



Gourmet Holiday Cooking

Saladmaster[®]

Stovetop Turkey

1 frozen young turkey breast
2 Oranges
4 limes
2 Apples, cone #3
1 large onion, cone #3
1 bulb of garlic, cone #1
Fresh Rosemary
Fresh Thyme
Fresh Oregano
Fresh Sage
Adobo Seasoning
Salt
Pepper

Method

1. Cut the Citrus into quarter wedges, cut onion, garlic and apples.
2. Place all items and the frozen turkey breasts into the bottom of the roaster. Then, season.
3. Turn heat to medium, when valve clicks, turn heat to low and cook for about 2 hours.
9. When turkey is cooked, turn on broiler and brown in the oven with lid off for 3 minutes. Remove from oven, replace lid, and let rest until carving and serving.

Apple Cranberry Pork Roast

Dressing

3/4 cup packed light brown sugar
1 large shallot, peeled, thinly sliced
1 apple cored on cone 3
1 cup dried cranberries
1 Tbsp. grated fresh ginger
1 Tbsp. yellow mustard seeds
1 bunch of fresh Italian parsley
1/2 teaspoon ground allspice
1/8 to 1/4 teaspoon cayenne pepper
2 cups cornbread
1 cup of veggie stock or more as needed

Pork Roast

One package of two pork tenderloins
Kosher salt and freshly ground black pepper
Adobo Seasoning

Method

1. Season the pork tenderloin with adobo, salt, and pepper, let sit in the freezer for about an hour
2. Combine all dressing ingredients until it holds together. Reserve 1/2 cup of cranberries for garnish later.
3. Preheat EOC to 450°F.
4. Pan sear the pork, five minutes per side, turning three times.
5. Remove from heat, lower temperature on EOC to 350. Slice Pork into medallions
6. Place pork back into the EOC, pour dressing on top of the pork.
7. When valve clicks, turn temp to 190 and set timer for 1 hour.
8. Upon serving, garnish with cranberries and sprigs of parsley.

Mushroom Gravy

12 oz. Button Mushrooms, sliced
1/4 c. Water
1/4 c. Flour
1 1/2 c. Veggie Broth
2 T. Soy Sauce
1 t. Italian Seasoning
1/4 t. Black Pepper
Salt, to taste

Method

1. Sauté mushrooms in water over medium heat for about 5 minutes, or until tender.
2. In a small bowl, whisk the remaining ingredients together.
3. Add mixture to mushrooms and bring gravy to a simmer, stirring often for 3---5 minutes.
4. Continue cooking until desired thickness. Add salt to taste.

Fresh Cranberry Sauce

(Joseph Rattan's Recipe)

3 cups fresh cranberries
1 orange
1c Orange Juice
3tbsp vanilla
1/3c Brown Sugar
2/3c White Sugar

Method

1. In the 1qt saucepan, combine orange juice and sugar and heat until sugar dissolves.
2. Zest the orange, juice the orange.
3. Add in fresh cranberries, vanilla, orange zest, and fresh juice, set heat to medium, cover until valve clicks.
4. When the valve clicks, turn heat to low, and cook for 45 minutes.
5. Serve hot, or refrigerate and serve cold

Cornbread Dressing

1/2 cup Vegan or real butter, melted
3 TBSP minced fresh sage
2 TBSP minced fresh thyme
2 TBSP minced fresh parsley
1 tsp minced fresh rosemary
3 stalks celery, chopped
1/2 onion, chopped
6 cups day old (gluten free) cornbread, crumbled
1 cup homemade chicken or veggie broth
1 large egg
1/2 teaspoon freshly chopped thyme leaves, or dry thyme
1/2 teaspoon freshly chopped sage leaves, or dry sage

Method

1. Mix the fresh herbs with the vegan or real butter.
2. In the 11" Skillet, add the celery, onion & herb butter & medium click low until the onions are translucent about 10 minutes.
3. Add the cornbread, day old bread, if using, broth, egg, thyme, sage & poultry seasoning. Stir to combine. The mixture will be moist.
4. Put the lid on & medium click low for 30 - 45 minutes. If you want the top browned, place into the oven under the broiler for about 5 minutes.

Sweet Potato Pudding

4 cups sweet potatoes
2 cups non-dairy milk
1 1/3 cup rolled oats
4 tbsp. maple syrup
1 tsp cinnamon

Method

1. Place sweet potatoes (cut in 1/2 or 1/4) with 1 tbsp water. Follow medium click low and cook for 30+ minutes until very soft.
2. Place all ingredients in food processor or blender and blend until smooth.

Carrot Soufflé

1 lb carrot (steamed soft, then mashed)
1/2 cup sugar
1 teaspoon baking powder
1/2 cup butter, softened but not warm or melted
3 eggs, beaten
3 tablespoons flour
1 teaspoon vanilla
1 teaspoon cinnamon (to taste)
1/2 teaspoon nutmeg (to taste)

Method

Shred carrots on cone #1. Cook medium click low for 5 mins until soft.

1. Mix all ingredients in bowl with a mixer.
2. Pour into a greased 3qt roaster.
3. Cover, cook medium click low for 30-45 minutes, until knife comes clean.
4. Can be served hot or cold.
5. Refrigerate after finishing serving/cooling.

Corn Casserole

1/2 cup butter, melted
1 eggs, beaten
1 (8.5 oz) pkg dry corn bread mix
1 (15 oz) can whole kernel corn, drained
1 cup sour cream

1. Lightly spray 3 quart saucepan or 11" skillet with oil.
2. In a medium bowl, combine all ingredients. Spoon mixture into prepared pan, cover and turn heat to medium. When vapo-valve clicks, reduce heat to low and cook for 20-30 min or until set.

Brussels Sprouts with Balsamic Reduction, Walnuts and Cranberries

1 pound Brussels sprouts, trimmed and cut in half through the core
2 tablespoons balsamic vinegar
1 tablespoon maple syrup
1/2 teaspoon Dijon mustard
1/4 cup good olive oil
1/2 cup dried cranberries
1/4 cup walnuts, processed on cone 3
Salt and Pepper to taste

Method

1. Toss brussels with salt, pepper and olive oil (lightly coated). Put in Electric skillet and turn to 400 degrees. Slightly crack lid to achieve crispy texture.
2. Cook for 10-15 minutes and stir. Add walnuts, and cook for an additional 10 minutes.
3. Make balsamic reduction in 1qt saucepan with vinegar, mustard, and maple syrup on medium-low heat until thick.
4. Pour over cooked brussels and add dried cranberries, serving warm.
5. Add goat cheese or blue cheese for extra flavor.