

'THANKSGIVING AT THE MARKET'



**COOKING DEMONSTRATION WITH
CHEF ADAM WALKER OF PORTERS' PUB &
EFM ADVISORY COUNCIL MEMBERS
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Brined Turkey with Stuffing by Chef Adam Walker

Vanilla, Mustard and Sage Brine

Ingredients (for 12 lb. bird)

- 1 cup brown sugar
- 1 cup kosher salt
- 3 tsps. vanilla extract
- 3 Tbsps. cracked black peppercorns
- 2 Tbsps. mustard seeds
- 4 Tbsps. Dijon mustard
- 3 sage sprigs
- 1 small bunch thyme
- 1 gallon hot tap water
- 2 quarts ice cubes

Directions

- Combine all ingredients (brown sugar through thyme) with hot water in pot just large enough to hold the turkey
- Place turkey breast down in pot
- Add ice cubes
- Make sure temperature is below 45°
- Hold three days up to five

How to Roast Brined Turkey

- Brown turkey in a 425° oven for 30 minutes
- Lower oven temperature to 325°
- Roast 15 minutes per pound or until turkey reaches a temperature of 165°
- Remove from oven and let rest until turkey reaches a temperature of 172° before carving

Cider Basting Liquid

Ingredients

- 6 Tbsps. butter
- 1 medium onion sliced
- 1 Granny Smith apple cored & sliced
- 1 tsp. salt
- ½ tsp. black pepper
- 6 oz. calvados or apple jack
- 2 cups hard cider
- 1 Tbsp. fresh sage

Directions

- Saute onion, apple, salt & pepper in butter
- Deglaze with calvados and hard cider
- Add sage and cook for 3 minutes
- Reserve for basting

Stuffing with Cranberries & Thyme

Ingredients

- 3 Tbsp. butter
- 1 medium onion diced small
- 5 celery ribs peeled & diced small
- 1 Tbsp. chopped garlic
- ½ tsp. chopped rosemary
- 1 tsp. chopped thyme
- 1 tsp. dried sage
- ½ tsp. onion powder
- ½ tsp. celery seed
- 2 cups dried cranberries
- 1 qt. rich chicken or turkey broth
- 10 cups rustic bread cubes – stale by 1 day
baquette, rye or potato breads are best
- 3 eggs beaten

Directions

- Saute onion, celery & garlic in butter until golden brown
- Add spices & dried cranberries and sauté for 2 minutes
- Add broth and reduce slightly
- Pour over bread in small doses and wet lightly
(if too wet omit rest of broth)
- Add eggs
- Bake in oven at 325° for 45-60 minutes
(turn three times during baking cycle)
- After baking add fresh parsley, sage, thyme or oregano for garnish

Easy-to-Make Side Dishes & Dessert
Recipes from EFM Advisory Council Members
Jenne Hogan, Martha Maier, Megan McBride & Alice Ziegler

Baked Sweet Potato Wedges

Ingredients

- 8 sweet potatoes
- 1 Tbsp. olive oil
- ½ tsp. paprika

Directions

- Preheat oven to 400°
- Spray baking sheet with cooking spray or vegetable oil
- Slice sweet potatoes lengthwise into quarters
- In a large bowl mix olive oil and paprika
- Add potato wedges and stir by hand to coat
- Place on prepared baking sheet
- Bake for 40 minutes – serve at room temperature

Cauliflower with Dijon-Lemon Butter Sauce

Ingredients

- 1 small head of cauliflower (about 1¾ lbs.)
- 1 tsp. coarse kosher salt
- 6 Tbsps. butter (¾ stick)
- 2 Tbsps. fresh lemon juice
- 2 Tbsps. whole grain Dijon mustard
- 1½ tps. finely grated lemon peel
- 1 Tbsp. chopped fresh parsley

Directions

- Preheat oven to 400° / Butter rimmed baking sheet
- Cut cauliflower in half & then crosswise into ¼” slices
- Cut cauliflower in half and then cut crosswise into ¼
- Arrange slices in single layer on baking sheet
- Sprinkle with salt
- Roast slices until slightly softened, about 15 minutes
- Melt butter in small saucepan over medium heat
- Whisk in lemon juice, mustard & lemon peel
- Spoon mustard-lemon butter sauce evenly over slices and roast until crisp tender, about 10 minutes

To serve: transfer cauliflower to platter and sprinkle with parsley; serve warm or at room temperature

Chopped Cranberry Salad

Ingredients

- 1 medium to large orange
- 3 small celery ribs
- 1 small onion
- 12 oz. bag of cranberries
- ¾ cup walnuts
- 1½ cups sugar

Directions

- Cut off ends of orange & some of the rind
- Cut orange, celery and onion into large chunks
- Place in food processor and pulse slightly
- Add cranberries and walnuts and pulse until coarsely chopped then transfer to large bowl
- Add sugar and mix well
- Cover and refrigerate for 1-2 days before serving

Free-Form Apple Tart (makes 12-14” tart)

Ingredients for Crust

- 1¼ cups all-purpose flour
- ⅛ tsp. salt
- 3 Tbsps. sugar
- 9 Tbsps. cold butter
- 1 egg yolk
- 2-4 Tbsps. water (enough to bring dough together)

Directions to prepare crust

- Whisk together flour, salt & sugar
- Cut butter into small cubes
- Work into flour until mixture resembles coarse cornmeal
- Add egg yolk and 1 Tbsp. water and stir
- Add more water 1 Tbsp. at a time until dough can be gathered together in a ball
- Flatten into a disk, wrap in plastic and chill for at least one hour or up to two days

This can be done by hand or in a food processor; however, it is easiest to finish the dough in a Ziploc bag

Ingredients for Filling

- 4 med. baking apples (peeled, cored & thinly sliced)
toss with ½ tsp. cinnamon or ginger, if desired
- 2 Tbsps. maple syrup or brown sugar
- 2 Tbsps. butter

Directions to assemble & bake tart

- Roll or pat out dough into desired shape – rectangle circle or whatever – rustic is fine!
- Lay apple slices over the crust within about an inch of edge
- Drizzle apples with maple syrup and dot with butter
- Fold overhanging edge of crust over outer edge of apples
- Bake in a preheated 400° oven until crust is browned and fruit is tender, about 25-35 minutes

Serve warm or at room temperature with whipped cream or ice cream if desired