

## “CHRISTMAS WEEK”

*Merry Christmas! I realize that you are just getting this meal plan on Christmas Eve, and if you're cooking Christmas dinner you probably already have a plan. I decided to still give you a few recipes for Christmas dinner if you still need them, or just use the recipes as super delicious weekly meals and treats to keep the holiday spirit alive all week! I have a great tip this week for a roasted turkey in case you're going to give the bird a second try after Christmas. I've actually been moving all week so I haven't been able to enjoy all the wonderful Christmas festivities. Hopefully during this post-holiday week I can remake these Christmas treats in my new home!*

-Roz Mignogna



GARLIC AND HERB PRIME RIB ROAST WITH FENNEL AND HORSERADISH-HOLLANDAISE SAUCE



MASHED POTATOES AND GRAVY

### WHAT'S FOR DINNER

- Holiday Salad with Honey-Mustard and Herb Dressing
- Candied Pecan Brussels Sprouts with Garlic Butter
- Garlic and Herb Prime Rib Roast with Fennel and Horseradish-Hollandaise Sauce (*That's Right!*)
- Mashed Potatoes and Gravy
- Making a Turkey instead? Try this recipe and my tip for cooking it upside-down!
- Garlic and Herb Roasted Turkey

### EXTRAS

- Candied Pecans and Holiday Chocolate Brittle
- Classic Apple and Pear Pie
- Pumpkin Pie with Candied Pecan Streusel Topping

### NOURISHING ADDITIONS

- Making stock with giblets or other organ meats then using it for recipes like Mashed Potatoes and Gravy are a great way to add nourishing ingredients to your meals!

### SUGGESTED EXTRAS

*(Recipes and shopping list items not included.)*

- Make sandwiches with leftover meat, a sprouted grain bread, vegetables and horseradish-hollandaise sauce or gravy (*or use gravy as a sandwich dip*). Add some cheese and warm it up. Yum!

### PLANNING NOTES

- Make Crispy Nuts for Candied Pecans and chicken (*or turkey*) stock one day before using in recipes.
- Try to plan ahead to make and prep as many ingredients for recipes as possible, depending on your time allotted.
- If making the pumpkin pie and apple and pear pie, then make one large batch of crust for both pies.



GARLIC AND HERB ROASTED TURKEY



# Shopping List

Christmas Week

December 24, 2011

## MY NOTES:

### PANTRY:

Extra virgin olive oil

Salt and pepper

Chicken stock (*homemade is best!*)

White vinegar

Dijon mustard

Horseradish

Honey

Cinnamon

Arrowroot powder

4-6 cups pecans

Dried cranberries

**\*Chocolate Chips and Peanut Butter for "Holiday  
Chocolate Brittle"**

**\*Flour, white AND brown sugar for extra pie recipes**

**\*Consider extra items for breakfast, lunches, snacks,  
and additional recipes such as tortillas for tacos, etc.**

### SPECIALTY:

Parchment paper needed this week

## **CANDIED PECANS AND HOLIDAY CHOCOLATE BRITTLE**

Approximate time: 15 minutes.

*(24 hours needed in inactive preparation time.)*

***Make the candied pecans first to use in other recipes. "Crispy Nuts" are preferred for this recipe, so give yourself 24 hours to soak and dry nuts for recipes.***

4-6 six cups pecans, roughly chopped (*"Crispy Nuts" preferred*)

1 teaspoon salt

½ cup butter

½ cup sugar

cinnamon

***For Holiday Chocolate Brittle, add:***

8 oz chocolate chips

5-6 tablespoons peanut butter

Parchment Paper needed for recipe

To make "Crispy Nuts," cover pecans with water in a large bowl and stir in salt. Cover and let soak for at least 12 hours. Strain nuts the spread on a large baking sheet and place in a warm oven (*no higher than 150°F*) for 12-24 hours, until nuts are dry and crispy.

\*Recipe can be made with raw nuts, but "Crispy Nuts" are preferred because of the added nutritional and digestive benefit of soaking, and also a desired dry and crispy texture achieved.

Melt butter in a large saucepan or skillet. Stir in sugar until dissolved. Stir in nuts until covered, and sauté for 8-10 minutes, stirring frequently, until sugar is dark golden brown and remove from heat.

*(\*Special directions for "Holiday Chocolate Brittle" begins now. See below. Make sure to reserve 2 cups of candied pecans for "Candied Pecan Brussel Sprouts with Garlic Butter," "Christmas Salad with Honey Mustard and Herb Dressing," and "Pumpkin Pie with Cinnamon Pecan Streusel Topping.")*

Spread immediately on a large baking dish covered with parchment paper, sprinkle liberally with cinnamon, and let cool completely. A hard caramel coating should cover nuts. Break apart into small pieces for use in recipes, or as a snack.

### ***FOR HOLIDAY CHOCOLATE BRITTLE:***

Remove 2 cups of "Candied Pecans" for other recipes, finishing the recipe above. While remaining nuts are still in pan, stir in chocolate and peanut butter until melted. Spread mixture on a large baking dish covered in parchment paper, sprinkle liberally with cinnamon, and let cool completely. Place in refrigerator until chocolate hardens, then break up pieces and serve.

## **HOLIDAY SALAD WITH HONEY-MUSTARD AND HERB DRESSING**

Approximate Time: 20 minutes

### *Ingredients:*

4 cups romaine lettuce, roughly chopped  
4-6 cups other leafy green lettuce, such as Spinach, Green Leaf Lettuce, etc., chopped  
1/2 cup Candied Pecans, chopped  
1/2 cup dried cranberries  
1/2 cup apples, chopped

### *For Dressing:*

1/4 cup basil, chopped  
2 tablespoons flat-leaf parsley, chopped  
1 tablespoon thyme, chopped  
1 tablespoons rosemary, chopped  
1 tablespoon Dijon mustard  
2 tablespoons honey  
1/2 cup Extra Virgin Olive Oil  
Salt and Pepper, to taste

Mix lettuce, pecans, cranberries, and apples in large bowl. Place dressing ingredients in a small food processor and pulse until smooth and creamy. Add salt and pepper as needed. Toss salad with dressing and serve immediately.

## **CANDIED PECAN BRUSSELS SPROUTS WITH GARLIC BUTTER**

Approximate Time: 20 minutes

4-6 cups Brussels sprouts  
salt and pepper  
1/2 cup butter  
2-3 cloves of garlic, minced  
1 cup "Candied Pecans", chopped

Bring large stock pot of water to a boil and season with a handful of salt. Boil Brussels sprouts for 6-8 minutes, until soft and bright green. Strain with a colander. Return stock pot to stove and heat butter. Saute garlic for 2-3 minutes, then stir in Brussels sprouts for 5 minutes. Season with salt and pepper, as needed, and sprinkle with candied pecans to serve.

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## **GARLIC AND HERB PUREE**

2 cups finely chopped herbs  
such as basil, rosemary, thyme, and/or sage  
4-5 cloves of garlic  
2 teaspoons salt  
1 teaspoon pepper  
1 cup extra virgin olive oil

Puree ingredients in a food processor until smooth.

## **GARLIC AND HERB PRIME RIB ROAST WITH FENNEL AND HORSERADISH-HOLLANDAISE SAUCE (THAT'S RIGHT!)**

Approximate Time: 1-2 hours, depending on size of roast

*This week's picture for this recipe is shown with mashed sweet potatoes instead of fennel.*

### *Ingredients:*

4-8 pound beef prime rib roast

extra virgin olive oil

salt and pepper (*lots of salt!*)

¼- ½ cup "Garlic and Herb Puree"

3-6 fennel bulbs, sliced in half (*cut firm root out of bottom of fennel bulbs*)

### **For Sauce:**

2 egg yolks

2 teaspoons white vinegar

2 teaspoons to 1 tablespoon horseradish sauce (*depending on desired flavor*)

salt

½ cup butter, melted (*but not too hot*)

Preheat oven to 350°F.

Heat some oil in a large skillet. Season roast with salt and pepper and sear in pan for 3-5 minutes per side, until a dark crust forms. Place seared roast in a large roasting pan. Make little cuts over the top layer of the roast. Drizzle roast with more oil, then spread Garlic and Herb Puree over roast. Sprinkle with a generous amount of more salt. Toss fennel in a large bowl with oil and salt and pepper, to coat, then place in roasting pan around roast. Place pan in oven for 1-2 hours (*depending on size*), until meat is about 135°F internally, for medium-rare in center. Let rest for 10-30 minutes before slicing to serve.

For sauce, blend egg yolks, vinegar, horseradish, and a dash of salt with a blender or immersion blender. Continue blending and slowly drizzle in butter until sauce thickens. Season with more salt as needed, then serve with roast.

*Making a Turkey instead? Try this recipe and my tip for cooking it upside-down!*

### **GARLIC AND HERB ROASTED TURKEY**

Approximate Time: 3 hours

*Usually at Thanksgiving, everyone wants to put their perfectly golden, roasted turkey on the table*

1, 10-14 pound turkey

½ cup butter

4 tablespoons “Garlic and Herb Puree”

Salt and pepper

Chicken or Turkey Stock

Preheat oven to 450°F.

Place turkey, breast side down, in roasting pan on a roasting rack. *(Place neck and giblets in a pot of simmering water to make stock for other recipes.)* Rub turkey evenly with butter and Garlic and Herb Puree. Sprinkle with additional salt and pepper, and pour 1-2 cups of chicken stock in bottom of roasting pan. Place in oven for 30 minutes, then reduce heat to 350°F and cover with aluminum foil. Continue roasting for about 1 hour for every 4-5 pounds of meat, making sure that the bottom of pan has liquid at all times. Turkey is done when skin is dark brown and crispy, and internal temperature of breast meat reads about 165°-170°F with a meat thermometer. Let set for 20-30 minutes before slicing to serve.

### **MASHED POTATOES AND GRAVY**

Approximate Time: 30 minutes

*In this week's picture, I actually made this recipe with sweet potatoes instead of white potatoes. If you'd like to do this, change your ingredient on the shopping list!*

8-10 potatoes, peeled and cut into cubes

½ cup butter

milk, as needed

salt and pepper

¼ cup fat/pan drippings from

“Garlic and Herb Roast with Fennel and Potatoes”  
and/or

“Garlic and Herb Roasted Turkey”

2 tablespoons butter

¼ cup arrowroot powder or flour

4 cups chicken stock,

or stock made from simmering turkey giblets in water for 2-3 hours.

Boil potatoes in salted water until soft.

Using a potato ricer or masher, blend potatoes with butter and milk as needed to achieve desired consistency. Season liberally with salt and pepper, as needed.

Heat fat and butter in a large saucepan. Whisk in arrowroot for until smooth, then whisk in stock until blended. Simmer until gravy is smooth and thick. Season with salt and pepper, as needed, and serve with potatoes.

## **CLASSIC APPLE AND PEAR PIE**

Approximate Time: 2 ½ hours (2 hours inactive)

### **For Crust:**

2 1/2 cups flour, plus extra for dusting  
pinch of salt  
1 cup butter, chilled and cubed  
1/3 cup iced water

### **For Filling:**

3 cups apples, peeled, cored and chopped  
2 cups pears, peeled, cored and chopped  
½ cup sugar, plus extra  
1 tablespoon arrowroot powder (*use cornstarch as a substitute*)  
3 tablespoons all-purpose flour  
1 teaspoon cinnamon, plus extra

### **For Crust:**

Place flour and salt in food processor and pulse a few times to blend. Add butter, 1 cube at a time, until moist crumbs form. Add water, 1 tablespoon at a time, until moist clumps form and dough sticks together when pinched. Discard extra water. Transfer dough to lightly floured surface and knead until smooth. Form into disk, wrap in plastic wrap, and refrigerate for 1 hour.

Preheat oven 350°F.

Break 1/3 of dough and set aside. Roll larger piece of dough onto lightly floured surface, into 14-inch disk and transfer to pie pan. Pinch down edges to form uniform crust.

Mix apples and pears in a large bowl. Blend sugar, arrowroot, and flour in a large bowl with a whisk, then stir into apples and pears. Place mixture in pie pan over pie crust. Roll remaining 1/3 of pie dough over a lightly floured surface into a 12-inch disk. Place disk over pie and pinch edges with bottom crust. Sprinkle with extra cinnamon and sugar, then bake 45 minutes to 1 hour, until crust is lightly golden brown. Let cool before serving.



## ***PUMPKIN PIE WITH CANDIED PECAN STREUSEL TOPPING***

Approximate Time: 2 ½ hours (2 hours inactive)

### ***For Crust:***

2 1/2 cups flour, plus extra for dusting  
 pinch of salt  
 1 cup butter, chilled and cubed  
 1/3 cup iced water

### ***For Filling:***

30 ounces pure pumpkin puree (*roasted sugar pumpkin or jarred/canned*)  
 5 medium eggs  
 1 cup whole milk  
 1 ½ cups cream  
 1/2 cup sugar  
 1 cup brown sugar  
 ½ teaspoon salt  
 1 tablespoon cinnamon  
 2 teaspoons pumpkin pie spice, optional (*clove, nutmeg, cardamom, ginger, etc.*)  
 1 teaspoon orange zest

### ***For Streusel Topping:***

½ cup flour  
 ½ cup sugar  
 ½ cup butter, at room temperature  
 1 teaspoon cinnamon  
 ½ cup “Candied Pecans,” roughly chopped

### ***For Crust:***

Place flour and salt in food processor and pulse a few times to blend. Add butter, 1 cube at a time, until moist crumbs form. Add water, 1 tablespoon at a time, until moist clumps form and dough sticks together when pinched. Discard extra water. Transfer dough to lightly floured surface and knead until smooth. Form into disk, wrap in plastic wrap, and refrigerate for 1 hour. Roll dough onto lightly floured surface into a thin disk and transfer to pie pan. Pinch down edges to form uniform crust, then slice extra dough off the edges. \*Bake strips of extra dough with a sprinkle of cinnamon and sugar for easy shortbread cookies!

Preheat oven to 350°F.

Using an electric mixer, beat pumpkin puree, adding eggs one at a time until smooth, then add remaining filling ingredients until smooth. Pour mixture into pie pan over dough. (*Pour extra filling in a buttered baking dish and bake like a custard aside the pie, if desired.*) In a small bowl, mix streusel ingredients, except “Candied Pecans,” with a fork until moist crumbs are formed, then stir in pecans. Place in oven and bake for 30 minutes. Carefully remove pie from oven, then sprinkle streusel topping evenly over pie. Place back in oven on lower rack and bake for 20-30 more minutes, until pie filling is set (*jiggles a little when shaken*) or a knife inserted into filling comes out clean. Let set for at least an hour before slicing to serve.