

Fig Glazed Turkey with Apple Butter Gravy

Brine

20 cups water
 1 cup salt
 7 cups apple juice -
 (O Nonnies use pear juice)
 3 onions, quartered
 3 bay leaves

Turkey

12 lb turkey
 1 bunch sage
 1 bunch thyme
 1 bunch rosemary
 2 bay leaves
 2 lemons, quartered

Fig Glaze

¼ cup fig jam
 zest of 1 lemon
 ¼ cup ghee
 1 teaspoon sea salt
 2 tablespoons chopped
 rosemary
 2 tablespoons chopped
 thyme
 2 tablespoons chopped sage

Gravy

2 tablespoons water
 3 tablespoons brown rice or
 arrowroot flour
 1 cup vegetable or turkey
 stock
 1/3 cup apple butter -
 (O Nonnies use pear butter)
 1 clove crushed garlic
 1 tablespoon chopped sage
 1 tablespoon chopped
 parsley
 1 tablespoon chopped thyme
 sea salt to taste

1. Start by soaking your turkey in a brine 24 hours before baking. You can skip this step and continue with the remaining if you do not want to brine, but it adds tremendous moisture and flavor!
2. Place the turkey in a large stock pot or large container big enough to fit the turkey with at least 4" above the top of the turkey. Add all of the brining ingredients: water, salt, apple juice, onions and bay leaves. Cover and store in the refrigerator overnight.
3. Pre-heat the oven to 350 degrees.
4. When the turkey is ready for baking, remove it from the brine and place on a wire rack. Pat the turkey dry using paper towels and stuff the cavity with sage, thyme, rosemary, bay leaves and lemons.
5. Prepare the fig glaze by stirring together fig jam, lemon zest, ghee, salt, rosemary, thyme and sage. Use your hands to apply the glaze under the skin of the turkey over the breasts as well as all over the top of the skin on the breasts and thighs. Ensuring that the turkey skin is thoroughly dry will help this process along.
6. Bake turkey uncovered in the oven for 1 hour, basting once. At the hour mark, check the turkey to see if it is browning too much on the top (this is likely to happen because of the sugar in the fig jam). If so, cover that area with tin foil to halt the browning and continue to cook for an hour to an hour and a half or until the turkey reaches 160 degrees.
7. Remove the turkey from the oven and place on a cutting board. The turkey will continue to cook, meaning the internal temperature will rise after it is taken out of the oven so it will easily reach 165, which is the safe temperature for eating poultry. Let the turkey rest at least 10 minutes so the juices do not escape once the turkey is cut.
8. In the meantime, prepare the gravy by placing the turkey roasting pan with all the delicious drippings on the stove top over medium heat. In a small bowl, whisk together water and flour until the flour is dissolved and there are no lumps. Add it to the roasting pan, whisking continuously until a thick gravy forms. Gradually add vegetable or turkey stock to thin the gravy out to the perfect consistency... slightly thicker than heavy cream. Add apple butter (or O Nonnies substitute pear butter), garlic and herbs, stir to combine. Season with sea salt to taste and serve warm.
9. Carve the turkey and serve warm with apple butter gravy.

Pumpkin Walnut "Cornbread" Stuffing with Cranberries

1 3-4 lb sugar pumpkin (B Secretors use butternut or acorn squash)
1 tablespoon olive oil
sea salt to taste
4 stalks celery, finely diced
2 cups finely diced white onion, about 1 medium
1 large fennel, finely chopped
toasted cornbread*
1 ½ cups chopped raw walnuts
1 cup dried cranberries
¼ cup chopped sage
1 ½ cups vegetable broth
3 large eggs



1. Pre-heat oven to 375 degrees. Line a 9'x11' baking sheet with parchment paper. Grease a 9"x11" baking dish with non-stick cooking spray.
2. Peel, seed and dice pumpkin (B Secretors use butternut or acorn squash) into a fine dice, about ¼"-1/2" cubes. Toss pumpkin with 1 tablespoon olive oil and a dash of sea salt (about ¼ teaspoon or less). Line in a single layer on the parchment lined baking sheet and bake for 45-50 minutes, until pumpkin (B Secretors use butternut or acorn squash) is tender and slightly browned on the bottoms.
3. In a large skillet, sauté celery, onion and fennel in 1 teaspoon ghee and 2 teaspoons olive oil for 10-12 minutes, until veggies soften and onions begin to look translucent. Remove from heat and set aside.
4. Reduce oven temperature to 350 degrees.
5. In a large bowl, gently toss together cubed cornbread, sautéed veggies, roasted pumpkin (B Secretors use butternut or acorn squash), walnuts, cranberries and sage. Mixing gently will ensure the cornbread stays intact. Pour into greased baking dish and pour egg mixture evenly over top.
6. Cover dressing and bake for 20-25 minutes, remove cover and finish baking 10 minutes.
7. *See No Corn Cornbread recipe.
8. Tip: Cornbread can be made in the morning and baked later in the day.
9. Serves 10-12.



No Corn Cornbread

1 cup millet flour
½ cup quinoa flour
¼ cup brown rice flour
¼ cup almond flour
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon fine sea salt
pinch turmeric
3 large whole eggs
¾ cup rice milk
4 tablespoons ghee, melted and cooled + more for greasing
2 tablespoons agave

1. Pre-heat the oven to 375 degrees. Grease an 8"x8" baking dish with ghee.
2. Start by combining dry ingredients in a large bowl: millet flour, quinoa flour, rice flour, almond flour, baking powder, baking soda, salt and turmeric. Mix until thoroughly incorporated.
3. In a separate bowl, whisk wet ingredients: eggs, milk, ghee and agave. Add the wet mixture to the dry ingredients and stir until free of lumps.
4. Pour batter into the greased baking dish and bake for 25-30 minutes or until a toothpick or cake tester can be inserted into the bread and come out clean.
5. For the cornbread stuffing, this recipe can be made in advance or the day of.
6. Pre-heat the oven to 400 degrees.
7. Once the bread is baked and cooled, cut cornbread into bite-sized pieces, about ½" cubes. Place in a single layer on a baking sheet and toast for 6-8 minutes, flipping once so that the bread becomes toasted and slightly browned around the edges.

Roasted Garlic Parsnip Puree


2 cloves garlic
1 ¼ teaspoon olive oil, divided use
sea salt to taste
1 cup chopped onion
3 apples (O Nonnies use pears), diced about 3 cups
6 cups diced parsnips
1 tablespoon ghee, divided use
½ cup rice milk
1 tablespoon chopped parsley



1. Pre-heat oven to 375 degrees.
2. Place garlic on a piece of parchment paper large enough to wrap around the cloves and drizzle with ¼ teaspoon olive oil and a small pinch of sea salt. Wrap parchment paper around the seasoned garlic and then wrap that in a piece of tin foil (foil should cover parchment entirely). Bake for 1 hour.
3. Heat a medium pot over medium heat and melt 1 teaspoons ghee with olive oil and sauté onions, apples and parsnips for 5-6 minutes, until onions are tender.
4. Add water, stir and bring to a bubble, reduce heat to low and cover for 40-45 minutes, stirring occasionally. When done, parsnips should be fork tender and almost all the liquid will be absorbed.
5. Add milk, roasted garlic, remaining ghee and sea salt to taste. Blend with an immersion blender or in a food processor/ blender until smooth and creamy. Fold in chopped parsley when ready to serve, serve warm.
6. Serves 6.



Glazed Pear and Acorn Squash with Cranberries

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- 2 acorn squash
 - 4 small bartlett pears
 - 1 ½ cups fresh cranberries
 - 1 tablespoon fresh thyme
 - 2 tablespoons olive oil
 - 2 teaspoons molasses
 - 1 tablespoon agave
 - ½ teaspoon sea salt

1. Trim the stem and bottom off the acorn squash and slice down the middle. Use a sturdy spoon to scoop the seeds and discard. Place the halved squash flesh side down on the cutting board and slice in 1/4" half moon shapes.
2. Slice pears in ½" sections and toss with squash, cranberries and thyme in a large bowl. Drizzle with olive oil, molasses and agave and toss to evenly coat.
3. Line squash mixture on the parchment lined baking sheets in a single layer and sprinkle evenly with sea salt.
4. Bake for 20-25 minutes, flipping once half way through.
5. Serve warm.
6. Serves 6.

Shallot and Bacon Creamed Kale

5 slices turkey bacon
1 tablespoon olive oil, divided use
4 large shallots, finely diced
1 clove garlic, minced
3 bunches of kale, chopped
dash of ground cloves
sea salt to taste
1 tablespoon ghee
2 tablespoon arrowroot flour
1 ½ cups rice milk



1. Start by cooking bacon in a medium skillet with 1 teaspoon olive oil. Heat the skillet over medium, drizzle with oil and cook bacon 2-3 minutes per side or until crispy.
2. In the meantime, heat a medium pot over medium heat and add remaining olive oil. Sauté shallots and garlic for 2-3 minutes just until aromatic and softened. Add kale a handful at a time, stir until wilted and continue adding by the handful. This will help manage the kale, and helps it cook faster. Season with a dash of cloves and sea salt.
3. Remove the bacon from the pan, crumble and set aside on a paper towel. In the same skillet, make a roux by melting the ghee over medium heat and whisking in the flour until free of lumps. Slowly add the rice milk, whisking continuously. Continue heating and whisking until thickened. The mixture will bubble and become the consistency of a thin yogurt, at which point it can be added to the kale.
4. Stir the sauce into the kale and add crumbled bacon and serve warm.



Plum Ginger Crumble

6 plums
1 teaspoon fresh ginger, minced
1 teaspoon lemon zest
dash ground cloves
3 tablespoons fig jam
1 tablespoon agave
1 tablespoon arrowroot flour
crumble topping:
¼ cup sliced almonds
¼ cup brown rice flour
2 tablespoons almond flour
1/8 teaspoon sea salt
dash of ground cloves*
1 tablespoon ghee
1 tablespoon agave

1. Pre-heat oven to 375 degrees.
2. Peel and slice plums into ¼" segments. Toss in a medium bowl with ginger, lemon zest, cloves, fig jam and agave until evenly combined. Sprinkle with flour and toss again to combine. Pour mixture into a 9" pie dish.
3. Make crumble topping by stirring together almonds, rice flour, almond flour, salt and cloves. Add the agave, mixing it into the flour. Using your fingers, a pastry cutter or two knives, cut the ghee into the flour until the mixture becomes thick, even crumbles. Spread in an even layer across the top of the plums.
4. Bake for 20-25 minutes or until the pears are hot and bubbling and the top is crunchy and golden brown.
5. Serves 6.
6. *cloves are a very powerful spice and it does not require a large amount to impart a lot of flavor, so add very sparingly. A dash is intended to be a small sprinkle of seasoning.