

Christmas 2019

Happy
Holidays
Healthy
Recipe
Guide

Christmas turkey

Ingredients:

5 kg turkey , preferably free-range or organic
olive oil
sea salt
freshly ground pepper
1 clementine , halved

a few sprigs fresh rosemary
2 onions , peeled and chopped
2 sticks celery , chopped
2 carrots , chopped

Method

Take your turkey out of the fridge about an hour before you're ready to cook it so it comes up to room temperature before roasting. Give it a good rinse then pat it dry with some kitchen paper, making sure you soak up any water in the cavity. Drizzle the meat with a good lug of olive oil, add a few good sprinkles of salt and pepper and then rub this seasoning all over the bird, making sure you get in to all the nooks and crannies.

Preheat your oven to full heat then get started on your stuffing (see recipe next page).

Once the stuffing is done, pull the skin at the neck-end of the bird back so you can see a cavity and push about half of your stuffing inside your turkey. Not too much: you don't want to pack it so tightly it slows down the cooking. Once done, pull and fold the skin over the opening and tuck it under the bird so it looks nice.

Turn the turkey around and drop a few small pieces of stuffing into the larger cavity along with your clementine halves and a few sprigs of rosemary.

Place your roughly chopped veg in the bottom of a roasting pan and lay your turkey on top. Cover the turkey with tin foil then put it in the hot oven and immediately turn the temperature down to 180°C/350°F/gas 4. Cook for about 35 to 40 minutes per kilo. The 5kg bird in this recipe will take about 3 to 3½ hours.

Check on your turkey every 20 minutes or so and keep it from drying out by basting it with the lovely juices from the bottom of the pan. After 2½ hours, remove the foil so the skin gets golden and crispy.

When the time is up, take your turkey out of the oven and stick a small sharp knife into the fattest part of the thigh. If the juices run clear and the meat pulls apart easily, it's ready. If not, pop the turkey back in the oven to cook for a bit longer then check again. When you're confident it's cooked, rest the turkey for at least 1 hour, preferably 2 hours for bigger birds. Meanwhile you can get your veg and gravy ready.

Enjoy!

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Stuffing

Ingredients:
olive oil
2 onions , peeled and finely chopped
sea salt

freshly ground black pepper
½ teaspoon ground nutmeg
300 g higher-welfare pork mince

1 large handful Gluten Free breadcrumbs (I use breadcrumbs made from 'Little Northern Bakehouse' gluten free bread)
a few sprigs fresh sage , leaves picked and roughly chopped

Method:

Pour a lug or two of olive oil into a large pan on a medium heat and fry off your chopped onion for about 10 minutes or until softened. Stir in a good pinch of salt and pepper, the ground nutmeg and your chopped sage leaves, then continue to fry and stir for another minute or two.

Spoon the onion mixture into a large bowl and let it cool completely. Once cooled, add your pork mince and breadcrumbs and use your hands to really scrunch everything together. Once it's mixed really well, bring the stuffing together into a ball, then cover and chill until you're ready to stuff your turkey.

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Crispy Roasted Rosemary Sweet Potatoes

Ingredients:

3 Tablespoons butter, melted
3 Tablespoons olive oil
¼ teaspoon crushed dried rosemary, or ½ tsp. fresh
3 lbs. (3-4 medium) sweet potatoes, peeled and sliced thinly
1 shallot, peeled and sliced thinly
Kosher salt and freshly cracked black pepper, to taste

Method:

Preheat oven to 400 degrees F.

Combine melted butter, oil and crushed rosemary in a small bowl. Pour 2 tablespoons of butter-oil mixture in the bottom of a 2-quart baking dish. Arrange potato slices vertically in the dish. Add a sliver of shallot between every few slices of potato. Brush top with remaining butter-oil mixture. Season generously with salt and pepper.

Cover dish with foil and roast for 1 hour, covered, until potatoes are tender (If your potato slices are thicker than shown, you may need to increase cooking time).

Increase oven heat to 450 degrees F. Remove foil and roast another 10-15 minutes, until tops of potatoes are browned and crisp. Enjoy!

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Vegan Lentil Loaf

This easy veggie filled vegetarian and vegan lentil loaf is even better than the classic meatloaf! Be sure to use green or brown lentils, not red.

Ingredients:

2 cups cooked French lentils (Be sure your lentils aren't too wet from cooking.)
1/2 yellow onion, diced
2 carrots, diced
2 celery stalks, diced
1/2 cup diced red bell pepper
1 1/4 cup diced crimini mushrooms
2 cloves garlic, minced
2 tablespoons tomato paste
1 tablespoon bbq sauce
2 tablespoons flax meal
1 tablespoon dried parsley
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup quick oats
1/2 cup breadcrumbs
3 bell peppers, halved and seeded (optional)
1/3 cup ketchup
pinch brown or coconut sugar

Instructions:

Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper. In a large skillet over medium heat, saute onion, carrots, celery, pepper, and mushrooms with a pinch of salt and pepper until softened. Add the garlic and saute another minute longer. In a food processor, pulse together the lentils, cooked vegetables, tomato paste, bbq sauce, flax meal, parsley, salt, pepper, oats, and breadcrumbs. You may have to work in batches if your food processor is small. Do not puree, but blend into a chunky dough. You want some bits of veggies for texture. Form the dough into a ball and place on the prepared cookie sheet. Form into a "loaf" shape as shown in the pictures. Alternatively, fill bell pepper halves with the lentil mixture and place in a baking dish. Bake for 35 minutes. Remove from the oven and spread the ketchup on top. Sprinkle with sugar to help caramelize the topping. Bake for another 10 minutes. Let the lentil loaf cool at least 10 minutes as it firms up during this time.

YIELD: ABOUT 6 SERVINGS

PREP TIME 15 minutes COOK TIME 45 minutes TOTAL TIME 1 hour

Kohlrabi Apple Slaw

Slaw:

**3 kohlrabi, peeled,
sliced and cut into matchsticks
3 carrots, grated
2 small apples, cut
into matchsticks
3 to 4 green onions,
thinly sliced**

Dressing:

**3/4 tahini
1 tablespoon honey
1 tablespoon apple
cider vinegar
1/2 teaspoon Herbamare
or sea salt
water as needed**

**Place the kohlrabi
matchsticks, grated carrots, apple matchsticks, and sliced green onions into a
bowl.**

**In a small bowl, whisk
together the tahini, honey, apple cider vinegar and Herbamare. Add water 1
tablespoon at a time until a dressing like consistency is reached. Pour
over the slaw. Toss together. Let it sit for about 20 minutes, then
toss again, and serve.**

Yield: 6 servings

AIP (Autoimmune Paleo) friendly berry crisp.

1 1/2 cups fresh or frozen blueberries
2 cups fresh or frozen strawberries
1/2 teaspoon vanilla extract, or the beans of one vanilla pod
1 teaspoon fresh lemon juice
For the crumble topping:
1/2 cup cassava flour
2 tablespoons coconut flour
2 tablespoons coconut sugar
1/4 teaspoon baking powder
pinch of sea salt
2 tablespoons coconut oil, melted

Directions

if using frozen berries, defrost them in the refrigerator overnight, or by heating in a saucepan or in the microwave)

Preheat your oven to 350°F.

Spray an 8"x8" glass baking dish lightly with non-stick cooking spray and set aside.

Combine the blueberries and strawberries in a mixing bowl, and stir in the vanilla extract and lemon juice. Pour the mixture into your baking dish.

To make the crumble topping, stir together the cassava flour, coconut flour, coconut sugar, baking powder, sea salt, and coconut oil in a clean bowl. Use your hands if necessary to ensure that the mixture becomes crumbly and not dry.

Use a tablespoon to drop the crumble mixture on top of the berry mixture, spreading it out as evenly as possible.

Bake the mixture for 45 minutes, or until the topping starts to brown.

Remove from the oven and let cool for at least 10 minutes before eating.

If you like, serve with a dash of your favorite dairy-free milk, yogurt, or ice cream, for added creaminess.

Enjoy

Roasted Dandelion Chai Tea

Source: Rosalee de la Foret

- 2 parts dried roasted dandelion root
- 2 parts dried burdock root
- 2 parts cinnamon chips
- 1 part cardamon pods
- 1 part fresh ginger root
- 1/2 part whole cloves

Blend all ingredients together and store in a tightly sealed container in the refrigerator for up to 2 weeks.

Include brewing suggestions on the label:

One cup of herbal blend per 1 L of water simmered gently for twenty minutes.

Drink strained with milk and honey added to taste (or two tablespoons of chai blend per 8 oz water).

*A Mindful Eating Prayer:
Five Contemplations by Thich Nhat Hanh*

This food is the gift of the whole universe: the earth,
the sky, numerous living beings, and much hard,
loving work.

May we eat with mindfulness and gratitude so as to
be worthy to receive it.

May we recognize and transform our unwholesome
mental formations, especially our greed,
and learn to eat with moderation.

May we keep our compassion alive by eating in such
a way that we reduce the suffering of living beings,
preserve our planet, and reverse the process of
global warming.

We accept this food so that we may nurture our
sisterhood and brotherhood, strengthen our
community, and nourish our ideal of serving all living
beings.

Wishing you very happy holidays from our homes to yours!