

2008
FOOD
ISSUE

PLAN A HEALTHY thanksgiving

'Tis the season
to enjoy the harvest.

*Here, a new approach to the holiday—
no turkey required!*

STORY AND FOOD PHOTOGRAPHY
BY VIVIANE BAUQUET FARRE

thanksgiving ranks up there as one of America's favorite holidays, if not *the* favorite. The turkey. The stuffing. The cranberries. Add to that, the stress of planning it all. But it doesn't have to be that way. With some forethought, along with some stops at your local farmers' market, you can put together the kind of menu our forefathers had in mind when they first gave thanks. With everyone worrying about expanding waistlines, "good" vs. "bad" cholesterol, or too much sodium, you can put your concerns to rest with a delicious and healthy meal—no turkey required.

My first rule of thumb is to offer a meal with many courses and then to savor each moment rather than rushing to the next option. This makes the meal more digestible, as well as more enjoyable. My last rule, therefore, is that it must be light. I like to create recipes that have all the flavor without the richness of a traditional Thanksgiving meal. This is why fresh herbs find their way into almost every dish, generously bestowing their essence. The zest of citrus fruit, endowed with equally strong flavor, is used in the pesto to complement the pumpkin soup or to brighten up the scrumptious apple-pear

crumble. And spices such as cinnamon, cardamom, and ginger give the traditional cranberry sauce an exotic flair. Even at the end of November, there's still a marvelous assortment of fresh veggies and fruit to choose from at your local farmers' market: Brussels sprouts, cauliflower, gorgeous red beets, leafy greens, pumpkins and winter squash, apples and pears ... the list goes on.

From the first bite of the spicy beet-green *crostini* to the last morsel of dessert, the mood for this feast is set. May it inspire you to create a meal that is as delicious as it is joyful—in the true spirit of giving thanks!

For more Thanksgiving recipes, visit lohud.com/rocklandmag.



MARK VERGARI

*Viviane Bauquet Farre,
founder of foodandstyle.com,
gives butternut squash
a fresh take.*

>>MENU

**HORS
D'OEUVRES**
Spicy beet-green
crostini

Endive boats
with fresh ricotta
and roasted beets

APPETIZER
Pumpkin soup
with citrus-mint
pesto

MAIN COURSE
Individual gratins
with shiitake
mushrooms and
Yukon Gold
potatoes

Roasted butternut
squash with garlic
and sage

Maple-glazed
Brussels sprouts
with chestnuts

Cauliflower purée
Cranberry chutney
with figs

*Rumball Coona-
warra Cuvee
Sparkling Shiraz,
Australia*

DESSERT
Apple-pear crisp
with macadamia
crumb and
Calvados chantilly

[hors d'oeuvres]

>> Endive Boats with Fresh Ricotta and Roasted Beets

MAKES 24 boats
FOR THE BEETS

- 4 medium, red beet roots (about 1 bunch), washed, ends trimmed, and unpeeled
- Spring water
- 1 Tbsp. aged balsamic vinegar
- 3 Tbsp. extra virgin olive oil
- ¼ c. finely chopped fresh chives
- ¼ tsp. sea salt, or to taste
- Freshly ground pepper, to taste

FOR THE ENDIVE BOATS

- 3 large Belgian endives, trimmed and leaves pulled from core

(about 24 large leaves)
12 oz. fresh, handmade ricotta
Sea salt and pepper, to taste
Chive tips, as garnish

- 1 Preheat the oven to 450°F. Place the beets in a small roasting pan. Fill pan with ½ in. of spring water. Cover tightly with foil, and bake for 60 to 70 minutes, until beets are tender. Transfer to a bowl, and set aside to cool to room temperature.
- 2 In a small bowl, whisk together the vinegar, olive oil, chives, salt,

- and pepper, until well blended. Set aside for now.
- 3 Peel the beets by slipping the skins off with the back of a knife. Cut into ⅜-in. cubes. Add the dressing, toss, and let stand at room temperature for 15 to 30 minutes.
 - 4 Just before serving, place a spoonful of the ricotta in the lower half of each endive leaf. Top with the beet cubes; add salt and pepper, if desired. Garnish with a chive tip and serve. **FYI** May be prepared up to 30 minutes ahead and kept at room temperature.



>> HORS D'OEUVRES
Spicy beet-green *crostini*
Endive boats with fresh ricotta and roasted beets
>> APPETIZER
Pumpkin soup with citrus-mint pesto
California chardonnay

>> Spicy Beet-Green Crostini

MAKES 16 *crostini*

- 3 Tbsp. extra virgin olive oil
- ¼-½ tsp. red pepper flakes, to taste
- 2 large garlic cloves, finely chopped
- 1 lb. beet greens (or Swiss chard), trimmed and cut in ¼-in. strips
- ½ tsp. sea salt and pepper, to taste

- 16 baguette slices—cut on the diagonal in ¼ in.-thick slices
 - Extra virgin olive oil, for drizzling
- 1 Heat a large, heavy-bottomed skillet over high heat. Add the oil, red pepper flakes, and garlic. Sauté for 1 minute only. Add the beet greens and sauté for 4 to 5 minutes, until the juices have

- evaporated and greens turn dark, tossing from time to time. Add the salt and pepper, to taste. Toss well and remove from heat.
- 2 Preheat the broiler. Toast the bread under the broiler on each side until crispy. Top each slice with a small mound of beet greens, and drizzle with olive oil. Set on a platter, and serve warm.

[appetizer]



TIP
A California chardonnay goes well with the soup course.

>> Pumpkin Soup with Citrus-Mint Pesto

MAKES 8 servings
FOR THE SOUP

- 3 Tbsp. extra virgin olive oil
- 1 medium Vidalia or Spanish onion, peeled, quartered, and cut crosswise in ⅛-in. slices
- 1 c. dry white wine
- 2 garlic cloves, peeled and finely chopped
- 1 medium pumpkin (about 3 lbs.), peeled (use vegetable hand-peeler), seeded, and cut in 1-in. chunks
- 2½ c. vegetable broth, in cartons
- 2½-3 c. spring water
- ¼ tsp. sea salt, or to taste

- Freshly ground pepper, to taste
- 2 Tbsp. fresh orange juice

FOR THE CITRUS-MINT PESTO

- 1 small bunch Italian parsley (about 1½ oz.), tough stems removed
- 8 sprigs fresh mint leaves, stems removed
- ¼ tsp. fennel seeds, coarsely ground with mortar and pestle
- ¼ tsp. orange zest (use Microplane grater)
- 2 Tbsp. pine nuts
- ¼ tsp. sea salt
- Freshly ground black pepper, to taste
- ½ c. extra virgin olive oil

- 1 Heat a large, heavy-bottomed soup pot at medium-high heat. Add the olive oil and onions, and sauté for 5 to 6 minutes, until golden, stirring occasionally. Add the wine and garlic. Stir well and continue to sauté for 3 to 4 minutes, until the wine has evaporated and glazed the onions. Add the pumpkin chunks, the vegetable broth, 2 ½ c. water, salt, and pepper, to taste. Bring to a boil and then simmer, covered, for 30 to 35 minutes, until the pumpkin pieces are tender.
- 2 Add the orange juice, and purée the soup with a stick blender or food processor, until smooth. Thin the soup with water, to desired consistency. Adjust the seasoning, if needed. Remove from heat and set aside.
- 3 While the soup is simmering, make the pesto. Place all the ingredients in the bowl of a food processor, and process until smooth, for 1 to 2 minutes, scraping the sides of the bowl once or twice. Transfer to a small bowl, and set aside.
- 4 Ladle the soup into bowls. Place a spoonful of the pesto in the center of each bowl and serve. **FYI** You may make this, up to three days ahead; reheat just before serving.

>> GAME PLAN

1 week ahead

- Buy wine.

3 to 4 days ahead

- Buy vegetables and groceries (I like to buy the veggies as close to the time I need them as possible. The longer they sit in the refrigerator, the more they lose both nutrition and flavor).
- Wash beet greens, spin dry, place in large Ziploc bag, and refrigerate.
- Cut baguette in slices for the *crostini*, and freeze.

2 days ahead

- Roast the beets, and refrigerate.
- Make soup and pesto, and refrigerate.

1 day ahead

- Set table and prep house.
- Blanch Brussels sprouts, and refrigerate.
- Make cranberry chutney, and refrigerate.
- Make Calvados chantilly, and refrigerate.
- Cut butternut squash, place in large Ziploc bag, and refrigerate.

Thanksgiving morning

- Make apple-pear crisp.
- Make gratins.
- Roast butternut squash.
- Make cauliflower purée.
- Prep the beets for the endive boats.
- Slice the beet greens and garlic for the *crostini*.
- Prep the ingredients for the Brussels sprouts.

30 minutes before guests arrive

- Take the soup, and chutney out of the refrigerator.
- Assemble the endive boats.

When guests arrive

- Serve the endive boats.
- Toast the baguette slices, sauté the beet greens, and assemble *crostini*. Serve warm.

When ready to serve dinner

- Reheat soup, and serve.
- Reheat gratins and butternut squash, at 375°F for 6 to 8 minutes.
- Reheat cauliflower purée.
- Sauté Brussels sprouts.
- Plate main course, and serve.
- Reheat dessert, and serve.

[main course]



>> MAIN COURSE
 Individual gratins with shiitake mushrooms and Yukon Gold potatoes
 Roasted butternut squash with garlic and sage
 Maple-glazed Brussels sprouts with chestnuts
 Cauliflower purée
 Cranberry chutney with figs
Rumball Coonawarra Cuvee Sparkling Shiraz, Australia

TIP

With the main course, serve a sparkling shiraz from Australia, such as Rumball Coonawarra Cuvee. It is as festive as it is delicious!

[main course]



>> Individual Gratins with Shiitake Mushrooms and Yukon Gold Potatoes

MAKES 8 servings

FOR THE MUSHROOMS

- 12 sprigs fresh Italian parsley, leaves removed from stems
- 8 thyme sprigs, leaves removed from stems
- 2 sprigs winter savory or rosemary, removed from stems
- 4 Tbsp. extra virgin olive oil
- 2 Tbsp. unsalted butter
- 1½ lbs. fresh shiitake mushrooms, stems trimmed, cut in ¼-in. slices
- 2 large shallots, quartered and finely sliced
- 2 large garlic cloves, finely chopped

- ½ tsp. sea salt
- Freshly ground pepper, to taste

FOR THE GRATINS

- 1½ c. milk
- ½ c. heavy cream
- ¼ tsp. sea salt, to taste
- Fresh ground pepper, to taste
- 1 lb. medium Yukon Gold potatoes, cut in ¼-in. slices (use mandoline or blade attachment of food processor)
- 4 oz. cave-aged Gruyère (about 1 c.), coarsely grated
- 8 ½ c.-capacity ramekins, lightly buttered

- 1 Place the herbs on a cutting board, and finely chop. Set aside.
- 2 Heat a large, nonstick skillet to high heat. Add the oil and butter. As soon as the butter is melted, add the mushrooms. Toss well and sauté for 4 to 6 minutes, until golden, stirring only occasionally. Add the shallots and continue to sauté for 1 to 2 minutes, until shallots have softened. Add garlic, herbs, salt, and pepper, and continue to sauté for 30 seconds. Remove from heat, and transfer to a bowl, to cool slightly.
- 3 Preheat oven to 375°F. Whisk the milk, cream, salt, and pepper in a small bowl and set aside. Using a third of the potato slices, cover the bottoms of the ramekins (just cover the surface). Top with half the mushrooms. Then top with the second third of the potato slices. Top again with half the mushrooms, and finish with the balance of the potato slices. Drizzle with the milk mixture. Sprinkle with the grated cheese. Bake for 45 to 50 minutes until golden and bubbly. Remove from oven and let cool for 5 minutes before serving. Serve the gratins in their molds.

>> Cauliflower Purée

MAKES 8 servings

- 4 c. milk
- 1½ tsp. sea salt, or to taste
- 1 large bunch fresh thyme, tied in a bundle with string
- 2 medium cauliflower (about 4 lbs.), florets torn in 2-in. pieces
- Freshly ground pepper, to taste
- ½ c. freshly grated Reggiano or Grana Padano Parmesan

- 1 Bring milk to a boil in a large soup pot. Add half the salt, herb bundle, and cauliflower; boil, partially covered (or the milk will foam up), for 12 to 15 minutes, until the cauliflower is tender. Strain in a colander—reserving the milk—and let

stand for 5 minutes, until well drained. Discard herb bundle.

- 2 Place the cauliflower florets in the bowl of a food processor, and process with a steel blade until coarsely chopped. Add the balance of the salt, black pepper, Parmesan, and ¼ c.—or a little more—of the reserved milk, to the desired consistency. Process for another 30 seconds, until smooth. Transfer to a bowl, and keep at room temperature until ready to use.
- 3 When ready to serve, heat the purée in a saucepan over medium heat until very warm, stirring frequently and adding a bit of the reserved milk, if needed. Serve immediately.



>> Maple-Glazed Brussels Sprouts with Chestnuts

MAKES 8 servings

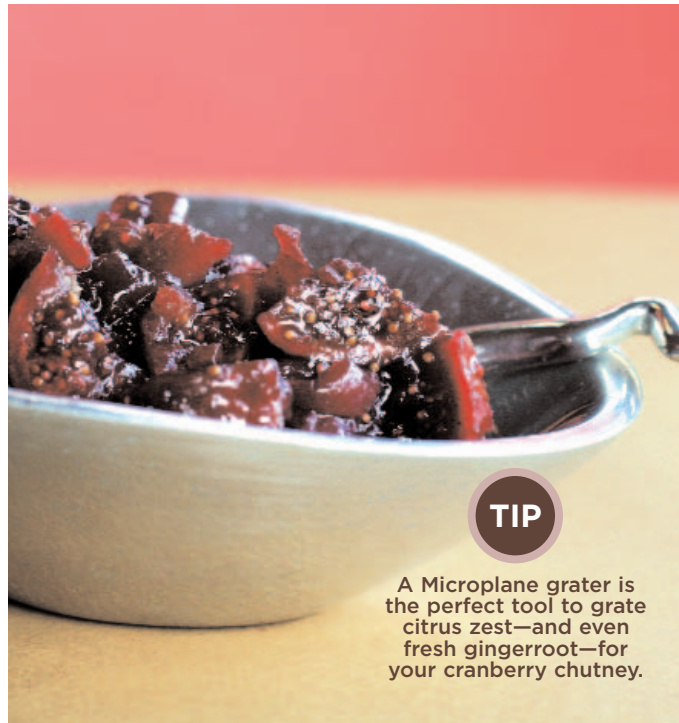
- 1 Tbsp. sea salt, for the blanching water
- 2 lbs. Brussels sprouts, ends trimmed and cut in half
- 2 Tbsp. unsalted butter
- 4 Tbsp. extra virgin olive oil
- 2 Tbsp. maple syrup
- 6 oz. roasted chestnuts in jars, broken in ½-in. pieces (use your fingers)
- 3 large shallots, quartered and finely sliced
- ¾-1 tsp. sea salt, to taste
- Freshly ground pepper, to taste

for 4 minutes, until tender. Scoop them out with a slotted spoon and transfer to the ice-water bath, until cool. Drain on paper towels. Once dry, transfer to a bowl and set aside. **FYI** The Brussels sprouts may be blanched up to one day ahead and placed in a Tupperware in the fridge until ready to use.

- 3 Heat a large, heavy-bottomed skillet over high heat. Add the butter, olive oil, and maple syrup. As soon as the butter melts, add the sprouts and chestnuts, and toss. Sauté for 4 to 5 minutes, until golden, tossing occasionally. Add the shallots, toss again, and sauté for 1 to 2 minutes, until shallots have softened. Sprinkle with salt and pepper.

- 1 Fill a large bowl with cold water and several ice cubes.
- 2 Fill a medium pot with water, and bring to a boil. Add the salt and blanch the Brussels sprouts

[main course]



TIP

A Microplane grater is the perfect tool to grate citrus zest—and even fresh gingerroot—for your cranberry chutney.

>> Roasted Butternut Squash with Garlic and Sage

MAKES 8 servings

- 2 medium butternut squash (about 4 lbs.), peeled (use vegetable hand-peeler), seeded, scooped out, and cut in 1/2- x 3-in. slices
- 2 small bunches fresh sage, leaves removed from stems
- 16 large garlic cloves, unpeeled and left whole
- 1 tsp. sea salt, or to taste
- Freshly ground pepper, to taste
- 6 Tbsp. extra virgin olive oil

1 Preheat oven to 475°F. Place the butternut squash slices in a nonstick jelly roll pan large

enough to hold the ingredients in a single layer (alternatively use 2 pans). Add the sage, garlic, salt, and pepper, to taste. Drizzle with the olive oil, and toss well. Arrange slices in a single layer, and bake for 20 minutes.

2 Remove from oven. Flip each slice—carefully, to avoid breaking. Return to oven and bake, 10 to 15 minutes, until golden-brown. Remove garlic cloves, and save for another use. Serve the roasted squash with the sage leaves.

FYI The squash may be sliced, up to 24 hours ahead, and refrigerated in Ziploc bags.

HOW TO PEEL A BUTTERNUT SQUASH



1 Using a swivel-head peeler, peel across the butternut, as you would an apple.

2 Cut both ends of squash.

3 Then cut squash in half, lengthwise.

4 Scoop out the seeds with a spoon.

5 Cut crosswise, in 3-in. sections.

6 Cut each section in 1/2-in. slices.

>> Cranberry Chutney with Figs

MAKES 2 cups

FOR THE FIGS

- 4 oz. dried California or Turkish figs (about 1/2 c.), cut in 1/4-in. pieces
- 2 Tbsp. Cointreau
- 2 Tbsp. orange juice

FOR THE CHUTNEY

- 1 1/4 c. apple or grape juice
- 1 Tbsp. lemon juice
- 1/2 c. organic sugar
- 2 cinnamon sticks
- 1 tsp. freshly grated ginger (use Microplane grater)
- 1/2 tsp. orange zest (use Microplane grater)
- 1/8 tsp. ground cardamom
- 1/8 tsp. red pepper flakes
- Pinch sea salt, to taste
- 12 oz. fresh cranberries

1 Mix the figs, Cointreau, and orange juice in a bowl, and let stand for 15 minutes.

2 Heat a large saucepan over high heat. Add the apple juice, lemon juice, sugar, cinnamon sticks, ginger, orange zest, cardamom, red pepper flakes, and salt. Bring to a boil. Once boiling, reduce heat to medium-high and add the cranberries.

3 Stir well, and fast-simmer, 6 to 7 minutes, until the cranberries start to pop. With a wooden spoon, crush the berries on the side of the pot, until the mixture is chunky. Turn off the heat, add the fig mixture, and stir. Cover, and let stand for 15 minutes. Transfer to a bowl, to cool to room temperature, and serve.

>> WHERE TO SHOP, LOCALLY

- TIERRA FARM** Macadamia nuts, pecans, curried cashews (Piermont Farmers' Market).
- YUNO'S FARM** Beets, cauliflower, herbs (Piermont Farmers' Market).
- THE ORCHARDS OF CONCKLIN** Pears and apples (Nyack Farmers' Market).
- DINES FARMS** Pasture-raised meats and turkeys, though I love their shiitake

- mushrooms (Piermont Farmers' Market; dinesfarms.net).
- MIGLIORELLI FARM** Potatoes, apples, and pears (Piermont Farmers' Market).
- BREAD ALONE** Sourdough baguette (Piermont Farmers' Market).
- GRACIE'S RAVIOLI** Ricotta, Parmesan, and olives (140 Main St.; 727-1600).

- LARAIA'S CHEESE** Feta, cave-aged Gruyère (5 Seeger Dr.; Nanuet; 627-2070).
- WINE FOR ALL** Chardonnay, sparkling Shiraz, and grappa (516 Rte. 303; Orangeburg; 680-9463).
- BACK TO EARTH** Endives, fennel, cranberries, California dried figs, spices (1 S. Broadway; Nyack; 353-3311).

SQUASH HOW-TO: MARK VERGARI

[dessert]

>> Apple-Pear Crisp with Macadamia Crumb and Calvados Chantilly

MAKES 8 servings

FOR THE CRUMB TOPPING

- 1 c. unbleached white flour
- 1/3 c. turbinado sugar
- 1/4 tsp. sea salt
- 8 Tbsp. unsalted butter (1 stick), cold
- 2/3 c. roasted, unsalted macadamia nuts

FOR THE FRUIT

- 6 medium Braeburn or Gala apples, peeled, cored, and cut in 1/4-in. slices
- 4 ripe Bartlett pears, peeled, cored, and cut in 1/2-in. slices
- 1 tsp. finely grated lemon zest (use Microplane Grater)
- 2 Tbsp. lemon juice
- 1 Tbsp. Calvados or apple brandy
- 1/3 c. organic sugar
- 1 13- x 10- x 3-in. ceramic baking dish, lightly buttered

FOR THE CALVADOS CHANTILLY

- 1 c. heavy cream, well chilled
- 2 Tbsp. Calvados
- 2 Tbsp. organic sugar

1 Preheat the oven to 375°F. In the bowl of a food processor, combine the flour, sugar, and salt. Process at high speed until well blended. Add the chunks of but-

ter and nuts, and process until coarse crumbs form. Do not over-process or the crumbs will come together and form a dough. Let stand until ready to use.

2 Place the apple and pear slices in a large bowl and sprinkle with the lemon zest, lemon juice, Calvados, and sugar. Toss well.

3 Place the apple-pear mixture in the prepared dish. Sprinkle with the crisp topping. Bake 50 to 55 minutes, until the topping is golden brown and the fruit is bubbly. Remove from the oven, and let cool down, until warm.

4 With an electric mixer, whip the heavy cream, Calvados, and sugar at medium speed until the cream begins to thicken. Do not overbeat! Transfer to an airtight container, and refrigerate until ready to use.

5 Spoon into dessert bowls. Top each with a dollop of the Calvados chantilly; serve immediately.



>> ABOUT VIVIANE

A native of a French island in the South Pacific, Viviane has always focused on flavor, flavor, and more flavor. She is a self-taught cook, who offers small, hands-on cooking classes in her home; go to foodandstyle.com for upcoming events.

All recipes © 2008 Viviane Bauquet Farre/
Food & Style NY LLC

>> MORE ONLINE

- Find all the recipes shown, plus those listed below, on lohud.com/rocklandmag:
- > Marinated olives with fennel
 - > Pear Bellini
 - > Baby-spinach salad with dried cranberries, feta cheese, and maple-glazed pecans
 - > Panroasted shallot vinaigrette

>> DESSERT
Apple-pear crisp with macadamia crumb and Calvados chantilly