

COOKING **With** THE IBD-AID

HOLIDAY COOKING CLASS MENU AND RECIPES



Vegan Virgin Eggnog

Holiday Hummus

Nutty Harvest Honeycrisp Kale Salad

Herb-Roasted Turkey Breast

Steel-Cut Oat Turkey Stuffing

Winter Vegetable Mash

Classic Drop Biscuits

Pumpkin Pie (Chia) Pudding with Coconut Whipped Cream

WELCOME DRINK

Vegan Virgin Eggnog—All Phases

Makes 8 servings

Ingredients

- 4 cups Non-Dairy Milk
- 1 cup full fat Coconut Milk
- 10-12 Medjool Dates (pitted)
- 2 teaspoons Vanilla Extract
- 2 teaspoons freshly Ground Nutmeg
- 2 pinches of Ground Cinnamon
- 2 pinches of Ground Cloves
- 2 pinches of Sea Salt

Instructions

1. *Add all ingredients to a high speed blender and process until smooth and creamy. Serve immediately.*

APPETIZER

Holiday Hummus—All Phases

Serves 8

Ingredients

- 1 head Garlic
- 3 tablespoons Olive Oil, plus more for drizzling garlic
- 15 oz can Cannellini Beans, drained and rinsed
- 2 tablespoons Tahini
- 1 Lemon, juiced (about 2 tablespoons)
- 1 cup Baby Arugula, packed
- 1/4 cup fresh Parsley Leaves, gently packed
- 2 tablespoons Chives, roughly chopped
- 1/2 teaspoon Kosher Salt, plus more to taste
- 2 tablespoons Olive Oil
- 1-2 tablespoons ice cold Water, more as needed

Instructions

1. Separate the head of garlic into cloves, but don't peel them. Set a skillet over medium heat, drop in your garlic cloves, and let the cloves cook for 15 minutes, shaking the pan occasionally so they cook on all sides.
2. Meanwhile, in the bowl of a small food processor add the beans and process until roughly chopped, about 1 minute. Add the tahini and lemon juice and process until smooth and paste-like, about 1-2 minutes.
3. Add in the 5 of the roasted garlic cloves, arugula, parsley, chives, and salt. Process, scraping down the sides of the bowl as needed, until incorporated.
4. With the processor running, slowly stream in 2 tablespoons olive oil and 1 tablespoon of ice cold water. Slowly stream in more water, 1 tablespoon at a time, until desired consistency is achieved. Taste and adjust for seasoning with salt and pepper.
5. Transfer to a serving bowl and drizzle with a bit of olive oil on top and sprinkle with pomegranate arils. Enjoy!

SALAD

Nutty Harvest Honeycrisp Kale Salad—Phase 3

(Phase 2, remove pecans and peel apples; Phase 1, remove apples & pecans)

Serves 8

Cinnamon Vinaigrette Ingredients:

- 2 tablespoons Apple Cider Vinegar
- 1.5 tablespoons Honey
- 1 teaspoon Dijon Mustard
- 1/4 to 1/2 teaspoon Ground Cinnamon
- 1/4 teaspoon Salt
- 1/4 teaspoon Pepper
- 1/3 cup Olive Oil

Kale Salad Ingredients:

- 6 cups Tuscan Kale, chopped (stems removed)
- 2 Honeycrisp Apples, thinly sliced (peeled, if needed)
- 3 ounces Pecorino Cheese, freshly grated
- 1/2 cup Pecans

Directions:

1. Whisk together the vinegar, honey, mustard, cinnamon, salt, and pepper. Whisk in the olive oil until emulsified.
2. Massage the kale with a tablespoon or so of the dressing and let it sit for 5 to 10 minutes. You can season the kale at this point with salt and pepper, too.
3. Slice the apples.
4. Combine the apples, cheese, and pecans with the kale and toss well.
5. Drizzle with the vinaigrette and enjoy!

MAIN

Herb-Roasted Turkey Breast—All Phases

Serves 8 (DOUBLE FOR CLASS)

Ingredients:

- 1 whole bone-in Turkey Breast (6½ to 7 pounds)
- 2 tablespoons Olive Oil
- 3 cloves Garlic, minced
- 2 teaspoons freshly squeezed Lemon Juice (1/2 lemon)
- 2 teaspoons Dry Mustard
- 1 tablespoon chopped fresh Rosemary Leaves
- 1 tablespoon chopped fresh Sage Leaves
- 1 teaspoon chopped fresh Thyme Leaves
- 1.5 teaspoons Sea Salt
- 1/2teaspoon ground Black Pepper
- 3/4 cup Vegetable Broth

Directions:

1. Preheat the oven to 325 degrees; place the turkey breast on a rack in a roasting pan, skin side up.
2. In a small bowl combine the olive oil, garlic, lemon juice, mustard, rosemary, sage, thyme, salt, and pepper. Rub the mixture evenly all over the skin of the turkey breast. Pour the vegetable broth into the bottom of the roasting pan.
3. Roast the turkey for 1½ to 1¾ hours, until the skin is golden brown and an instant-read meat thermometer registers 165 degrees when inserted into the thickest and meatiest area of the breast. Check the breast after an hour or so; if the skin is overbrowning, cover it loosely with aluminum foil.
4. When the turkey is done, remove from the oven, cover the pan with aluminum foil, and allow the turkey to rest at room temperature for 15 minutes. Slice and serve warm with the pan juices.

SIDE 1

Steel-Cut Oat Turkey Stuffing—All Phases

Serves 8

Ingredients:

- 5 tablespoons Olive Oil, divided
- 2 cups Yellow Onions, finely diced
- 4 ribs Celery, finely diced
- 2 medium Carrots, peeled and finely diced
- 2 cups Steel-Cut Oats
- 8 cups Vegetable, Chicken, or Turkey Broth
- 2 tablespoons fresh Sage, minced (or 1 tablespoon dried)
- 2 tablespoon fresh Thyme, minced (or 1 tablespoon dried)
- 1/4 cup fresh Parsley leaves, chopped (or 1/8 cup dried)
- 2 cloves Garlic, minced or pressed
- 1/2 cup Parmesan or Pecorino Cheese, grated
- Salt and Pepper, to taste

Tip: Use a wooden spoon when making risotto and stir gently, never vigorously, after adding each cup of stock. Be sure to taste throughout the cooking so that you do not overcook the oats. You may not need all of your stock!

Directions:

1. Heat 3 tablespoons olive oil in a large pan over medium-high heat; add onion, celery, and carrot and sauté until soft, about 4 minutes.
2. Add thyme, sage, and garlic and sauté another 1 minute. Season with salt and pepper.
3. Add oats and sauté 2 minutes, stirring constantly.
4. Stir in 2 cups broth; cook 5 minutes or until liquid is nearly absorbed, stirring constantly.
5. Reduce heat to medium-low. Add remaining broth, 1 cup at a time, stirring frequently until each portion of broth is absorbed completely before adding the next (takes about 50 minutes total).
6. When the oats are cooked, remove stuffing from heat; stir in cheese, parsley, and remaining olive oil and adjust salt and pepper to taste.

SIDE 2

Winter Vegetable Mash—All Phases

Serves 8

Ingredients:

- 3/4 pound Rutabaga (1 large or 2 medium), peeled and trimmed, cut into 1" chunks*
- 3/4 pound Parsnips (2 large), peeled and trimmed, cut into 1" chunks*
- 3 Garlic cloves, peeled and halved*
- 3 sprigs fresh Thyme, plus more for garnish*
- 1 sprig fresh Rosemary*
- 2 Bay Leaves*
- 2 pounds Sweet Potatoes, about 4-6 medium, peeled and cut into 1" chunks*
- 1/2 cup unsweetened Non-Dairy Milk, plus more if needed*
- 1/4 cup Olive Oil, plus more for top*
- Sea Salt and Pepper, to taste*

Directions:

- 1. Place the rutabaga and parsnips in a large pot with cold salted water, enough to cover by about 1". Add the garlic cloves, thyme, rosemary, and bay leaves. Bring to a boil, then lower heat and cook for about 15 minutes, until barely tender when pierced with the tip of a knife.*
- 2. Add the potatoes to the pot and more water, if needed, to cover all of the veggies. Bring back to a simmer and cook for 10-15 minutes more, until all the vegetables are tender.*
- 3. Carefully drain off the cooking liquid. Remove the garlic, thyme, rosemary, and bay leaf. Mash the veggies a bit. Add the cashew milk. Use an immersion blender for a smoother puree, or leave chunkier. Stir in the olive oil and season with salt and pepper, to taste.*
- 4. Transfer to a serving bowl, drizzle with olive oil and sprinkle with fresh thyme leaves.*

BREAD

Classic Drop Biscuits—All Phases

Makes 8 biscuits

Ingredients:

- 2 ½ cups almond flour
- 1/2 teaspoon sea salt
- 1/2 teaspoon baking soda
- 1/4 cup canola oil
- 1/4 cup honey—local is best
- 2 large eggs
- 1 teaspoon freshly squeezed lemon juice

Directions:

1. Preheat oven to 350 degrees. Line a large baking sheet with parchment paper.
2. In a large bowl, combine the almond flour, salt, and baking soda. In a medium bowl, whisk together the canola oil, honey, eggs, and lemon juice.
3. Stir the wet ingredients into the almond flour mixture until thoroughly combined.
4. Drop the batter, in scant ¼ cups 2 inches apart, onto the baking sheet.
5. Bake for 15 to 20 minutes, until golden brown or a toothpick inserted into the center of a biscuit comes out clean. Let the biscuits cool briefly on the baking sheet, then serve warm.

DESSERT

Pumpkin Pie (Chia) Pudding with Coconut Whipped Cream—All Phases

Serves 8

Pudding Ingredients:

- 1/4 cup Non-Dairy Milk
- 1/4 cup Water
- 3/4 cup Canned Pumpkin (not pumpkin pie filling)
- 4 tablespoons Chia Seeds
- 3 teaspoons Honey (or to taste)
- 1 teaspoon Vanilla Extract
- 1/2 teaspoon Ground Cinnamon
- 1/8 teaspoon Ground Nutmeg
- 1/8 teaspoon Ground Ginger
- Pinch Ground Allspice
- Pinch Ground Cloves
- Pinch Sea Salt

Pudding Directions:

1. Whisk together all ingredients in a medium bowl. Cover and refrigerate overnight. (NOTE: This will be done in advance of class.)
 2. Puree the mixture in a blender or food processor until smooth.
 3. Transfer to serving glasses.
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Whipped Cream Ingredients:

- 3 cans full fat Coconut Milk, refrigerated for at least 4 hours to separate the cream from the water
- 3 teaspoons Vanilla
- 2-3 tablespoons Honey

Whipped Cream Directions:

1. Scoop the hardened coconut cream from the top of the can into a large bowl or your stand mixer. Discard the water (or use for something else!).
2. Whisk the cream until it begins to soften and stiff peaks form, about 4-5 minutes.
3. Add in the vanilla and honey and mix thoroughly; adjust sweetness as desired.