



THANKSGIVING *Helper*

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Celebrate Local Foods

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**From CUTCO Culinary Advisor
& PBS Cooking Show Host
Barbara Seelig-Brown**

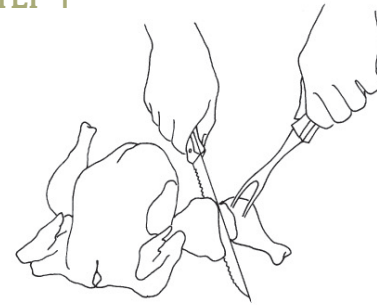
"I love Thanksgiving. It is MY holiday. When I am planning my Thanksgiving meal, there are two absolutely important things to consider. The first is what can I do ahead – there is only so much you can do on Thursday – and the second is whether I am planning enough food for my family and friends to have some to take home".

10 Ideas For A Stress-Free Thanksgiving

- 1** Make a menu. Have a plan.
- 2** Start an annual grocery list.
Save this on your computer or in your favorite recipe book and update it each year.
- 3** Make stuffing and other sides ahead of time and freeze them.
- 4** Don't let notoriously late guests bring the appetizers.
How about dessert or an after-dinner wine?
- 5** Make sure your knives are sharp.
Sharp knives make easy work of all your meal prep.
- 6** Make sure the mixer, blender, etc. work correctly and have all necessary attachments.
- 7** Don't forget the eggs!
You'll be surprised by how many dishes include eggs.
- 8** Get out your serving pieces a day early and label each one with a sticky note stating its purpose.
- 9** Prepare garnishes for drinks the day before.
- 10** Don't save the entire ingredient list for the last shopping trip.
Grab a few recipe staples each time you go to the store.

How To Carve A Turkey

STEP 1



STEP 1

Insert Carving Fork into the meaty part of the drumstick to hold it firmly. Place Carving Knife between drumstick and thigh, and cut through skin to joint. Next, place Carving Knife between thigh and body and cut through skin to joint. Remove entire leg section by pulling outward end using the point of the knife to disjoin it. Then separate the thigh from the drumstick at the joint.

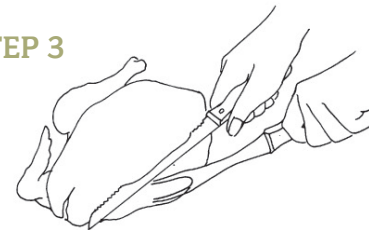
STEP 2



STEP 2

Disjoint wing and separate from body in the same manner.

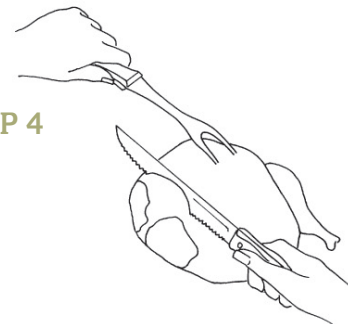
STEP 3



STEP 3

Make a horizontal base cut across the bottom of the breast with the Carving Knife.

STEP 4



STEP 4

Starting parallel to the breast-bone, slice diagonally through the meat down to the horizontal base cut. Lift off each slice, holding it between the knife and fork. Continue slicing the breast by beginning at a higher point each time until the chest bone is reached.

EAT LOCAL

CUTCO's 5 ways to add local flavor to Thanksgiving dinner

- **Gobble up a local turkey.**
Chances are, there's a local farmer in your area raising turkeys. Check out www.localharvest.org and search their national database of farms in your area.
- **A produce production.**
Stop by the local CSA or farmers market to stock up on the bounty of the season. If you're lucky, they may be offering Thanksgiving-themed boxes of produce, cheese, meats and more.
- **Decorate with local flair.**
Hollow out small pumpkins and squash and use them as vases for seasonal flowers and foliage.
- **The parting gift.**
Make sure that everyone who leaves with leftovers gets some sweets from the local confectioner.
- **Spread the word.**
Send each of your guests home with the information about the farmers and other local folks you supported. This will save you from repeating yourself when everyone asks where you got that fabulous squash, and it will turn friends and family on to the area's resources.

Patti Londre
Los Angeles, CA
Home Economist & Food Blogger



Fresh Beet, Feta & Pistachio Salad

Fresh, local, raw beets (1 beet per serving)
Salted pistachios in shells (1 to 2 tbsp per serving)
Vinaigrette dressing of your choice
Feta cheese (2 tbsp per serving)

1. Remove greens from beets, wash and wrap each beet in aluminum foil. Put in a baking dish and roast at 400F until fork tender. Depending on the size of the beet, it will take from 45 to 90 minutes.
2. Remove foil and set aside to cool until just warm to the touch. Using a 4-inch paring knife, remove the skins. Then, using a 9-inch chef's knife, cut beets into 1-inch cubes. Refrigerate.
3. Shell pistachios and chop roughly.
4. When ready to make the salad, toss the beets lightly in your favorite vinaigrette dressing. Place on a large salad platter. Sprinkle with feta cheese. Top with pistachios. Serve chilled or room temperature. Spoon serve portions. NOTE: Do not toss the salad, as the beets will turn the cheese pink.

Sweet Potato Crisp

Barbara Seelig-Brown

3 lbs. sweet potatoes
1 cup light brown sugar
½ cup pecans
1 tsp. ground cinnamon
¼ cup unsalted butter

Equipment:

Peeler or Paring Knife
Food processor with steel blade
8" x 12" baking dish or large oval gratin dish

Peel sweet potatoes and soak in cold water to prevent discoloring. Slice potatoes thinly and place in baking dish. Cover with plastic wrap and microwave until partially cooked.

Place brown sugar, cinnamon and pecans in food processor with steel blade. Pulse until blended. Add butter and pulse until butter is incorporated.

Place on top of sweet potatoes and bake for 30 minutes until topping is bubbly.

Pumpkin Pull-aparts

By Judith Fertig, CUTCO Culinary Advisor, Kansas City based, Chef & food writer

This recipe will make enough pullaparts for 24 to 28 people—enough for your Thanksgiving or autumn feast. And the leftovers can go in the freezer for up to 3 months (or make a wonderful bread pudding). The brioche dough, made with the no-knead method, turns even more golden—and a little less rich—when you add cooked, pureed squash or pumpkin. Adapted from Judith's **200 Fast & Easy Artisan Breads**. Check out the step-by-step photos on her blog: www.alfrescofoodandlifestyle.blogspot.com.

For the dough:

6 1/2 cups unbleached bread flour, plus more for dusting
2 tbsp instant or bread machine yeast
1 ½ tsp fine kosher salt
½ cup granulated sugar
½ cup buttermilk
1 cup unsalted butter, melted
8 large eggs, beaten
1 cup cooked/canned, pureed pumpkin or butternut squash
¾ cup luke warm water, about 100°F (38°C)

For the filling:

8 tbsp unsalted butter, softened (or 1 cup pumpkin butter)

For the egg wash:

1 large egg mixed with 1 tbsp (15 mL) water for egg wash

For baking:

2 cups hot water for broiler pan

Measure. Spoon the flour into a measuring cup, level with a knife or your finger then dump the flour into a large mixing bowl.

Mix. Add the yeast, salt, and sugar to the flour. Stir together with a wooden spoon or Danish dough whisk. Combine the buttermilk and butter and add to the flour mixture, then the eggs. Combine the squash and water and stir into the flour mixture. Beat 40 strokes, scraping the bottom and the sides of the bowl, until the dough forms a lumpy, sticky mass.

Rise. Cover with plastic wrap and let rise at room temperature 72°F (22°C) for 2 hours or until the dough has risen near the top of the bowl and has a sponge-like appearance.

Use right away or refrigerate. Use that day or place the dough, covered with plastic wrap, in the refrigerator for up to 3 days before baking.