

Frieden
Thanksgiving
Menu
&
Recipes

2004

Turkey:

Serves 10 to 12

4 cups kosher salt or 2 cups table salt
1 turkey (12 to 14 pounds gross weight), rinsed thoroughly; giblets, neck, and tailpiece removed and reserved to make gravy
3 medium onions, chopped coarse
1 1/2 medium carrots, chopped coarse
1 1/2 celery stalks, chopped coarse
6 thyme sprigs
3 tablespoons unsalted butter, melted

- 1.** Dissolve salt in 2 gallons of cold water in large stockpot or clean bucket. Add turkey and refrigerate or set in very cool (40 degrees or less) spot for 4 to 6 hours.
- 2.** Remove turkey from salt water and rinse both cavities and skin under cool running water for several minutes until all traces of salt are gone. Pat dry inside and out with paper towels. Place turkey on meat rack set over rimmed sheet pan. Place turkey in refrigerator, uncovered, and air-dry for at least 8 hours or overnight.
- 3.** Adjust oven rack to lowest position, and heat oven to 400 degrees. Toss one-third of onion, carrot, celery, and thyme with 1 tablespoon of melted butter and place this mixture in body cavity. Bring turkey legs together and perform a simple truss.
- 4.** Scatter remaining vegetables and thyme over a shallow roasting pan. Pour 1 cup water over vegetables. Set V-rack in pan. Brush entire breast side of turkey with half of remaining butter, then place turkey, breast side down, on V-rack. Brush entire backside of turkey with remaining butter.
- 5.** Roast for 45 minutes. Remove pan from oven (close oven door); baste with juices from pan. With wad of paper toweling in each hand, turn turkey, leg/thigh side up. If liquid in pan has totally evaporated, add another 1/2 cup water. Return turkey to oven and roast for 15 minutes. Remove turkey from oven again, baste, and again use paper toweling to turn other leg/thigh side up; roast for another 15 minutes. Remove turkey from oven for final time, baste, and turn it breast side up; roast until breast registers about 165 degrees and thigh registers 170 to 175 degrees on an instant-read thermometer, 30 to 45 minutes. Remove turkey from pan and let rest until ready to carve. Serve with gravy.

Prime Rib

Serves 6 to 8

Even if you don't purchase the roast a week ahead of time as the instructions suggest, a day or two of aging in the refrigerator will help.

1 (3-rib) standing rib roast (about 7 pounds), aged up to 1 week, set at room temperature for 1 hour, and tied with kitchen twine at both ends, twine running parallel to bone
Salt and ground black pepper

1. Adjust oven rack to low position and heat oven to 250 degrees. Heat large roasting pan over two burners set at medium-high heat until hot, about 4 minutes. Place roast in hot pan and cook on all sides until nicely browned and about 1/2 cup fat has rendered, 6 to 8 minutes.

2. Remove roast from pan. Set wire rack in pan, then set roast on rack. Generously season with salt and pepper.

3. Place roast in oven and roast until meat registers 130 degrees (for medium-rare) on instant-read thermometer, 3 to 3 1/2 hours. Remove roast from oven and tent with foil. Let stand 20 to 30 minutes to allow juices to redistribute themselves evenly throughout roast.

4. Remove twine and set roast on cutting board, rib bones at 90-degree angle to board. Carve, and serve immediately.

Scalloped Corn

1 can creamed corn
1 egg
2/3 c. milk
½ c. crackers crushed
2 T. water
salt and pepper

Mix ingredients and top with butter. Bake at any temperature until golden brown. (Or 425 for 35 min).

Sweet Potato Souffle

3 c. sweet potatoes, cooked & mashed (canned may be used)
1 c. sugar
2 eggs
1 tsp. Vanilla
½ c. margarine, melted

Mix all ingredients and beat until smooth; top with the following:

1 c. brown sugar
⅓ c. flour
⅓ c. margarine, melted
1 c. nuts, chopped

Mix together and sprinkle on the potato mixture; bake.

Mashed Potatos

boil 3 kinds of potatos
mash with milk, butter and cream

Bread Stuffing
Bag of Pepperidge Farm
Follow directions on bag

Scalloped Oysters / Oyster dressing

1 pint oysters, strained (save juice)
½ c. butter
1 pint cracker crumbs
¾ c. milk and cream (can use evaporated milk)
Salt and pepper to taste

Melt butter. Add milk and cream and juice from oysters. Stir in oysters (can be cut in smaller pieces). Add cracker crumbs. Place in shallow baking dish. Bake at 350° approximately 1 hour or till brown on top and bubbling but not too dry. Serve hot.

Green Bean Casserole

2 packages (9 oz each) frozen french style green beans or 16 oz. can drained canned french style green beans

1 can condensed cream of mushroom soup

3 oz. can (2 c.) french fried onions

Heat oven to 350°. In large saucepan, cook beans as directed (if canned just drain) and drain. In 1 ½ quart casserole, combine cooked beans with mushroom soup. Bake uncovered at 350° for 20 to 25 minutes or until bubbly. Top with onions during last 5 minutes of baking.

Rolls (triple this)

¾ c. milk
½ c. shortening
½ c. sugar
1 tsp. salt
2 pkg. yeast
½ c. lukewarm water
4 ¼ - 4 ¾ c. sifted flour
2 eggs
melted butter

Scald milk. Combine shortening, sugar, and salt. Add milk. Cool to lukewarm. Pour yeast over warm water. Add 1 ½ c. flour to milk mixture. Beat 1 min. Add eggs and yeast. Stir in enough remaining flour until the dough leaves the sides. [Tip: I've never used all of the remaining flour. Too much and the rolls double as softballs]. Knead dough on floured surface for 8 minutes. Butter the bottom of a glass bowl. Place dough smooth side down on buttered bowl, then invert. Let rise in warm place until doubled. Approx. 1 - 1 ½ hour. Punch down. Divide. Shape. [I shape by making an "o" with my finger and thumb and pushing the dough through. Can shape in twists, or any other shape. Bake bigger rolls a touch longer.] They should be about two inches. Let rise until doubled on greased cookie sheets in a warm place. Bake at 375° for 12-15 minutes. A baking stone or air bake sheet works best. Serve warm.

Cranberry Can

Open Can of Cranberry Stuff. Feed to Michelle.

Cranberry Relish

1 lb. Cranberries, ground coarse
6 apples, peeled and ground coarse
2 oranges, peeled and ground coarse
Sugar
Nutmeats (optional)

Mix together the ground cranberries, apples and oranges. Measure and add equal measure of sugar to the mixture. Add nutmeats, if desired. Can also add small amount of orange peel. Store covered in refrigerator.

Relish Tray

Dump Jars On Tray
Serve

Pumpkin Pie

2 eggs, lightly beaten

1 ½ c. solid pack pumpkin

¾ c. sugar

½ tsp. Salt

1 tsp. Cinnamon

½ tsp. Ginger

¼ tsp. Cloves

1 2/3 c. evaporated milk or light cream

1 (9 inch) unbaked pie shell

Mix filling ingredients in order given. Pour into pie shell. Bake in 425° oven for 15 minutes, then reduce to 350° and continue baking 45 minutes or until knife inserted into center of pie filling comes out clean. Cool. Serve with dollop of whipped cream or Cool Whip.

Dutch Apple Pie

8 c. sliced thin Granny Smith

½ c. sugar

1 tsp. Cinnamon

2 T. flour

unbaked pie shell

top:

¾ c. flour

½ c. sugar

⅓ c. butter (5 ⅓ tbs.)

Mix apples with sugar, cinnamon, and flour. Put in unbaked pie shell. Mix the top ingredients until crumbly. [Tip: don't let the butter get too soft, or the crust will melt in the oven & become like sheet rock over the pie]. Sprinkle top crust over apples. Bake at 400° for 15 minutes, then 350° until done. (usually about an hour).

Buttermilk Pie

3 eggs

little less than 2 c. sugar

1 T. vanilla

stick of butter melted

½ c. buttermilk

Mix flour and sugar first, then blend in order given. Pour in unbaked lard crust. Bake 350 until golden brown.

Cheesecake

Pick up from Central Market on Wednesday