

Honey-Brined Turkey Breast Recipe

Ingredients

- 2 quarts apple cider or juice
- 1/2 cup kosher salt
- 1/3 cup honey
- 2 tablespoons Dijon mustard
- 1-1/2 teaspoons crushed red pepper flakes
- 1 fresh rosemary sprig
- 2 large oven roasting bags
- 1 bone-in turkey breast (4 to 5 pounds)
- 1 tablespoon olive oil

- *ROSEMARY SAGE BUTTER*

1 cup (2 sticks) unsalted butter, at room temperature

1/2 bunch fresh sage, 2 fresh rosemary sprigs, finely chopped

Mix into butter

- *Bacon strips*

Directions

- In a Dutch oven, bring the first five ingredients to a boil. Cook and stir until salt and honey are dissolved. Stir in rosemary. Remove from the heat; cool to room temperature. Refrigerate until chilled.
- Place a large oven roasting bag inside a second roasting bag; add turkey breast. Carefully pour brine into bag. Squeeze out as much air as possible; seal bags and turn to coat. Place in a roasting pan. Refrigerate for 8 hours or overnight, turning occasionally.
- Line the bottom of a large shallow roasting pan with foil. Drain turkey and discard brine; place on a rack in prepared pan. Pat dry.
- Bake, uncovered, at 325° for 30 minutes. Brush with oil. Bake 1-1/2 to 2 hours longer or until a meat thermometer reads 170°. (Cover loosely with foil if turkey browns too quickly.) Cover and let stand for 15 minutes before carving. **Yield:** 8 servings.

Editor's Note: This recipe was tested with Morton brand kosher salt. It is best not to use a prebasted turkey breast for this recipe. However, if you do, omit the salt in the recipe.

- <http://www.tasteofhome.com/Recipes/Honey-Brined-Turkey-Breast>

MY DIRECTIONS

- *Omit olive oil, instead rub with Rosemary Sage butter*
- *line top of turkey with bacon*
- *smoke on grill using smoke bomb - don't place directly over the flame*
- *Heat the [grill](#) to 300 degrees F.*

Smoke Bomb: Using a double thickness of heavy-duty aluminum foil, build a smoke bomb. Place a cup of hickory wood [chips](#) in the center of the foil and gather up the edges, making a small pouch. Leave the pouch open at the top. Set this directly on the charcoal or on the metal bar over the gas flame. When the smoke starts set the turkey over indirect heat, insert a probe thermometer into the thickest part of the breast meat, and set the alarm for 170 degrees F. Close the lid and cook for 1 hour.

After 1 hour check the bird; if the skin is golden brown, cover with aluminum foil and continue cooking. Also, after 1 hour, replace wood chips with second cup.

Once the bird reaches 170 degrees F, remove from grill, cover with aluminum foil, and allow to rest. Carve and serve.

Stuffing

Ingredients:

- 1/4 cup finely chopped onions
- 1/2 cup chopped celery
- 1/3 cup butter
- 4 cups bread cubes
- 1/8 teaspoon pepper
- 2 eggs, beaten
- 1/2 teaspoon salt
- 1/4 to 1/2 teaspoon ground sage
- 1/4 to 1/2 teaspoon poultry seasoning
- turkey or chicken broth - *Vegetarian broth or stock*

Preparation:

Sauté onion and celery in the butter until softened. Combine onion mixture with bread, pepper, eggs, salt, sage and poultry seasoning in a large mixing bowl. Stir in broth until well moistened. Enough for an 8 to 10-pound turkey. Or, bake in a greased covered shallow casserole at 325° for about 35 to 45 minutes. Take the cover off the last 5 minutes to brown.

Gravy

Ingredients:

- Pan juices from turkey
- 1/4 cup flour
- 4 cups fat free, reduced sodium chicken broth
- 4 tbsp red wine
- ground black pepper to taste

Preparation:

While your cooked holiday turkey is resting, strain the pan drippings and pour into a gravy separator.

Place roasting pan on stovetop over a medium heat. You will likely need two burners. Sprinkle flour into pan and stir until golden brown. Reduce heat to low. Return defatted drippings to pan, add chicken broth and wine. Stir with a whisk until blended. Turn heat back up to medium and cook, stirring constantly, until gravy thickens. Season with black pepper if desired. Pour into a gravy boat, ready to serve

<http://lowfatcooking.about.com/od/holidayrecipes/r/turkgravy1104.htm>

MY VEGETARIAN VARIATION

- omit turkey juices, use 4TB butter - I use Smart Balance
- increase flour to 1/3cup
- omit chicken broth, use 6Cups vegetarian broth/stock

Green Beans with Bacon Recipe

- Prep time: 10 minutes
- Cook time: 15 minutes

Not all green beans are alike. The longer the bean was on the vine, the tougher it can be. Fresh, young beans should be able to cook up perfectly well in less than 6 minutes. Tough old beans, you'll have to cook a lot longer to get them tender. Look for beans that easily snap in half when you bend them.

Ingredients

- 1 pound fresh green beans, ends snipped off and discarded, extra long beans, cut in half if you want
- Salt
- 2-3 slices of bacon
- Black pepper
- 1 Tbsp lemon juice or cider or red wine vinegar

Method

1 Heat a pot of salted water to a rolling boil (1 Tbsp salt for 2 quarts of water). Add the green beans and boil them for 4-5 minutes, until just tender enough to eat (you may have to cook longer depending on the particular green beans you have). Drain and set aside.

2 While the water is heating up to boil the beans, slowly cook the bacon until crispy in a large sauté pan set over medium-low heat. Use a slotted spoon or a fork to remove the bacon from the pan. Set the bacon on paper towels to sop up the excess fat. You should have about one

tablespoon of fat left in the pan. Pour off any fat beyond 1 tablespoon. (Do not pour the fat down the drain or you'll stop up your drain.) If you have much less fat than a tablespoon left in the pan, add a little olive oil or butter to the pan.

3 Once the green beans are cooked, sauté them over medium-high heat for 1-2 minutes in the bacon fat. Dice the bacon and add to the pan and sauté another minute. Put the beans and bacon into a large serving bowl and sprinkle generously with freshly ground black pepper. Toss with lemon juice or vinegar and serve at once.

http://simplyrecipes.com/recipes/green_beans_with_bacon/

Glazed sweet potatoes

Ingredients

- 1/4 cup water
- 2 tablespoons brown sugar
- 2 tablespoons honey
- 1 tablespoon olive oil
- 2 pounds sweet potatoes (about 4 large), peeled and cut into wedges
- Cracked black pepper or chopped herb of choice (rosemary, sage or thyme), to taste

Directions

Preheat the oven to 375 F. Lightly coat a 9-by-13 inch baking pan with cooking spray.

To make the sauce, in a small bowl add the water, brown sugar, honey and olive oil. Whisk until smooth.

Place a single layer of sweet potatoes in the baking pan. Pour the sauce over the sweet potatoes. Turn to coat them.

Cover and bake until tender, about 45 minutes. Turn the sweet potatoes once or twice to continue coating them. When tender, remove the cover and continue to bake until the glaze is set, about 15 minutes.

Transfer to a serving dish and top with pepper or chopped herb of choice. Serve immediately.

<http://www.mayoclinic.com/health/healthy-recipes/NU00402>

Mashed Potatoes - just what I do

- Boil peeled and quartered potatoes
- Drain
- Add butter, milk and/or cream

- Mash
- Add salt, pepper, chives to taste

Dinner Roll using Rapid Rise Yeast

Ingredients for Classic Dinner Rolls:

3 cups all purpose unbleached flour
1/4 cup sugar
1/2 tsp salt
1 package dry yeast (Fleischmann's Rapid Rise Yeast)
1/4 cup dry milk
3/4 cup tap water
2 tbsp butter
1 egg
Extra Virgin Olive Oil

NOTE: You can use regular, liquid milk... but the dry milk is part of my Mom's secret! This recipe makes 16-18 rolls and can be doubled, tripled or more.

<http://www.averagebetty.com/recipes/stop-drop-and-dinner-roll-recipe/>

This recipe is like most that I've ever done, except for the dry milk. I used regular, wet, milk. Click the link to see pictures and get detailed explanation of making the rolls.

DESSERTS

Pie Crust

Ingredients

- 1 1/4 cups all-purpose flour
- 1/4 teaspoon salt
- 1/2 cup shortening, chilled
- 3 tablespoons ice water

Directions

1. Whisk the flour and salt together in a medium size bowl. With a pastry blender, cut in the cold shortening until the mixture resembles coarse crumbs. Drizzle 2 to 3 tablespoons ice water over flour. Toss mixture with a fork to moisten, adding more water a few drops at a time until the dough comes together.
2. Gently gather dough particles together into a ball. Wrap in plastic wrap, and chill for at least 30 minutes before rolling.

3. Roll out dough, and put in a pie plate. Fill with desired filling and bake.
<http://allrecipes.com/Recipe/basic-flaky-pie-crust/detail.aspx>

Pumpkin Pie

Ingredients

- 1 (9 inch) unbaked deep dish pie crust
- 3/4 cup white sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 2 eggs
- 1 (15 ounce) can LIBBY'S® 100% Pure Pumpkin
- 1 (12 fluid ounce) can NESTLE® CARNATION® Evaporated Milk

Directions

1. Preheat oven to 425 degrees F.
2. Combine sugar, salt, cinnamon, ginger and cloves in small bowl. Beat eggs lightly in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk. Pour into pie shell.
3. Bake for 15 minutes. Reduce temperature to 350 degrees F.; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. (Do not freeze as this will cause the crust to separate from the filling.) <http://allrecipes.com/recipe/libbys-famous-pumpkin-pie/>

Rhubarb Strawberry Cobbler

Ingredients

- 1 cup white sugar
- 3 tablespoons all-purpose flour
- 3 cups sliced fresh strawberries
- 3 cups diced rhubarb
- 1 1/2 cups all-purpose flour
- 1 cup packed brown sugar
- 1 cup butter
- 1 cup rolled oats

Directions

1. Preheat oven to 375 degrees F (190 degrees C).

2. In a large bowl, mix white sugar, 3 tablespoons flour, strawberries, and rhubarb. Place the mixture in a 9x13 inch baking dish.
3. Mix 1 1/2 cups flour, brown sugar, butter, and oats until crumbly. You may want to use a pastry blender for this. Crumble on top of the rhubarb and strawberry mixture.
4. Bake 45 minutes in the preheated oven, or until crisp and lightly browned.

<http://allrecipes.com/recipe/rhubarb-strawberry-crunch/>

Cherry Crumble

Ingredients

- 6 tablespoons butter
- 1 1/8 cups all-purpose flour
- 1/2 cup rolled oats
- 6 tablespoons packed brown sugar
- 1/8 teaspoon salt
- 1 (21 ounce) can cherry pie filling

Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Melt butter or margarine in a large saucepan. Remove pan from heat; stir in oats, flour, brown sugar, and salt until a dry, crumbly dough forms. Press about 2/3 of the dough into the bottom of 9 inch square pan, making a firm even layer.
3. Spread cherry pie filling in the crust, and sprinkle with remaining crumb mixture.
4. Bake for 40 to 45 minutes, until top is lightly browned. Serve warm or at room temperature.

<http://allrecipes.com/recipe/cherry-crumble/>