*

**Vegetarian, Vegan DIETARY DATA**

**MEAT + CHEESE**

- eyes - peppercorns
- beak - half a pistachio
- wattle - salami or pepperoni
- legs - toothpicks
- body - cheese
- feathers - meats, cheeses, pretzels, crackers



**FRUIT**

- eyes - blackberry
- beak - orange peel
- wattle - cherry
- legs - orange peel
- body - pear
- feathers - oranges, grapes, blueberries, blackberries, raspberries



**SIDE / SERVES 8 / TIME 60 Minutes**

1-1/4 cups all-purpose flour  
1 cup fine-grind cornmeal  
1 tablespoon baking powder  
1-1/2 teaspoons kosher salt  
4 large eggs  
15 ounces canned creamed corn

4 ounce can mild or hot green chiles,  
drained, chopped  
3 ounces cheddar, grated (your choice)  
3/4 cup unsalted butter, room temperature, plus  
more to coat skillet  
2/3 cup granulated sugar

### STEP 1

Place rack in middle of oven. Set skillet on a rimmed baking sheet, place on rack, and preheat oven to 400°F.

### STEP 2

Whisk flour, cornmeal, baking powder, and salt in a small bowl to combine. Lightly beat eggs in a medium bowl to blend; whisk in creamed corn, chiles, cheddar, and Monterey Jack.

### STEP 3

Mix butter and sugar in a large bowl with a wooden spoon just until butter absorbs sugar but butter is still in small pieces. Add egg mixture and mix until just combined. Mix in dry ingredients until barely incorporated.

### STEP 4

Remove skillet from oven and lightly coat with additional butter. Scrape in batter (it should sizzle on contact and stay slightly mounded in the center). Bake cornbread until top is golden brown and springs back when gently pressed, 35–45 minutes. Let cool 10 minutes before serving.

# EVAN'S CAST IRON CORNBREAD



*It's hard to beat butter and cheese,  
and this dish makes great use of both.*

**Vegetarian DIETARY DATA**



*ENTRÉES*

**APPETIZER OR ENTRÉE / SERVES 4 / TIME 20-30 Minutes**

2 pounds of shrimp

6 cloves of garlic

1/2 stick of butter (or more if you like butter!)

8 ounces of beer or white wine

1 lemon wedge

2-3 packs of sazon goya spice

parsley

a sprinkle of red pepper flakes (to taste)

(lemon and rice or steamed veggies for serving)

### STEP 1

Pat-dry your shrimp to remove excess moisture. (It is better to keep the shell on to lock in the flavor)

### STEP 2

In a large stock pan place melt butter over medium-low heat.

### STEP 3

Once the butter is melted place the chopped garlic in to saute until fragrant and lightly golden brown.

### STEP 4

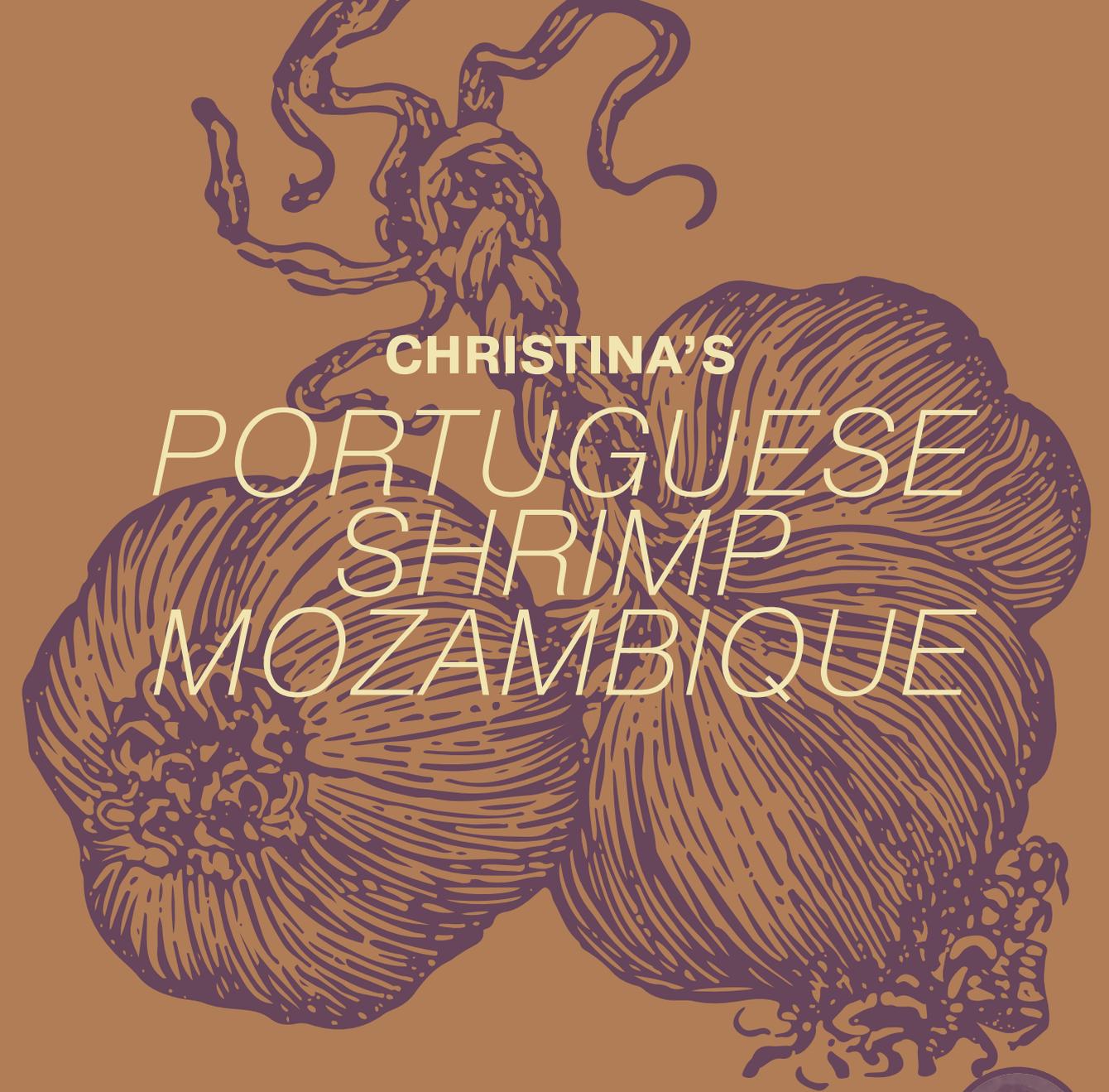
Place the shrimp in the pan with the sauteed garlic, and then add the 8oz of beer, the Goya seasoning, lemon juice, pepper flakes, and parsley.

### STEP 5

Lower heat to low, and simmer for 15 minutes. Shrimp will be translucent and curl up a bit. Serve over rice or with veggies and a lemon wedge!

### NOTE

This shrimp tastes better the longer it marinades, but you do not want to overcook it. To reheat, simply microwave, or simmer until it starts to boil.



*A traditional Portuguese dish we made in my house growing up!*

**Pescatarian, Dairy Free, Low/No Sugar DIETARY DATA**

**LOAF**

- 1/2 cup dry lentils
- 1-1/3 cup water
- 1 bay leaf
- 1 tablespoon olive oil or avocado oil
- 1/2 large onion (about 1 heaping cup), chopped
- 3 cloves garlic, minced
- 1 stalk of celery, chopped
- 1 carrot, peeled and chopped
- 1/2 cup chopped walnuts
- 1 cup rolled oats
- 3 tablespoons tamari
- 3 tablespoons tomato paste
- 2 tablespoons ground flaxseed
- 2 tablespoons nutritional yeast

- 2 teaspoons pure maple syrup
- 1 teaspoon apple cider vinegar
- 1/4 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground pepper
- 1/4 teaspoon sea salt

**MAPLE SWEETENED GLAZE**

- 2 tablespoons tomato paste
- 1-1/2 tablespoons pure maple syrup
- 1 tablespoon balsamic vinegar
- pinch of sea salt

**STEP 1**

Preheat the oven to 375°F.

**STEP 2**

Prepare lentils by rinsing them and adding to a pot with water and a bay leaf. Bring the water to a boil,

then reduce heat down and simmer covered until all the liquid is absorbed and lentils are tender (about 15-20 minutes). Remove from heat, discard the bay leaf and set the lentils aside to cool. This step can be done in advance.



### STEP 3

In the meantime toast walnuts by spreading them onto a baking sheet and toasting in the oven for about 8-10 minutes. Remove from oven and let cool.

### STEP 4

Heat oil over medium heat in a medium sauté pan and cook onions, garlic, carrots and celery until they've softened and become fragrant. About 5-10 minutes. Once cooked remove from stovetop to cool.

### STEP 5

Add lentils (reserve 1/2 cup for later), cooked veggies, toasted walnuts, oats, tamari, tomato paste, ground flaxseed, nutritional yeast, maple syrup, apple cider vinegar, thyme, oregano, basil, cayenne pepper, ground pepper and sea salt to the food processor. Pulse until mixture is just combined and the texture is to your liking. You want the mixture to be combined enough to stick together, but you don't want it to be completely pulverized.

### STEP 6

Stir in the reserved lentils and press mixture into parchment lined loaf pan.

### STEP 7

In a small bowl stir together glaze ingredients and spread the glaze over top of the loaf.

### STEP 8

Bake covered with foil for 25 minutes. Uncover and bake for about 8 more minutes. Let the loaf rest 15 minutes before cutting and serving."



**ENTRÉE / SERVES 10-12 / TIME 4 Hours + 12 Hours Marinade**

### MARINADE

- 12 garlic cloves, unpeeled
- 2 garlic cloves, minced
- 3 tablespoons paprika
- 2 tablespoon white vinegar
- 1-1/2 teaspoons dried oregano
- 1/2 teaspoon ground cumin
- 4 cups chicken or vegetable broth
- 1 cup orange juice
- 1 cup grapefruit juice
- 1 cup lime juice
- 1 cup white vinegar
- 1 tablespoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon ground allspice
- 2 teaspoons sea salt
- 2 teaspoons freshly ground black pepper

### TURKEY + GRAVY

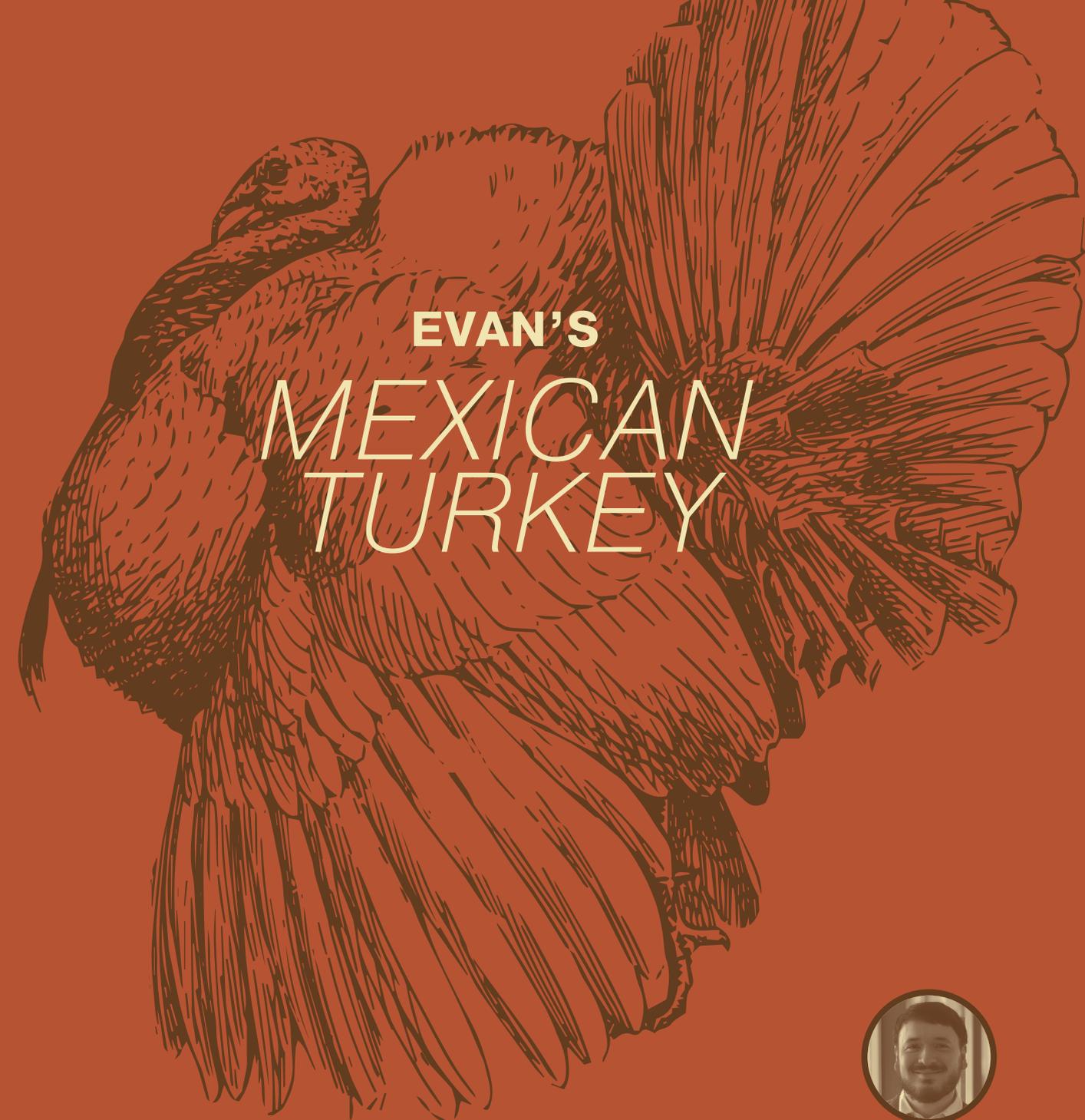
- 1 (16- to 18-pound) turkey, patted dry
- 1 brining bag
- unsalted butter for the baking dish
- 4 red onions, sliced
- 8 ripe tomatoes (about 2 pounds), coarsely chopped, or one 28-ounce can whole tomatoes, drained and coarsely chopped
- 3 tablespoons unsalted butter
- 3 tablespoons all-purpose flour

### STEP 1

Place the unpeeled garlic on a baking sheet or in a broiler-proof skillet. Broil, turning halfway through, until the papery skin of the garlic is burned and the cloves soften, about 6 to 9 minutes. Peel.

### STEP 2

In a blender or food processor, working in two batches, combine all the marinade ingredients and puree until smooth.



*Making the same bird every year can get boring, so I try to look to different cultures for inspiration. This Mexican one was one of my favorites!*

**Dairy Free DIETARY DATA**

### STEP 3

Slide the turkey, breast side down, into a brining bag large enough to hold the turkey. Pour the marinade into the bag and massage it into the bird, working it into the cavity and all the crevices. Place the bag in a roasting pan and refrigerate for at least 12 hours, or up to 48 hours, turning the bird a couple of times to redistribute the marinade.

### STEP 4

Set an oven rack in the lowest position and preheat the oven to 450°F. Butter a baking dish.

### STEP 5

Spread the onions and tomatoes in a large roasting pan. Set the turkey, breast side up, on top of the vegetables in the pan (reserve the marinade). (Optional: stuff the main cavity with as much stuffing as it can hold. Place the rest of the stuffing in the baking dish; cover and refrigerate.) Close the cavity by crossing the legs and tying with butcher's twine. Tuck the wing tips under the turkey. Pour the remaining marinade over the turkey.

### STEP 6

Roast the turkey for 30 minutes.

### STEP 7

Cover the top of the pan with aluminum foil, sealing it as best as you can. The less steam that escapes, the better. Reduce the oven temperature to 350°F, place the turkey back in the oven, and roast for 3-1/2 hours (or for at least 12 minutes per pound).

### STEP 8

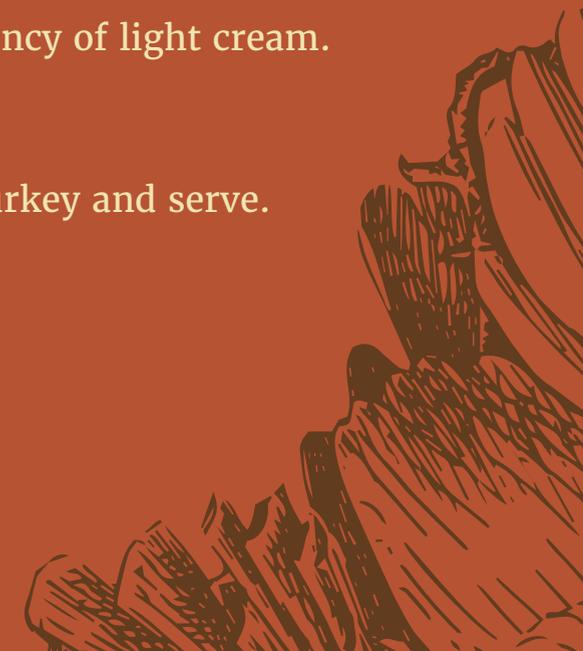
Remove the turkey from the oven and carefully remove the foil, being careful, as the steam is hot. Baste the turkey generously. Raise the temperature to 400°F and return the turkey to the oven and roast for 15 minutes more. The meat should be completely cooked through and nearly falling off the bone. Remove the turkey from the oven and let it rest, loosely covered with aluminum foil, while you make the gravy. Leave the oven on.

### STEP 9

Meanwhile, strain the cooking juices into a medium saucepan, pressing on the solids with the back of the spoon to get as much liquid as possible; discard the solids. You can set aside 1 cup of the liquid for stuffing. You will make gravy with the rest. Melt the butter in a saucepan over medium heat. Sprinkle the flour on top, mixing well with a wooden spoon, and cook for 3 to 4 minutes, letting it gently bubble, until the roux is golden brown. Add the rest of the liquid and simmer for 12 to 15 minutes, stirring occasionally, until it is a brick color and has thickened to the consistency of light cream.

### STEP 10

Carve the turkey and serve.



2 tablespoons infused olive oil  
(garlic-infused and/or onion infused)  
1 tablespoon regular olive oil  
1 cup chopped scallions (green parts only)  
2-28 ounce cans diced tomatoes

1 tsp salt (or to taste)  
1 tsp pepper (or to taste)  
1/3 cup half+half or heavy cream, lactose free  
sourdough bread  
sliced cheese  
butter (room temp) and/or mayo

**STEP 1**

Tomato Soup: Heat olive oil in large pot, add scallion greens and sautee until softened but not browned.

**STEP 2**

Add tomatoes (including liquid), salt, pepper. Bring to boil, then reduce heat and simmer for 15 minutes covered.

**STEP 3**

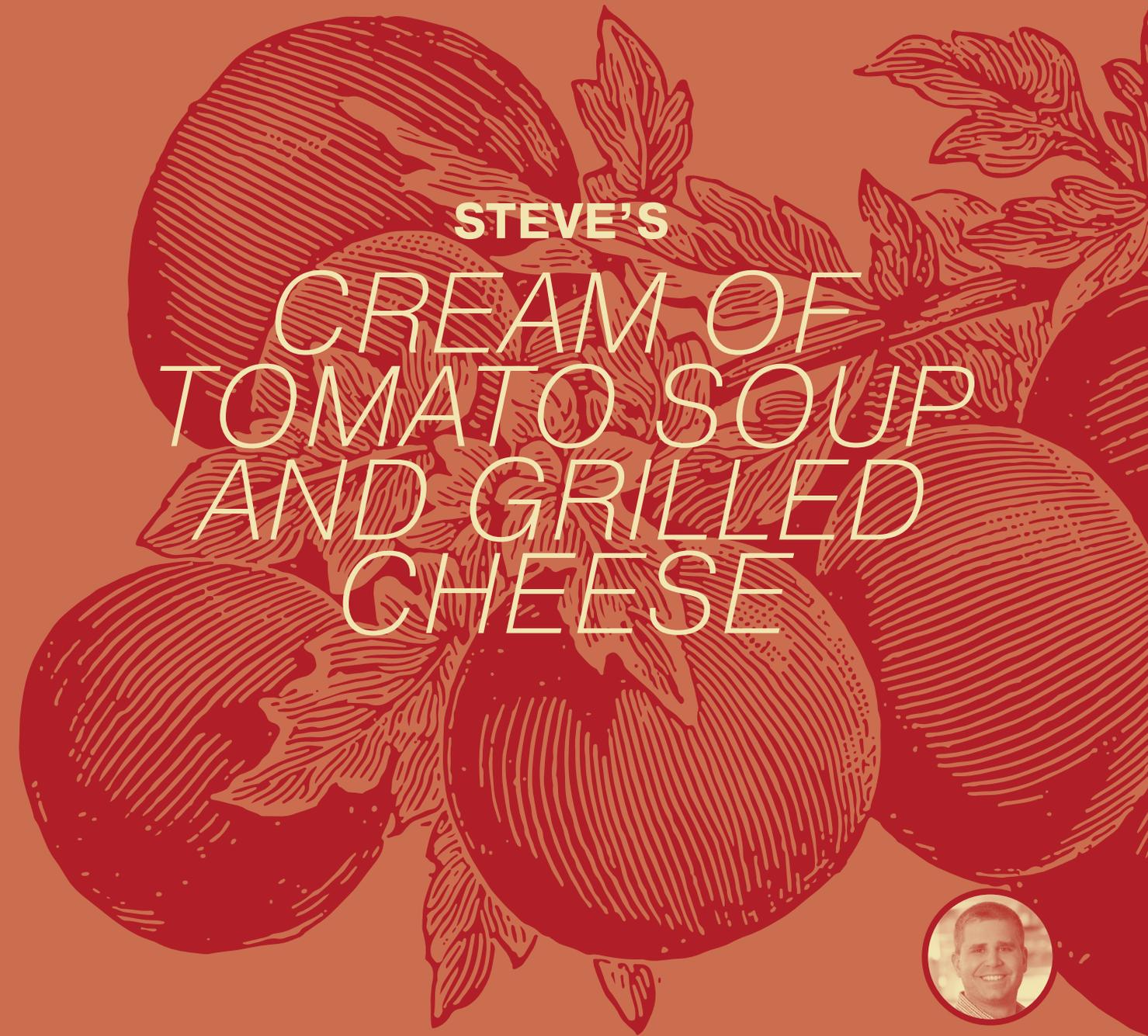
Remove from heat, carefully transfer to blender to puree (or puree in pot with immersion blender). Return to pot to heat again. Add cream and additional spices to taste. (After adding cream, heat gently, don't boil).

**STEP 4**

Grilled cheese sandwiches: best made with fresh sourdough bread. Spread butter and/or mayonnaise on one side of each slice of bread. Assemble grilled cheese sandwich with butter/mayo spread on the outsides (I like to use 3 or 4 slices per sandwich, with a mix of cheddar and swiss cheeses).

**STEP 5**

Grill each side on medium heat on a greased or buttered griddle until golden brown and cheese is melted.



*Not necessarily for Thanksgiving night, but rather a great hearty recipe for cold days over the long Thanksgiving weekend. Easily modified to taste.*

# *DESSERTS*



**DESSERT / SERVES 8 / TIME 45 Minutes**

### CRUST

6 ounces walnuts  
(about 1 1/2 cups chopped)  
1/2 cup arrowroot powder  
1/2 teaspoon salt  
2 tablespoons ghee  
2 tablespoons honey  
1 egg yolk

### CURD

12 ounces cranberries (fresh or frozen)  
1 cup honey  
1/4 cup orange juice  
8 tablespoons ghee or butter, room  
temperature  
2 eggs  
2 egg yolks  
pomegranate arils for garnish (optional)

### STEP 1

Preheat the oven to 325°F.

### STEP 2

In the bowl of a food processor, pulse the walnuts and arrowroot 10–12 times until it's the texture of coarse crumbs.

### STEP 3

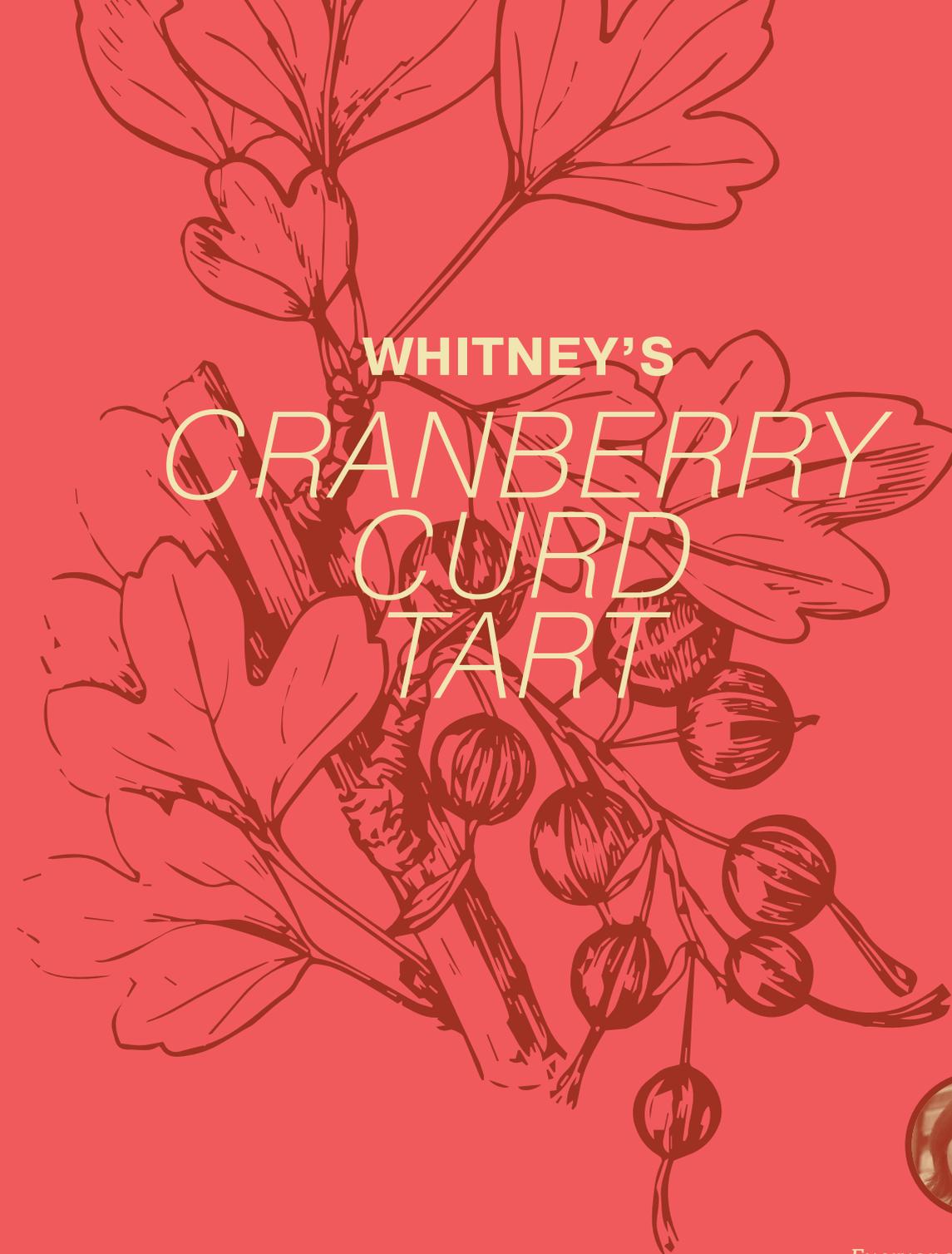
Add the salt, ghee, honey and egg yolk and process until the mixture is the texture of wet sand.

### STEP 4

Press the crust into a 9-inch tart pan. If it's a bit sticky, dampen your hand a bit so you are able to press it in as evenly as possible, making sure to work it up the sides of the pan as well.

### STEP 5

Place on a baking sheet and bake for 15 minutes. Remove and turn the oven up to 350°F.



*Everyone will ask you for the recipe!*

**Dairy Free, Wheat/Gluten Free, Paleo DIETARY DATA**

### STEP 6

While the crust is baking, prepare the curd: Heat the cranberries, honey, and orange juice in a large sauce pan over medium-high heat until the cranberries all pop and the mixture is mostly liquid, about 10 minutes. Strain the mixture through a fine mesh sieve, pressing as much liquid through as possible.

### STEP 7

Whisk in the ghee until melted and return the mixture to the pan.

### STEP 8

In a medium bowl, beat the eggs and egg yolks. Transfer one ladle full of the cranberry mixture to the eggs to temper them, and then whisk the egg mixture back into the cranberry mixture. Heat, over medium heat, stirring constantly for about 5 minutes, or until the mixture is thickened to coat the back of a spoon.

### STEP 9

If you see any bits of cooked egg in the mixture, strain it through a fine mesh sieve to remove them.

### STEP 10

Pour the curd into the tart shell and bake for 10 minutes, or until set. (It will still have a little movement in the middle but will firm up when chilled)

### STEP 11

Allow to cool for 30 minutes before transferring it to the fridge to chill completely, about 2 hours.

### STEP 12

If desired, garnish with pomegranate arils and serve with whipped cream or coconut whipped cream. Serve chilled.



**CRUST**

8 ounces cream cheese  
2 sticks butter (1/2 pound)  
2 cups flour

**FILLING**

3 whole eggs  
1-1/2 cups brown sugar  
3 tablespoons melted butter  
1 tablespoon vanilla extract  
1-1/2 cups grated walnuts  
1 tablespoon cocoa

**STEP 1**

Thoroughly mix crust ingredients into dough and refrigerate for 1 hour.

**STEP 2**

After dough is cool press into small cupcake / cookie molds (1-1/2 inch diameter type) making a thin crust 1/8 inch thick.

**STEP 3**

In a bowl combining all ingredients listed under filling and mix in electric mixer thoroughly. Fill each cookie crust with a teaspoon of filling keeping 1/4 inch from top edge.

**STEP 4**

Bake at 350°F. Remove from oven after 30 minutes and let cool before removing from molds. When cooled sprinkle tops with confectionary sugar.

**STEP 5**

Store in freezer until needed, can be served at room temperature or as a treat right from the freezer.



*Family recipe from my childhood. My favorite! Often made for weddings and holidays in an assortment with other cookies.*

**DESSERT / SERVES 8 / TIME 105 Minutes**

3 large ripe bananas

1 cup sugar

1-1/2 cup flour (gluten-free substitute:

1 1/2 cup-4-cup gf flour)

1 egg

1 teaspoon salt

1 teaspoon baking soda

1 teaspoon vanilla extract

1/4 cup softened or melted butter

(dairy-free substitute: 1/2 cup earth balance  
buttery spread)

3-4 dashes of cinnamon

3-4 dashes of nutmeg

1 cup chocolate chips, add more as desired  
(most chocolate chips are gluten-free and  
dairy-free, but check the label if needed)

### STEP 1

Preheat the oven to 350°F.

### STEP 2

Set aside chocolate chips, and mix  
remaining ingredients together.

### STEP 3

Mix in chocolate chips.

### STEP 4

Generously grease a large loaf pan  
with non-stick spray. You can also  
use two smaller loaf pans.

### STEP 5

Pour mixture into loaf pan(s).

### STEP 6

Bake until a toothpick comes out  
clean, checking occasionally.  
(1) 8-cup loaf pan: 50 minutes  
(2) 4-cup loaf pans: 30 minutes

### STEP 7

Remove from oven, cool for 15 minutes.

### STEP 8

Invert, remove from loaf pan,  
and enjoy!



*My mom got this recipe from a friendly neighbor years ago, and we make it every year around the holidays, usually for a big family brunch. My sister and aunt are both gluten-free and dairy-free, so this has been a nice treat that our whole family can enjoy together!*

**Pescatarian, Vegetarian, Dairy Free, Wheat/Gluten Free DIETARY DATA**

### **DOUGH**

- 3 tablespoons unsalted butter
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 1/2 of a whole egg, vigorously beaten until frothy (reserve the other half for the sweet potato filling)
- 2 tablespoons cold milk
- 1 cup all-purpose flour

### **SWEET POTATO FILLING**

- 2-3 sweet potatoes (enough to yield 1 cup cooked pulp), baked
- 1/4 cup, packed, light brown sugar
- 2 tablespoons sugar
- 1/2 of a whole egg, vigorously beaten until frothy (reserved from above)
- 1 tablespoon heavy cream
- 1 tablespoon unsalted butter, softened
- 1 tablespoon vanilla extract
- 1/4 teaspoon salt
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground allspice
- 1/8 teaspoon ground nutmeg

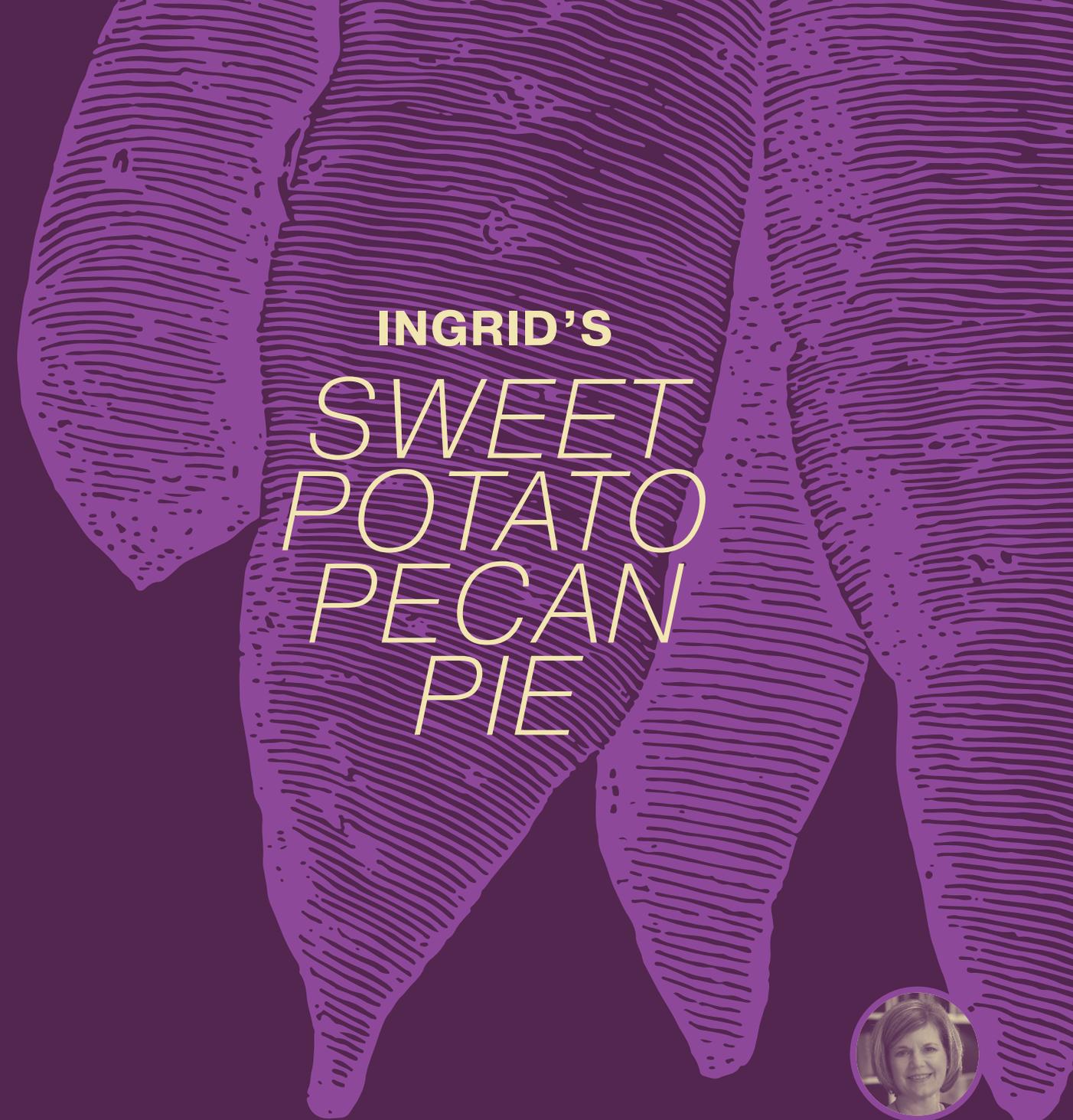
### **PECAN PIE SYRUP**

- 3/4 cup sugar
- 3/4 cup dark corn syrup
- 2 small eggs
- 1-1/2 tablespoons unsalted butter, melted
- 2 teaspoons vanilla extract
- pinch of salt
- pinch of ground cinnamon
- 3/4 cup pecan pieces or halves

### **CHANTILLY CREAM**

- (makes about 2 cups)
- 2/3 cup heavy cream
- 1 teaspoon vanilla extract
- 1 teaspoon brandy
- 1 teaspoon grand marnier
- 1/4 cup sugar
- 2 tablespoons dairy sour cream

“



*Don't be intimidated by this recipe. Just follow the steps and you will overwhelm your guest with the wonderful dessert.*

### STEP 1

For the Dough: Place the softened butter, sugar and salt in the bowl of an electric mixer; beat on high speed until the mixture is creamy. Add the 1/2 egg and beat 30 seconds. Add the milk and beat on high speed 2 minutes. Add the flour and beat on medium speed 5 seconds more (overmixing will produce a tough dough). Remove the dough from the bowl and shape into a 5-inch patty about 1/2 inch thick. Lightly dust the patty with flour and wrap in plastic wrap; refrigerate at least 1 hour, preferably overnight. (The dough will last up to one week refrigerated.)

### STEP 2

On a lightly floured surface roll out dough to a thickness of 1/8 to 1/4 inch. Very lightly flour the top of the dough and fold in quarters. Carefully place dough in a greased and floured 8-inch round cake pan (1-1/2 inches deep) so that the corner of the folded dough is centered in the pan. Unfold the dough and arrange it to fit the sides and bottom of the pan; press firmly in place. Trim edges. Refrigerate 15 minutes.

### STEP 3

For sweet-potato filling: Combine all the ingredients in a mixing bowl. Beat on medium speed with electric mixer until the batter is smooth, about 2 to 3 minutes. Do not overbeat. Set aside.

### STEP 4

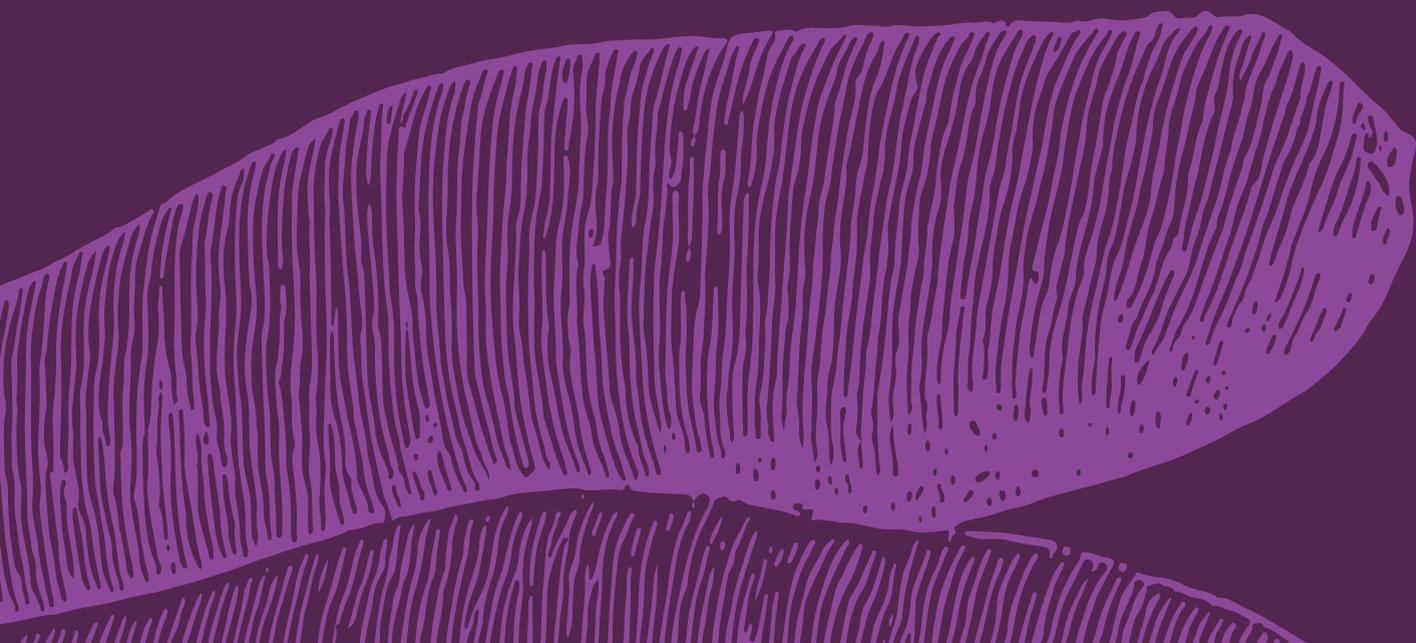
For pecan pie syrup: Combine all of the ingredients except the pecans in a mixing bowl. Mix thoroughly on slow speed of electric mixer until the syrup is opaque, about 1 minute; stir in pecans and set aside.

### STEP 5

To assemble: Spoon the sweet-potato filling evenly into the dough-lined cake pan. Pour the pecan syrup on top. Bake in 325 degree oven until a knife inserted in the center comes out clean, about 1-3/4 hours. (Note: The pecans will rise to the top of the pie during baking).

### STEP 6

Chantilly Cream: Refrigerate a medium-size bowl and beaters until very cold. Combine cream, vanilla, brandy and Gran Marnier in the bowl and beat with electric mixer on medium speed 1 minute. Add the sugar and sour cream and beat on medium just until soft peaks form, about 3 minutes. Do not overbeat. (Overbeating will make cream grainy, which is the first step leading to butter). Once grainy you can't return it to its former consistency, but if this ever happens, enjoy it on toast!) Cool and serve with Chantilly Cream. Store pie at room temperature for the first 24 hours, then (in the unlikely event there is any left) refrigerate.



**DESSERT / MAKES 48 / TIME 30-40 Minutes**

### **BARS**

2 cups flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
1/8 teaspoon salt  
1 tablespoon cinnamon  
1 teaspoon pumpkin pie spice  
(Can use 3/4 teaspoon ground nutmeg and  
1/4 teaspoon ground cloves instead)  
2 cups sugar

1 cup vegetable oil  
4 eggs  
16 ounces canned pumpkin

### **CREAM CHEESE FROSTING**

4 ounces cream cheese  
6 tablespoons butter  
1 teaspoon vanilla  
2 cups powdered sugar  
1 teaspoon milk

### **STEP 1**

Preheat the oven to 350°F.

### **STEP 2**

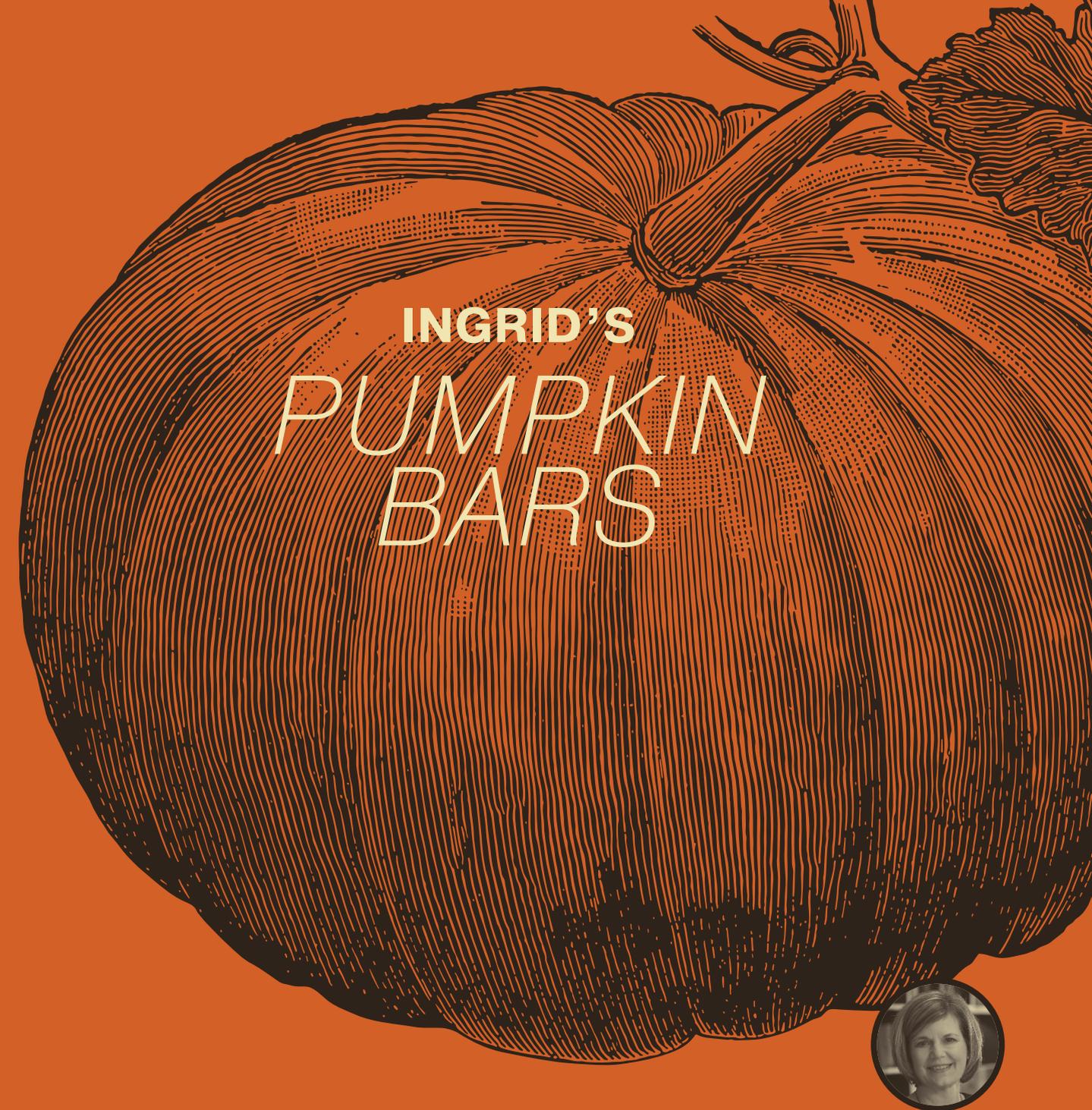
Stir together vegetable oil, sugar, eggs and pumpkin until well blended; add remaining ingredients and mix well.

### **STEP 3**

Pour into greased and floured jelly roll pan (approx. 15" x11"). Bake in oven 20 for minutes.

### **STEP 4**

Beat all frosting ingredients together until smooth. Spread cream cheese frosting on bars when they are cool.



*This recipe is very quick and easy to make.  
This is a family favorite.*

**Vegetarian DIETARY DATA**

### CRUST

1-3/4 cups (8-3/4 ounces) all-purpose flour  
6 tablespoons (2-2/3 ounces)  
granulated sugar  
1/2 teaspoon salt  
8 tablespoons unsalted butter, melted

### TOPPING

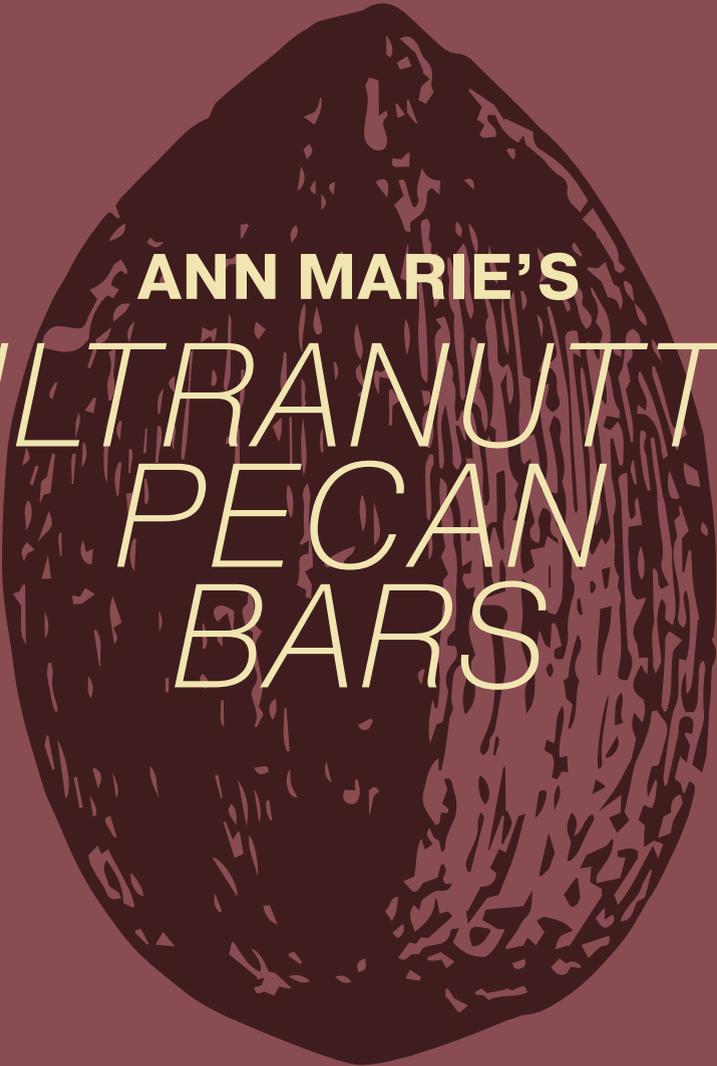
3/4 cup packed (5-1/4 ounces) light brown sugar  
1/2 cup light corn syrup  
7 tablespoons unsalted butter, melted and hot  
1 teaspoon vanilla extract  
1/2 teaspoon salt  
4 cups (1 lb) pecan halves, toasted  
1/2 teaspoon flake sea salt (optional)

### STEP 1

For the Crust: Adjust oven rack to lowest position and preheat the oven to 350°F. Make foil sling for 13x9-inch baking pan.

### STEP 2

Whisk flour, sugar and salt together in medium bowl. Add melted butter and stir with wooden spoon until dough begins to form. Using your hands, continue to combine until no dry flour remains and small portion of dough holds together when squeezed in your hand. Evenly scatter tablespoon-sized pieces of dough over surface of pan. Press and smooth dough into even thickness in bottom of pan, using your fingertips and palm of your hand.



**ANN MARIE'S**  
*ULTRANUTTY*  
*PECAN*  
*BARs*



*Ultranutty and  
ultra-delicious!*

**STEP 3**

For the Topping: Whisk sugar, corn syrup, melted butter, vanilla and salt together in medium bowl until smooth (mixture will look separated at first but will become homogenous), about 20 seconds. Fold pecans into sugar mixture until nuts are evenly coated.

**STEP 4**

Pour topping over crust. Using spatula, spread topping over crust, pushing to edges and into corners. Bake until topping is evenly distributed and rapidly bubbling across entire surface, 23 to 25 minutes.

**STEP 5**

Transfer pan to wire rack and lightly sprinkle with flake sea salt, if using. Let bars cool completely in pan on rack about 1 1/2 hours. Using foil sling, lift bars out of pan and transfer to cutting board. Cut into 24 bars. Bars can be stored at room temperature for up to 5 days.

