

Sensational Thanksgiving Menu

Gluten Free, Sugar Free, Starch Free, Lactose Free

Super Succulent Roast Turkey

Serves 10-12

Preheat oven to 220C/425F

9 - 11 lb (4 - 5 kg) Turkey

To prepare the turkey you will need to start the day before serving. Combine the salt and honey with the boiling water and stir until all the salt has dissolved. Add all the other ingredients and mix with the six liters of water. Place the turkey into a large container and pour the brine over the turkey until it is fully covered. Refrigerate the turkey in the brine for a minimum of 10 hours. (I use the vegetable tray in the bottom of the fridge as a container)

Brine

about 10 pints/6 liters cold water
about 4 oz (125 g) salt (preferably Sea Salt)
7 oz (200 g) honey
1 pint boiling water
3 tbsp black peppercorns
1 cinnamon stick, broken
1 tbsp caraway seeds
4 cloves
2 tbsp allspice berries
4 star anise
2 tbsp white mustard seeds
2 onions quartered
1 x 3 in/6 cm piece of ginger, cut into 6 slices
1 orange, quartered and squeezed to release the juice
4 bay leaves torn into pieces
handful fresh herbs - tarragon, sage, parsley

Remove the turkey from the fridge and discard the brine. Wash the turkey to remove any residue.

Place a large piece of aluminum foil into the bottom of a large baking tray with another large piece creating a large cross. Place the turkey into the center. Fill the turkey with the stuffing.

Melt the butter for the baste in a saucepan, adding the honey and mix well. Generously baste the turkey with the mixture. Sprinkle a generous amount of freshly cracked pepper over the top.

Fold the foil over the turkey, crimping the edges together, creating a loose parcel, which will allow air to circulate around the turkey.

Baste

4 oz (125 g) butter
3 Tbs honey
freshly milled black pepper

Place the turkey into the oven which has been set to 220C/425F for 40 minutes. Turn down the oven to 180C/350F and roast for at least 2 hours.

Take the turkey out of the oven and peel back the foil. Baste it with some of the juices from the pan and place it back into the oven at 220C/425F and roast for another 20 minutes or so, until it is golden brown all over.

The turkey is done when the internal temperature measures a minimum of 74C/165F. If you do not have a meat thermometer, you can test the doneness by slicing the thickest part of the leg. If the juices run clear and show no sign of pinkness the turkey is done. Otherwise return to the oven for another 15 minutes.

White Bean & Apple Stuffing

1 cup (150g) White navy beans,
soaked overnight
1.8 oz (50 g) butter
2 large onions
1 cup (130g) green peppers,
seeded and diced
1 cup (100g) celery, diced
2 medium green apples,
peeled and diced
3/4 cup (100g) raisins
2 oz (60 g) hazelnuts, chopped
7 oz (200 g) mushrooms,
chopped
1 tbs tarragon, chopped
1 tbs rosemary, chopped
Salt and Pepper

To prepare the stuffing:

Soak beans overnight.

Melt the butter in a large pan on medium. Add all the ingredients and sauté until the onions and mushrooms have softened.

Rinse and place navy beans into a large pot filling it with water to cover the beans. Cook the beans for 2 hours. Rinse and mash the beans in a food processor.

Combine the sauteed vegetables with the mashed beans. Use as much as is needed to stuff the turkey. Place the rest into a parcel made from foil and place into the baking tray with the turkey, after the first 40 minutes of the turkey roasting on high temperature. Bake for the 2 hours and remove from the oven, leaving it in the parcel until ready to serve.

Pumpkin Pie

Serves 6

Pie Crust

2 cups (200 g) Almond Meal
1/2 tsp bicarbonate soda
1/4 tsp salt
2 Tbs honey
1 oz (30 g) butter (cold,
diced)

Pie Filling

500 g Butternut Pumpkin
1 large egg plus 1 yolk
2 oz (50g) honey
1/2 tsp ground cinnamon
1/4 tsp freshly grated nutmeg
1/4 tsp ground allspice
1/4 tsp ground cloves
1/4 tsp ground ginger
1/2 cup (120ml) heavy (double)
cream/SCD french cream*

* For lactose free cream, the cream needs to be fermented as per the Healing Foods Cookbook recipe.

Pie Crust

Preheat oven to 180C/350F. Butter a 1 x 7 inch/18 cm pie dish.

Combine all the ingredients in a food processor and process until dough forms into a ball. Refrigerate for 30 minutes. Remove from the fridge and place the dough between two large pieces of baking paper. Roll the dough out until about 2 mm thick. Gently remove the top layer of baking paper and then inverse the rolled out dough onto the buttered pie dish. Mould the dough into the pie dish. Take some strips of foil and gently cover the top edges of the dough, so that it won't brown too much when baking. Bake for 15 minutes. Remove and let cool down completely before filling it with the pie filling. Remove the foil from the edges.

To make the pie filling:

Peel and seed the pumpkin and bake in a covered dish in the oven with 1/4 cup of water for 1 hour, or until the pumpkin is soft. Mash the pumpkin in a food processor. Add the spices and mix.

Place the cream into a small pot and warm on medium. Add the egg, egg yolk and honey and stir until well blended. Do not boil. Remove from heat and combine with the pumpkin.

Pour the filling into the pie casing and bake for 45 minutes until the top feels firm to the touch.

Remove from the oven and refrigerate until serving time.

Buttered Leeks with Prunes

Serves 8

2 lb (900 g) leeks
8 oz (200 g) ready to eat prunes
(stones removed)
butter
salt and freshly milled black
pepper
squeeze of fresh lime juice

Cut off the green ends from the leeks. Slice the leek in half and wash. Dry and finely chop the leeks.

Heat a large pan on high, Place the prunes into the dry pan and toss to heat for about 30 seconds. Remove from the heat and turn the heat down to medium. When the pan has cooled down place back onto the heat and melt the butter. Add the leeks and saute until the leeks have wilted and become soft. Add the salt and pepper and a squeeze of lime.

Remove from heat and serve immediately.

Honey glazed Baby Carrots

Serves 8

3 oz (80 g) unsalted butter
2 lb (800 g) baby carrots washed
2/3 cup (150 ml) red wine vinegar
2 tablespoon clear honey
salt and freshly milled black
pepper
chopped fresh parsley or chives

Melt the butter in a heavy saucepan over medium heat. Add the carrots and saute for 3 to 4 minutes. Cover with a lid and cook, stirring occasionally until a knife inserted tests firm but cooked through.

Mix the vinegar with the honey, salt and pepper and pour over the carrots. Turn the carrots in the glaze for a few minutes. Remove from the heat and serve decorated with a generous sprinkling of parsley or chives.

Lima Bean Mash

Serves 8

2 cups (360g) dried lima beans
2 clove garlic – minced
1 tsp salt
1 tsp pepper
2 Tbs olive oil
½ lemon – juice and rind grated

Soak the lima beans overnight. Discard water and rinse. Transfer the beans into a medium size saucepan and cover with water. Bring to boil and simmer for up to 2 hours until the beans have softened. Drain and place the beans in a food processor, adding the garlic, salt, pepper, olive oil and the juice from a half lemon. Process until smooth. Serve with the grated lemon rind sprinkled on top.

Turkey Gravy

Juices from the baked turkey tray
3 Tbs coconut flour

Place the juices from the tray into a small saucepan. Simmer and reduce by half. Sift the three tablespoons of coconut flour into the sauce and stir. Let simmer for another 5 minutes.

Remove from heat and serve immediately.

Orange & Cranberry Chutney

Serves 8

1 lb (450 g) fresh cranberries
1 orange - rind and juice
2 tsp lemon juice
1 tsp ginger - freshly grated
4 cloves
1 cinnamon stick
3 oz (75 g) honey

Roughly chop the cranberries in a food processor. Place into a saucepan with the rest of the ingredients and bring to simmer. Lower the heat and place a lid onto the pot and simmer on low for 5 minutes.

Allow to cool completely. Remove cinnamon stick and cloves and refrigerate until required.

MENU COOKING TIMING

1. Day before Thanksgiving, prepare the brine for the turkey and set turkey into brine for 10 hours minimum. It's okay if it stays there a little longer.
 - Soak lima beans and white navy beans overnight.
 - Make the pumpkin pie.
 - Make Orange & Cranberry Chutney
2. In the morning cook lima beans for 2 hours and cook white nava beans for 2 hours.
 - Rinse lima beans and set aside.
 - Prepare turkey stuffing.
3. Three hours before dinner, prepare the turkey with the stuffing and baste. Place the turkey into the preheated oven.
4. After 2 hours of roasting the turkey, take it out of the oven, remove foil, baste and place back into the oven for browning.
 - Prepare sauteed leeks and prunes and glazed carrots
 - Make lima bean mash
5. Take turkey out of the oven and make gravy.
6. Serve

THANKSGIVING MENU

SUCCULENT ROAST TURKEY
WHITE BEAN & APPLE STUFFING
TURKEY GRAVY

ORANGE & CRANBERRY CHUTNEY

BUTTERED LEEKS WITH PRUNES
HONEY GLAZED CARROTS
LIMA BEAN MASH

PUMPKIN PIE