

**Recipes from  
Thanksgiving at Erik & Marcia's  
2010**

# Chaeyoon Kim

## Three-pea toss (for 4-6 people)

- 1 to 1 1/4 cups sugar snap peas
- 1 to 1 1/4 cups snow pea pods
- 1 cup frozen baby peas
- 2 tbs EVOO
- 1 medium red onion (cut into 1/2 inch dices)
- generous pinch of sugar
- salt and pepper to taste
- 2 tight-packed tbs fresh mint leaves, chopped
- 1/2 cup salted whole almonds, coarse chooped

1. string the sugar snap peaks with a small, blunt knife; rinse the pea pods and dry them thoroughly

2. heat a wok (or a 12-inch saute pan) over high heat. Swirl in the oil, add the onion, sugar, and salt and pepper, and toss over high heat for 1 min.

3. add the sugar snaps and toss for 30 seconds. Stir in the snow peas and cook for 30 more seconds. Finally add the frozen peas and stir-fry for another 30 seconds, or until they are thawed. Turn the peas into a serving bowl, and toss with the mint and almonds. Sever immediately.

---

## Cathy Loeb & David Griffaeth

### Stephen Tordella's Rolls

- 3 T Yeast (or 3 pkgs.)
- 3 C Very warm water
- 1 C Dry milk
- 3 Eggs
- 2 t Salt
- ½ C Melted butter
- ½ C Sugar
- 9–11 C Flour

Dissolve yeast in water with a pinch of sugar. Let it proof. Add dry milk, eggs, sugar, butter, and salt. Stir to dissolve. Stir in flour a cup at a time until dough pulls away from the side of the bowl. On floured surface, knead 10–15 minutes until smooth and elastic. (*Alternatively, let a mixer—e.g., Kitchen Aid—do the mixing and kneading for you.*)

Put in greased bowl to rise, covered with damp cloth. Let rise until doubled, about 45–60 minutes. Punch down and let double again, 30–45 minutes.

Form rolls and let rise. Just before baking, brush with melted butter.

Bake at 400° for 15–25 minutes or until golden brown.

*I sometimes add other things—this year, ~ ¼ cup corn meal, ~ ½ cup wheat flour, and flax seeds.*

\* \* \*

## No-Knead Bread

Mark Bittman, *New York Times*, November 8, 2006

<http://www.nytimes.com/2006/11/08/dining/081mrex.html?ref=dining>

*Adapted from Jim Lahey, Sullivan Street Bakery*

*Time: About 1½ hours plus 14 to 20 hours' rising*

- **3 C all-purpose or bread flour, more for dusting**
  - **¼ t instant yeast**
  - **1¼ t salt**
  - **Cornmeal or wheat bran as needed.**
1. In a large bowl combine flour, yeast and salt. Add 1½ cups water, and stir until blended; dough will be shaggy and sticky. Cover bowl with plastic wrap. Let dough rest at least 12 hours, preferably about 18, at warm room temperature, about 70°. (*I always give the rising the full 18 hours.*)
  2. Dough is ready when its surface is dotted with bubbles. Lightly flour a work surface and place dough on it; sprinkle it with a little more flour and fold it over on itself once or twice. Cover loosely with plastic wrap and let rest about 15 minutes.
  3. Using just enough flour to keep dough from sticking to work surface or your fingers, gently and quickly shape dough into a ball. Generously coat a cotton towel (not terry cloth) with flour, wheat bran, or cornmeal; put dough seam side down on towel and dust with more flour, bran, or cornmeal. Cover with another cotton towel and let rise for about 2 hours. When it is ready, dough will be more than double in size and will not readily spring back when poked with a finger.
  4. At least a half-hour before dough is ready, heat oven to 450°. Put a 6- to 8-quart heavy covered pot (cast iron, enamel, Pyrex, or ceramic) in oven as it heats. When dough is ready, carefully remove pot from oven. Slide your hand under towel and turn dough over into pot, seam side up; it may look like a mess, but that is O.K. Shake pan once or twice if dough is unevenly distributed; it will straighten out as it bakes. Cover with lid and bake 30 minutes, then remove lid and bake another 15 to 30 minutes, until loaf is beautifully browned. Cool on a rack.

Yield: One 1½-pound loaf.

*For the loaf I brought to Thanksgiving, I used ~ ½ cup wheat flour, a couple of tablespoons of cracked wheat, and flax seeds (all of this put into a measuring cup and subtracted from the total amount of flour). I used cornmeal and flax seeds to dust the dough. According to Tom Liebl, our neighbor, the ideal internal temperature of well-baked bread is ~ 205°. I used our instant read thermometer this year and decided he's right.*

\* \* \*

### Wild Rice Dressing

- 1 qt chicken stock
- 3 C long grain wild rice
- 3–4 stalks celery
- 1 C baby carrots
- 2 medium leeks
- 1 lb shitake mushrooms
- 2 medium sweet red peppers
- 1 poblano pepper
- 12 shallots
- a handful of cilantro
- 1/2 C currants
- 1 T mild curry powder
- 1 T Pickapeppa or Worcestershire sauce
- 1 T prepared mustard
- 1 T mango chutney syrup
- 2 T brown sugar
- 1 C orange juice
- 1/2 lb country ham or pancetta, finely chopped (optional)
- 1–2 T sherry or Grand Marnier (optional)
- salt and freshly ground black pepper, to taste
- parsley, chopped, as a garnish

Precook the wild rice in chicken stock until moist and *al dente*. The amount of stock needed varies according to the method of cooking. A rice cooker works well, taking about an hour, with the same proportions as for white rice.

Chop all of the vegetables into small pieces of varied sizes and shapes, and also chop the cilantro. In a mixing bowl, combine the vegetables and cilantro with the currants, curry, Pickapeppa or Worcestershire, mustard, chutney, and sugar, adding a little of the orange juice and remaining chicken stock to moisten the mixture.

Sauté the moistened ingredients over high heat in a large electric fry pan for about 15 minutes until the celery is quite tender and the carrots are cooked but still a bit crunchy. Add enough orange juice and chicken stock to keep the ingredients from sticking or browning. If desired, fry the ham separately in a small pan, then add it to the mix. Next, add the wild rice, stir well, and continue sautéing. Add more juice and broth as needed, tasting occasionally until the rice is perfectly tender. Add the salt and pepper.

Finally, transfer the wild rice dressing to a casserole dish, drizzle sherry or Grand Marnier over the top, if desired, and garnish with parsley. Cover and bake in the oven at about 300° for an additional 10–15 minutes just before serving.

*David's annual signature creation for Thanksgiving. Without the ham, it is essentially fat-free. Great with turkey and cranberry sauce!*

\* \* \*

### **Cranberry Sauce**

*We're in the "don't adulterate it!" cranberry sauce camp. That means: cranberries, water, minimal sugar. Finis.*

\* \* \*

### **Brined Turkey**

*Heritage turkey from Blue Valley Gardens, Blue Mounds (Mathew and Susan Smith, <http://www.mhtc.net/~blueval/>) Recipe adapted from Alton Brown.*

- 1 (14 to 16 pound) young turkey

#### ***For the brine:***

- 1 cup kosher salt
- 1/2 cup light brown sugar or molasses or root beer syrup
- 1 gallon vegetable stock
- 1 tablespoon black peppercorns
- 1 1/2 teaspoons allspice berries
- 1 1/2 teaspoons chopped candied ginger
- 1 gallon heavily iced water

#### ***For the aromatics:***

- 1 apple, sliced
- 1/2 onion, sliced
- 1 cinnamon stick
- 1 cup water
- 4 sprigs rosemary
- 6 leaves sage
- canola oil

Two days before roasting: begin thawing the turkey in the refrigerator or in a cooler kept at 38 degrees F.

Combine the vegetable stock, salt, sugar or molasses or syrup, peppercorns, allspice berries, and candied ginger in a large stockpot over medium-high heat. Stir occasionally to dissolve solids and bring to a boil. Then remove the brine from the heat, cool to room temperature, and refrigerate.

Early on the day or the night before you'd like to eat: combine the brine, water and ice in a 5-gallon bucket. Place the thawed turkey (with innards removed) breast side down in brine. If necessary, weigh down the bird to ensure it is fully immersed, cover, and refrigerate or set in cool area for 8 to 16 hours, turning the bird once half way through brining.

Preheat the oven to 500 degrees F. Remove the bird from brine and rinse inside and out with cold water. Discard the brine.

Place the bird on roasting rack inside a half sheet pan and pat dry with paper towels.

Combine the apple, onion, cinnamon stick, and 1 cup of water in a microwave safe dish and microwave on high for 5 minutes. Add steeped aromatics to the turkey's cavity along with the rosemary and sage. Tuck the wings underneath the bird. Coat the skin liberally with canola oil and a cajun rub if desired.

Roast the turkey on lowest level of the oven at 475 degrees F for 30 minutes. Insert a probe thermometer into thickest part of the breast and reduce the oven temperature to 350 degrees F. Set the thermometer alarm (if available) to 161 degrees F. A 14 to 16 pound bird should require a total of 2 to 2 1/2 hours of roasting. Let the turkey rest, loosely covered with foil or a large mixing bowl for 15 minutes before carving.

---

---

## Erik & Marcia

### Ellen Zucker's Pumpkin Chiffon Pie

#### Ingredients:

- $\frac{3}{4}$  cup brown sugar
- 1 envelope unflavored gelatin
- $\frac{1}{2}$  tsp salt
- 1 tsp cinnamon
- $\frac{1}{2}$  tsp nutmeg
- $\frac{1}{4}$  tsp ground ginger
- 3 slightly beaten egg yolks
- $\frac{3}{4}$  cup milk (use skim for low fat version)
- $1\frac{1}{4}$  cup canned pumpkin or mashed cooked fresh pumpkin
- 3 egg whites
- $\frac{1}{3}$  cup granulated sugar
- 1 9-inch graham cracker crust or other pie crust

1. In sauce pan combine brown sugar, gelatin, salt & spices
  2. Combine egg yolks & milk, and stir into brown sugar mixture
  3. Cook and stir until the mixture boils, then remove from heat and stir in pumpkin
  4. Chill until mixture mounds slightly when spooned, Test now and again – don't let this get too stiff.
  5. Beat egg whites until they form soft peaks. Then add granulated sugar slowly and beat until there are stiff peaks.
  6. Fold pumpkin into the whites. Do not mix in a way that makes this a homogeneous blend – just fold the mixture over so that it has as streaked or marbled look.
  7. Turn into crust
  8. Chill until firm
  9. Garnish with whipped cream (or non-fat Cool Whip if you want a low fat version)
-



## Judy Munger

### MAPLE PEAR UPSIDE-DOWN CAKE

- 11 T. butter
- 3/4 c. maple syrup
- 1/4 c. brown sugar
- 3/4 c. granulated sugar
- 1 t. vanilla
- 2 large eggs
- 1 & 1/2 c. flour
- 1 & 1/2 t. baking powder
- 1/4 t. salt
- 1/2 c. milk

1. Heat oven to 350 degrees. Melt 3 T. butter in a small pan over medium heat; add maple syrup and brown sugar and cook, stirring, until sugar dissolves. Bring to a boil and set aside. When mixture has cooled a bit, pour it into a 9-inch baking pan and arrange pear slices in an overlapping circle on top.

2. With a handheld mixer or standing mixer, beat remaining 8 T. butter and the sugar until light and fluffy. Add vanilla and eggs, one egg at a time, continuing to mix until smooth. In a separate bowl, combine flour, baking powder and salt.

3. Add flour mixture to butter mixture in three batches alternating with milk; do not overmix. Carefully spread batter over pears, using a spatula to make sure it is evenly distributed. Bake until top of cake is golden brown and edges begin to pull away from sides of pan, about 45-50 minutes; a toothpick inserted into center should come out clean. Let cake cool for 5 minutes.

4. Run a knife around edge of pan; put a plate on top of cake and carefully flip it so plate is on bottom and pan is on top. Serve warm or at room temperature.

Yield: 8-10 servings

**KALE SALAD**

- 1 bunch kale
- 1 t. salt
- 1/4 c. red onion
- 1/3 c. currants
- 1/4 c. apple
- 1/3 c. pine nuts or sunflower seeds toasted
- 1 T. olive oil
- 1 T. rice vinegar
- 2 or 3 T. white balsamic vinegar

(one of the recipes i looked at calls for 1/2T. honey, but i don't use that)

(one of the recipes calls for 1/3 C. gorgonzola and another calls for shaved parmesan, but i didn't use any cheese)

(one of the recipes says to soak the currents in the white balsamic vinegar for 2 hours, but i thought that made the currents too vinegary)

Cut kale into thin ribbons, taking out tough middle stalks. Massage the kale with the salt for 2 minutes. Stir in currents, apples and pine nuts. Dress with oil and vinegar.

## Tatiana Alfonso

### CURRY LENTILS WITH TOFU AND HOGAO SAUCE

Type: Vegetarian

*Ingredients:*

- Half-Pound of Lentils (226 gr)
- Mild Yellow Curry Powder
- Tofu
- Salt
- Olive oil
- 1 Clove of Garlic
- 2 Onions
- 4 Tomatoes

*Preparation:*

Hogao Sauce:

Chop the onions and tomatoes in little pieces. Put the onions and the garlic to fry lightly in olive oil. When the onions become transparent, add the tomatoes (you can add salt if you want) and cook it until everything is mixed in one sauce.

Lentils:

Put a saucepan with water and bring it to boil. When boiling, put the lentils for 10 minutes to soften them. Drain them. Put the lentils in a new pot with boiling water, salt and two tablespoonfuls of yellow curry powder. After 20 minutes, reduce the heat to low and leave them for another 10 minutes. Cut the tofu in little cubes and mix it with the lentils and the hogao sauce.