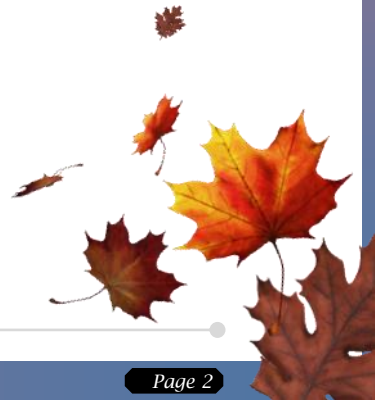




# **SMYA Friendsgiving Cookbook 2020 Edition**



# Appetizers, Starters & Bread



# Salted Pecans

2 cups pecans

Extra Light Virgin Olive Oil

½ Tbsp sea salt

Preheat oven to 215F. In saucepan, add room temp pecans & saturate with olive oil, heat. Add sea salt and mix.

Spread in single layer on baking sheet. Bake at 215 degrees for 1 hr., stirring every 20 min.; then increase to 225F for next 20 + min. Keep heating for crispiness, but don't burn. Remove to paper towel lined bowl and let cool. Add additional salt to taste, if needed.

*Contributor: Mary O'Grady*



# Holiday Cranberry Jalapeño Dip

12 oz fresh, uncooked cranberries  
¼ c green onion (diced)  
1-2 fresh jalapeño peppers (diced)  
2 tbsp chopped cilantro (optional)

¾ to 1 c sugar (to taste)  
1 tbsp lemon juice  
1/8 tsp salt  
16 oz cream cheese

Use hand chopper to chop cranberries (avoid food processor). Combine chopped cranberries, green onion, jalapeño & cilantro in a medium bowl. Add sugar, lemon juice & salt, stir gently. Cover with plastic wrap & refrigerate overnight. Next day, remove & stir. Drain any liquid using a colander with small holes. Whip cream cheese with hand mixture until smooth (~2 min) & spread in bottom of pie plate or 9x9 dish. Pour cranberry mix on top and refrigerate until ready to serve. Serve with Ritz or other crackers.

*Contributor: Julia Martin*



# White Bread (Baguettes)

3 c white flour

4 tbsp honey

$\frac{3}{4}$  c warm water

2  $\frac{1}{2}$  tsp yeast

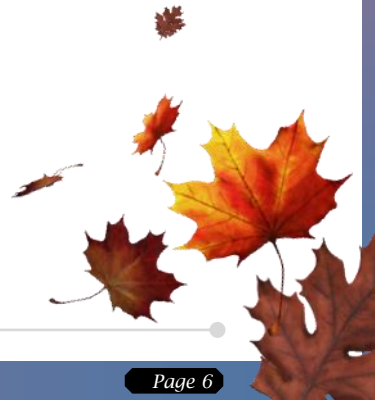
1 tsp salt

Combine all ingredients in a bowl (or bread maker). Mix and knead until dough is uniform & firm. Let rise 1.5 hours in a warm place. Form dough into 2 baguettes by rolling. Dough should be about the width of a fist. Place loaves onto a cookie sheet. Laterally score the dough. Cover and leave in a warm place to rise for 45 min. Preheat oven to 425F. Prepare a ceramic bowl with ~6 ice cubes. Put the dough in the oven and the ceramic bowl with ice on the rack below it. Cook for 10-14 min.

*Contributors: Jonathan & Laura Bedard*



# Main Dishes



# Perfect, No Fuss Thanksgiving Turkey

12-20 lb turkey (thaw prior to cooking)  
1 onion (peeled and quartered)  
1 lemon (quartered)  
1 apple (your favorite kind, quartered)  
0.75 oz fresh rosemary  
0.75 oz fresh thyme  
0.75 oz fresh sage

Herb Butter  
1 c. unsalted butter (soften)  
1 tsp salt  
½ tsp black pepper  
6-8 cloves minced garlic  
fresh chopped herbs

3-4 Days prior: Thaw turkey in fridge (24 hr for every 5 lbs of turkey).

Thanksgiving Day: Remove turkey from fridge 1 hr before cooking to come to room temp. Adjust oven rack so turkey will sit in center. Preheat oven to 325F. Make herb butter by combining butter, salt, pepper, garlic and herbs (1 tbsp rosemary, 1 tbsp thyme, ½ tbsp sage...save the remaining herbs for inside the turkey). [If using dried herbs, use 1 tsp dried vs. 1 tbsp of fresh.]

Remove turkey from packaging & remove neck and giblets from inside cavities (save for gravy or discard). Pat the turkey dry with paper towel (do not rinse turkey in sink).



# Perfect, No Fuss Thanksgiving Turkey (continued)

Season cavity with salt/pepper, then stuff with lemon, onion, apple & remaining herbs. Use your fingers to loosen & lift skin above the breasts (top of turkey) & smooth a few tbsp herbed butter under the skin. Tuck the wings under the turkey & place on wire rack inside roasting pan. Microwave remaining herb butter for 30sec & use basting brush to spread all over outside of turkey, legs & wings. Cook bird at 325F for 13-15 min per lb (or until internal thigh temp reaches 165F with meat thermometer). Check turkey ~halfway thru cooking. When skin begins to brown, cover top with tinfoil to protect breast meat from overcooking. Let turkey to rest 20-30 min before carving. Drippings/juice from roasting pan can be used to make turkey gravy, if desired.

*Option: When turkey reaches 160F you can remove it & tent entire bird with foil (or cover with roasting pan lid) & let it rest on counter. It will continue to cook under foil/lid to 165F.*

*Notes: no basting or brining needed (unless using a wild turkey)! Don't put stuffing/dressing inside bird, cook separately! If using a convection oven, start checking temp after 2 hours as bird may cook faster. If using a disposable roasting pan (without a rack inside), just add chopped veggies on the bottom (celery, carrots, etc) to act as rack & just place turkey on top of the veggies.*

*Contributor: Cynthia Lucero-Obusan*



# No Fuss Turkey Gravy

Drippings from roasted turkey      4 cups chicken (or vegetable) broth  
½ cup all-purpose flour      Salt and pepper to taste  
*Optional:* giblets & neck of uncooked turkey

*If using giblets: place neck, heart, liver & gizzards inside med saucepan. Cover with water and bring to boil. Simmer for 1 hr or until meat is cooked. Use slotted spoon to remove giblets from water and set aside. Once cool, discard livers. Use fingers to remove any meat from turkey neck. Add to rest of giblets and discard neck. Dice giblets into small pieces.*

After cooking turkey, pour liquid/drippings from roasting pan into large bowl. Let sit briefly, then use a big spoon to remove fat from top of drippings. Place 1 c. drippings in a large saucepan. Add ½ c flour & whisk to make a smooth paste (add more flour, if needed). Turn on stove & whisk mixture as it begins to brown. Then add broth & 1 more cup of drippings. Cook, whisking constantly for 5-8 min until thickened. Add giblet meat (if using). Season with salt and pepper to taste.

*Tips: If too thick, add more broth or drippings. If too thin, cook additional 2 min to thicken further or add a mixture of 1 tbsp cornstarch with 1tbsp water to gravy.*

Contributor: Cynthia Lucero-Obusan

# Easy Holiday Spiral Ham

½ c dark brown sugar

¼ c honey

Zest & juice of 1 orange

2 tsp pumpkin pie spice

6-8 scrapes of fresh nutmeg (using a rasp)

1 bone-in half spiral ham (6-7 lbs)

10-12 sprigs of fresh thyme

Kosher salt and fresh ground black pepper

Preheat oven to 325F. In bowl, mix brown sugar, honey, orange zest, ¼ c orange juice, pumpkin pie spice and nutmeg. Season with salt. Roll out enough foil to surround ham and place ham in center of foil. Peel back layers of ham and place sprig of thyme between every other layer. Pour half of glaze over ham, allowing it to sink into the slices. Tightly wrap ham in the foil and place on a rack in a roasting pan. Fill pan with 1" of water and roast in oven until internal temp is 140 degrees (~20 min per pound). Pour remaining half of glaze in small saucepan on med heat and bring to simmer. Whisk until small bubbles appear then turn off heat and allow to rest and thicken. Raise oven temp to 400F. Remove ham and using tongs carefully peel back foil from top only. Pour remaining glaze over top then place ham back in oven uncovered for 15 min. Remove and let rest before slicing.

*Contributor: Cynthia Lucero-Obusan*



# Side Dishes



# Sesame Asparagus

1 bunch asparagus (ends trimmed) 1-2 tbsp sesame seeds  
1 tbsp butter or olive oil salt to taste

In large saucepan or Dutch oven add ~½ inch water & a steamer basket. Bring water to boil. Place asparagus in steamer basket and cook ~5 min (until tender crisp, don't overcook). Remove & drain asparagus. Rinse pan and add butter (or oil) and heat over med heat. Add asparagus and cook another 2-3 min mixing asparagus constantly with butter/oil in the pan. Remove and sprinkle with sesame seeds and salt (Kosher or Sea Salt is best). Serve hot.

*Contributor: Cynthia Lucero-Obusan*

# Ginger Sweet Potatoes

4 medium sized yams (or 2-3 large yams)

4 Tbsp butter

2 Tbsp cream (half and half or heavy whipping cream)

2 tsp ginger- fresh grated

1 ½ Tbsp brown sugar

Peel yams and cut into chunks

Add in all other ingredients

Cook on low (in pot on stove) for 45 min

*Contributor: Mary O'Grady*



# Candied Yams

6 yams (~3lb) cut crosswise in half  
1 c packed brown sugar  
½ c chopped pecans

½ c butter  
½ c water

Cook yams in boiling water in large saucepan 20 min (until just tender). Drain & cool 10 min. Heat oven to 350F. Peel yams & cut into ½ inch thick slices. Place in 13 x 9 pan sprayed with cooking spray. Melt butter in small skillet over med heat. Add brown sugar & water. Cook & stir 5 min (until mixture boils & sugar dissolved). Pour over yams. Bake 45 min, occasionally basting yams with sugar mixture from bottom of pan. Sprinkle with nuts and bake additional 15 min or until nuts lightly toasted.

*Contributor: Brian Christensen*



# Maple Roasted Brussels Sprouts with Bacon

1 lb Brussels sprouts (cut in ½)	extra virgin olive oil
3 tbsp pure maple syrup	½ tsp salt
4 slices bacon (cut in ½" pieces)	¼ tsp black pepper

Preheat oven to 400F. Precook bacon until it's half done. Combine bacon, any bacon grease, maple syrup, sprouts, salt & pepper in a bowl and mix. Then add just enough olive oil to coat the sprouts (a few tbsp). Spread sprout mixture in single layer onto baking dish lined with foil. Bake ~20 min until sprouts are caramelized, stirring halfway through.

*Contributor: Cynthia Lucero-Obusan*





# Corn Pudding

2 cans corn, drained  
1/4 c sugar  
1 rounded tsp corn starch

2 beaten eggs  
1 ¼ c milk  
salt and pepper

Preheat oven to 375F. Beat sugar/cornstarch mixture into eggs. Add milk, salt, and pepper. Pour over corn (in buttered casserole dish). Bake covered 1 1/2 hr. Uncover last 15 minutes (browns nicely).

*Contributor: Mary O'Grady*



# Ginger-Lime Kale with Squash & Chickpeas

2 c peeled butternut squash cubes  
1 ½ tbsp olive oil (divided)  
1 med onion (diced)  
2 cloves garlic, minced  
1 tbsp fresh grated ginger root

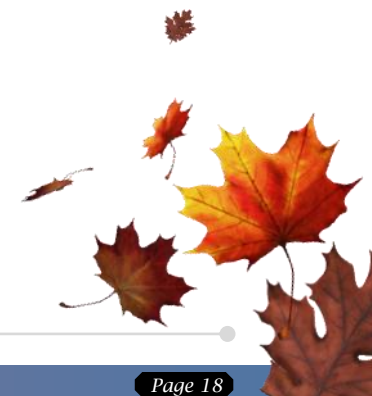
8 c thinly sliced kale leaves  
1 ½ c canned chickpeas  
1 tbsp fresh lime juice  
¼ tsp sea salt  
½ c fresh pomegranate arils

Preheat oven to 400F. In bowl, toss squash with ½ tbsp olive oil. Spread onto parchment-lined baking sheet. Cook 25 min. Remove from oven & cool. Heat large, deep skillet over med-low heat with 1 tbsp olive oil. Add onion. Stir & cook (~5 min). Add garlic and ginger. After 30 sec, add kale. Stir & cook for 1 min. Reduce heat to low. Cover & cook 10 min stirring 1-2 times. Add drained & rinsed chickpeas & stir. Cover & cook 5 min. Remove from heat & add squash, lime juice and salt. Transfer to serving bowl & sprinkle with pomegranate arils for a colorful holiday side dish.

*Contributor: Cynthia Lucero-Obusan*



# Desserts



# Pumpkin Bread

2 eggs beaten

1 ½ c. sugar

1 c. pumpkin

½ c. oil

¼ tsp baking powder

1 tsp baking soda

¾ tsp salt

½ tsp cloves

½ tsp cinnamon

1 2/3 c. flour

Combine eggs and sugar. Mix well. Add pumpkin, oil and water. Blend thoroughly. Add all dry ingredients, Bake in greased pan @ 350° for 1 hour.

*Contributor: Mary O'Grady*



# Pumpkin Roll

2 -3oz packages cream cheese (room temp)  $\frac{3}{4}$  c all-purpose flour  
 $\frac{1}{2}$  c butter (room temp) 1 tsp ground ginger  
 $\frac{1}{2}$  tsp vanilla extract  $\frac{1}{2}$  tsp salt  
3 large eggs 1 tsp baking powder  
1 c granulated sugar 2 tsp cinnamon  
 $\frac{2}{3}$  c canned pumpkin 1 c pecans (chopped)  
1 tsp lemon juice 1 c confectioners' sugar

Preheat oven to 350F. Grease & flour 17  $\frac{1}{2}$  x 12  $\frac{1}{2}$  in jellyroll pan. Using electric mixer, beat eggs, granulated sugar, pumpkin & lemon juice until smooth. Sift together flour, ginger, salt, baking powder & cinnamon. Add sifted ingredients to egg mixture and blend until fully combined. Spread batter into jellyroll pan. Sprinkle with pecans. Bake ~14 min (until cake tester comes out clean). Cool in pan for 5 min.

## Pumpkin Roll (continued)

Invert cake onto a wire rack. Sprinkle some confectioner's sugar on a tea towel and transfer warm cake to towel, folding sides of towel over the cake. Roll cake up in the towel and refrigerate ~45 min. With mixer, combine confectioners' sugar, cream cheese, butter and vanilla until smooth. Unroll cooled cake & spread mixture on top of the cake. Gently re-roll the cake up in the towel and refrigerate until ready to slice and serve. Dust with confectioners' sugar just before serving.

*Contributor: Julia Martin*



# Derby Pie

1 c. sugar  
1/2 c. all-purpose flour  
2 eggs, slightly beaten  
1/2 c. butter, melted  
1 c. nuts, chopped  
1 tsp vanilla  
1 unbaked 8" pie shell  
1 c. chocolate chips

Combine sugar and flour well; add eggs and butter; mix well. Add coarsely chopped nuts, chocolate chips and vanilla; mix well. Pour into unbaked pie shell. Bake at 325 degrees for 40-45 minutes.

*Contributor: Mary O'Grady*



# Grandma T's Apple Crisp

~9 apples (peeled and sliced)

1 ½ c flour

1 c sugar

1 tsp baking powder

¾ tsp salt

1 large (or 2 small) egg

1/3 c butter

½ tsp cinnamon

**Preheat oven to 350F. Grease with butter a 9x13 baking dish. Fill the dish with the sliced apples (sprinkle lightly with cinnamon if desired). In bowl, mix together flour, sugar, baking powder and egg. Pour mixture on top of apples. Melt butter and pour over the flour mixture. Sprinkle with ½ tsp cinnamon. Bake for 35-40 minutes. Can also substitute apples with cherries or peaches.**

*Contributor: Cynthia Lucero-Obusan*



# Apple Pie

## Pie crust

2 cups all-purpose flour  
1 tsp salt  
1 tbsp sugar  
6 tbsp butter  
6 tbsp shortening  
6 to 8 tbsp ice water

## Filling

5 tart apples (peeled & sliced)  
1 tbsp lemon juice  
2 tbsp flour  
 $\frac{1}{2}$  tsp cinnamon  
 $\frac{1}{4}$  tsp salt  
1 tbsp cider vinegar  
1 cup sugar

**Warm butter in microwave until soft, but not melted. Mix first 3 pie crust ingredients (flour, salt and sugar) in large bowl. Then cut in the remaining crust ingredients (butter, shortening and ice water) using the dough blender. Wrap your pie crust in plastic wrap and place in refrigerator (at least 20 min) while you make the filling.**



## Apple Pie (continued)

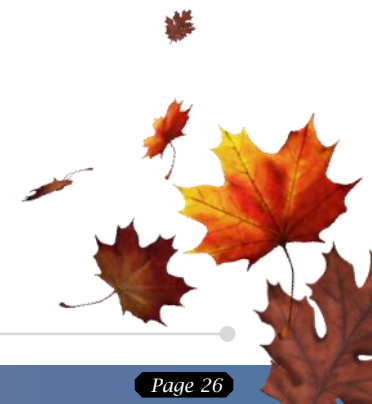
Next, peel and slice the apples & soak in water with lemon juice (prevents apples from turning color). In a large bowl, mix together remaining filling ingredients (flour, cinnamon, salt, cider vinegar & sugar). Drain liquid off the apples and mix them with the spices.

Divide crust into equal halves. Roll out 1 ball until it's 1/8" thick. Wrap it around rolling pin & unroll it onto a pie pan. Then use a fork to poke holes in the bottom of the crust (to release steam as pie bakes). Dump apple filling into the pie. Put 4 chunks of butter on top of filling. Roll out remaining dough ball & place on top. Create a pattern around the edge using back of a knife. Cut long strips of foil & place around edge (to prevent burning). Bake at 400F for 50-60 min (remove foil 10 min before end for a golden crust). Place a cookie sheet on the lowest rack for easy clean up in case of overflow. For a glossy effect, brush egg white on top of crust when you remove foil.

• *Contributor: Mary O'Grady*



# Beverages



# Mulled Spiced Apple Cider

For 2 quarts of apple juice or apple cider

Add 1 cinnamon stick

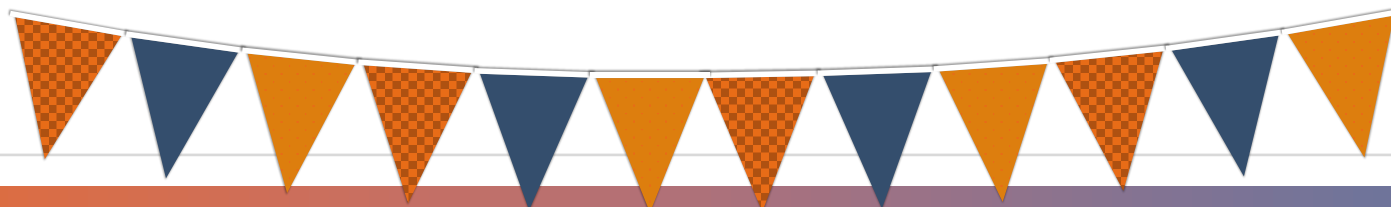
6 whole cloves

½ c brown sugar

1 tsp allspice

Combine all ingredients and heat on stove for 15 minutes

*Contributor: Mary O'Grady*



# Hot Golden Cider

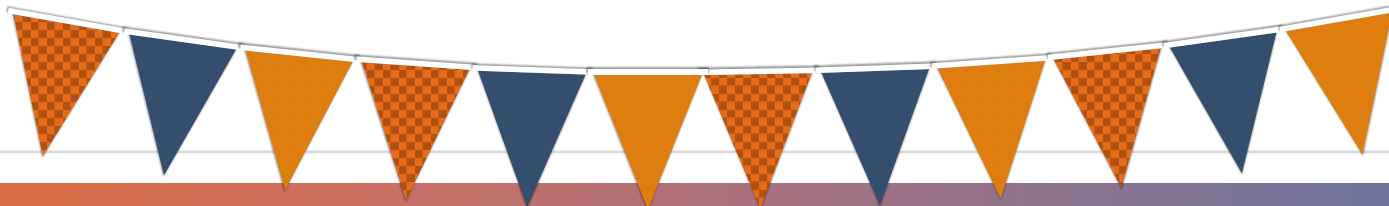
6 cups cider  
2 -12 oz cans of apricot nectar  
2 tbsp brown sugar

6" cinnamon stick  
½ tsp cloves

In large saucepan or dutch oven, combine cider, nectar and sugar. Put cinnamon stick and cloves in double thick cheesecloth and tie. Add to pan. Boil, then simmer (covered) for 10 minutes



*Contributor: Cynthia Lucero-Obusan*



# Fall Sangria

1 apple	1 750 ml bottle dry red wine (Spanish red is best)
1 pear	1 750 ml bottle sparkling cider or apple cider
½ orange	½ tsp cinnamon
2 tbsp sugar	

Optional garnish: cinnamon stick, rosemary sprig, orange slices

Thinly slice apple, pear & orange. Place in med bowl & stir in sugar and cinnamon. Transfer to pitcher. Let stand for 1 hour to combine flavors. After 1 hour, pour in red wine (can serve or chill up to 3 hours). To serve, add ice to glass then fill halfway with cider and halfway with red wine mixture. Add garnishes, if desired.



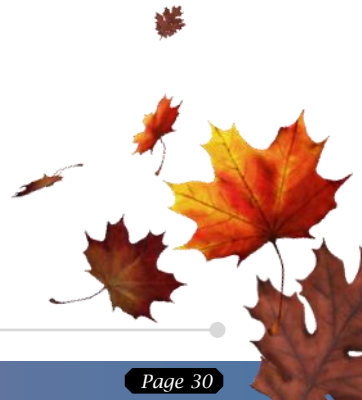
*Contributor: Cynthia Lucero-Obusan*







# Turkey Leftover Specials



# Turkey Hot Browns

Layer toast, turkey, cheese sauce, bacon strips

Sauce: white sauce + cheese

## White Sauce:

2 Tbsp butter or margarine

2 Tbsp All-purpose Flour

Dash black pepper

1 & ½ cup milk

In saucepan melt butter. Stir in flour, pepper then milk. Cook and stir over medium heat until thick and bubbly, cook and stir for 1 min more.

*Contributor: Mary O'Grady*



# Turkey Broccoli Casserole

Put cooked broccoli in casserole

Lay turkey or chicken slices on top

Heat cream of mushroom soup

½ can miracle whip

½ tsp curry

1 tsp lemon juice

Pour over casserole. Top with ½ c. bread crumbs mixed with 1 Tbsp melted margarine and cheese. Bake at 350° for 30-35 min.

*Contributor: Mary O'Grady*

