

HOLIDAY COOKING

Year-Round Vegetable Cooking





Tips for Preparing Holiday Recipes

from Chef Tony Baker

When I cook at home for my family, one of my favorite pans in my collection is my roasting pan. As a child, my mother's Sunday roast was a traditional favorite. Often the entire meal was cooked in one roasting pan, taking advantage of all the flavor and natural meat au jus: "One Pot Cooking."

Here is how I use my roasting pan at home:

Start by choosing your favorite protein and seasoning it well. Experiment with hearty herbs such as rosemary, thyme, savory, oregano and sage. Mix herbs with coarse salt, black pepper and minced garlic then rub mixture on the protein.

I start my roast on high heat; searing the meat at 425 degrees for 10 minutes. Then I reduce the temperature to 325 degrees (see note below on specific cooking times). Depending on the size of the roast, the meat will take the longest to cook, so plan the addition of vegetables based on the time needed to cook. Add potatoes to the pan then artichokes, fennel, celery, carrots and onions.

When all the vegetables are tender and meat is cooked, (see cooking times below) remove from oven and transfer both the vegetables and meat to a serving platter to rest, covered with foil. Keep excess drippings in roasting pan.

Drain off excess grease from drippings and place the roasting pan on the stove top on medium to high heat. Add 2 cups of red wine (white wine for chicken) and boil until the sauce is reduced by about half. Add 4 cups beef (or chicken) broth, bring to a boil and simmer for 10 minutes to 15 minutes. Taste check seasoning for salt.

Slice the protein and arrange roasted vegetables around the meat, ladle the hot jus over the meat and vegetables before serving.

Roasting is possibly one of the oldest forms of cooking; this is a back to basics way of cooking delicious food.

"Feel Good About What You Eat"

Chef Tony Baker

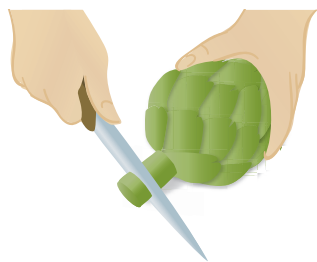
Protein Cooking Times:

Chicken: rule of thumb is 20 minutes per pound plus 10 minutes and a final internal temp of 165 degrees on a meat thermometer.

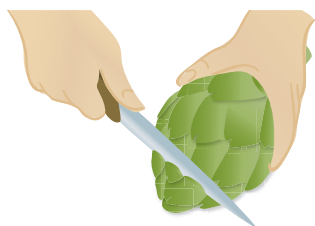
Beef: depends on the cut, medium rare will have an internal temperature of 130 degrees after resting.

Pork is 145 degrees, based on USDA recommendations, however some people are eating pork a little less done, it is a personal preference.

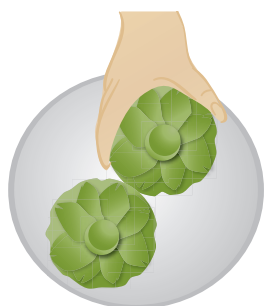
How to Prepare Artichokes for Cooking



Trim stem to approximately 1 inch.



Trim about 1 inch off the top.



Arrange artichokes, either stem up or stem down.



Use a spoon to scrape out the fuzz.

Artichokes are easy to cook, with just a little preparation.

1. Rinse the artichokes under cold, running water.
2. Trim the artichoke stem approximately 1 inch. (The stem is an extension of the heart)
3. Trim the top of the artichoke approximately 1 inch.
4. With scissors, trim tip of petals to remove any remaining thorns.

How to Steam Artichokes

Steaming artichokes is the ideal cooking method for maintaining their high-nutrient content.

Stove top

Using a deep pot, arrange artichokes either stem up or down—preferably in a steamer basket—keeping the artichokes above the steaming water. If a steaming basket is not available, place artichokes directly in water, keeping them only partially submerged.

Cover the pot and steam over rapid-boiling water (making sure to maintain the water level) until artichokes are tender. (Optional: use a broth instead of water for added flavor.)

Depending on size and quantity, total cooking time can range from 30-50 minutes. After the artichokes are tender, use tongs to carefully lift them out of the pot.

Testing Your Artichokes for Doneness:

However you decide to cook an artichoke, it is important to know when it is done. The best way is to use a toothpick or fork to poke the base of the artichoke to check if it is tender all the way through to the heart. If there is no resistance, it's done and ready to eat or use in a recipe.

Removing the Fuzz

There are several ways to remove the center artichoke “fuzz” once it is cooked.

1. The easiest way is to remove and enjoy each petal of the artichoke until you make your way down to the fuzzy center. Then use a spoon to scrape out the fuzz.
2. Cut the cooked artichoke in half lengthwise from top to bottom of stem. This will expose the fuzzy center on both sides of the choke. Using a spoon, scoop out the fuzz from both artichoke halves.
3. Spread open the center of the artichoke. Pull up and remove the center cluster of small, thin artichoke petals to expose the center fuzz. Use a spoon to gently scoop out the center fuzz.

Baby Artichokes

To Prepare:

After rinsing, snap off the lower petals until you reach the yellow-green core. Use a knife and cut off the top half inch of the Baby Artichoke, or just below the green tips of the petals. Trim the stems and all remaining dark-green areas from the base. Slice, halve or quarter per your recipe directions or preference.

To Cook:

Baby Artichokes can be cooked just like the larger-sized artichokes, but for not as long. Baby Artichokes are done when a toothpick or knife tip will go into the base of the artichoke easily.



Roasted Brussels Sprouts

1.5 pounds Brussels sprouts

4 slices double smoked bacon

Kosher salt and ground black pepper

WHITE BALSAMIC VINAIGRETTE:

3 egg yolks

1 tablespoon mustard, Dijon

1 shallot

1.5 cup white balsamic vinegar

3 cups olive oil

Kosher salt and ground black pepper

BRUSSELS SPROUTS:

Remove the bottom of the sprouts and trim the first layer of leaves from the sprouts.

In a medium pan, add the diced smoked bacon and lightly brown.

Strain and set the bacon to one side.

Add the Brussels sprouts to the pan and toss with the bacon fat only reserving the bacon until the end.

Roast the sprouts in the oven at 400 degrees for 35 to 40 minutes until tender.

WHITE BALSAMIC VINAIGRETTE:

Place yolks, mustard, shallot and vinegar in a blender.

On medium speed, slowly add the oil. If the consistency is too thick add a little water.

Add salt and pepper to taste.

Toss with the bacon and some white balsamic vinaigrette and serve.



Cranberry Sauce with Fennel

Tip: if you can use processor to finely chop the fennel.

1 cup of finely diced fennel bulb

1 cup orange marmalade

1 cup sugar

1 cup water

1 package (12 ounces) fresh cranberries

1 tsp. chopped parsley

Serves 8

In medium saucepan, combine water and sugar; mix until dissolved.

Add diced fennel. Over medium-high heat, bring fennel mixture to a boil. Reduce and simmer fennel for about five minutes.

Add fresh cranberries and return to a boil until cranberries pop open. Add marmalade and parsley and continue to simmer over medium heat until sauce thickens (about 10 minutes).

Serve warm or chilled.





Fennel Cornbread

The fennel adds flavor and moisture to traditional cornbread.

1 egg, beaten

1 fennel bulb, grated

1¾ cups buttermilk

¼ cup oil

½ cup sugar

½ cup cooked crumbled bacon

2 cups plain cornmeal

1 tbsp. baking powder

1 tsp. salt

Serves 6

Preheat oven to 450 degrees. Spray 9 inch cast iron skillet with cooking spray and place skillet in hot oven to heat up.

In large bowl, combine all ingredients, mixing until well combined. Spoon batter into greased hot skillet and bake at 450 degrees for 20 to 25 minutes or until corn bread is golden brown.



Artichoke, Fennel & Leek Stuffing

This stuffing is a crowd pleaser! The fennel gives it a unique flavor and crunch.

**2 cups Ocean Mist
artichoke hearts, cooked,
cleaned, and diced**

**2 leeks, greenish-white
part only, diced**

**2 fennel bulbs, tops
removed, diced**

3 stalks of celery, diced

½ yellow onion, diced

**¾ cup plus 3 tbsp. salted
butter**

2 tsp. kosher salt

1 tsp. black pepper

**1½ tbsp. fresh thyme,
rough chopped**

**1 tbsp. fresh garlic,
chopped fine**

2 tbsp. poultry seasoning

**2 cups chicken stock (may
add more for more moist
stuffing)**

2 large eggs, lightly beaten

**1 cup Italian parsley leaves,
rough chopped**

**12 cups cube bread stuffing
(boxed)**

Serves 6

Melt the butter in a large pot. Add the leeks, onions, fennel, celery, salt and pepper. Cook until the onions and fennel turn translucent.

Add the artichoke hearts, thyme, garlic, and poultry seasoning. Cook until the aromas are released from the garlic.

Add the chicken stock and beaten eggs. Bring up to a simmer and then stir in the parsley and bread crumbs to combine. Texture may be varied by using more liquid for moister stuffing, and less liquid for drier stuffing. Spoon stuffing into a buttered/greased casserole dish. Cover and bake at 350 F. degrees for 35-40 minutes or until piping hot. Uncover and continue baking for the last 15 minutes for a crisper top.



Sliced Celery Salad with Walnuts, Dates & Pecorino Cheese

1¼ cups walnuts (chopped or pieces)

1 minced green onion (white bulb only)

2 tbsp. sherry vinegar

2 tbsp. walnut oil

2 tbsp. extra-virgin olive oil

Kosher salt and freshly ground pepper

2 bunches celery (2 pounds, thinly sliced at a slant or angle)

¾ cup dried pitted medjool dates, quartered lengthwise

3 ounces dry pecorino cheese, shaved with a vegetable peeler

Serves 6

Preheat the oven at 350 degrees. Spread walnut pieces in a pie plate and toast for about 8-10 minutes, until lightly golden and fragrant. Let cool.

In a small bowl, combine the green onion with sherry vinegar. Whisk in both oils and season with salt and pepper.

In a large bowl, toss the toasted walnuts, celery, dates and pecorino cheese. Add the dressing and toss. Serve at once.

MAKE AHEAD:

Slice the celery ahead. Make dressing ahead-keep separate and refrigerate until you are ready to toss together and serve. Add walnuts just before serving.



Roasted Beets with Baby Spinach

2 bunches of fresh beets, rinsed, dried and quartered (do not peel)

Extra virgin olive oil for drizzle

2 tbsp. herbs de province

1 tsp. garlic salt

¼ cup good quality balsamic vinegar

½ cup crumbled goat cheese

½ cup toasted chopped pecans

10 ounces of fresh baby spinach

Preheat oven to 350 degrees.

On cookie sheet, spread beets evenly. Drizzle with olive oil and sprinkle with garlic salt and herbs de province. Roast uncovered in hot oven for 1 hour or until beets are very tender (poke sharp knife into beet and it should be very tender). You may want to stir beets ½ way through roasting time. When tender, remove beets from oven and allow to cool on sheet for 10 minutes.

In large bowl place warm beets and balsamic vinegar. Stir to coat beets, cover bowl and refrigerate until ready to use (marinated at least 2 hours and up to 24 hours).

To serve, place rinsed and dried fresh spinach on large serving platter. Top with marinated beets include balsamic marinade. Sprinkle beets with goat cheese and toasted pecans. May garnish with six fresh figs that have been halved and grilled cut side down on grill pan. Serve and refrigerate any left over salad.



Cauliflower Stuffed Potatoes

3 extra large baking potatoes (rinsed and dried)

1 head Ocean Mist Farms® cauliflower (cut into quarters)

½ tsp. garlic salt

2 tbsp. low-fat sour cream

½ cup vegetable or chicken broth, warmed

1 envelope dried onion soup mix

½ cup low-fat shredded cheddar cheese

Serves 6

Preheat oven to 350°.

Place quartered cauliflower on a large sheet of heavy-duty foil. Season with garlic salt. Fold the foil into a packet, crimping the edges to seal. Place the packet in an ovenproof dish and place in a hot oven.

Pierce the skin of the potatoes and place them in the hot oven, next to the cauliflower packet.

Bake cauliflower and potatoes for 1 hour or until very tender when pierced with knife or fork. Remove the packet from the oven.

Remove the potatoes from the oven and cut them lengthwise. Scoop the hot contents into a large mixing bowl. Place the empty potato skins in an ovenproof casserole dish.

Add the baked cauliflower to the potatoes in the mixing bowl. Then add warm broth, sour cream, and soup mix. With an electric mixer, whip potato and cauliflower mixture until light and fluffy, adding more warm broth if needed.

Scoop the whipped potato and cauliflower mixture into the six potato skins and top each potato with cheddar cheese.

Bake in a hot oven for 15 minutes or until the cheese is melted.





Shaved Brussels Sprout Salad

1 small red onion, cut into ½-inch rounds

4 tbsp. extra-virgin olive oil, plus extra for drizzling

Salt and pepper, to taste

2 tbsp. balsamic vinegar

1 pound Brussels sprouts

½ cup parmesan cheese shavings

2 tbsp. lemon juice, plus extra to taste

1 tsp. honey

1 tbsp. minced shallot

2 balls burrata cheese (or good buffalo mozzarella), room temperature

Serves 4

Toss onion with ½ tbsp. oil and pinch of salt. Set medium sauté pan over medium heat and swirl in another ½ tbsp. oil. Once hot, add onions and cook until lightly charred and soft, about 4 minutes per side. Transfer onions to small bowl, toss with vinegar and let sit at least 10 minutes. Drain and chop into small bits.

Meanwhile, prepare Brussels sprouts. Remove outer leaves, trim nubs and halve sprouts. Using a mandoline or sharp knife, cut sprouts paperthin. Transfer shaved leaves to mixing bowl.

Add onions and parmesan and mix until evenly combined.

In small bowl, whisk together 3 tbsp. oil, extra lemon juice, honey and shallot. Season with salt and pepper. Toss slaw with enough vinaigrette to moisten. Season with extra salt, pepper and lemon juice. Let sit at least 10 minutes.

Cut burrata in half. Season with salt, pepper and oil. Spoon salad over top or alongside the cheese.



Cauliflower Pumpkin Pie Cake

*A cross between pumpkin pie, pecan pie and crumb cake packed full of fiber rich cauliflower!
A must dessert for the holidays!*

15 ounces canned pumpkin

2 cups cooked cauliflower (very tender, chopped into very small pieces)

1 1/2 cups toasted coconut

4 eggs, beaten

3/4 cup sugar

3/4 cup brown sugar

2 tsp. pumpkin pie spice

1 (13 ounce) can evaporated milk

1 tsp. salt

1 (19 ounce) box of yellow cake mix

2 sticks of butter (melted)

1 cup chopped pecans

Preheat oven to 350 degrees.

Grease a 9x13 inch baking pan.

Combine in large bowl of electric mixer; pumpkin, cauliflower, eggs, sugars, pie spice, milk, coconut and salt.

Mix on low speed until combined and then at medium-high speed for 2 minutes. Pour mixture into prepared baking pan. Evenly spread dry cake mix over cauliflower/pumpkin mixture. Pour butter evenly over cake mix; sprinkle with pecans.

Bake at 350 degrees for 1 hour and 15 minutes. Cool and refrigerate until ready to serve. Cut into squares and serve with whipped topping.



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