

ZEST

digital magazine



Thanksgiving 2011 • No. 3

FOOD DRINKS & ENTERTAINING

a time for gratitude

Thanksgiving 2011 • No. 3

letter from the EDITORS

With Thanksgiving just around the corner, it's time to start thinking about holiday entertaining in earnest. Whether you're hosting a celebration yourself or need to bring a great dish along as a guest, this issue of ZEST has some great recipes and ideas you can put to use.

We've put together a classic Thanksgiving dinner with all the trimmings, centered around a tender, juicy turkey that's been brined in buttermilk for extra flavor. You'll find our favorite recipes for stuffing and mashed potatoes and some super simple, flavorful side dishes that will help make dinner prep a breeze. Plus, enjoy a new twist on pumpkin pie.

Happy Thanksgiving!

Lynne & Erika

never miss an issue!

subscribe for free at
www.zestdigitalmag.com

WEB content

access print-friendly versions of all our recipes, as well as shopping links and free printables on our website! **visit our resources page >**

publisher

Lynne Webb, Food & Spirits

editor-in-chief

Erika Pitera, DIY & Entertaining

photographer

Tom Pitera

Zest For Life Media

1020 Willow Branch Dr.
Orlando, FL 32828
www.zestforlifemedia.com



Copyright Zest for Life Media, Inc. 2011.

All rights reserved. No portion of this magazine may be reprinted, copied or distributed online or in print without prior written consent. Questions or comments?

888-316-2474

ZEST

digital magazine

FOOD DRINKS & ENTERTAINING

www.zestdigitalmag.com



TABLE OF contents

- 4 kitchen favorites**
 - buttermilk-honey brined turkey
 - creamy mashed potatoes
 - old-fashioned bread stuffing
 - marmalade-glazed carrot coins
 - crumb topped green bean mushroom bake
 - thyme-roasted pearl onions
 - fresh cranberry-orange sauce
 - mini pumpkin chiffon pies

- 20 market guide**
 - winter squash 101

- 21 giveaway**
 - the 12 days of giveaways

- 22 entertaining**
 - wine hostess gift
 - beaujolais nouveau

- 24 diy gifts**
 - make your own wine charms

- 26 bookshelf**
 - new cookbooks for fall
 - get ready for holiday baking







CLASSIC THANKSGIVING DINNER FOR 8

buttermilk-honey brined turkey

creamy mashed potatoes

crumb topped green bean mushroom bake

fresh cranberry-orange sauce

marmalade-glazed carrot coins

thyme-roasted pearl onions

old-fashioned bread stuffing

mini pumpkin chiffon pies

Buttermilk-Honey Brined Turkey



ingredients

For the brine ~

6 cups water
2 tablespoons kosher salt (2 teaspoons if using an injected turkey - see page 8)
3 tablespoons sugar
1/4 cup honey
Peel from 1 orange, cut into strips
3-1/2 to 4 quarts buttermilk
1 tablespoon whole allspice
1 tablespoon whole peppercorns
4 sprigs fresh thyme
3 sprigs fresh rosemary
12 sage leaves

For the turkey ~

1 10 to 12 lb turkey
1 fresh orange, cut into eighths
2 sprigs rosemary
3 sprigs thyme
8 fresh sage leaves
3 tablespoons butter, softened
Salt and freshly ground black pepper
4 to 6 cups chicken broth, divided
1/4 cup cornstarch

preparation

Brining

Place the water, salt, sugar, honey and orange peel in a saucepan and bring to a boil. Cook for 2 minutes, stirring to dissolve the sugar and salt. Remove from the heat and allow to cool to room temperature.



Remove the neck, giblets, liver, etc. from the turkey and reserve for gravy or stock (if using frozen turkey, be sure it has defrosted completely). Rinse the bird inside and out and pat dry. Place the allspice, peppercorns, thyme, rosemary and sage inside the cavity and put the whole bird in a large food-safe plastic bucket or brining bag.

Combine the water-salt mixture with 1 quart of the buttermilk and pour into the bucket/bag with the turkey. Add at least 2-1/2 quarts of additional buttermilk. Make sure the turkey is fully submerged in liquid and the cavity is filled with liquid. If not, add more buttermilk. Cover and refrigerate for up to 18 hours.

Remove the turkey from the brine, rinse, pat dry and discard the liquid. Season the cavity with salt and pepper and place the orange pieces, rosemary, thyme and sage inside. Tie the ends of the drumsticks together with kitchen twine. Set aside for about 1 hour at room temperature.

Roasting

Preheat the oven to 400°F and spray a roasting pan and rack with nonstick spray.

Once the turkey has lost its refrigerated chill, work about 1/2 tablespoon of the butter under the skin on each side of the breast, massaging afterward to distribute the butter as evenly as possible. Take the remaining butter and rub it into the outer skin of the breast and each of the drumsticks.

Place the turkey on the roasting rack breast side up. Form a piece of heavy-duty aluminum foil into a v-shape to shield the entire turkey breast from drying out and browning prematurely. Spray very thoroughly with nonstick spray and form the foil around the breast.

Pour 2 cups of chicken broth into the roasting pan and place the turkey in the oven. Roast at 400°F for 30 minutes, then lower the temperature to 325°F and roast for an additional 1-1/2 to 2 hours, basting with the accumulating pan juices every 45 minutes. Remove the foil from the breast

choosing a turkey

Our first choice is always a minimally processed fresh bird, particularly when using a brine. If you'd still like to try brining and you need to buy a frozen turkey, here are some guidelines.

Most frozen turkeys are injected with a broth/salt solution that makes up about 7% or 8% of the bird's total weight. Using our buttermilk brine for this type of turkey should not result in an excessively salty flavor ~ just reduce the kosher salt in the brine to 2 teaspoons.

Note: We don't recommend brining a turkey that contains higher than 8% solution.

for the last 45 minutes of cooking.

Test for doneness after 2 hours total cooking time using a reliable meat thermometer. When done, the internal temperature should be 165°F in the thickest part of the thigh. Allow to rest for a minimum of 20 minutes before carving.

Easy Pan Gravy

While the turkey is resting, skim any excess fat from the pan juices and add enough chicken broth to equal 3 cups of liquid total.

Place in a saucepan and bring to a simmer over medium heat. In a small bowl, whisk together 1/4 cup cornstarch with 1/3 cup water. Add to the simmering broth and continue whisking until thickened.

Season to taste with salt and freshly ground black pepper. Transfer to a bowl or gravy boat for serving.



Creamy Mashed Potatoes

ingredients

2-1/2 lbs Yukon Gold potatoes
6 tablespoons butter
1/4 cup sour cream
1/4 cup cream or half-and-half
Salt and white pepper to taste

preparation

Peel the potatoes and cut them into eighths. Place in a large saucepan and cover with cold water. Bring to a boil, add 2 teaspoons of salt and stir to dissolve. Boil for 15 to 20 minutes, or until the potatoes are tender when pierced with a sharp knife. Drain and return to the heat for about 1 minute to allow all the excess moisture to evaporate. Mash gently with a potato masher and transfer to a mixing bowl.

Add the butter, sour cream and cream to the pan you cooked the potatoes in and heat over low heat until the butter is melted and the mixture is liquified (you can also use the microwave).

Quickly add to the potatoes and using an electric mixer, whip at medium speed until fluffy. If you find the potatoes are too stiff, add more warm cream in 2 tablespoon increments until you get the desired consistency.

Season to taste with salt and white pepper.



Old-Fashioned Bread Stuffing

ingredients

1 lb loaf soft sourdough (or similarly textured) bread, cubed
4 tablespoons butter
2 cups sweet onion, chopped
2 green onions, chopped
4 stalks celery, chopped
6 ounces fresh mushrooms, very finely chopped
4 eggs, lightly beaten
1/2 cup fresh parsley, stems removed, chopped
1/2 tablespoon fresh sage, finely chopped
1/2 tablespoon fresh thyme leaves
Kosher salt and freshly ground black pepper to taste
1/4 cup chicken broth (optional)
Additional 1 tablespoon butter (optional)

preparation

Preheat the oven to 350°F. Place the bread cubes in a colander and moisten with water. Using your hands, squeeze out the water (as you would a sponge). Place the moistened bread in a mixing bowl and set aside.

Melt the butter in a pan over medium heat. Add the sweet onion and cook for 2 minutes. Add the mushrooms and continue cooking, stirring occasionally, 2 more minutes. Add the celery and green onions and cook for 2 minutes more. Season with salt and pepper to taste.

Add vegetable mixture, parsley, sage, thyme, 1 teaspoon salt and a few grinds of black pepper to the bread. Using your hands, mix thoroughly. Taste for seasoning and add more salt and pepper as needed. Stir in the beaten eggs and combine well.

Transfer the mixture to a greased 1-1/2 to 2 quart casserole. Cover and bake for 45 minutes. Remove from the oven and if the top of the stuffing looks dry, drizzle the chicken broth over the top. Dot with the additional butter if desired and return to the oven for 10 minutes, uncovered. Remove from the oven and replace the cover to keep warm until served.

Marmalade-Glazed Carrot Coins

ingredients

2 lbs carrots
1/2 teaspoon salt
3 tablespoons butter
2-1/2 tablespoons orange marmalade
1 tablespoon Dijon-style mustard

preparation

Peel and trim the carrots. Slice on the bias into 1/4-inch thick coins and place them in a large skillet. Sprinkle with the salt and add water until barely covered. Bring the mixture to a boil, then reduce the heat to medium. Cover and cook until the carrots are tender but still firm, 8 to 12 minutes (do not overcook). Drain well and set aside.

Add the butter and marmalade to the pan and cook over medium heat until liquified. Stir in the mustard and add the carrots back to the pan. Continue cooking, gently turning the carrots with a spatula, until they are well coated with the glaze. Transfer to a covered casserole and keep warm.

Note: This recipe may be made ahead and reheated. Remove the casserole from the refrigerator 30 minutes in advance, then heat, covered in a 325°F oven for 25 to 30 minutes.

Crumb Topped Green Bean Mushroom Bake

ingredients

1-3/4 to 2 lbs fresh green beans, ends trimmed
2 tablespoons olive oil
4 tablespoons butter, divided
1 medium onion, thinly sliced
2 medium cloves garlic, minced
1 cup chicken broth
Salt and freshly ground black pepper
12 ounces button mushrooms, sliced
1/2 cup panko bread crumbs
2 tablespoons parmesan cheese, grated
1/4 fresh lemon (optional)

preparation

Preheat the oven to 350°F.

In a large skillet with a tight fitting lid, heat the olive oil over medium heat. Add the onion and cook until softened, 2 minutes. Add the garlic and cook for an additional minute, just until fragrant. Do not brown. Add the beans, season with salt and pepper and toss to coat with the oil. Reduce the heat to medium-low, add the broth and cover. Simmer until the liquid has evaporated and the beans are tender, 18 to 25 minutes. Taste and adjust the seasoning as needed.

While the beans simmer, heat 2 tablespoons of the butter over medium heat in a separate pan. Add the mushrooms, season with salt and pepper, and sauté until the mushrooms have given off any excess liquid and are nicely browned, 8 to 10 minutes. Remove from the heat and set aside.



Spray an oblong baking dish (1-1/2 to 2 quart) with nonstick spray. Once the beans are tender, combine them with the mushrooms and layer them in the prepared pan. The dish can be made ahead up to this point and refrigerated for up to 2 days. To reheat, bring to room temperature for 30 minutes, cover with foil and bake at 350°F for 20 minutes. Remove, uncover and continue the recipe.

Melt the remaining 2 tablespoons of butter over low heat and add the panko crumbs and parmesan cheese. Toss to combine with the melted butter, then scatter the mixture over the top of the beans and mushrooms. Bake just until the crumbs are toasted, about 6 to 8 minutes (watch carefully). If desired, squeeze some fresh lemon juice over the top just before serving.

Thyme-Roasted Pearl Onions

ingredients

1 to 1-1/4 lbs pearl onions, peeled (see tip)
2 tablespoons fresh thyme leaves
4 tablespoons butter, melted
1/2 tablespoon honey
Salt and freshly ground pepper

preparation

Preheat the oven to 375°F and line a shallow baking pan with parchment paper.

Combine the onions and thyme leaves in a large bowl. Drizzle with the melted butter and honey, season with salt and pepper and toss to coat thoroughly. Arrange the onions in a single layer on the prepared baking sheet and roast the onions until tender and lightly caramelized, 18 to 22 minutes. Transfer to a bowl and serve.

Note: This recipe may be made ahead and reheated. Remove the onions from the refrigerator 30 minutes in advance, then heat in a covered casserole at 325°F for 25 to 30 minutes.

Tip: To peel pearl onions easily, immerse them in boiling water for 3 to 4 minutes, then plunge them into ice water for 2 minutes. Drain well and cut off the root end of the onion with a pair of kitchen shears, then squeeze gently from the opposite end. The onion should pop out of the skin through the trimmed end.





ingredients

12 ounces fresh cranberries (1 bag)
1 large navel orange (preferably organic)
1/2 to 3/4 cup sugar

Fresh Cranberry-Orange Sauce



preparation

Rinse the cranberries in a colander, drain them thoroughly and pat dry with paper towels. Scrub the orange very well, pat dry and cut into 8 pieces.

Place the orange and the cranberries in the work bowl of a food processor, and pulse until finely chopped (depending on the size of your processor, you may need to work in two batches). Add 1/2 cup of the sugar to the mixture and pulse two or three times to combine. Taste and add more sugar if desired.

Store tightly covered in the refrigerator for up to 10 days.



Mini Pumpkin Chiffon Pies

ingredients

For the pie filling ~

2 teaspoons unflavored gelatin
 1/2 cup light brown sugar (packed)
 1/4 teaspoon salt
 1/4 teaspoon ground ginger
 1/2 teaspoon ground cinnamon
 1/4 teaspoon ground nutmeg
 1/8 teaspoon ground allspice
 3/4 cup canned pumpkin purée (not pumpkin pie filling)
 1/3 cup milk
 2 large egg yolks, lightly beaten
 6 tablespoons egg whites substitute (equivalent of 2 large eggs)
 1/4 teaspoon cream of tartar
 1/3 cup granulated sugar

For the crusts ~

8 whole graham crackers
 1/4 cup sugar
 1/3 cup butter, melted

preparation

Crusts: Preheat the oven to 375°F and line a muffin tin with 12 plain cupcake liners. Spray lightly with non-stick spray.

Crush the graham crackers in a food processor to a fine texture (should yield about 1-1/4 cups).

In a bowl, combine graham cracker crumbs and sugar with melted butter.

Divide graham cracker crumb mixture evenly amongst the 12 cupcake liners and press firmly into the bottom to create a crust.

Bake for 8 minutes and allow to cool completely.

Filling: Prepare a large bowl filled with ice water. In a medium saucepan (one that will fit in the bowl) combine the gelatin, brown sugar, salt, spices, pumpkin purée, milk and beaten egg yolks.

Cook over medium heat, stirring constantly, just until the mixture boils. Place the pan in the ice water and stir occasionally until mixture thickens and forms mounds when dropped from a spoon.

The consistency should be slightly thicker than an egg white. Don't allow it to get too firm or you won't be able to combine it with the egg whites properly.

Using an electric mixer on high, beat the egg whites substitute and cream of tartar until frothy. Add the granulated sugar, 1 tablespoon at a time; continue beating until stiff and glossy. Do not underbeat.

Gently fold in pumpkin mixture with a rubber spatula, scraping the sides and turning the bowl while you work. Gently transfer to baked graham cracker crusts. Chill several hours until set. If desired, garnish with whipped cream.

winter squash 101

Winter squash make an economical and healthful choice for side dishes, soups, sauces and pie fillings. Nutritionally, they provide a good source of fiber, riboflavin, iron and vitamins A and C, and there are dozens of varieties, many of which are available year round.

Here are some general guidelines for how to choose and cook winter squash:

Shopping: Select squash that are firm, free from mold or soft spots, and feel heavy for their size.

Storage: The thick protective skin on winter squash allows you to store them unrefrigerated in a cool dark place for 3 to 4 weeks.

Varieties: There are dozens of varieties of winter squash, but acorn, butternut and delicata are three of the most readily available.

Simple Preparation: Scrub the exterior of the squash and cut them in half lengthwise. Scoop out the seeds and discard or reserve for another use. Brush the cut side with a little vegetable oil and place them cut side down on a shallow baking pan that's been coated with nonstick spray. Bake at 375°F for 30 to 40 minutes, or until the squash appears wrinkled and is tender when pierced with a knife. Scoop out the flesh and mash it with butter and seasonings, or purée it to use in a soup, sauce or pie filling.

Flavors: Some of the flavors that complement winter squash include butter, olive oil, walnut oil, maple syrup, honey, brown sugar, sage, rosemary, ginger, cinnamon, cumin, coriander, onion, apple, pear and lemon.



acorn squash

Acorn squash are deeply ribbed and have a dark green skin that's often splashed with patches of orange. Approximately 6 inches in diameter, their average weight is about 1-1/2 pounds. Acorn squash have mildly flavored, vibrant orange flesh with a tender texture.



butternut squash

Butternut squash are pear-shaped, with beige skin and orange flesh. They range in size from 8 to 12 inches in length and weigh 2 to 3 pounds. Butternut squash are quite flavorful and have a smooth texture that works well in both sweet and savory dishes.



delicata squash

Delicata squash are oblong, cream-colored squash with dark green stripes. They're somewhat smaller than other varieties, generally weighing about 1 pound. Because of their shape, delicata squash can be easily peeled, making them a good candidate for casseroles and gratins.

WIN BIG FOR THE HOLIDAYS IN

INDIE SPOTTING'S

THE 12 DAYS OF GIVEAWAYS



ENTER TO WIN A \$20 GIFT CERTIFICATE TO
TWO NEW HANDMADE SHOPS EACH DAY

★ NOV. 25 - DEC. 6 ★

think ahead
for the holidays



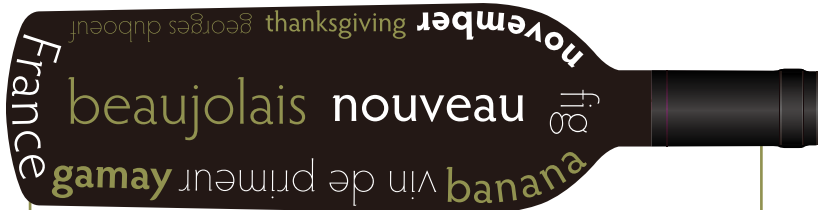
dress up a bottle of wine
with an "apron" for a fun
holiday hostess gift!

all you need is a glue gun,
scissors, felt and ribbon.

beaujolais nouveau

by Lynne Webb

Beaujolais Nouveau is a light-bodied red wine that pairs extremely well with a wide variety of foods and a great choice to serve with a classic Thanksgiving dinner.



The official release date for Beaujolais Nouveau is the third Thursday in November - perfect timing to make it a favorite at the Thanksgiving table.

Serve it slightly chilled, at about 55°F.

Flavors of red fruits like cherries, strawberries and raspberry predominate, but don't over-analyze it ~ just pour and enjoy!

maceration, and it allows the grapes to ferment rather quickly inside their skins. The result is a fresh, fruity wine that is very low in tannins and so easy drinking, even die-hard white wine lovers are sure to enjoy a glass or two.

Georges Duboeuf

Georges Duboeuf is one of the best-known French wine brands and the largest producer of Beaujolais Nouveau. Each year, the bottle sports a colorful new label with an abstract design. The 2011 label was created by renowned Brooklyn artist Michael McLeer, a.k.a. Kaves. Kaves specializes in graffiti and tattoo art and the urban-inspired label reflects not only his unique style, but the celebratory style of the wine.

Made from Gamay grapes grown in the Beaujolais region of France, Beaujolais Nouveau is unique in that it is produced, bottled and sold within a few weeks of the grapes' initial harvest.

While most wines are made by crushing the grapes and allowing the juices to ferment gradually over time, grapes destined to become Beaujolais Nouveau are piled into sealed containers that are then filled with carbon dioxide.

The process is called carbonic



make your own wine charms

By Erika Pitera | Photography by Tom Pitera





Supplies:

- Round nose pliers
- Beads
- Wire hoop earrings

Step 1: Thread the beads of your choice onto the hoop.

Step 2: Grab the straight end of the hoop with your pliers and bend upward 90 degrees.

Make a set of six wine charms and pair them with a bottle of wine for a quick and thoughtful last-minute hostess gift!

Sundog Co.
we're unique gifts

gifts for wine lovers

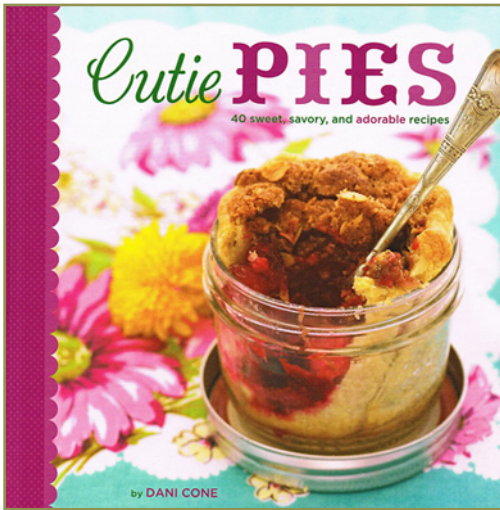


THOMAS PITERA
PHOTOGRAPHY



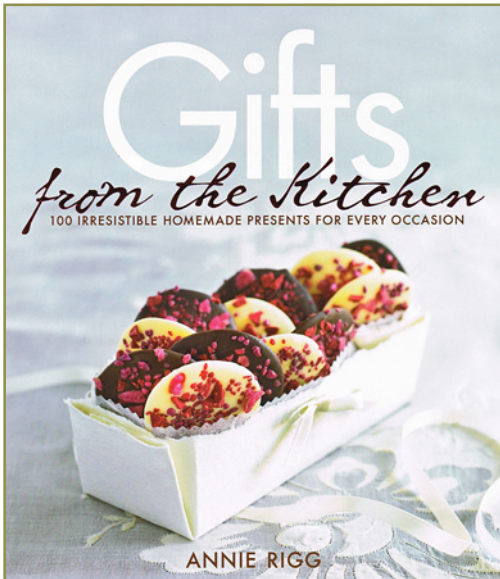
www.sundogcompany.com

new cookbooks for fall



Cutie Pies by Dani Cone
\$16.99

Cutie Pies: 40 Sweet, Savory and Adorable Recipes is a fabulous guide to creating the single serving desserts and appetizers that are taking the baking world by storm. The book includes recipes for miniature pies, pie pops, pie jars and turnovers filled with a delectable variety of both sweet and savory fillings.



Gifts from the Kitchen by Annie Rigg
\$24.95

Gifts from the Kitchen: 100 Irresistible Homemade Presents for Every Occasion includes a wide array of creative foods suitable for giving year round. From candy and baked goods to jams, infused liqueurs and pasta sauces, you're sure to find just the right thing for all the special food-lovers on your gift list.



Maida Heatter's Cookies
\$19.99

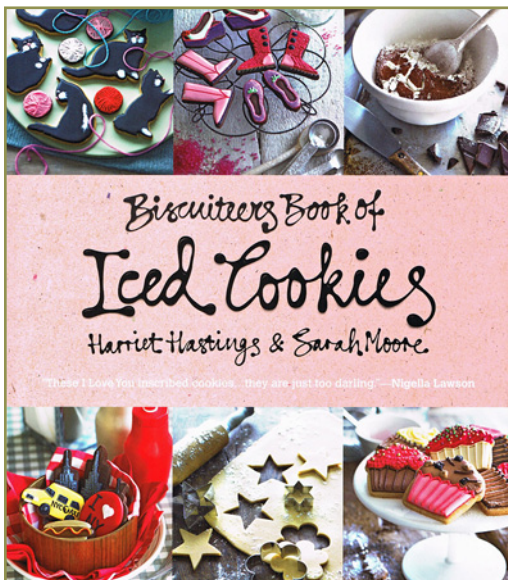
Maida Heatter's Cookies may be the only cookie cookbook you'll ever need. Heatter is a James Beard Award winner and consummate baker, and the more than 200 recipes in this book truly set the standard. Chapters include Chocolate Drop Cookies, Drop Cookies, Bar Cookies, Icebox Cookies, Rolled Cookies, Hand-Formed Cookies, and much more.

get ready for holiday baking



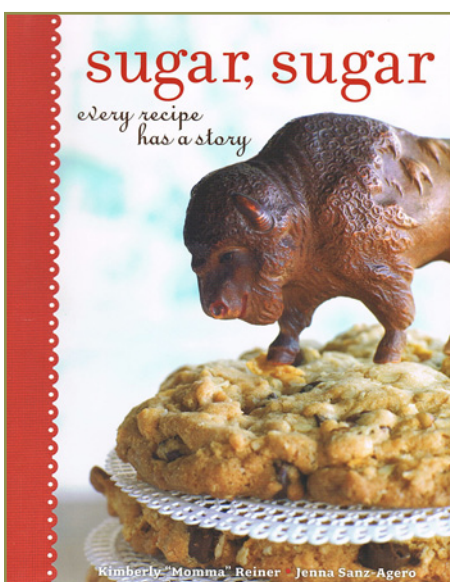
So Sweet! by Sur La Table
\$15.00

So Sweet! is a mouthwatering collection of recipes for 50 sweet treats compiled by the experts at Sur La Table. With a focus on contemporary favorites, the chapters include Cookies, Cupcakes, Whoopie Pies and Baked Doughnuts, with each section featuring a nice mix of classic flavors and creative combinations.



Biscuitiers Book of Iced Cookies by Harriet Hastings, Sarah Moore \$18.95

More than a cookbook, **The Biscuitiers Book of Iced Cookies** is a beautifully photographed manual for making artistically iced cookies for any occasion. In addition to their delicious cookie recipes, the authors have included a guide to different types of icing, step-by-step instructions on proper piping techniques, 8 pages of diy templates and expert tips throughout.



Sugar, Sugar by Kimberly Reiner, Jenna Sanz-Agero \$29.99

Sugar, Sugar: Every Recipe Has a Story features 100 recipes for cakes, pies, cookies and candy selected from submissions by home bakers. The authors (a.k.a. the Sugar Mommas) have combined the family stories behind the recipes with helpful baking tips and modernized instructions to create a unique concept in a baking book.

in the next issue of

ZEST

digital magazine

holiday entertaining
festive decor
handmade gifts
spirits of the season
and more!

