



COOKBOOK

MAIN COURSE



They say certain smells and tastes can trigger memories in a person. This is especially apparent over the holidays. The smell of turkey cooking may bring you back to when you were a child and your grandfather carved the turkey before sitting down to dinner. Nutmeg wafting from the kitchen will put you in front of your mother's delicious squash puff you look forward to each year. While the classics are much-beloved, sometimes it's nice to add a new dish to your holiday menu.

These recipes will give you a taste of what the stars of *The Young and the Restless* like to cook up for Christmas dinner!







## Beth Maitland's Tangy Brussel Sprouts

### Ingredients

- 1 pound fresh brussel sprouts
- 1/2 cup of fresh peeled garlic cloves
- About 1/2 cup of good quality olive oil
- Kosher salt
- Fresh cracked pepper
- Tajín seasoning (found in the Mexican Food section of most markets)
- 1 lime, juiced

### Instructions

Wash a pound of fresh brussel sprouts, discard any damaged outer leaves. Cut in half and place in large bowl. Add half cup of fresh peeled garlic cloves cut in half (at least a dozen) and toss liberally with olive oil, kosher salt and fresh ground pepper.

Spread on a cookie/baking sheet lined in foil (shiny side down)

Place under the broiler for about five minutes, watch so the outer leaves don't burn, turn gently and repeat. You want the outer leaves brown, but not burned. Turn the heat down to 350 and roast till tender (about another 10 minutes or so).

Remove and sprinkle with Tajín (lime and pepper seasoning) and the juice of one lime. Serve hot! Great complimentary flavors to the starch and spicy sweet of holiday foods.





## Sharon Case's Roasted Vegetable Recipe

### Ingredients

- 4 medium carrots (3/4 pound), peeled and sliced 1/4 inch thick on the bias
- 2 large parsnips (1 pound), peeled and sliced 1/4 inch thick on the bias
- 1 medium head cauliflower (2 1/2 pounds), cut into 1-inch florets
- 1 small butternut squash (2 pounds)—peeled, seeded and cut into 1-inch dice
- 1 pound brussels sprouts, halved
- 1/2 cup extra-virgin olive oil
- 1/4 teaspoon freshly grated nutmeg
- Kosher salt and freshly ground black pepper
- 2 tablespoons minced fresh ginger
- 1/3 cup pure maple syrup

### Instructions

Preheat the oven to 425°.

In a large bowl, toss the carrots, parsnips, cauliflower, squash and brussels sprouts with the olive oil and nutmeg and season generously with salt and black pepper. Spread the vegetables on 2 large baking sheets and roast for 30 minutes, until the vegetables begin to brown. Scatter the pecans and ginger over the vegetables and drizzle with the maple syrup; toss well. Continue to roast the vegetables for 25 minutes longer, until they are tender and golden. Scrape the vegetables into a bowl and serve hot or at room temperature.





## Eileen Davidson's Cauliflower And Broccoli Flan With Spinach Béchamel

### Ingredients

- 2 1/2 cups cauliflower florets
- 2 1/2 cups broccoli florets
- 2 6-ounce bags baby spinach leaves
- 6 tablespoons (3/4 stick) butter
- 1/4 cup all-purpose flour
- 2/3 cup whole milk
- 2/3 cup freshly grated Parmesan cheese

### Instructions

- Cook cauliflower and broccoli in a large pot of boiling salted water until crisp-tender, about 5 minutes. Drain, reserving 2/3 cup cooking liquid. Transfer vegetables to large bowl. Cool.
- Rinse spinach, then toss in large nonstick skillet over medium-high heat until just wilted. Drain and cool. Squeeze spinach dry; finely chop.
- Melt butter in heavy medium saucepan over medium heat. Add flour and whisk until smooth, about 2 minutes. Gradually whisk in milk and reserved 2/3 cup vegetable cooking liquid. Whisk constantly over medium heat until sauce thickens and boils, about 3 minutes. Stir in spinach and cheese.
- Using fingers, coarsely crumble cauliflower and broccoli in bowl. Add spinach béchamel sauce; stir to blend. Season with salt and pepper. Butter 1 1/2-quart baking dish. Spread vegetable mixture in prepared dish. (Can be made 6 hours ahead. Cover and chill.)
- Preheat oven to 350°F. Bake flan until puffed and heated through, about 25 minutes if at room temperature and 35 minutes if chilled. Serve hot.





## Melody Thomas Scott's Fresh Mushroom Stuffing And How To Cook The Perfect Holiday Turkey

### Ingredients

- 1 10 oz. package cornbread mix
- 10 cups dry bread crumbs (Mrs. Cubbison's is fine)
- 10 slices bacon
- 3 C. fresh mushrooms, sliced
- 1/2 C. chopped celery
- 1/2 C. chopped onion
- 2/3 C. water
- 1 t. dried sage
- 1/2 t. salt
- 1/2 t. dried crushed marjoram
- 1/2 t. dried crushed thyme
- 1 can cream of mushroom soup

### Instructions

Prepare cornbread mix using package directions. (I use Marie Callender's) Cool and crumble. Toss bread crumbs and corn bread crumbs in large bowl. Set aside. In skillet, cook bacon until crisp. Remove bacon, reserving bacon drippings in skillet. (Very important!) Add mushrooms, celery, and onion to same skillet. Cover and cook about 10 minutes. Crumble bacon into bread mixture. Add vegetable mixture with pan juices and remaining ingredients. Mix lightly. Makes 10 cups, or enough for a 18-20 lb. turkey. If, after stuffing bird, you have leftover stuffing, bake at 325 degrees for 45 minutes.





## Notes

I always cook turkey in a turkey bag. Much juicier. Breast side down. Also, get a large hen. Juicier than a Tom. You can do a lot of these steps a day or two before serving. If using a turkey bag, flour the bag with few T.s of flour. Shake it as to cover entire inside of bag. Then put whole stalks of celery (4-5) and onion slices (6-7) at bottom of bag. Carefully place turkey on top of vegetables. Twist accompanying tie on bag. Then, very important, slash about 6 one inch slits into bag, careful to not nick turkey. No basting!

For newcomers, after turkey is in bag, place on removable roasting rack in roasting pan, with legs closest to oven door. When legs are easily pliable, turkey is done.

## Roasting Chart

Always pre-heat oven to 325. Cooking time is based on turkey removed from refrigerator 45 minutes to an hour before placing in oven.

8-12 lbs.-----2 1/2 to 3 hours

12-16 lbs.-----3 to 3 3/4 hours

16-20 lbs.-----3 3/4 to 4 1/2 hours

20-24 lbs.-----4 1/2 to 5 1/2 hours

Also, remove bird from oven 45 minutes before you plan to serve. Let it sit in the bag and it will get even more juicy. Have serving platter out and ready.

There are several "turkey handling" devices on the market to assist you in transferring hot bird to platter. Garnish with parsley, oranges, apples, anything bright and colorful. Be creative!

Note I've learned from experience: If you have any men in your household, cook much more bacon than you need! Men have a way of circling the kitchen and grabbing just one piece of bacon. Then they do it again. And again! I've taken to cooking and then HIDING the bacon I need for the stuffing! That way they can gobble up (sorry!) as much bacon as they want without you being the bad guy! But hide it well...I actually hide it in another room entirely!

