

Thankful Thursday with Foodie Friends

Herb Roasted Turkey

12-14 lb turkey, thawed or fresh

¼ cup extra virgin olive oil

Poultry mix of fresh herbs (usually includes rosemary, thyme, sage, oregano)

Roasted garlic & herb seasoning – I use Weber or 2 fresh garlic cloves

Sea salt, fresh ground pepper

Reynolds oven bags, turkey size.

Tablespoon of flour

Roasting pan

Preheat oven to 325 degrees

Cut turkey into pieces. Cut thighs off turkey, leaving leg and thigh together. Cut wings off turkey. Cut down ribs to separate turkey breast from back. This enables more even cooking of turkey and reduces the cooking time.

Remove fresh herbs from packaging and cut up/mince using a knife or kitchen scissors, place in a small bowl. If using fresh garlic, use a garlic press or finely mince garlic and add to bowl. Add the extra virgin olive oil to the bowl and mix ingredients together coating with olive oil. Using clean hands, spread herb/oil mixture onto all turkey pieces. Lightly sprinkle with sea salt, pepper and roasted garlic & herb seasoning. Take oven roasting bag, add a tablespoon of flour and shake to coat the inside of oven bag. Place in roasting pan with opening rolled open for easier access.

Place leg/thigh pieces, one in each back corner of the oven bag, place back of turkey on the bottom of bag, add breast to the top and towards the front, add wings towards the front 2 corners. Use the slip tie to close bag and snip 3-4 holes in the top of the bag to let the steam vent out.

Place roaster pan with turkey inside the bag into a preheated oven, following the directions within the oven bag box. Typically, a 12-16-pound turkey cooks for 2 hours until the meat thermometer reads 165 degrees. My turkeys usually have the pop-up timer on the breast, so you can use that as a guide to when the turkey is done.

After turkey is done, let it sit on top of stove 5-7 minutes then careful of the steam when opening the bag. Save your turkey broth Pour some into a small pan for gravy and the remaining into a larger pan or bowl and allow to cool. You can use the broth for the base of a soup for another meal or two.

For your gravy, bring broth to a boil, mix a tablespoon of non-GMO corn starch in a small dish with hot water 1st and whisk until smooth. Slowly add corn starch/hot water mixture into boiling turkey broth whisk with a wire whisk until thickened usually only a few minutes. Then remove from heat and place into a gravy boat and serve immediately.

Homemade Cranberry Compote

1 bag of fresh cranberries

1 cup of mango orange juice blend or plain orange juice

1 teaspoon ground ginger or grate fresh ginger

½ teaspoon ground cloves

½ teaspoon ground nutmeg

½ teaspoon cinnamon

½ cup honey or brown sugar

Rinse cranberries in a colander thoroughly and place into a medium-large pot on stove top. Add mango orange juice blend or regular orange juice. (I use the mango orange blend because my husband has an orange allergy, but mango orange juice doesn't seem to bother him as much.) Add the ginger, cloves, and nutmeg. Bring to a boil and cook until cranberries start to pop open, about 10-12 minutes. Add honey or brown sugar, stir and let simmer another 5 –10 minutes to incorporate the sweetness into the cranberry mixture and cook down. Use immersion blender in pan to break down cranberries a lot or a little depending on how chunky you like it. Place in serving bowls for your Thanksgiving table. You can make this compote up a couple of days in advance and keep in the refrigerator.

There are many variations of a cranberry sauce/compote. You can add diced dried apricots, golden raisins, diced fresh apples, orange zest/peel. Experiment with flavors and things your family enjoys. I save any leftover cranberry compote in a mason jar in the refrigerator.

I use the cranberry compote in a variety of ways besides a side for turkey.

Cranberry mayo – mix ½ cranberry compote and ½ mayonnaise in a small bowl. Need a little, mix 1 TBSP of each. Need a lot, mix ½ cup of each. Spread on wheat bread or a croissant, add thin slices of honeycrisp apple or granny smith apple depending on a sweet or tart flavor wanted, sliced turkey and gouda cheese (or any cheese of your choice). Enjoy!

Cranberry Apple Cider - Adult or regular version. To make a pitcher, fill ¾ pitcher with Apple cider, cloudy kind – not clear like apple juice, ½ -1 cup of Cranberry compote, a dash of cloves, ginger, cinnamon, mix well with a whisk or immersion blender. Optional adult version adds 1 cup of Tin Cup whiskey and mix well. Can serve hot in a mug or over ice.

Use as a hot or cold topping for waffles, pancakes or spread on biscuits.

Apple Cranberry dessert - Dice 2 apples into an 8x8 microwave dish and mix in ½ cup cranberry compote. Smooth out evenly. Sprinkle cinnamon lightly across mixture. Mix separately 2 TBSP butter, 2 TBSP brown sugar and ¼ cup of dry oatmeal to form a crumble topping. Sprinkle on top of apple cranberry mixture, cook in microwave about 3-5 minutes. Serve as a hot fruit dessert.

Cranberry cream cheese spread – 1 bar of light cream cheese. Use a long sharp knife to slice cream cheese length wise and fan open onto a serving plate to double its size. Add cranberry compote to the top. You can place in microwave for 15 seconds or so to soften mixture for easier spreading or warm

Cranberry compote in microwave before adding it on top of cream cheese. Serve using a small spreader to be used on crackers or small pieces of toast as an appetizer.

Cauliflower Rice Stuffing

Great for adding an extra serving of veggies into your day and a wonderful gluten free option to the Thanksgiving table

1Tbsp unsalted butter

1 cup diced celery

1 cup diced mushrooms

1/3 cup diced yellow onion

2 oz chopped walnuts (if you have an allergy leave this out)

4 cups of riced cauliflower

½ cup chicken stock

1 Tbsp chopped fresh sage

1 Tbsp chopped fresh rosemary

½ Tbsp poultry seasoning

½ tsp salt – I prefer sea salt

Heat butter in a large skillet over medium heat. Add celery, mushrooms, onion and walnuts. Sauté for 5 minutes. Add cauliflower rice, sauté for an additional 2 minutes. Add stock and seasoning; mix well. Cover and cook until liquid is absorbed, 12 to 15 minutes.

Green Bean Casserole

1, 16 oz bag frozen whole green beans

Cooking spray

2 cups of mushrooms, chopped

½ cup diced yellow onion

1 clove garlic, minced

¾ cup nonfat plain Greek yogurt

¼ cup reduced fat sour cream

1 tsp cornstarch

½ packet Stevia

½ tsp salt (prefer sea salt)

½ tsp salt

½ tsp pepper

½ cup reduced fat shredded cheddar cheese

2 Tbsp grated parmesan cheese

Preheat oven to 350 degrees.

Microwave green beans according to package directions. Typically, about 5 to 7 minutes

Lightly grease a medium sized skillet and heat over medium heat. Cook mushrooms, onions, and garlic until tender, about 5 to 7 minutes. Combine mushroom mixture with green beans in a medium sized bowl and let cool.

Meanwhile, combine Greek yogurt, sour cream, cornstarch, stevia, salt, and pepper in a small bowl. Toss vegetables in sauce mixture until evenly coated. Add cheddar cheese and mix until well combined.

Spread into a lightly greased baking dish, top with parmesan and bake until topping is golden brown about 30 to 35 minutes.

Enjoy a healthy alternative to a traditional green bean casserole!

Sharon U McCauley November 2020 Thankful Thursday Recipes.