



THANKSGIVING PREP Virtual Class

We are so excited that you will join us for a couple of hours of chopping, dicing, and prepping your Thanksgiving dinner! Please see below to find the list of ingredients to purchase for the recipes we are covering, along with equipment and tools to have nearby and any prep work you will need to do ahead of class. Please feel free to purchase any other ingredients and ask us any questions during our live class about ways to prep them ahead to make your Thanksgiving Day less stressful.

Menu -Thanksgiving Prep for:

Dry Turkey Brining for Herb-Roast Turkey
Sage & Sourdough Stuffing
Roasted Winter Squash
Thanksgiving Prep Q&A

ZOOM LINK

You will receive your Zoom link 48 hours before class. If you do not receive your Zoom link by 24 hours prior to class, please email receptionist@thegourmandiseschool.com.

PREPARE FOR CLASS

1. It's a good idea to set up about an hour before class to measure out all the ingredients you will need for each recipe and set up your station for the Zoom call.
2. Do not combine your items! For each recipe, we find it helpful to prep ingredients on a tray or cutting board so that they are easily available and ready when we start cooking.
3. Set up your station - Please angle your computer, tablet, or phone to show your face and, if possible, work surface. Be sure when you join the Zoom class that your name is on the display.
4. Pull your hair back, grab your apron and a couple of dish towels close by, and get ready to have a delicious time!

EQUIPMENT LIST

5-gallon brining container (tub, stockpot, or bucket)	Roasting rack and pan
Large brining or oven-roasting bag	Butcher's twine
Refrigerator (or a cooler with ice)	Chef's knife
Meat thermometer	Large cutting board
Turkey baster	8" baking pan
Vegetable peeler	1 rimmed baking sheet
	1 small sauté pan

INGREDIENT LIST

DAIRY

12 oz	unsalted butter, room temp
1	egg

PANTRY

1½ cups	kosher salt	3 Tbsps	maple syrup
6	bay leaves	Pinch	cayenne pepper (optional)
2 Tbsp	whole black peppercorns	2 Tbsps	pomegranate molasses (or balsamic vinegar)
1 cup	white wine		
1 loaf	sourdough or crusty bread	¼ cup	chopped pistachios or pepitas (pumpkin seeds)
2 Tbsps	golden raisins (optional)		
1 cup	low sodium chicken broth		

PROTEIN

1	10-12 lb turkey (thawed if frozen, or fresh)
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PRODUCE

1	head garlic
1	lemon
½ bunch	thyme
½ bunch	rosemary
1	yellow onion
1	shallot
1	stalk celery
1	apple
1 bunch	sage
3 lbs	winter squash (butternut, acorn, delicata, kabocha are great options)
½ cup	pomegranate arils (or 1 pomegranate)

DRY TURKEY BRINE

1 10-12 lb turkey
¾ cup kosher salt

1. Pat your turkey dry on the inside and out. Rub the salt all over the skin of the turkey, as well as under the skin and directly onto the meat. Rub salt inside the cavity of the turkey.
2. Let turkey sit in refrigerator uncovered or loosely covered in plastic wrap - you want the salt to draw out the moisture locked within the turkey muscles.
3. Remove your turkey from the fridge one hour prior to roasting.

HERB ROASTED TURKEY

1	head garlic	1 stick	unsalted butter, room temp
1	lemon	1 cup	water
½ bunch	thyme	1 cup	white wine
½ bunch	rosemary		

1. Preheat oven to 425°. Place rack on bottom shelf.
2. Rub room temp butter all over your turkey which has come to room temp. Rub under skin directly on meat, as well as all over skin.
3. Cut garlic and lemon in half (across the equator), tie rosemary and thyme together with butchers' twine. Stuff cavity with garlic, lemon, and herbs.
4. Place turkey, breast side up, on rack in roasting pan. Place about 1 cup of water and 1 cup of white wine in the pan. Roast for approximately 45 minutes until skin is browned.
5. Turn oven down to 350° and continue roasting. Using turkey baster, baste with liquid in roasting pan ever 15 minutes. Rotate pan as needed (approximately every 30 minutes) for even browning. Roast until internal temperature of the bird is 150°.
6. Let bird rest for 30 minutes before cutting into it.

SAGE AND SOURDOUGH STUFFING erves 4

1	loaf of sourdough, cut into 1" cubes	1	large apple, peeled and cut into 2" cubes
1	yellow onion, diced	2 Tbsp	golden raisins (optional)
1	shallot, sliced	6 leaves	fresh sage
1	stalk celery, diced	1 cup	low sodium chicken broth
4 oz	butter	1	egg

1. Preheat oven to 350°F and butter and 8"x8" square pan.
2. Place cubed bread onto a cookie sheet and toast until golden in color (about 15 minutes).
3. While the bread is toasting, grab a skillet and heat 2oz of your butter over medium high heat. Add onion and shallot, followed by the celery, and sauté until golden brown. Transfer these to a large bowl with the toasted bread.
4. Add your remaining butter to the pan, followed by the cubed apple and sage and cook until the apples are tender. Toss these into the large bowl, taste everything together and season well.
5. Whisk the broth and egg together. Pour your bread mixture into your prepared pan and pour the broth over, adding more if needed to soak the bread. Bake for about 35 minutes.

ROASTED WINTER SQUASH WITH BROWN BUTTER AND POMEGRANATE Serves 6

3 lbs	winter squash (butternut, acorn, delicata, kabocha are great options)
6 Tbsp	unsalted butter
3 Tbsp	maple syrup
Pinch	of cayenne (optional)
1/2 cup	pomegranate arils
2 Tbsp	pomegranate molasses (or ¼ cup balsamic vinegar simmered and reduced to 2 T)
¼ cup	toasted chopped pistachios or pepitas
Salt and pepper to taste	

1. Preheat oven to 400°F
2. Peel the squash (if using delicata or acorn, no need to peel). Carefully cut the squash in half and scrape out the seeds with a spoon. Cut the squash into 1/2inch slices and place on 2 half sheet pans.
3. Heat a small sauté pan over medium heat. Add butter and simmer until you see the barest hint of toasting. Remove from heat. The butter will continue to darken off the heat. Add maple syrup, cayenne, and a generous pinch of salt and pepper to the butter. Pour the butter mixture over the pans of squash and carefully toss together. Season all with a bit more salt.
4. Roast the pans, rotating as necessary, for about 45 minutes or until the squash is brown and tender. Transfer the squash to a serving platter and top with pomegranate seeds, pistachios. Drizzle the pomegranate molasses over everything.