



ChowChow & Soul™

*Holiday
Delights*

by Charla L. Draper

The
ChowChow & Soul™ Holiday E-book

Introduction

I am a former food editor of *Ebony* and *Southern Living* magazines. I've stirred a few pots in the culinary universe and I hope you will find this e-book helpful. My goal with ChowChow & Soul™ is to inspire you to cook with confidence. I am blessed that I come from a family with really good cooks and it's my pleasure to share how you can create good things to eat along with nourishing memories of food, family and friends.

A couple of years ago I hosted, "Cooking with Friends" to help home cooks sharpen their kitchen skills and avoid holiday meal mayhem. Today I'm sharing holiday prep info with friends of ChowChow & Soul™. Like so many of you, I took a look at the calendar and realized it's time to get the holiday cooking party started.

Charla

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Like you, I look at the calendar and realize the holiday season is around the corner. If you're hosting the holiday meal a little pre-planning will go a long way toward helping you organize, and avoid turkey trauma. This to-do list will help you get started.

HOLIDAY TO DO LIST

Eight to 14 Days Ahead

- Decide on number of people you're inviting.
- Write out the menu and grocery list.
- Order turkey to make sure you get the turkey you want, i.e. fresh, frozen, or organic, and the specific size. *If you're big on leftovers, plan on 1-1/2 lbs. for each adult.*
- Watch for specials and shop for non-perishables.
- If your menu includes items that freeze well, cook them in advance and freeze them. Greens, cornbread, rolls, pound cake, etc.

Five to Seven Days Before

- Complete grocery shopping.
- Buy a meat thermometer to confirm the food has cooked to recommended safe temperature.
- Pick up the turkey. If frozen allow (1) day for every 4 lbs. for the turkey to thaw in the refrigerator. Make sure you place the turkey on a tray or pan with sides while thawing.
- Get out the dishes, serving bowls, and flatware, to make sure they're ready to use.

Monday Before

- Chop onion, celery, etc. for stuffing.
- Remove cornbread from freezer to thaw.
- Toast or cube bread for dressing.

Tuesday Before

- Prepare gelatin salad if on the menu
- Prepare desserts.

Wednesday Before

- Remove any frozen foods from freezer; allow to thaw in the refrigerator.
- Prep or cook any vegetable just until almost tender.
- Combine dressing ingredients and refrigerate.
- If you'd like, prep the turkey according to package directions to cook on Thursday morning. Cover the turkey with aluminum foil or plastic wrap and refrigerate.
- Set table.

Thursday

- Prepare the turkey to cook according to the recipe you're using. Plan for the turkey to be done 30 (45 minutes if slicing it in advance) minutes before dinner.
- Place dressing in turkey or casserole dish to bake.

Two Hours To Serve

- Unmold congealed salad; garnish and refrigerate.
- Bake or reheat any pre-cooked dishes.
- Prepare gravy.
- Place turkey on serving platter and garnish as desired.
- Heat rolls or cornbread.
- Put food in serving dishes.

Break bread, give thanks and enjoy this special time with friends and family.

Holiday Menu Suggestions

Assorted Vegetable Dippers with Ranch Dressing

Edamame Hummus

Holiday Waldorf Salad

Spatchcock Turkey with Herb Garlic Rub

Classic Holiday Ham with Pineapple Glaze

Harvest Vegetable Dressing

Brussels Sprouts with Lemon Zest

Slow Cooker Sweet Potatoes

Orange Pound Cake

Sweet Potato Cheesecake

Looking for menu ideas for guests with special diets?

The following dishes are good options for folks living with diabetes, looking for gluten free, or choosing lower calorie recipes.

Diabetes-Friendly Holiday Menu

Edamame Hummus

Spatchcock Turkey with Herb Garlic Rub

Classic Holiday Ham with Honey Balsamic Glaze

Brussels Sprouts with Lemon Zest

Roasted Sweet Potatoes

Glaze-Free Orange Pound Cake

with

Honey Citrus Cream



ASSORTED VEGETABLE DIPPERS WITH RANCH DRESSING

Arrange assorted vegetables on serving platter.
Serve with Ranch Dressing.

EDAMAME HUMMUS SPREAD

This healthwise starter was inspired by a recipe from Stacy's Pita Chips.

*1 14-oz. pkg. frozen edamame, (shelled soybeans)
1/4 cup tahini
1 1/2 tablespoon Lemon juice
1 clove garlic, peeled*

*1 tablespoon each coarsely chopped fresh thyme and basil
2 tablespoon olive oil
1/4 teaspoon salt
Dash of hot pepper sauce*

Cook 1 cup edamame according to package directions. Drain, rinse with cold water to cool. Place edamame, tahini, lemon juice, garlic, and herbs in food processor. With chopping blade, pulse until mixture is smooth. Slowly drizzle olive oil into mixture, pulsing until oil is blended. Add 1 to 3 teaspoons of additional olive oil, if you prefer smoother consistency. Blend in remaining ingredients. Chill in airtight container until ready to serve. Serve with fresh vegetables, traditional or gluten-free crackers. NOTE: Can be made one to 2 days in advance.

SPATCHCOCK TURKEY WITH HERB GARLIC RUB

As you know I'm a Turkey Talk-Line® expert. There are tons of recipes for preparing your turkey. I've included this spatchcock turkey recipe How-To Video on the ChowChow & Soul blog. Whether you choose this recipe or a family favorite, if you have questions on turkey prep, give us a call on the Butterball Turkey Talk-Line®, 1-800-Butterball, (1-800-288-8372).

1 8-12 pound turkey, thawed

1 tablespoon vegetable oil

1 tablespoon minced garlic

2 teaspoons smoked paprika

1-1/2-2 teaspoons fresh thyme leaves

Place turkey breast down on cutting board. Using kitchen or poultry shears, cut into turkey along both sides of turkey backbone. Remove backbone. Turn turkey over, breast up; cut away turkey tail and set aside. Place heel of hand over turkey breast and press down firmly until breast bone breaks. Place turkey breast up on flat rack in shallow roasting pan. Turn wings back tucking under turkey.

Combine vegetable oil, garlic, paprika and thyme leaves, mixing to blend. Brush lightly with vegetable oil. Rub paprika mixture generously over turkey. Bake at 325°F, until thermometer reads 165°-170°F in turkey breast and 180°F in turkey thigh. (Start checking the temperature after 1-1/2 hours.) Remove and let stand 20 minutes before slicing. **NOTE:** Recommended serving size is 3-ozs.





CLASSIC HOLIDAY HAM WITH PINEAPPLE GLAZE

- 1 (5 to 7 lb.) fully cooked bone in ham*
- Whole cloves*
- 1 (8-oz.) can crushed pineapple*
- 1/3 cup bourbon*
- 1 teaspoon prepared mustard*

Place ham fat-side up on rack in baking pan. Bake at 325°F, 2 to 2-1/2 hours or until meat thermometer registers 125°F. Trim off rind with kitchen shears or sharp knife, leaving 1/4-inch layer of fat on ham.

Using sharp knife, score ham by cutting diamond shapes 1/4-inch deep through fat. Insert clove in each diamond. Spoon combined remaining ingredients over ham, continue baking 30 minutes or until thermometer registers 140°F. Remove ham and let stand 15 minutes before slicing. Garnish as desired. Makes 10 to 14 servings. **NOTE:** Recommended serving size is 3-ozs.



1. Trim off rind with kitchen shears or sharp knife, leaving 1/4-inch layer of fat on ham



2. Using sharp knife, score ham by cutting diamond shapes 1/4-inch deep through fat.



3. Insert whole cloves in each diamond. (*How-to photos courtesy Thomas Firak Photography. Sliced ham photo courtesy of the National Pork Board*)

HOLIDAY HAM WITH HONEY BALSAMIC GLAZE

1 (5 to 7 lb.) fully cooked bone in ham

Place ham fat-side up on rack in baking pan. Bake at 325°F, 2 to 2-1/2 hours or until meat thermometer registers 140°F. Remove ham and let stand 15 minutes before slicing. Trim fat from slices, if desired. Serve with Honey Balsamic Glaze. Makes 10 to 14 servings **NOTE:** Recommended serving size is 3-ozs.

Honey Balsamic Glaze

1/2 cup balsamic vinegar

2 teaspoons honey

Pour vinegar into small saucepan. Cook over low heat, 10 to 15 minutes or until vinegar is reduced by half. Remove from heat and stir in honey. Cool; mixture will thicken as it cools. Serve with sliced ham. **Tip:** Recipe may be doubled, if desired.

BRUSSELS SPROUTS WITH LEMON ZEST



2 lbs. fresh Brussels sprouts

1/4 cup chopped fresh chives

1/4 cup (1/2 stick) butter or margarine, softened

1 tablespoon lemon zest

Cut stem from each Brussels sprout and remove outer leaves; slice sprout in half. Rinse sprouts in cold water; drain. Combine chives, butter, and lemon zest in medium bowl, mixing to blend. Bring approx. 6 cups water to a boil in 4-qt. Dutch oven, stir in sprouts; reduce heat to simmer and cook 8 to 10 minutes or until sprouts are bright green and tender. Drain well. Return sprouts to Dutch oven and toss gently with butter mixture. Season to taste with salt and pepper and serve immediately. **YIELD:** 8 servings

Make-Ahead Tip: After cooking 8 to 10 minutes, drain sprouts and immediately place fresh sprouts in bowl of ice water. Drain well. Cover and refrigerate up to 24 hours. Heat sprouts over medium low heat. Stir in butter mixture and season to taste. **TIP:** For best results use fresh sprouts if planning to make ahead.

HARVEST VEGETABLE DRESSING

*1 tablespoon brown sugar
1/2 teaspoon, each, of salt, dried thyme leaves, and coarse ground black pepper
3 tablespoons butter or margarine
1 1/2 cups diced (1/4-inch) rutabaga
1 cup chopped onion
1 cup finely chopped celery
1/2 (14 ounce) package stuffing crumbs, about 3 1/2 cups
5 cups crumbled cornbread
1 cup coarsely shredded carrots
1/2 cup minced fresh parsley
1 1/4 cups chicken broth or turkey broth
1 large egg, slightly beaten*

Combine sugar, salt, thyme and pepper, and set aside. Melt margarine in large skillet over medium heat. Add rutabaga, onion, and celery; cook until vegetables are tender, about 15 minutes. Remove from heat. Stir in 1 tablespoon of reserved herb blend. In large bowl, mix together stuffing crumbs, cornbread, cooked vegetables, carrots and parsley. Stir in broth and egg. Place mixture in lightly greased 2-quart casserole dish, cover and bake at 325°F, 45 to 50 minutes or until internal temperature registers 165°F.

**If you prefer more moist dressing, add more broth.*

Makes about 9 cups.

Notes

SLOW-COOKER CANDIED SWEET POTATOES



“I loved this recipe! The prep was easy and my family raved about it. I think it is even better the second day!” – ChowChow & Soul™ reader.

*1/4 cup butter, melted
2 teaspoons vanilla extract
1/4 teaspoon salt
1 cup granulated sugar
1 cup firmly packed brown sugar
1/2 teaspoon cinnamon
1/2 teaspoon ground nutmeg
4 pounds sweet potatoes
2 tablespoons cornstarch
peeled and cut into 1/2-inch-thick slices*

*Toppings:
Miniature marshmallows
Chopped pecans
Crumbled bacon*

Stir together butter, vanilla and salt. Combine granulated sugar, brown sugar, cinnamon and nutmeg in a medium-sized bowl, mixing until well blended. Layer potatoes and sugar mixture in a lightly greased 6-qt. slow cooker,

beginning with potatoes and ending with sugar mixture. Pour butter mixture over layered potatoes. Cover slow-cooker and cook on LOW 4 hours or until potatoes are tender.

Transfer potatoes to a serving dish using a slotted spoon; reserve liquid. Keep potatoes warm. Remove 1/3 cup liquid from slow cooker; whisk cornstarch into 1/3 cup liquid until smooth. Carefully pour remaining liquid from slow cooker into a medium saucepan. Whisk in cornstarch mixture. Bring to a boil over medium heat; cook 1 to 2 minutes or until thickened. Pour over potatoes, and serve immediately; spoon on toppings, if desired.

YIELD: 6 to 8 servings

HOLIDAY WALDORF SALAD

2 3-oz. pkgs. raspberry flavored gelatin
2 cups boiling water
1/2 cup cold water
1/3 cup cassis liqueur
1 16-oz. can whole berry cranberry sauce
1 cup chopped unpeeled apple
1/4 cup chopped celery
1/4 cup chopped walnuts or pecans
Whipped cream (optional)

Dissolve gelatin in boiling water; stir in cold water and cassis liqueur. Chill until partially set; fold in cranberry sauce, apple, celery and walnuts. Pour into 6-to-8 cup glass serving bowl; chill until firm. To serve garnish with additional apple slices and whipped cream, if desired.

YIELD: 6 to 8 servings

VARIATION: Substitute 1/3 cup black-cherry soft drink for cassis liqueur.

ORANGE POUND CAKE



1 lb. powdered sugar
1 lb. butter
6 large eggs
3 cups sifted all-purpose flour
1 teaspoon vanilla
1 teaspoon orange juice
2 teaspoons orange zest

Preheat oven to 325° F.

In large bowl with electric mixer (preferably a standing electric mixer) beat together butter and sugar until light and fluffy. Add eggs one at a time, beating until yellow disappears after each addition. Gradually add sifted flour; mix well. Blend in vanilla, orange juice, and orange zest. Spoon cake batter into greased and floured 10-inch Bundt pan. Bake at 325° 1 hour and 20 minutes or until wooden pick inserted in cake comes out clean and cake starts to pull away from sides of pan. Cool 10 to 15 minutes, remove from pan. Cool completely. Serve with Honey Lemon Cream or drizzle with glaze, if desired.

YIELD: Approx. 16-20 servings

HONEY LEMON CREAM

1/2 cup Greek-style non-fat plain yogurt

1 tablespoon honey

1/4 to 1/2 teaspoon lemon zest

ORANGE GLAZE

1/3 cup powdered sugar

1 to 2 tablespoons

orange juice

In small bowl, add orange juice, 1 tablespoon at a time to powdered sugar, mixing until smooth and desired consistency. Drizzle glaze over cooled cake

SWEET POTATO SWIRL CHEESECAKE



Crust

1-1/2 cups graham cracker crumbs

3 tablespoons granulated sugar

6 tablespoons butter, melted

Filling:

3 (8 oz.) pkgs. cream cheese, softened

3/4 cup granulated sugar

3 tablespoons flour

3 eggs

1/2 cup sour cream

1-1/2 teaspoons vanilla extract

1/4 cup dark brown sugar

3/4 teaspoon cinnamon

1/2 teaspoon nutmeg

1/2 teaspoon ginger

1/2 teaspoon cloves

*1-1/2 cups pureed sweet potatoes**

2 tablespoons maple syrup

Topping:

1 cup sour cream

2 tablespoons dark brown sugar

1/4 cup chopped pecans

Heat oven to 325°F. In medium bowl, combine graham cracker crumbs, 3 tablespoons sugar and butter; mix until blended. Press crumb mixture onto bottom and up sides of 9-inch springform pan. Bake 10 minutes. Remove from oven; cool.

In mixing bowl, combine cream cheese, 3/4 cup sugar and 2 tablespoons of the flour; beat at medium speed with electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Blend in 1/2 cup sour cream and vanilla. Remove approximately 3 cups batter, set aside.

SWEET POTATO SWIRL CHEESECAKE, *cont'd*

In medium bowl, combine 1/4 cup brown sugar, remaining 1 tablespoon flour, cinnamon, nutmeg, ginger, and cloves; mix to blend. Mix sweet potatoes, brown sugar mixture and maple syrup into remaining batter, mixing until blended. Spoon 1/2 of sweet potato mixture into crust. Gently spoon 1/2 of plain batter over sweet potato batter. Continue alternating layers of batter until pan is full. With metal spatula or knife, gently swirl spatula through batters for marbled effect. Bake at 325°F, 1 hour 5 minutes or until center is set. Remove from oven; loosen cake from rim of pan. Cool completely before removing rim of pan. Chill several hours or overnight.

In small bowl, combine 1 cup sour cream and 2 tablespoons brown sugar. Spread on top of cooled cheesecake. Top with pecans, if desired. Store in refrigerator. **YIELD:** 12 servings.

***TIP:** Drain canned sweet potatoes. Using food processor or electric blender puree drained potatoes until smooth.

CLOSING:

I hope you find this e-book helpful, inspiring you to cook with confidence. As you cook up good things to eat impressing family and friends, savor the memories of sharing good food with your loved ones.

—Charla

CREDITS:

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This book was written and produced by Charla L. Draper. The recipes and photography except as indicated were created, and are owned by Charla L. Draper.

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