

# PALEO THANKSGIVING MENU



# *A Paleo Thanksgiving*

**Recipe 1: Roast Turkey and Pan Gravy**

**Recipe 2: Perfect Paleo Dressing**

**Recipe 3: Orange Cranberry Sauce**

**Recipe 4: Roasted Sweet Potatoes and Onions**

**Recipe 5: Sauteed Green Beans with Nutmeg**

**Recipe 6: Lemony Brussels Sprouts**

**Recipe 7: Paleo Pumpkin Pie**

**Recipe 8: Maple Cardamom Coconut Whipped Cream**



# Shopping List

## MEAT

1 (15-lb.) turkey (at least – more if you want a lot of leftovers) [R1,R2]  
1 pound bulk breakfast sausage (no casings) [R3]  
10 strips of bacon, chopped [R3]  
Eggs, (5)[R3]

## CONDIMENTS

Ghee (¾ cup, 2 tablespoons) [R1,R5,R6]  
Grass-fed butter (2 tablespoons) [R7]  
Apple cider vinegar [R3]  
Maple Syrup [R8, R9]

## SPICES

Sea salt [R1,R2,R5,R6]  
Black peppercorns [R1,R2,R6]  
Thyme [R1]  
Rubbed sage [R1]  
Lemon pepper [R5]  
Ground nutmeg [R6, R8]  
Vanilla [R8, R9]  
Cinnamon [R8, R9]  
Cardamom [R8, R9]  
Ground ginger [R8]  
Ground Cloves [R8]

## PRODUCE

Onions (3 large plus 1/2 medium) [R1,R2,R3]  
Red onions (4 medium) [R5]  
Carrots (1 large plus 1/2 medium) [R1,R2]  
Celery (1 large plus 5 1/2 medium stalks) [R1,R2,R3]  
Sweet potatoes (8 medium) [R5]  
Green beans (2 to 2 1/2 pounds) [R6]  
Oranges (1 cup juice plus 1 tablespoon optional grated peel) [R4]  
Cranberries (1 pound) (or buy frozen) [R4]  
Green apples (2) [R3]  
Mushrooms, (8 ounces) [R3]  
Brussel Sprouts (1 pound), [R7]  
Lemon (1 large) [R7]

## CANNED GOODS

Low sodium chicken broth, as needed (watch for gluten and MSG) [R2,R3]  
1 (14.5 ounce) can of pumpkin puree (NOT pumpkin pie filling) [R8]  
1 (14.5 ounce) can of full fat coconut milk (OR coconut cream, if your store carries it) [R8,R9]

## DRY GOODS

King Arthur Gluten Free Multipurpose Flour [R2]  
Dried cranberries, 1 cup [R3]  
Pecans, [R3]  
Mixed nuts [R8]  
Slivered almonds [R7]  
Coconut Sugar [R8]  
Tahini [R8]

## FREEZER

Cranberries (1-pound bag) (if not using fresh) [R4]

## OTHER

Stevia [R4]  
Aluminum foil wrap [R1]  
Meat thermometer [R1]



## SHOPPING LIST LEGEND

### \*\* = Serving Suggestions

Purchase these ingredients if you are following our suggested side dishes. Purchase the quantity to meet your family's needs.

[R1] – [R7] = Recipe 1, Recipe 2, Recipe 3, etc...

Each recipe is assigned a day which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.

# THANKSGIVING TIMELINE

Remember: this is a holiday for EVERYONE, including the cook.

## How To Do Thanksgiving Without Losing Your Mind!

It can be complicated, no doubt.

However, you've got the menu now and the shopping list is done for you. Go through it, double check what you already have and head for the market. Yes, buy EVERYTHING now, except the freshest stuff. When you buy the cranberries, put them right into the freezer, in the bag they came in or wait and buy them when you get the green beans, etc. Your choice, but I buy them now because I've had a problem getting them (they've been out) when it's closer to T-day.

When you go shopping, make it easy on yourself. If at all possible, go shopping during off hours, without children and not hungry, or having to go the potty! I am serious you have work to do there, girl!

Plan the table-are you using linens? Do they need pressing? Press them now and hang them or fold them for later. Nothing is worse than starching a tablecloth an hour before your guests are due to arrive (ask me how I know this!). What about the centerpiece and other décor? See the Thanksgiving Menu Planner to see some hints on easy, inexpensive yet beautiful, décor.

Double check your serving pieces and serving utensils against your menu. Do you have all the serving pieces you need, etc.? Make arrangements now to get or borrow what you need. DON'T do it the day of! If your great aunt forgets to bring her gravy boat and ladle, you're up a creek without a paddle (or a ladle in this case).

### One Week Ahead:

- If you have shopped already (and you should have if you're using my Thanksgiving Menu Planner), make a quick double check of your list and menu to make sure everything is ready for you to use. Take a hint from Santa and make your list and check it twice. This is not the time to forget anything! If you're using my recipes and grocery list, the whole thing is already done for you so you can skip this step and go have a cup of tea (or a glass of wine) instead (isn't this fun?).
- Clean out your refrigerator. Be ruthless. You're going to need the room! You may also want to haul out the big cooler from the garage and clean it out to use on T-Day, if you're desperate for space. Ask one of your guests to bring ice-you won't have room in your poor beleaguered fridge.

### Three Days Ahead:

- Pull all the pieces you are going to use for serving. It is helpful to write what is going to go in what and write it on a 3 x 5 card and toss the card in the serving piece. A friend and mentor, Carolyn Dunn, from my early-married days taught me this nifty trick and it's saved my biscuits (gluten free of course) more than once.

- ❑ Then, you can stack your bowls, platters and other serving pieces together in one area with the cards already in them. Inevitably, on the big day, you will have all kinds of volunteers in the kitchen just before the time you're ready to serve. Having those cards in place at that time will truly save your sanity while you're trying to finish up the gravy and get the bird carved and you can keep the discussion about what goes in where to a minimum because the guesswork is gone.
- ❑ To keep your serving pieces dust free, cover with a clean sheet folded in half. My friend Marla Cilley known the world over as the FlyLady even sets her table all the way a few days ahead and puts a sheet right over the top. When I had a dining room, I did the same thing, but now I only have the one table and I need to use it everyday. So use whichever method works for you-still get your serving pieces ready to roll.
- ❑ Purchase any last minute/fresh items like the ones mentioned above.
- ❑ Don't forget-- thaw your frozen bird starting today! See Turkey 101 included in the Thanksgiving Menu Planner for more info on thawing a turkey.

### **Two Days Before:**

- ❑ From the Thanksgiving Menu Planner, make the Paleo Pumpkin Pie. When it has completely cooled, cover in plastic wrap and place in the fridge.
- ❑ Make Orange Cranberry Sauce. Completely cool before refrigerating.

### **The Day Before:**

- ❑ If you ordered a fresh turkey, today's the day to pick it up.
- ❑ Chop everything and individually bag it up in zipper-topped, plastic bags: onions and celery for the dressing, veggies for side dishes, etc. Refrigerate after prepping. Don't do the sweet potatoes though: they'll discolor.
- ❑ Set the table and cover it with a sheet to keep the dust (and pets!) out.
- ❑ Go over your plan for T Day and make sure your ducks (turkeys?) are in a row. Double check everything-your serving pieces, your menu, your guest list-the whole enchilada. Determine the time your turkey should go in the oven based on when you want dinner served (don't forget to include your turkey's "rest time!"). Cut and paste tomorrow's T-Day list and put the time these things need to be accomplished. Having that list handy will clear your brain so you can be pleasant with your guests!
- ❑ Go to bed early! Tomorrow's a big day.

### **T Day Countdown:**

- ❑ **In the morning:** First get up and get dressed. Don't start working in your robe and slippers. You need some good support in the way of shoes and you may not have another minute for yourself so get yourself reasonably ready for the day. It's easy to change clothes and freshen your makeup; not so easy to have to start from scratch and the doorbell rings and you're just getting out of the shower!
- ❑ Prepare Perfect Paleo Dressing.

- Put your bird in the oven at the appropriate time based on the Chart for Cooking Your Bird that was included in the Thanksgiving Menu Planner and what time you want to serve dinner. Remember, you need to add an hour to that time because the bird needs to rest an hour out of the oven before serving. Should you get out of control at any point, call the Butterball turkey hotline, 1-800-BUTTERBALL.
- Make the stock for the gravy (included in the Pan Gravy recipe).
- Prepare Oven Roasted Sweet Potatoes and Onions (in the Thanksgiving Menu-Mailer) to go in the oven; set aside.
- Put the butter, salt and pepper (if not already there) on the table. Consider two butters and two sets of salt and peppers on either end.
- Remember, clean as you go-it's so much EASIER! Keep a sink full of hot soapy water and dump stuff in there as you go. Run the dishwasher and empty it after this little blitz.
- Take a timeout and put your feet up for a bit. Double check the bathrooms for clean guest towels, hand soap and extra toilet paper before you sit down.

### **One Hour Before:**

- At this point, your turkey should be finished roasting and resting comfortably. Don't forget to give him his foil jacket so he doesn't get cold. You still have a lot to do, if someone volunteers to help, let them help!
- Cook Oven Roasted Sweet Potatoes and Onions (see recipe) and Perfect Paleo Dressing. Keep warm after cooking.
- Cook Sauteed Green Beans with Nutmeg (see recipe). Keep warm after cooking.
- Cook Lemony Brussels Sprouts (see recipe). Keep warm after cooking.
- Carve the turkey. See <http://www.cooks.com/rec/story/69/> for an illustration on how to carve. Copy this page for a reference. I recommend the FIRST carving technique and not the second one.
- Make the Pan Gravy (see recipe).
- Put cranberries in the serving dish with utensil and on the table or buffet.
- Whip the coconut cream (or do it later that's what I do)
- Set the coffeemaker up so all you have to do is flick the switch.

### **Time to Eat!**

- Start getting everything in its serving dish: turkey on the platter with serving utensil, green beans, Brussels sprouts, sweet potatoes, gravy in its boat, dressing, and of course, the cranberries should be already on the table.
- You've earned your kudos! Take the compliments, enjoy your family and friends, and most importantly, give thanks.

## CHART FOR COOKING YOUR BIRD

The National Turkey Federation recommends you cook your turkey until the temperature reaches 170 degrees in the breast and 180 degrees in the thigh (watch out for the bone). A meat thermometer is distinctly different from a candy thermometer! (I tried to use one for this purpose when I was first learning to cook. It wasn't successful.)

### STUFFED TURKEY

8 to 12 pounds	3 to 3½ hours
12 to 14 pounds	3½ to 4 hours
14 to 18 pounds	4 to 4¼ hours
18 to 20 pounds	4¼ to 4¾ hours
20 to 24 pounds	4¾ to 5¼ hours

### UNSTUFFED TURKEY

8 to 12 pounds	2 to 3 hours
12 to 14 pounds	3 to 3¼ hours
14 to 18 pounds	3¼ to 4¼ hours
18 to 20 pounds	4¼ to 4½ hours
20 to 24 pounds	4½ to 5 hours
24 to 30 pounds	5 to 5¼ hours

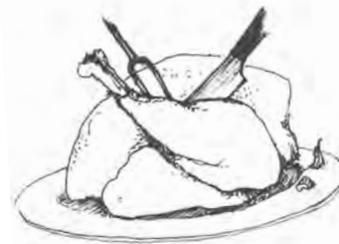
Right about now, you're probably wondering where the basting instructions are. Personally, I don't baste. Why? Because basting actually dries out the bird! Every time you open the oven door, you lose 25 degrees of heat. And because you lose heat, you have to cook the turkey longer. Longer cooking time means a drier turkey, period. (Yeah, yeah . . . I know you have been basting birds for a hundred years in your family and everyone swears by basting.) I too, was in the basting camp til one year I was overwhelmed with all I had to do, and we had the best, juiciest turkey ever. So, my advice is: don't baste.

Once the turkey is finished with its roasting, remove it from the oven and let it rest for about 10 minutes in the pan. Then remove your bird from the pan to a cutting board and again, allow it to rest, at least 20 minutes, 1 hour is better. (And, like I said earlier, it gives you a sense of a timetable to finish up the rest of the dinner. Just put a little foil jacket on old tom to keep him warm. this is important because it will retain its juiciness if given the proper "nap".

## HOW TO CARVE A TURKEY



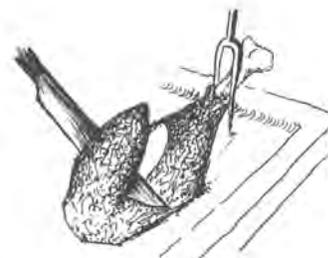
1. Let the turkey rest for an hour before carving, and then remove it from the pan. This will be easier to do if you make two heavy duty strips of aluminum foil to act as lifters (unless you have turkey lifters).



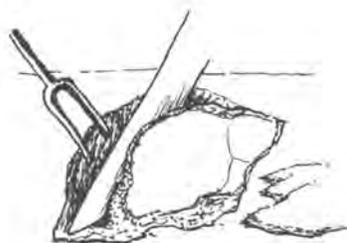
2. To start carving, first remove the turkey legs. Using the carving fork, hold the bird firmly against the cutting board and slice through the skin between the breast and thigh---there is an obvious gap. Pull back the leg to locate the joint, then cut through the joint to remove the whole leg. Repeat on the other side.



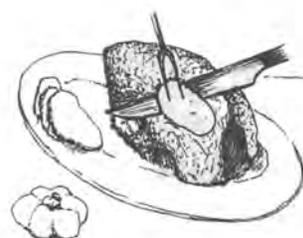
3. You need to separate the thigh from the drumstick. To do this, stretch the thigh and the drumstick apart, find the joint, and with a firm downward movement of the knife, cut all the way through the joint.



4. Unless you have invited Fred Flintstone for Thanksgiving, you're going to want to carve the meat off the drumstick. Place the carving fork on the cutting board and aim the narrow end of the leg between the tines, so you don't pierce the meat. Now slice the meat off the drumstick.



5. You may want to cut the slices from the thigh, working parallel to the bone, as seen in the illustration. You can easily remove the wing using your hand to disjoin it from the breast, or simply cut through once you have located the joint.



6. Now that you've taken all the appendages off, you need to carve the breast meat. Starting at the outside of the breast cut the slices diagonally. Do this on both sides of the turkey and ta-da---you've carved the bird.

# Roast Turkey

## Recipe 1

### INGREDIENTS:

1 (15-lb.) turkey (at least – more if you want a lot of leftovers)  
1 large onion  
1 large carrot  
1 large celery stalk

1/2 teaspoon dried thyme  
1/2 teaspoon rubbed sage  
Sea salt and freshly ground black pepper, to taste  
1/2 cup Ghee  
1/2 cup water

**INSTRUCTIONS:** Preheat oven to 500 degrees. Remove giblets and neck bone from turkey cavities; reserve neck for later use\*.

Rinse turkey with cool water and pat dry. In a large bowl, toss together onion, carrot, celery, thyme, sage, salt and pepper; insert this mixture in the large cavity of the bird then place the turkey on a rack in a shallow roasting pan and gently rub ghee under and over the skin. Pour the water on the bottom of the pan. Insert a meat thermometer in the thickest part of the thigh muscle, but don't allow it to touch the bone (or you'll get a false reading).

Bake for 30 minutes then decrease oven temperature to 325 degrees and roast for 4 to 5 hours (depending on size) or until a meat thermometer registers 180 degrees. Remove turkey from the oven and allow it to rest in the pan for 10 minutes, then transfer it to a cutting board and allow it to rest for at least an additional 20 minutes; cover with aluminum foil wrap to keep it warm.

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**LEANNE'S NOTE:** Personally, I don't baste because it actually dries out the bird! Every time you open the oven door, you lose 25 degrees of heat; therefore, you have to cook it longer, which, in turn, means a drier bird.

\*After you've placed the turkey in the oven, place reserved neck, 1/2 medium onion, 1/2 medium carrot and 1/2 medium celery stalk in a medium saucepan with a tight-fitting lid; fill about three-quarters of the way up with water. Bring to a boil then reduce, cover and gently simmer for 1 hour. Strain broth, discarding solids; set aside for making gravy.

## Pan Gravy

### Recipe 1 continued

#### INGREDIENTS:

Turkey neck stock

Low sodium chicken broth, as needed (watch for gluten and MSG)

King Arthur Gluten Free Multipurpose Flour  
Water

Sea salt and freshly ground black pepper, to taste

**INSTRUCTIONS:** After the turkey is done and resting on the cutting board, add turkey neck stock to roasting pan; bring to a boil and whisk up all of the browned bits from the bottom of the pan; add chicken broth as needed. In a small bowl or cup, blend flour and water (1:1) to a smooth paste; gradually add to pan; cook, stirring constantly until thickened; salt and pepper to taste.

You will need 1 tablespoon of roux to 1 cup of liquid. It's not an exact science—just add more as you go if you like thicker or more liquid if you like it thinner.

## Perfect Paleo Dressing

### Recipe 2

#### INGREDIENTS:

10 strips of bacon, chopped

5 stalks of celery, diced

2 large onions, diced (use white, brown or yellow; not a sweet onion)

2 green apples, diced (skin included)

1 pound bulk breakfast sausage (no casings)

8 ounces mushrooms, finely chopped

2 tablespoons apple cider vinegar

1 cup dried cranberries

1 cup pecans, chopped

2 eggs, beaten

1/3 cup chicken broth

**INSTRUCTIONS:** In large skillet over a medium high heat, add bacon and cook till the fat starts to release. Now add the celery, onions and apples; cook 5 minutes. Now add the breakfast sausage and mushrooms. Continue to cook till bacon and sausage are both cooked thoroughly. Drain any excess fat.

In a large mixing bowl, add remaining ingredients, then the contents of the skillet. Mix together well, place in a 9 x 13 baking pan and bake at 375 for about 20 minutes or so. It should be lightly browned, not chocolate brown!

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## Orange Cranberry Sauce

### Recipe 3

**INGREDIENTS:**

4 cups fresh or frozen cranberries (1-pound bag)  
1 cup water

1 cup fresh orange juice (make it yourself)  
1 tablespoon grated orange peel (optional)  
Stevia to taste

**INSTRUCTIONS:** In a strainer, rinse the cranberries (even if they are frozen) with cool water; remove any stems and/or blemished berries.

In a large saucepan, combine all ingredients; bring to a boil then reduce heat and simmer, covered, stirring occasionally, until cranberries burst and sauce thickens, about 15 minutes. Add stevia to taste, to desired sweetness.

Serve at room temperature.

## Roasted Sweet Potatoes and Onions

### Recipe 4

**INGREDIENTS:**

8 medium sweet potatoes, peeled and cut into  
2-inch pieces  
4 medium red onions, peeled and cut into 1-  
inch pieces

1/4 cup melted ghee  
2 teaspoons lemon pepper  
1/2 teaspoon sea salt

**INSTRUCTIONS:** Preheat oven to 425 degrees.

In a large bowl, toss together all ingredients, coating vegetables evenly with ghee; divide vegetables evenly in two 9- x 13-inch baking dishes; bake for 35 minutes or until sweet potatoes are fork-tender and nicely browned.

## Sauteed Green Beans with Nutmeg

### Recipe 5

#### INGREDIENTS:

Green beans (1 handful per 1 adult or 2 children) (2 to 2 1/2 pounds)  
2 tablespoons ghee

Dash of ground nutmeg  
Sea salt and freshly ground black pepper, to taste

**INSTRUCTIONS:** Wash and trim beans; steam them just until they turn bright green; drain and set aside. Heat the ghee in a skillet over medium-high heat; add beans and sauté for 2 to 3 minutes or until tender-crisp; toss with nutmeg, salt and pepper.

**Tip:** Zest your lemon before you squeeze it!

## Lemony Brussels Sprouts

### Recipe 6

#### INGREDIENTS:

1 pound Brussels sprouts, trimmed  
2 tablespoons grass-fed butter, melted  
2 tablespoons fresh squeezed lemon juice  
2 teaspoons lemon zest

1/8 teaspoon sea salt  
1/4 teaspoon freshly ground black pepper  
1/3 cup slivered almonds  
Water

**INSTRUCTIONS:** Boil one inch of water in a pan big enough for the Brussels sprouts (or cook in your rice cooker or other veggie steamer according to directions), place sprouts in boiling water, cover, steam for 1 to 2 minutes. Uncover pot, and stir. Recover pot and cook for five to 10 minutes, stirring twice, until fork tender. Drain. Combine ingredients other than almonds and toss with sprouts. Sprinkle with almond slivers, serve.

# Paleo Tahini Pumpkin Pie

Recipe 7

## INGREDIENTS:

### For Crust:

3 cups mixed nuts, toasted (we used walnuts, pecans, hazelnuts, and cashews - you don't have to use those, but just make sure you choose some nice softer and buttery types of nuts!)

2 tablespoons coconut sugar

### For Filling:

1 (14.5 ounce) can of pumpkin puree (NOT pumpkin pie filling)

1/4 cup tahini

1/2 cup canned full fat coconut milk

3 eggs

1/2 cup coconut sugar

2 generous tablespoons pure maple syrup

1 1/2 teaspoons pure vanilla extract

2 teaspoons cinnamon

1 teaspoon ground ginger

1/2 teaspoon cardamom

1/2 teaspoon nutmeg

1/4 teaspoon ground cloves

**INSTRUCTIONS:** Preheat oven to 350 degrees.

In a food processor, grind down toasted nuts. If you do not have a food processor, you can use a rolling pin to crush them (it's easiest when they're still warm after getting toasted). Toss with coconut sugar and then press into a pie dish. It can crumble easily, but it's also buttery enough to stick together well so gently press it up the walls and throughout the bottom of the pie dish evenly.

Put in oven and bake for 10 to 15 minutes, until a darker golden brown, and then remove. Be careful not to burn crust!

Pull out and allow to cool while you make the filling.

In a large bowl, combine all ingredients for filling. Whisk together well until thoroughly combined. Pour into nut crust, and place in the oven. Bake for an hour, or until filling sets and doesn't leave traces on a toothpick.

Remove from oven and allow to cool before serving, maybe whip up the cream...

# Maple Cardamom Coconut Whipped Cream

Recipe 8

## **INGREDIENTS:**

1 (14.5 ounce) can of full fat coconut milk (OR coconut cream, if your store carries it) - if you can't find coconut cream, it's not a big deal, but try to find a full fat coconut milk that's super thick! You can usually tell by shaking the can and if it feels solid, you've got a good one!

3 tablespoons pure maple syrup  
1 teaspoon pure vanilla extract  
1/2 teaspoon cardamom  
a dash of cinnamon (because you can never have too much!)

**INSTRUCTIONS:** In a medium bowl, scoop out coconut milk. If you found a nice thick one, then the water should've separated from the cream! ONLY scoop the cream into the bowl and discard the remaining fluid. Add in all remaining ingredients (syrup through cinnamon) and whisk well until desired consistency!

Serve a huge dollop on top of your Paleo Tahini Pumpkin Pie - or even on top of your coffee! OR both!