

Mother Earth Produce Delivery Meal Plan: Week of 12/20/2016



*Brined Holiday Turkey * Yukon Gold Mashed Potatoes * Simple Herbed Stuffing
Brussels Sprouts with Bacon * Clementine and Ginger Cranberry Relish*

<p>Brined Holiday Turkey</p>	<p>Pastured Holiday Turkey (Highland Farm) 1 gallon water 2 cups kosher salt 1.5 cups brown sugar 12 whole cloves 3 bay leaves 1 Tbsp. black peppercorns 2 1/2 teaspoons dried rosemary 2 1/2 teaspoons dried thyme</p>	<p>Bring water to a boil in a large stockpot. Stir salt and sugar into the water until dissolved; bring water again to a boil. Add cloves, bay leaves, peppercorns, rosemary, and thyme to the water, reduce heat to medium-low, and cook mixture at a simmer for about 20 minutes. Refrigerate brine until completely cooled. Submerge turkey in brine for 24 hours before roasting.</p> <p><i>To Roast Turkey:</i> Preheat oven to 400°F Place turkey in roasting pan, breast up in preheated oven. Bake roughly 12 minutes per pound for a 15-pound unstuffed turkey. If the turkey is stuffed, allow about 5 minutes more per pound. After about 1/3 of the total cook time, lower heat to 250°F and turn the turkey over. Roast it breast down for the middle third, then turn it back up for the final third. Baste it once or twice while it roasts after the final turn. Cook to temperature of no more than 160 at the thickest parts. (Deep in inner thigh). Take it out of the oven and let it rest for at least 20 minutes before carving.</p>
<p>Yukon Gold Mashed Potatoes (serves 4 with leftovers)</p>	<p>1.25 Lb. Yukon Gold Mashed Potatoes 4 Tbsp. butter 1/2 cup whole milk or half & half</p>	<p>In a large pot, bring a gallon of water and 2 tablespoons salt to a boil over high heat. Peel and quarter potatoes and keep in cold water until ready to cook. Add potatoes to boiling water and boil about 15 to 20 minutes, until soft; a knife should go in with almost no resistance. In a saucepan, heat butter and milk together until butter melts and mixture steams. Drain potatoes well and return to pot. Using an extruding masher, hand or stand mixer, mash hot potatoes until smooth. Lightly mix in about half of hot butter mixture, just until blended. Taste for salt and add more butter mixture until seasoned to your liking.</p>
<p>Simple Herbed Stuffing (serves 4 with leftovers)</p>	<p>3/4 cup unsalted butter plus more for baking dish 1 Loaf Flat Rock Bakery Flat Rock Bakery Ciabatta, cubed. 2 1/2 cups chopped yellow onions 1 1/2 cups 1/4" slices celery 1/2 cup chopped flat-leaf parsley 2 Tbsp. chopped fresh sage 1 Tbsp. chopped fresh rosemary 1 Tbsp. chopped fresh thyme 2 teaspoons kosher salt 1 teaspoon freshly ground black pepper 2 1/2 cups chicken broth, divided 2 large eggs</p>	<p>Preheat oven to 250°F. Butter a 13x9x2" baking dish and set aside. Scatter bread cubes in a single layer on a rimmed baking sheet. Bake, stirring occasionally, until dried out, about 1 hour. Let cool; transfer to a very large bowl.</p> <p>Meanwhile, melt 3/4 cup butter in a large skillet over medium-high heat; add onions and celery. Stir often until just beginning to brown, about 10 minutes. Add to bowl with bread; stir in herbs, salt, and pepper. Drizzle in 1 1/4 cups broth and toss gently. Let cool.</p> <p>Preheat oven to 350°F. Whisk 1 1/4 cups broth and eggs in a small bowl. Add to bread mixture; fold gently until thoroughly combined. Transfer to prepared dish, cover with foil, and bake until an instant-read thermometer inserted into the center of dressing registers 160°F, about 40 minutes. <i>DO AHEAD: Stuffing can be made 1 day ahead. Uncover; let cool. Cover; chill.</i></p> <p>Bake stuffing, uncovered, until set and top is browned and crisp, 40-45 minutes longer (if chilled, add 10-15 minutes).</p>
<p>Brussels Sprouts with Bacon (serves 4 with leftovers)</p>	<p>4 strips thick-cut bacon 2 Tbsp. butter 1 pound Brussels sprouts, halved 1/2 large onion, chopped Salt and freshly ground black pepper</p>	<p>Cook bacon in a large skillet over medium-high heat until crispy. Remove to a paper towel-lined plate, then roughly chop. In same pan with bacon fat, melt butter over high heat. Add onions and Brussels Sprouts and cook, stirring occasionally, until sprouts are golden brown, 8 to 10 minutes. Season with salt and pepper, to taste, and toss bacon back into pan. Serve immediately.</p>
<p>Clementine & Ginger Cranberry Relish (serves 4 with leftovers)</p>	<p>12 oz cranberries 2 clementines 1/2 cup brown sugar 1 teaspoon minced ginger 1/2 cup water</p>	<p>Separate peel and pith (spongy layer) from fleshy portion of clementines, crudely chop. Pulse the cranberries in a food processor until coarsely chopped. Combine cranberries, clementines, water, brown sugar, and ginger in a saucepan over medium-high heat. Bring to a simmer. Lower heat a bit to keep it at a nice simmer for about 20 minutes, until the cranberries have softened and the liquid has reduced to create a thick compote.</p>

Holiday Lunch, Brunch, and Beyond..

<p align="center">Broccoli & Cheddar Casserole (serves 4)</p>	<p>6 Tbsp. unsalted butter, cubed 1 Lb chopped broccoli 1 finely chopped onion 8 eggs, beaten 8 oz shredded Happy Cow 3 Year Aged Cheddar, divided 1 cup Grass Fed Non-Homogenized milk 1 cup half-and-half cream 1 teaspoon salt 1 teaspoon pepper</p>	<p>In a Dutch oven, melt butter. Add broccoli and onion; sauté until crisp-tender. In a large bowl, combine the eggs, egg substitute, 1 cup cheese, milk, cream, salt and pepper. Stir in broccoli mixture. Pour into a 3-qt. greased baking dish. Bake, uncovered, at 350° for 40-45 minutes or until a knife inserted near the center comes out clean. Sprinkle with remaining cheese. Let stand for 10 minutes before serving. **Variation: Add crumbled bacon</p>
<p align="center">Chicken With Summer Squash (serves 4)</p>	<p>1 Lb Chicken Breasts (or substitute "The Prepper" Chicken-esque roast from No Evil Foods) ½ teaspoon salt ½ teaspoon ground pepper 1 Tbsp. unsalted butter 1 Tbsp. olive oil 1 Lb. yellow summer squash, sliced 2 medium slicer tomatoes, peeled, seeded and chopped</p>	<p>In a large nonstick skillet, melt butter in the oil over medium high heat. Season chicken with half of the salt and half of the pepper, and add it to skillet. Cook until lightly browned, about 2 minutes per side. Transfer to large plate or platter, and cover to keep warm. Add squash and tomato. Season with remaining salt and pepper. Cook and stir over medium-high heat until squash is slightly softened, about 3 minutes. Reduce heat, and return chicken to skillet. Cover partially. Cook until squash is soft, and chicken is white throughout but still juicy, about 5 minutes longer. Transfer chicken to platter, and cover with foil to keep warm. Raise heat to high. Cook vegetable mixture, stirring often, until almost all of the liquid has evaporated, about 2 minutes. Arrange vegetables around chicken, and serve.</p>
<p align="center">Roasted Veggie Pot Pie (Family Size) with Spinach, Clementine and Avocado Salad (serves 4)</p>	<p>1 bunch Spinach 3 Clementines 2 Avocados</p>	<p>Wash and dry spinach. Peel, and segment clementines. Half avocados and remove stone. Slice avocado inside skin, and spoon out. Assemble salad in serving bowl with spinach, clementines and sliced avocado. Dress with vinaigrette of choice. Prepare Roasted Veggie Pot Pie as instructed and serve with salad.</p>

Grocery List

Medium sized bin: \$38

- Broccoli Crowns – 1 Pound – Local, Organic
- Brussels Sprouts – 1 Pound – CA, IPM
- Sweet Yellow Onion – 1 Pound – GA, Organic
- Spinach – 1 Bunch – Local, Organic
- Yukon Gold Potatoes – 1.25 Pounds – GA, Organic
- Clementines – 1 Pound – FL, Organic
- Rainbow Carrots - 1.25 Pounds - GA, Organic
- Celery - 1 Bunch - CA, Organic
- Cranberries - 12 Ounces - CA, Organic
- Yellow Squash - 1 Pound - Local, Organic

[Highland Farms Pastured Turkey](#)

(\$4.49/Lb- \$67.35)

[Half and Half - 1 Pint \\$3.25](#)

[Grass Fed Milk ½ gallon \\$5.99](#)

[Flat Rock Bakery Ciabatta \\$5.49](#)

[Queen Bee Farm Dozen Eggs \\$5.49](#)

[Hickory Nut Gap Farm Bacon \\$9.99](#)

[Ginger \\$2.99](#)

[Happy Cow 3 Year Aged Cheddar \\$6.99](#)

[Avocados \\$4.99](#)

[Slicer Tomatoes \\$2.99](#)

[Chicken Breasts: \\$10.99](#)

[Roasted Veggie Pot Pie - Family Size](#)

[\\$17.99](#)

Total: \$182.50 including your turkey!

Pantry Staples

Unsalted Butter ([Try our Unsalted Butter 2 Lb roll](#))

Olive Oil

Kosher salt

Brown sugar

Whole cloves

Black peppercorns

Dried thyme

Dried rosemary

Bay leaves

Flat-leaf parsley

Dried Sage

Chicken Broth