

Classic Thanksgiving Menu

Hot Spinach and Artichoke Dip

Servings: 8

Preparation time: 15 minutes

Cooking time: 25 minutes

Ingredients

- 1 garlic clove
- 1 cup of cream cheese (1-8 oz package)
- 1/2 cup of frozen spinach
- 1 3/4 cups of artichoke hearts (1-14 oz can)
- 1/4 cup of mayonnaise
- 1/4 tsp of garlic salt
- 1/4 tsp of ground pepper
- 1/4 tsp of salt
- 1/4 cup of Romano cheese, grated
- 1/4 cup of Parmesan cheese, grated
- 1/4 cup of mozzarella cheese, grated

Directions

1. Preheat the oven to 350°F.
2. In a large bowl, cream together the cream cheese, mayonnaise, and garlic salt.
3. Mince the garlic, and add to the cream cheese along with the basil, salt, and pepper.
4. Mix until it is well blended.
5. Thaw the spinach, and chop into fine pieces. Add to the cream cheese mixture.
6. Drain the artichoke hearts, and chop into small pieces.
7. Fold into the cream cheese mixture, and stir until it is well blended.
8. Grate the Parmesan and Romano cheese. Add to the cream cheese, and mix well.
9. Grease a small baking dish.
10. Pour the cream cheese mixture into the baking dish, and smooth it down so it's flat.
11. Grate the mozzarella, and sprinkle over the top of the dip.
12. Bake for 25 minutes or until the top is lightly browned.
13. Serve warm on French crusted bread, with chips or with veggies.

Nutrition facts per serving (42g)

Calories: 141, Calories from Fat: 119, Total fat: 13.2 g., Carbohydrates: 3.0 g., Dietary fiber: 5.4 g., Sugars: 0.6 g., Protein: 3.4 g.

Maple Roasted Turkey

Servings: 12

Preparation time: 30 minutes

Cooking time: 3 hours and 30 minutes

Ingredients

- 12 lb turkey
- 1/3 cup of maple syrup
- 2 cups of apple cider vinegar
- 2 1/2 tbsp of fresh thyme
- 2 tbsp of fresh marjoram
- 1 1/2 tsp of lemon zest
- 3/4 cup of butter
- Salt to taste
- Pepper to taste
- 2 cups of onion, chopped
- 1 1/2 cups of carrots, chopped
- 1 1/2 cups of celery, chopped
- 3 cups of chicken broth
- 1/4 cup of flour, all purpose
- 1/2 cup of apple brandy
- 1 bay leaf

Directions

1. Preheat the oven to 375°F.
2. Prepare the turkey for baking. Clean out the inside, remove any pin feathers that were left. Discard any other debris left in the cavity. Reserve the organs and giblets
3. Place the turkey in a roasting pan.
4. In a large saucepan, whisk together the maple syrup and apple cider.
5. Set on the stove over a medium-high temperature.
6. Bring the mixture to a boil, and continue cooking until you have reduced the liquid to 1/2 cup.
7. Remove from heat.
8. Wash and chop the thyme and marjoram.
9. Add 1 tablespoon of thyme and 1 tablespoon of marjoram immediately to the hot maple syrup mixture.
10. Zest the lemon, and add to the maple syrup mixture.
11. Stir in the butter, and mix until it has melted.
12. Season with salt and pepper until you have your desired taste. Place in the refrigerator until it is cold.
13. Set aside 1/4 cup of maple syrup mixture, and rub the remaining mixture onto the turkey. On the breast, rub the mixture under the skin.
14. Set aside the turkey when it has the maple syrup on it.
15. Wash, peel, and chop the onion and carrots.
16. Wash and chop the celery. Toss the vegetables together.
17. Pour around the turkey.
18. Place the neck, and giblets on top of the vegetables.
19. Sprinkle the vegetables with 1 tbsp of thyme and 1 tbsp of marjoram.
20. Pour 2 cups of chicken broth over the vegetables.
21. Place in the oven, and bake for 30 minutes.
22. After the 30 minutes, cover the turkey with aluminum foil, and reduce the temperature of the oven to 350°F.
23. Bake for an additional 2 1/2 to 3 hours or until the thickest part of the thigh reaches an internal temperature of 180°F.
24. Remove from heat, and allow to stand for 30 minutes.
25. While it is standing, remove the juices from the pan into a large measuring cup. Skim off any excess fat with a spoon.
26. Fill the measuring cup with chicken broth until you have 3 cups of liquid (broth and juices).
27. Pour into a saucepan on the stove. Set the temperature to medium-high.
28. Bring the liquid to a boil.
29. While it is cooking, whisk together the remaining maple syrup mixture and 1/3 cup of flour.
30. Pour into the broth, and mix well.
31. Add the remaining thyme, and stir well.
32. Add the bay leaf.
33. Boil, stirring frequently, until the sauce thickens. This usually takes about 10 minutes.
34. Remove from heat, and fold in the apple brandy.

35. Season with salt and pepper, if desired.
36. Remove the bay leaf.
37. Serve the turkey, and use the maple sauce as a gravy.
38. Serve warm.

Nutrition facts per serving (626g)

Calories: 942, Calories from Fat: 312, Total fat: 34.7 g., Carbohydrates: 12.6 g., Dietary fiber: 1.4 g., Sugars: 7.3 g., Protein: 134.9 g.

Quick and Easy Turkey Gravy

Yields: about 2 cups

Preparation time: 20 minutes

Cooking time: 10 minutes

Ingredients

- All the turkey pan drippings, at least 1 cup
- 4 tbsp of butter (or duck fat for added flavor)
- 4 tbsp all-purpose flour
- 1 1/2 cups of chicken broth
- Salt and freshly ground pepper

Directions

1. While the turkey is resting, it's the perfect time to prepare your gravy.
2. Scrap all the bits and pieces from the bottom of your roasting pan with a wooden spoon to get the most flavor. Place the drippings, bits and pieces included, in a measuring cup. Skim off any excess fat with a spoon. Make sure you have at least 1 cup of turkey broth.
3. If you do not have 1 cup of broth, just add some hot water. If you have more than 1 cup, just reduce your chicken broth quantity accordingly. Set aside.
4. In a large saucepan, melt the butter on medium-high heat.
5. When the butter is melted, reduce the heat to medium-low, and add the flour. Whisk the butter and flour together until you obtain a thick paste.
6. Add the turkey drippings to the saucepan. Increase the heat to high and bring to a boil. Whisk continuously until the gravy thickens and there is no more lumps, about 2-3 minutes. Reduce the heat to medium-low, and add the chicken broth, little by little. Continuously whisk the gravy until you have the desired consistency, about 5-7 minutes.
7. Season the gravy with salt and freshly ground pepper to taste.
8. Keep the gravy warm until you are ready to serve by letting it rest on low heat.
9. When ready to serve, stir the gravy and place it in a gravy boat.

Note 1: if you like your gravy silky and smooth,, strain it before placing it in the a gravy boat to remove all the bits and pieces from the turkey drippings.

Note 2: if your gravy thickens quickly, just add additional broth until you obtain the desired consistency.

Note 3: if you would like to add extra flavor to your gravy. You can replace ½ cup of the chicken broth by ½ cup of white wine, bourbon or sherry. You can also add some of your favorite herbs like thyme or rosemary.

Nutrition facts per serving (2 tbsp)

Calories: 82, Calories from Fat: 59 Total fat: 6.5 g., Carbohydrates: 4.7 g., Dietary fiber: 0.2 g., Sugars: 0.3 g., Protein: 1.4 g.

Cornbread Stuffing

Servings: 10

Preparation time: 15 minutes

Cooking time: 1 hour

Ingredients

- 2 tbsp of olive oil
- 2 hot Italian sausages
- 1 cup of onions, chopped
- 1 cup of carrots, chopped
- 1 cup of celery, chopped
- 1/2 bunch of fresh sage
- 4 large corn muffins
- 1/2 cup of chicken stock
- 3 eggs
- 1 tsp of ground pepper
- 1 tsp of salt
- Cooking spray

Directions

1. Preheat the oven to 350°F.
2. Pour 1 tablespoon of oil into a skillet, and set on the stove.
3. Turn the heat to medium-high.
4. Remove the casings from the sausage. Add the meat to the hot oil.
5. Cook until the sausage is brown, about 5 minutes.
6. Remove from the heat, and drain before cooling.
7. Return the skillet to the stove, and add the remaining oil.
8. Wash, peel, and chop the onions and carrots.
9. Wash and chop the celery.
10. Place the vegetables into the hot oil.
11. Wash and chop the sage before adding it to the vegetables.
12. Cook over the medium-high heat until the vegetables are soft, about 10 minutes.
13. Remove from the heat when they are soft, and set aside to cool.
14. Crumble the corn muffins into a large bowl.
15. Add the sausage.
16. Toss in the vegetables, and mix well.
17. In a separate bowl, whisk together the chicken stock and the eggs.
18. Pour into the cornmeal mixture.
19. Mix together until it begins to stick. Season with the salt.
20. Spray a baking dish with cooking spray, using a 2 quart dish.
21. Pour the stuffing into the dish.
22. Place in the oven and bake for 45 to 60 minutes or until the top of the stuffing is crispy and golden brown.
23. Remove from heat, and serve warm.

Nutrition facts per serving (87g)

Calories: 156, Calories from Fat: 88, Total fat: 9.8 g., Carbohydrates: 13.5 g., Dietary fiber: 0.9 g., Sugars: 6.5 g., Protein: 3.7 g.

Cranberry Terrine

Servings: 8

Preparation time: 15 minutes

Cooking time: 15 minutes

Ingredients

- 1 cup of cranberries
- 3/4 cup of sugar
- 2 cups of pomegranate juice
- 1 cinnamon stick
- 2 whole black peppercorns
- 2 oranges
- 1/2 tsp of salt
- 1/4 cup of cold water
- 6 tsp of unflavored gelatin (3 packets)

Directions

1. Place cranberries into a food processor and add 1/4 cup of sugar.
2. Pulse until the mixture is chunky, usually about 8 times.
3. Set aside for 20 minutes. This is a very important step as you want the cranberry mixture to macerate.
4. While you are waiting, whisk together 1/2 cup of sugar and 1 1/2 cups of pomegranate juice in a large saucepan.
5. Place on the stove and set the temperature to medium.
6. Add the cinnamon stick and peppercorns.
7. Peel one orange and remove the white pith from the peel. Slice into two long slices.
8. Place in the pomegranate juice mixture.
9. Add a pinch of salt and bring to a boil.
10. Simmer for about 5 minutes or until the sugar dissolves. You should stir constantly to prevent burning.
11. Remove from the heat and allow to steep for 20 minutes.
12. After 20 minutes, remove the peppercorns, orange peels and cinnamon. Throw them away but keep the juice.
13. In a separate bowl, whisk together the remaining 1/2 cup of pomegranate juice and 1/4 cup of cold water.
14. Sprinkle the gelatin over the water mixture but do not stir.
15. Allow the gelatin to soften, usually about 5 minutes.
16. When the gelatin is softened, stir in the steeped pomegranate juice and stir until the gelatin dissolves.
17. In a 9x5 inch loaf pan, spread a thin layer of cranberry mixture, about a 1/4 of an inch.
18. Pour in 3/4 cup of the pomegranate-gelatin mixture to cover the cranberries.
19. Place in the refrigerator and cool until it is just about to set, usually about 30 minutes.
20. While it is setting, stir the remaining cranberry mixture into the remaining pomegranate juice mixture.
21. When the bottom has started to set, pour the remaining cranberry mixture into the loaf pan.
22. Place in the refrigerator and allow to set completely, usually about 2 hours at least but overnight is better.
23. Remove from the loaf pan onto a platter.
24. Slice long strips from the remaining orange and use as a garnish.
25. Serve cold.

Nutrition facts per serving (163g)

Calories: 208, Calories from Fat: 1, Total fat: 0.1 g., Carbohydrates: 35.6 g., Dietary fiber: 2.1 g., Sugars: 31.6 g., Protein: 18.5 g.

Sweet Potato Pie

Servings: 8

Preparation time: 45 minutes

Cooking time: 2 hours and 10 minutes

Ingredients

- 4 pounds of sweet potatoes
- 1 1/4 cups of flour, all purpose
- 1 tbsp of sugar
- 1/8 tsp of salt
- 1 cup of butter, divided in two
- 2 tbsp of ice water
- 1 egg white
- 1/4 cup of butter, unsalted
- 1/2 cup of sugar
- 3 eggs
- 1 tbsp of orange zest
- 1 cup heavy cream
- 1/2 tsp of nutmeg, ground
- 1/2 cup of pecans
- 1/2 cup of all-purpose flour
- 1/2 cup dark brown sugar

Directions

1. Preheat the oven to 375°F.
2. Place the sweet potatoes on a baking sheet and prick them with a fork.
3. Bake in the oven for about 1 hour or until the sweet potatoes are soft.
4. Set aside and cool until they are lukewarm.
5. While they are cooling, whisk together the flour, 1 tbsp of sugar and salt.
6. Cut in the 1/2 cup of butter and mix until you have a coarse crumb like mixture.
7. Mix in the ice water and knead until you have a moist dough that clings together.
8. Form the dough into a ball.
9. Cover it with plastic wrap and then place in the refrigerator for about 30 minutes to set.
10. After 30 minutes, turn out on a lightly floured, flat surface and roll into a 10 inch circle.
11. Place the circle in a 9 inch pie pan. Remove the excess dough and pinch the edges around the rim of the pie pan.
12. Cover the crust of the pie with parchment paper and place in the oven.
13. Bake for 20 minutes.
14. Remove from the oven.
15. Brush the egg white onto the bottom and sides of the baked pie crust. Set aside to cool.
16. Lower the temperature of the oven to 325°F.
17. Peel the sweet potatoes and place them in a food processor.
18. Add the 1/4 cup of unsalted butter and puree the ingredients.
19. When it is smooth, measure out 1 1/2 cups of the puree.
20. In a separate bowl, whisk together the 1/2 cup of sugar and the 3 eggs.
21. Whisk in the sweet potato puree.
22. Zest the orange and add to the sweet potato mixture.
23. Fold in the cream.
24. Add the nutmeg and the cinnamon.
25. Pour the sweet potato mixture into the pie crust.
26. Spread the pecans out on a baking sheet. Bake for 10 minutes.
27. Remove from the oven and cool completely.
28. Cut the remaining 1/2 cup of butter into pea-size pieces
29. Place the pecans, butter, flour, and brown sugar in a bowl. Mix with your fingers until you have a coarse crumble
30. Sprinkle the crumble over the top of the pie.
31. Place in the oven and bake for 40-50 minutes or until the pie has set. The middle will jiggle slightly and the edges won't.
32. Serve cold.

Nutrition facts per serving (322 g)

Calories: 623, Calories from Fat: 226, Total fat: 25.1 g., Carbohydrates: 93.0 g., Dietary fiber: 9.9 g., Sugars: 15.4 g., Protein: 8.5 g.

***These recipes and more are found in Sarah Spencer's Thanksgiving Feast Cookbook: The Very Best Classic and New Recipes. To get your copy, click on the cover below or click [here](#).

