

THANKSGIVING MENU, MEAL PLANNER & SHOPPING LIST

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Bay-Spiced Roast Turkey



Bay-Spiced Roast Turkey

h*w h*h

Makes: 12 servings turkey

(plus leftovers) & 4 cups gravy

Active time: 1¼ hours **Total:** 2¾ hours
(plus 8-16 hours brining time)

To make ahead: Brine turkey (Step 1)
for up to 16 hours.

This turkey is brined to keep it moist, then rubbed with spices. Diced celery root or parsnip adds flavor and texture to the gravy. A heritage, natural or organic turkey, without added sodium solution (found in most conventional turkeys), tastes best in this recipe. If you have a conventional bird, just skip the brining (Step 1). (Photograph: page 2.)

Brine & Turkey

- 1 gallon water
- 1 cup kosher salt
- ¾ cup sugar
- 2 medium onions, sliced
- 1 head celery, cut into 3-inch lengths
- ½ cup Bay Spice Blend (right)
- 8 cups ice-cold water
- 4 cups ice cubes
- 1 12- to 14-pound turkey, preferably natural, organic or heritage (see Tip, page 12)

Turkey Rub

- ⅓ cup Bay Spice Blend
- 1 teaspoon kosher salt
- 2 lemons, zested then halved, divided
- 1 tablespoon canola oil
- 4 shallots, halved

Celery Root Pan Gravy

- ½ cup finely diced onion
- 2 sprigs fresh thyme
- 1 bay leaf
- 1 cup dry white wine
- 2 cups low-sodium turkey or chicken broth or stock
- 3 tablespoons cornstarch
- 2 cups water
- 1½ cups finely diced peeled celery root (see Tip, page 12) or parsnips
- ¼ cup snipped fresh chives
- ¼ teaspoon freshly ground white pepper, or to taste

1. To brine turkey: At least 8 hours (and no more than 16 hours) before you plan to

serve your turkey, make the brine. Combine water, 1 cup salt, sugar, onions, celery and ½ cup spice blend in a large stock pot. Bring to a boil over high heat, stirring to dissolve the salt and sugar. Let cool to room temperature. Then stir in ice-cold water and ice. Remove neck and giblets from turkey and discard. Add the turkey to the brine; weight it with a plate, if necessary, so it stays submerged. Cover and refrigerate for at least 8 hours and no longer than 16 hours. (If you do not have enough space in your refrigerator, you can add enough sealed, clean ice packs to the pot to keep the turkey at 40°F or colder.)

2. To rub & roast turkey: About 3½ to 4 hours before you want to serve the turkey, remove it from the brine and thoroughly rinse with cool water. (Discard the brine.) Pat dry with paper towels.

3. Combine ⅓ cup spice blend, 1 teaspoon salt and lemon zest in a small bowl. (There should be enough spice blend left for the stuffing, page 6.) Rub the mixture under the skin on the turkey breast, thighs and legs and inside the cavity as evenly as possible without tearing the skin. Rub the outside of the turkey with oil. Stuff the cavity with shallots and the zested lemon halves.

4. Coat a rack with cooking spray and place it in a roasting pan. Place the turkey on the rack, breast-side down, and let stand at room temperature for 30 minutes.

5. Meanwhile, preheat oven to 400°F.

6. Roast the turkey for 30 minutes. Reduce oven temperature to 350°, add 2 cups hot water to the pan to prevent the drippings from burning and roast for 30 minutes more.

7. Remove the turkey from the oven and very carefully turn it breast-side up. Then continue roasting until an instant-read thermometer inserted into the thickest part of a thigh without touching bone registers 165°F, 30 minutes to 1 hour more. (If the turkey is larger than 14 pounds, add 3 to 6 minutes more roasting time for each additional pound.)

8. Transfer the turkey to a clean cutting board, leaving the drippings in the pan. Tent the turkey with foil to keep warm and let rest while you prepare the gravy.

9. To prepare gravy: Set the roasting pan over two burners on medium-high heat; add diced onion, thyme sprigs and bay leaf and cook, stirring and scraping up any

browned bits, until the onion is soft, about 4 minutes. Add wine, bring to a boil over medium-high heat and cook until reduced by about half, 6 to 8 minutes. Carefully strain the liquid through a fine sieve and return the strained liquid to the roasting pan over medium-high heat. Combine broth and cornstarch in a measuring cup and slowly whisk into the liquid in the pan. Add 2 cups water and celery root (or parsnips) and cook, whisking constantly, until the vegetables are tender and the gravy is thickened, about 10 minutes. Remove from the heat; stir in chives and white pepper.

10. Carve the turkey and serve with gravy.

Per serving (3 oz. turkey without skin plus ¼ cup gravy): 189 calories; 5 g fat (1 g sat, 1 g mono); 66 mg cholesterol; 6 g carbohydrate; 1 g added sugars; 26 g protein; 1 g fiber; 416 mg sodium; 358 mg potassium.
Nutrition bonus: Zinc (20% daily value).
Carbohydrate servings: ½
Exchanges: ½ vegetable, 3½ lean meat.

Bay Spice Blend

Makes: 1 cup, enough for turkey & stuffing recipes
To make ahead: Store airtight for up to 2 weeks

This spice blend is inspired by traditional Maryland seafood seasoning. It's the signature flavor for the turkey and the crab cake stuffing in this meal.

- ¼ cup dry mustard
- 8 whole bay leaves, finely crushed
- 2 tablespoons crushed red pepper
- 2 tablespoons celery seed
- 2 tablespoons ground ginger
- 1½ tablespoons dried thyme
- 1 tablespoon sweet paprika
- 1 tablespoon ground cinnamon
- 1 tablespoon ground mace or nutmeg
- 1 tablespoon freshly ground pepper
- 2 teaspoons onion powder

Combine all ingredients in a medium bowl.



Cauliflower, Romanesco & Broccoli Gratin

h+f

Makes: 12 servings, $\frac{2}{3}$ cup each

Active time: 35 minutes **Total:** 1 hour

To make ahead: Prepare through Step 1, cover and refrigerate florets for up to 1 day. Proceed with Steps 2-5 about 1 hour before serving.

The crumbled cheese crackers on top of this gratin evoke a classic retro Thanksgiving casserole. But it gets a modern light spin with a sauce made with low-fat milk and just enough full-flavor cheese to keep it rich without lots of saturated fat and calories. Opt for cheese crackers made without partially hydrogenated oils.

- 14 cups bite-size florets from 2-3 heads broccoli, cauliflower and/or romanesco
- 2 cups low-fat milk
- $\frac{1}{2}$ teaspoons Dijon mustard

- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons cornstarch
- 2 tablespoons water
- $\frac{3}{4}$ cup shredded extra-sharp white Cheddar cheese
- $\frac{3}{4}$ cup shredded Gruyère cheese
- $\frac{1}{4}$ cup snipped fresh chives
- $\frac{3}{4}$ cup crushed cheese-flavored crackers
- 2 teaspoons extra-virgin olive oil

1. Bring a large pot of water to a boil. Add florets and cook, stirring frequently, for 1 minute. Drain in a colander and immediately rinse with cold water until cool. Drain well. Spread on a baking sheet or kitchen towel and pat with a clean towel to soak up any excess water.
2. Preheat oven to 375°F. Coat a 9-by-13-inch (or similar-size shallow ovenproof dish) with cooking spray.
3. Combine milk, mustard, garlic powder and salt in the large pot; bring to a simmer over medium-high heat. Combine cornstarch and water in a small bowl; whisk

into the simmering milk. Bring the mixture to a boil over high heat, whisking. Reduce heat to maintain a simmer and cook, whisking, for 2 minutes. Add Cheddar, Gruyère and chives; whisk until smooth. Remove from heat.

4. Add the florets to the pot and gently stir to coat with the cheese sauce. Transfer to the prepared baking dish. Combine crackers and oil in a small bowl and sprinkle over the vegetables.

5. Bake until the cheese sauce is bubbling and the florets are starting to brown on top, 25 to 30 minutes. Serve warm.

Per serving: 221 calories; 12 g fat (5 g sat, 5 g mono); 20 mg cholesterol; 21 g carbohydrate; 0 g added sugars; 9 g protein; 3 g fiber; 427 mg sodium; 311 mg potassium.

Nutrition bonus: Vitamin C (88% daily value), Folate (27% dv), Calcium (23% dv), Vitamin A (19% dv).

Carbohydrate servings: $1\frac{1}{2}$

Exchanges: 1 starch, 1 vegetable, $\frac{1}{2}$ high-fat meat



Maryland Oyster Stew

Makes: 12 servings, about $\frac{3}{4}$ cup each

Active time: 45 minutes **Total:** 45 minutes

To make ahead: Prepare through Step 3, cover and hold for up to 1 hour or refrigerate stew and oysters separately for up to 1 day. To serve, reheat and finish with Step 4.

Starting the Thanksgiving meal with this delicate oyster soup sets the tone for celebration. Don't worry about shucking the oysters—most supermarket seafood departments carry shucked oysters.

- 3 tablespoons butter
- 2 cups diced white onion
- 1 cup diced celery, plus $\frac{1}{4}$ cup chopped celery leaves, divided

- 2 pints shucked oysters, liquid reserved
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon paprika
- $3\frac{1}{2}$ cups low-fat milk
- $\frac{1}{2}$ cup heavy cream
- 3 dashes hot sauce
- Freshly ground pepper to taste
- 2 tablespoons snipped fresh chives

1. Heat butter in a large saucepan over medium heat until melted. Add onion and diced celery, reduce heat to medium-low and cook, stirring occasionally, until translucent and very tender but not browned, 25 to 30 minutes.
2. Meanwhile, cut oysters in half or quarters, depending on size. Pour the oyster liquid through a fine-mesh sieve to strain out any grit.

3. Stir salt and paprika into the vegetables and cook, stirring, for 1 minute more. Add the strained oyster liquid, milk, cream and hot sauce. Increase heat to high and bring to a boil.
4. Reduce heat to a simmer and gently add the oysters. Cook just until their edges begin to curl, 2 to 3 minutes. Remove from heat. Season with pepper. Garnish with celery leaves and chives.

Per serving: 147 calories; 9 g fat (5 g sat, 2 g mono); 44 mg cholesterol; 11 g carbohydrate; 0 g added sugars; 7 g protein; 1 g fiber; 250 mg sodium; 281 mg potassium.

Nutrition bonus: Zinc (193% daily value), Iron (25% dv).

Carbohydrate servings: $\frac{1}{2}$

Exchanges: $\frac{1}{2}$ vegetable, $\frac{1}{2}$ low-fat milk, $\frac{1}{2}$ lean meat, $1\frac{1}{2}$ fat



Crab Cake Stuffing

h*xw h†f h♥h

Makes: 12 servings, ¾ cup each

Active time: 35 minutes **Total:** 1 hour

To make ahead: Prepare through Step 3, cover and refrigerate for up to 1 day. Let stand at room temperature for 1 hour before baking (Step 4).

In this crab-meets-stuffing side, claw crabmeat flavors the whole dish with little bits and higher-grade “jumbo lump” adds large bites of crab. Shape into cakes or bake in a casserole. Look for crab in the seafood department of large supermarkets.

- 2 tablespoons butter
- 1 teaspoon Bay Spice Blend (page 2)
- 1 cup diced celery
- ⅔ cup diced onion
- ¼ cup dry white wine
- 8 ounces claw crabmeat
- ¾ cup low-fat mayonnaise

- 1 tablespoon Dijon mustard
- 1 teaspoon hot sauce
- 2 large eggs, beaten
- 8 ounces jumbo lump crabmeat
- ¼ cup chopped fresh parsley
- ¼ cup snipped fresh chives
- 10 cups diced rustic whole-grain bread (from 1 large loaf)
- 1 cup low-sodium turkey or chicken broth or stock

1. Melt butter in a large saucepan over medium heat. Stir in spice blend, then add celery and onion and cook, stirring often, until tender and translucent but not browned, about 5 minutes. Add wine and bring to a simmer over medium-high heat. Simmer until the liquid is reduced by about half, 2 to 4 minutes. Stir in claw crabmeat. Transfer to a large bowl and let cool to room temperature.
2. Preheat oven to 375°F. Coat a large baking sheet (or 9-by-13-inch baking dish) with cooking spray.

3. Whisk mayonnaise, mustard, hot sauce and eggs into the mixture in the bowl. Add jumbo lump crabmeat, parsley, chives and bread; gently toss, trying not to break up the lumps of crab. Pour broth over the bread and gently combine. To form the stuffing into individual “cakes,” pat ¾-cup portions into 12 patties 2½ to 3 inches wide and place on the prepared baking sheet. (Alternatively, transfer the stuffing to the prepared baking dish.)

4. Bake until golden brown and an instant-read thermometer inserted into the center registers 165°F, 25 to 30 minutes.

Per serving: 192 calories; 7 g fat (2 g sat, 2 g mono); 84 mg cholesterol; 18 g carbohydrate; 2 g added sugars; 13 g protein; 3 g fiber; 452 mg sodium; 154 mg potassium.

Nutrition bonus: Iron (17% daily value).

Carbohydrate servings: 1

Exchanges: 1 starch, 1 lean meat, 1 fat



Winter Greens Salad with Squash & Cranberry Vinaigrette

h*xw h*gf h*vh

Makes: 12 servings, about 1⅓ cups each
Active time: 30 minutes **Total:** 30 minutes
To make ahead: Steam squash (Step 1) and let stand at room temperature for up to 3 hours; cover and refrigerate vinaigrette (Step 2) for up to 1 day.

The steamed squash in this salad has a tender yielding texture and a mild, almost nutty taste. Add in some nutritious bitter greens and a sweet-sour cranberry vinaigrette and you have liftoff.

- 1 small kabocha squash or 3 delicata squash, halved and seeded
- ½ cup walnut oil or extra-virgin olive oil
- ⅓ cup white balsamic vinegar or white-wine vinegar

- 1 small shallot, minced
- 1 medium clove garlic, minced
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- ½ teaspoon kosher salt
- Freshly ground pepper to taste
- ½ cup dried cranberries
- 10 cups torn frisée
- 10 cups thinly sliced escarole
- ½ cup coarsely chopped walnuts, toasted

1. If using kabocha, cut lengthwise into quarters, then cut each quarter crosswise into 6 slices. For delicata, cut each half crosswise into 6 slices. (No need to peel either type of squash—the skin is edible.) Bring 1 inch of water to a boil in a Dutch oven fitted with a steamer basket. Add the squash to the basket, cover and cook until just tender when pierced with a knife, 8 to 10 minutes. Carefully remove the steamer basket from the pot and transfer the

squash to a large plate to cool.

2. Meanwhile, whisk oil, vinegar, shallot, garlic, mustard, honey, salt and pepper in a large bowl until well combined. Add cranberries; set aside for at least 10 minutes to let the cranberries soften.

3. When ready to serve, arrange the squash slices on a large platter. Drizzle with 2 tablespoons of the vinaigrette. Add frisée and escarole to the remaining vinaigrette; toss to coat. Transfer the greens to the platter and top with walnuts.

Per serving: 186 calories; 13 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 18 g carbohydrate; 4 g added sugars; 3 g protein; 6 g fiber; 73 mg sodium; 523 mg potassium.
Nutrition bonus: Vitamin A (133% daily value), Folate (36% dv), Vitamin C (25% dv).
Carbohydrate servings: 1
Exchanges: ½ starch, 1 vegetable
 ½ other carbohydrates, 2½ fat



Roasted Brussels Sprouts with Pancetta & Sage

h*w h*f h*v

Makes: 8 servings, about $\frac{2}{3}$ cup each

Active time: 15 minutes

Total: 35 minutes

To make ahead: Keep warm in a 225°F oven for up to 15 minutes.

Pancetta—cured Italian-style bacon—seasons these sweet roasted Brussels sprouts with just enough salty flavor. Fresh sage adds an herbal note that will complement any holiday menu.

- 1 large leek, white and light green part only, thinly sliced
- 2 pounds Brussels sprouts, trimmed and halved (about 8 cups)
- $\frac{1}{2}$ cup chopped pancetta (2 ounces)
- 2 tablespoons finely chopped fresh sage
- 2 tablespoons extra-virgin olive oil
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon freshly ground pepper

1. Preheat oven to 450°F.
2. Rinse leek slices well to remove any grit, then pat dry. Combine with Brussels sprouts, pancetta, sage, oil, salt and

pepper in a large roasting pan. Roast, stirring once, until the Brussels sprouts are tender, 18 to 20 minutes.

Per serving: 109 calories; 6 g fat (2 g sat, 3 g mono); 5 mg cholesterol; 11 g carbohydrate; 0 g added sugars; 4 g protein; 3 g fiber; 289 mg sodium; 416 mg potassium.

Nutrition bonus: Vitamin C (130% daily value), Vitamin A (23% dv), Folate (20% dv).

Carbohydrate servings: 1

Exchanges: $\frac{1}{2}$ starch, 1 vegetable, $\frac{1}{2}$ other carbohydrates, 2 $\frac{1}{2}$ fat



Orange Cranberry Sauce

h*w h*h

Makes: 4½ cups

Active time: 15 minutes

Total: 40 minutes

To make ahead: Cover and refrigerate for up to 1 week.

Orange juice and fresh orange segments brighten the flavors in this traditional cranberry sauce. Spread the leftovers on a turkey sandwich or stir into plain yogurt for breakfast.

4 medium navel oranges, divided
Water, as needed

2 12-ounce bags fresh cranberries (6 cups)

1¼ cups packed light brown sugar

¼ teaspoon ground cloves

Pinch of salt

1. Use a sharp knife to slice the ends off 3 oranges and remove the peels and white pith; discard. Working over a bowl, cut the orange segments from their surrounding membranes. Squeeze the juice into the bowl before discarding the membranes. Leaving the segments in the bowl, pour the juice from the oranges into a measuring cup. Juice the remaining orange and add the juice to the measuring cup. If necessary, add water to make ¾ cup liquid total.

2. Combine the juice, cranberries, brown sugar, cloves and salt in a large nonreactive saucepan (see *Tip, page 12*). Bring to a boil over medium-high heat. Reduce heat to medium-low and cook, stirring occasionally, until thickened, about 15 minutes.
3. Let cool for 10 minutes. Stir in the reserved orange segments. Serve warm, room temperature or cold.

Per ¼ cup: 89 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 23 g carbohydrate; 15 g added sugars; 0 g protein; 2 g fiber; 13 mg sodium; 101 mg potassium.
Nutrition bonus: Vitamin C (38% daily value).

Carbohydrate servings: 1½

Exchanges: ½ fruit, 1 other carbohydrate



Chive & Buttermilk Mashed Potatoes

h*w h*f h*v

Makes: 8 servings, about $\frac{3}{4}$ cup each

Active time: 20 minutes

Total: 40 minutes

To make ahead: Transfer to a slow cooker, cover and keep on the “warm” setting for up to 2 hours.

In this healthy mashed potato recipe, we flavor the potatoes with tangy buttermilk and fresh snipped chives instead of butter.

3 pounds Yukon Gold potatoes (about 12 medium)

1 tablespoon salt

1 cup buttermilk, warmed

$\frac{1}{2}$ cup snipped fresh chives

Black or white pepper to taste

1. Peel potatoes (if desired) and cut into 2-inch chunks. Place the potatoes and salt in a large heavy saucepan. Add cold water to cover. Bring to a boil. Reduce heat to simmer, cover by 2 inches, and cook until potatoes are very tender, 10 to 15 minutes. Drain well.

2. Transfer the potatoes to a large bowl. Mash with a potato masher, an electric hand-held mixer or by working through a ricer.
3. Stir buttermilk, chives and pepper to taste into the potatoes.

Per serving: 151 calories; 0 g fat (0 g sat, 0 g mono); 1 mg cholesterol; 34 g carbohydrate; 0 g added sugars; 4 g protein; 3 g fiber; 260 mg sodium; 581 mg potassium.

Nutrition bonus: Vitamin C (23% daily value), Potassium (17% dv).

Carbohydrate servings: 2

Exchanges: 2 starch



Phyllo-Wrapped Apple Dumplings with Apple Cider Sauce

h f

Makes: 12 servings, 1 dumpling & 2 Tbsp. sauce each

Active time: 1 hour **Total:** 1¼ hours

To make ahead: Prepare sauce (Step 1) and assemble dumplings (Steps 3-5). Cover and refrigerate separately for up to 1 day; bake the dumplings and reheat the sauce before serving.

Cider is reduced to create a sensational sauce for these crispy apple dumplings.

Cider Sauce

- 8 cups apple cider or apple juice
- 2 tablespoons cornstarch
- 1 tablespoon water

Apple Dumplings

- ½ cup golden raisins
- 3 tablespoons light brown sugar
- ½ teaspoon apple pie spice (see *Tip*, page 12)
- 6 sweet crisp apples, such as Honeycrisp, Macoun or Braeburn
- ¼ cup unsalted butter, melted
- ¼ cup canola oil
- ¼ cup granulated sugar

- 1 tablespoon ground cinnamon
- 24 sheets phyllo dough (9-by-14-inch), thawed per package directions

1. To prepare sauce: Bring cider (or juice) to a boil in a large saucepan. Boil, watching carefully and stirring occasionally to keep bubbles down, until reduced to about 2 cups, 30 to 40 minutes. Combine cornstarch and water in a small bowl until smooth; whisk the cornstarch mixture into the boiling syrup. Return to a boil. Reduce heat and simmer, whisking frequently, until thickened, 2 to 4 minutes more. Remove from heat and cover to keep warm.

2. To prepare dumplings: Preheat oven to 350°F.

3. Combine raisins, brown sugar and apple pie spice in a medium bowl. Peel, halve and core apples. Place cut-side up on a clean work surface; spoon a little of the raisin mixture into the center of each apple half. Sprinkle any remaining sugar mix over the apples.

4. Combine butter and oil in a small bowl; set aside 2 tablespoons in another small bowl. Combine granulated sugar and cinnamon in a third small bowl. Unroll phyllo sheets onto a clean, dry surface, keeping them in a stack. Cover with a piece of wax paper and then a barely damp kitchen

towel to prevent them from drying out.

5. Lay out one sheet of phyllo on a clean, dry surface. Using a pastry brush, lightly brush the sheet with butter mixture from the first bowl, then lightly sprinkle with cinnamon sugar. Repeat, layering on 3 more sheets of phyllo; coat and sprinkle the top sheet too. Cut the phyllo stack in half crosswise. Place a stuffed apple half in the middle of each stack. Gather the sides of the phyllo together, pinching the corners, to enclose the apple. Transfer the dumplings to a large rimmed baking sheet. Repeat with the remaining phyllo and apples to make 12 dumplings altogether. Brush them with the reserved 2 tablespoons of butter mixture.

6. Bake the dumplings until the phyllo is golden brown and crisp, 35 to 40 minutes. Let stand at least 10 minutes and up to 30 minutes. Reheat the sauce, if desired. Serve the dumplings with the sauce.

Per serving: 373 calories; 11 g fat (3 g sat, 5 g mono); 10 mg cholesterol; 67 g carbohydrate; 6 g added sugars; 3 g protein; 4 g fiber; 187 mg sodium; 192 mg potassium

Carbohydrate servings: 4½

Exchanges: 1 starch, 2½ fruit, ½ other carbohydrate, 1½ fat

MAKE-AHEAD GAME PLAN

Use this step-by-step planner to help you serve Thanksgiving dinner with ease. Enlist someone to carve the turkey while you make the gravy and get the rest of the meal to the table.

Day Before:

- ★ Make Bay Spice Blend; store at room temperature.
- ★ Prepare brine for turkey (Step 1); let cool to room temperature.
- ★ Prepare stuffing through Step 3.
- ★ Prepare oyster stew through Step 3.
- ★ Prepare vinaigrette for salad (Step 2).
- ★ Wash and dry salad greens; toast walnuts.
- ★ Cook florets for gratin (Step 1).
- ★ Place turkey in brine up to 16 hours before roasting.
- ★ Prepare sauce for apple dumplings.
- ★ Assemble apple dumplings through Step 5.

Day Of:

- ★ 3½ to 4 hours before you want to serve, remove turkey from brine and proceed with Step 2.
- ★ 3 hours before serving, prep and steam squash (Step 1) for salad.
- ★ 2 hours before serving, prep onion, celery root and chives for gravy (*see turkey recipe*); measure out liquid ingredients and cornstarch and set near the stove.
- ★ 1½ hours before serving, remove stuffing from refrigerator and let stand at room temperature for 1 hour before baking (Step 4).
- ★ 1 hour before serving, finish the gratin (Steps 2-5).
- ★ 30 minutes before serving, bake stuffing.
- ★ Just before serving, prepare gravy (*turkey recipe, Step 9*). Reheat oyster stew and finish with Step 4.
- ★ 45 minutes before serving dessert, bake dumplings;

Tips

For your holiday turkey (*page 3*), we recommend using a natural, organic or heritage turkey, because it will not contain any sodium solution that is added to most conventional turkeys and will have a better taste and texture. If you can only find a conventional turkey, you can still use a recipe that calls for a natural turkey, just skip any brining instructions. The added brine would make the turkey—and gravy—too salty.

Find celery root (aka celeriac; *page 3*), a celery-flavored root vegetable with a

texture similar to potatoes when cooked, in the refrigerated produce section near other root vegetables. To peel it, trim off the root and stem end, then remove the thick skin with a knife or use a vegetable peeler and peel around the root several times to remove the fibrous skin.

Be sure to use a nonreactive pan (*page 9*), baking dish or bowl—stainless-steel, enamel-coated or glass—when cooking with acidic food (citrus, cranberries, tomatoes) to prevent the food from reacting with

the pan. Reactive pans, such as aluminum and cast-iron, can impart off colors and/or flavors

Apple pie spice (*page 11*) is a pre-mixed spice blend used to season apple desserts. Look for it in most large supermarkets. If you have a well-stocked spice cabinet, make your own blend: Combine 2 tablespoons ground cinnamon, 1½ teaspoons ground allspice and 1 teaspoon each ground nutmeg and ground ginger. Store airtight for up to 6 months.

THANKSGIVING SHOPPING LIST

Shop For:

PRODUCE

Fruit

- 6 sweet crisp apples
- 2 lemons

Vegetables

- 2 heads broccoli
- 1 head cauliflower
- 2 bunches celery
- 1 large celery root (celeriac)
- 3 bunches chives
- 1 large head escarole
- 2 medium heads frisée
- 1 large leek
- 5 white onions
- 3 pounds Yukon Gold potatoes
- 5 shallots
- 3- to 3½-pound kabocha squash (or 3 large delicata squash)

Fresh Herbs & Flavorings

- 1 head garlic
- 1 bunch parsley
- 1 bunch sage
- Thyme (2 sprigs)

DRY GOODS & BREAD

- 1 box cheese-flavored crackers
- 1 large loaf rustic whole-grain bread

CANNED & BOTTLED GOODS

- 3 cups low-sodium turkey or chicken broth or stock

NUTS, SEEDS & DRIED FRUITS

- ½ cup chopped walnuts
- ½ cup dried cranberries
- ½ cup golden raisins

REFRIGERATOR ITEMS & DAIRY

- Buttermilk (1 cup)
- Heavy cream (½ cup)
- Low-fat milk (5½ cups)
- Extra-sharp white Cheddar cheese (¾ cup)
- Gruyère cheese (¾ cup)
- Eggs, large (2)
- Apple cider (8 cups)

FROZEN

- 1 box phyllo dough (9x14 inches)

MEAT & SEAFOOD

- 12- to 14-pound turkey
- 2 ounces pancetta
- 8 ounces claw crabmeat
- 8 ounces jumbo lump crabmeat
- 2 pints shucked oysters

Check Your Pantry For:

OILS, VINEGARS & CONDIMENTS

- Oil: Canola, extra-virgin olive, walnut
- Vinegar: White balsamic or white-wine
- Hot sauce
- Dijon mustard
- Low-fat mayonnaise

REFRIGERATOR ITEMS

- Butter (9 tablespoons)

FLAVORINGS

- Salt: Kosher (1 box), regular table salt
- Black pepper
- Crushed red pepper
- White pepper
- Apple pie spice
- Bay leaves (9)
- Celery seed
- Cinnamon (2 tablespoons)
- Garlic powder
- Ground ginger
- Mace or nutmeg
- Dry mustard powder (¼ cup)
- Onion powder
- Paprika
- Dried thyme

SPIRITS

- Dry white wine (1½ cups)

DRY GOODS

- Cornstarch
- Sweeteners: Granulated sugar, light brown sugar, honey



WINE LIST

WINE PAIRINGS

Steininger Grüner Veltliner 'Grand Gru,' Austria 2011 (\$23)

Santa Barbara Winery Chardonnay, California 2012 (\$17)

Bethel Heights Estate Pinot Noir, Oregon 2010 (\$28)

Pierre-Marie Chermette Fleurie Poncié, France 2011 (\$24)