

TAO Thanksgiving Dinner

November 17, 2014

Menu

Salad of Roasted Winter Squash and Apples

With cranberries and toasted pecans

Served over

Mixed greens dressed with maple balsamic vinaigrette

Turkey Stuffing Balls in Creamy Béchamel

Turkey meatballs flavored with Pepperidge Farm Herb

Seasoned Classic Stuffing, onion and celery

Smothered in a creamy Béchamel laced with sage and nutmeg

Served with

Risotto

Flavored with shallots, wine & turkey broth and garnished with

parsley and Parmigiano Reggiano

Dessert

Apple Pie Bars





Salad of Roasted Winter Squash & Apples

Serves 4-6

- 2 lbs. winter squash, peeled, if desired or if skins are very tough *
- 10 leaves fresh sage, finely chopped
- Maple Balsamic vinaigrette, divided (Recipe attached)
- 6 c. mixed greens in bite size pieces **
- 2 large apples***, cored, peeled and thinly sliced into 12 wedges
- ½ c. crumbled gorgonzola or goat cheese
- 2-3 tbsp. coarsely chopped roasted walnuts, pecans or hazelnuts (optional)
- ¼ c. dried cranberries

* *Squash*: butternut, acorn, delicata, sweet dumpling, carnival or bonbon. Carnival and bonbon have thick skins that are best peeled.

** *Mixed greens*: Use a mix of hefty flavored greens like baby Asian greens, arugula, baby spinach, escarole, endive.

*** Use crisp sweet tart apples like Honeycrisp, Fuji, Cortland, Gala or Granny Smith

1. Preheat oven to 400°.
2. Roast squash slices: Line a cookie sheet with aluminum foil and spray with canola or olive oil. Remove stem ends from squash. Cut in ½ lengthwise and slice into ¼" slices.
3. In a large bowl, gently toss squash slices with sage and ¼ c. vinaigrette. Line up squash, leaving room between slices, on cooking sheet.
4. Repeat process with apples (toss with 2 tbsp. vinaigrette).
5. Place in oven and bake until golden and lightly browned around the edges, about 30 minutes.
6. Remove from oven and set aside to cool slightly.
7. **Assemble Salad:**
 - Toss greens with ¼ c. vinaigrette and spread on a serving platter.
 - Arrange roasted squash & apples slices over greens.
 - Sprinkle crumbled cheese over, then nuts and cranberries.
 - Drizzle with remaining vinaigrette and serve.



Maple Balsamic Vinaigrette

Makes about 1 c.

- ¼ c. good quality balsamic vinegar
- 2 tbsp. pure maple syrup or cream (or 1 tbsp. maple sugar)
- 1 tbsp. water
- ½ tsp. Dijon mustard
- ½ tsp. kosher salt
- 1 pinch of granulated garlic
- ½ c. canola oil (or other neutral flavored oil, like grape seed)
- 2 Tbsp. extra virgin olive oil

In a small bowl whisk together all ingredients, except the oils. Whisking constantly, slowly add the oils, in a steady stream. This forms an emulsion, keeping the oil & vinegar together. Use immediately or transfer to a storage container and store in refrigerator for up to one week. Whisk before using. **Alternate method:** place all ingredients in a clean jar and vigorously shake to combine. Use immediately or store in refrigerator for up to one week. Shake jar before using.



Turkey Stuffing Balls in Creamy Béchamel

Serves 4 – 6 as main course, 12-15 as an appetizer

- $\frac{3}{4}$ c. Pepperidge Farm Herb Seasoned Classic Stuffing
 - $\frac{1}{2}$ c. low sodium turkey broth (preferably homemade)
 - 1 tbsp. unsalted butter
 - $\frac{1}{4}$ c. finely chopped celery
 - $\frac{1}{4}$ c. minced onion
 - Pinch of Kosher salt
 - Pinch of pepper
 - $\frac{1}{4}$ c. grated Parmigiano Reggiano
 - 2 eggs
 - 2 tbsp. chopped fresh parsley, divided
 - $1\frac{1}{2}$ lbs. ground turkey
 - $\frac{1}{4}$ water (for moistening hands)
 - Oil spray
 - 3 c. Béchamel (recipe follows)
1. Soften the stuffing: Heat broth in microwave or a small pan. Place stuffing and warm broth into a medium bowl. Allow to stand 15 minutes until stuffing is soft.
 2. *Sautee celery & onion:* Melt butter in a small fry pan. Add the celery and onion along with a pinch of salt and pepper and cook until vegetables are wilted, about 3 minutes. Set aside to cool slightly and add to the softened stuffing.
 3. In a small bowl, beat together eggs, Parmigiano and 1 tbsp. parsley and
 4. Add the egg mixture to the softened stuffing and vegetables and mix together with a fork.
 5. Place the ground turkey into a medium bowl and gently fold in egg/stuffing mix until meat is evenly coated.
 6. Refrigerate the meatball mixture for 2 hours before forming into meatballs. This blends the flavors and makes rolling easier
 7. Line a baking sheet with aluminum foil for easy cleanup and lightly coat with oil spray.
 8. Form the meatballs: Moisten hands with water. Scoop 2 teaspoons (for mini-meatballs about $\frac{3}{4}$ " in diameter) or 2 tbsp. (for larger meatballs, about $1\frac{1}{2}$ ") of the mixture and gently roll it with moistened hands to form a smooth ball.
 9. Place meatballs on the prepared baking sheet, spray tops with oil and roast in hot oven until golden and cooked through (15 minutes for large meatball, 12 minutes for small).
 10. Move cooked meatballs to a glass/ceramic baking dish and cover with béchamel. Return to oven and cook for 15 minutes until heated through.
 11. Remove from oven, garnish with remaining parsley and serve warm.



Béchamel Sauce ~ makes about 1 cup

- 1 tablespoon unsalted butter
- 1 tbsp. flour
- 1 cup milk, heated in microwave or over low heat
- salt and pepper to taste
- Pinch of nutmeg

1. In a saucepan, melt butter over low heat.
2. Add flour and stir (using a wooden spoon).
3. While constantly whisking, gradually add hot milk to the roux (the butter and flour mixture).
4. Simmer mixture while continuing to whisk until sauce has thickened, about 3 minutes
5. If sauce thickens too fast, stir in 1-2 tablespoons of milk and heat through.



Risotto

Serves 4-6 as a side dish, 4 as a first course, 2-3 as a main course

- 2 tbsp. extra virgin olive oil or butter (or 1 tbsp. of each)
- 1 medium shallot, finely diced
- 1 cup Arborio rice
- ¼ c. dry white wine - use a good quality wine
- 3 cups hot water or broth
- Salt & pepper to taste
- garnish: chopped parsley, grated Parmigiano Reggiano or Pecorino Romano cheese

1. In a shallow sauce pan, heat the oil or butter (do not allow the butter to brown).
2. Add the shallot and a pinch of kosher salt and cook until shallots are translucent, about 2 minutes.
3. Add the rice and stir to coat all grains.
4. Add the wine and cook for 1-2 minutes until the wine evaporates.
5. As the rice absorbs the liquid, stir and add more liquid.
6. Continue this process until the rice is al dente and has a creamy consistency (about 20 minutes).
7. Adjust salt & pepper to taste.
8. Add garnishes, if desired.



Apple Pie Bars ~ *Complements of Debbie Yendrzeski*
Makes about 3 dozen bars

Crust

- Milk
- 1 egg yolk, reserve the egg white
- 2 ½ cups flour
- 1 teaspoon salt
- 1 cup butter

Filling

- 1 cup crushed corn flake cereal
- 8 cups, peeled, cored, ¼- inch sliced, tart, cooking apples, (about 8-10 medium)
- 1 cup sugar
- 1 ½ teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- 1 reserved egg white
- 2 tablespoons sugar
- ½ teaspoon ground cinnamon

Glaze

- 1 cup powdered sugar
- 1 to 2 tablespoons milk
- ½ teaspoon vanilla

1. For Crust: Preheat oven to 350 degrees. add enough milk to egg yolk to measure 2/3 cup; set aside. In medium bowl, combine flour and salt. Cut in butter until crumbly. With fork, stir in milk mixture until dough forms a ball; divide into halves. Roll out half of the dough, on lightly floured surface, into a 15x10x1-inch rectangle. Place on bottom of ungreased 15x10x1-inch jelly-roll pan.
2. For Filling: sprinkle cereal over top of crust; layer apple over cereal. In a small bowl, combine 1 cup sugar, 1 1/2 teaspoon cinnamon and nutmeg. Sprinkle over apple. Roll remaining dough into a 15 1/2x10 1/2-inch rectangle; place over apples. In a small bowl, with a fork beat egg white until foamy; brush over the top crust. In another bowl, stir together 2 tablespoons sugar and ½ teaspoon cinnamon; sprinkle over the crust. Bake 45 to 60 minutes, or until lightly browned.
3. For Glaze: in a small bowl, stir together all glaze ingredients. Drizzle over warm bars. Cut into bars.