

THANKSGIVING WITH THE COWANS



DR. COWAN'S GARDEN

This book is intended to help the reader plan a full and nourishing Thanksgiving meal that will delight your family and guests. It is also intended to be manageable by one or two people in one kitchen, which can be a challenging endeavor. You may wish to consider enlisting your friends and family to make a few appetizers or desserts.

The included recipes build upon techniques that we have recently written about, taking into consideration seasonality and availability of ingredients. I also try to use common ingredients to reduce the need to buy many different things at once. Embellish or interpret the recipes to suit your taste or preferences. Fresh ingredients are always best; if you grow your own food, I recommend using your own harvest over an ingredient I put in one of these recipes.

I usually write my menu at least a month in advance, as it takes time to reserve a good free range heritage breed turkey and to practice some of the dishes at least once or twice. It is rarely a good prospect to make a dish for the first time when expectations are high and people are arriving soon. Planning ahead is a great way to accomplish a large meal that will serve up to a dozen people.

Joe Cowan
Director of Operations

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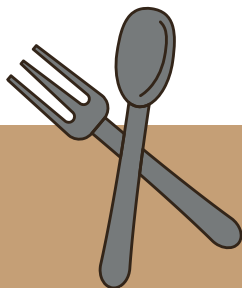
- Baked Kale Chips
- Buttermilk Gougeres
- Polenta with Roasted Garlic and Thyme Bread

MAIN COURSE

- Heritage Turkey and Gravy
- Cranberry Sauce
- Sourdough Stuffing
- Honey Roasted Carrots with Three Beet Powder
- Mashed Potatoes
- Roasted Honeynut Squash

DESSERT

- Blueberry Pie
- Rustic Apple Tart
- Spiced Vanilla Ice Cream
- Pumpkin Spice Coffee Cake



- Maple sugar
- Maple syrup
- 12-14 apples
- Buttermilk
- Butter
- Eggs
- Heritage breed turkey
- 8-10 Yukon Gold potatoes
- Heavy cream
- ½ gallon whole milk
- Vanilla extract
- 1 small pumpkin
- Pastry flour
- Pear or apple
- brandy
- Gelatin
- 2 qt blueberries
- 4-6 Honeynut squash
- 6-8 large carrots
- Honey
- Bacon
- Celery
- 3 onions
- Shallot
- 4 bulbs garlic
- 1 stalk celery
- Sage
- Thyme
- Cranberries

- 1 bottle of white wine, Sauvignon Blanc
- Chicken bone broth
- Whole wheat flour, Einkorn, rye, or emmer
- Parmesan cheese
- Gruyere cheese
- Baking powder
- Baking soda
- Cinnamon
- Cloves
- Nutmeg
- Allspice
- [Dr. Cowan's Garden Polenta](#)
- [Dr. Cowan's Garden Threefold Blend Spicy](#)
- [Dr. Cowan's Garden Threefold Blend Savory](#)
- [Dr. Cowan's Garden Three Beet Blend](#)
- [Dr. Cowan's Garden Leek Powder](#)
- [Dr. Cowan's Garden Pepper Salt](#)
- [Dr. Cowan's Garden Burdock Root Powder](#)
- [Dr. Cowan's Garden Winter Squash Powder](#)

SHOPPING LIST



BAKED KALE CHIPS

Ingredients

- 6 large kale leaves, washed and dried
- 1 tbsp olive oil
- 1 tsp Dr. Cowan's Garden Threefold Blend Spicy.
- 1 tsp sea salt

Directions

1. Shake off any excess water from the kale leaves. Drizzle with olive oil.
2. Sprinkle with Threefold Blend Spicy and sea salt.
3. Bake at 325 degrees for 10-12 minutes. Lightly crisp, but do not burn.
4. Allow chips to cool off and serve as a light snack prior to dinner.

Notes: this recipe can be made in the oven with the turkey. Use whatever fresh greens you have growing or can find at the farmers' market.



BUTTERMILK GOUGERES

Ingredients

- ½ cup whole milk
- ½ cup water
- ¼ cup butter
- ¼ cup buttermilk
- 1 cup flour, whole wheat or all-purpose
- 1 tsp freshly ground black pepper
- 1 tsp Dr. Cowan's Garden Pepper Salt
- 3 eggs, room temperature
- ½ cup packed freshly shredded Gruyere cheese

Directions

1. Combine the milk, water, butter and Pepper Salt in a medium saucepan. Bring to a rolling boil over medium-high heat. Add the flour to the mixture all at once and stir vigorously, using a wooden spoon until it incorporates and begins to thicken. Continue to cook for two minutes, stirring constantly.
2. Remove the pot from the heat. Transfer the mixture to the bowl of a heavy duty stand mixer. Blend the dough with a paddle attachment on low speed for 30 seconds, then begin adding the eggs one at a time. Allow each egg to blend completely into the mixture before adding the next. The mixture will break apart but will come

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together once the last egg has been incorporated. Increase the speed to medium-low and mix until the mixture is smooth and holds its shape along the bowl sides when the mixer is off. Scrape down the bowl sides using a rubber spatula. Fold in the cheese. Transfer the choux paste to a piping bag fit with a 3/8-inch plain tip. This will make roughly 30 small dollups.

Note: you can freeze gougere dough for up to one week or even longer. Make this well in advance up through the piping stage, and then pop them in the oven either with the turkey or afterwards for a very easy appetizer.



MASHED POTATOES

Ingredients

- 6 gold potatoes, peeled and cubed
- 1 tsp Dr. Cowan's Garden Leek Powder
- 1 cup heavy cream
- 2 tbsp butter
- 1 tbsp + 1 tsp sea salt

Directions

1. In a large saucepan, heat 4 quarts of water with 1 tbsp of sea salt until the water is boiling. Add the potatoes.
2. Continue to boil until the potatoes are soft and cooked through. Strain and put the potatoes back into the hot pan.
3. Add the butter, cream, Leek Powder, and 1 tsp sea salt. Mash with a potato masher until smooth and creamy. Serve warm or set aside for later. Reheat with 1 cup of milk or water on low heat.



POLENTA WITH ROASTED GARLIC + THYME
SOURDOUGH LOAF

Ingredients

Dough

- 900g bread flour
- 100g whole wheat flour (hard white or Einkorn)
- 700 + 50g water
- 100g sourdough leaven
- 20g sea salt

Flavoring

- 1 cup Dr. Cowan's Garden Polenta, soaked in 2 cups of warm water for 30 minutes
- 50g fresh thyme
- 1 bulb of garlic, roasted

Directions

1. In a large bowl, mix the flour, 700g of water (reserve the 50g to dissolve the salt) and all of the sourdough leaven; stir to completely combine. Wait for about half an hour.
2. Mix the salted water in by hand. Now that the water and salt are added and mixed thoroughly, you begin bulk fermentation in which the dough is fermented and aerated by the leaven. Wait another half hour. From here on out, during bulk fermentation, every half hour you will

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need to gently grab the side of the dough and stretch it over the top four times. (This stretching is for gluten development and ultimately provides structure to your final loaf.)

3. After the first half hour of bulk fermentation, add the flavoring ingredients and mix just long enough to combine. Wait another 30 minutes and repeat the stretching. Repeat this every half hour for approximately three hours or until your dough has doubled in size.

4. Once your dough has doubled in size, you can begin shaping it. Gently scoop out the dough onto a clean counter. Divide in half, or into however many loaves you are making, and shape into round balls. Let them sit on the counter for 20 to 30 minutes to allow the dough to relax. (This step is called bench rest.)

5. Flour the top of the dough and flip over, and fold the sides over onto itself, making a nice tight package. Put the dough, flour-side down, into a bowl or proofing basket that has been lined with a towel or floured. Let it rise for at least two hours at room temperature or overnight in the refrigerator.

6. Once the dough is done proofing and you are ready to bake, put your baking vessel into the oven to preheat. When the oven reaches 500 degrees, remove your baking vessel and add your dough, flour-side up, into the hot baking vessel. With a razor blade, or a lame (a razor blade knife), make at least one large gash in the top. You can make more decorative marks if you want as well. Bake for 20 minutes with the lid on.

7. After 20 minutes, turn the heat down to 450 and remove the lid. Continue baking until the desired brown

A P P E T I Z E R

coloring is reached, which is usually between 20 and 30 more minutes; remove your loaf from the baking vessel and allow it to cool on a wire rack. Do not cool in the hot baking vessel, as this will create condensation and introduce moisture into your nice hard crust.

Note: Make this recipe up to a month in advance and put one or both loaves in the freezer. You can also use this bread for the stuffing recipe instead of a plain loaf. It is also a good idea to practice this loaf a few times, so you can correct any mistakes.



HERITAGE TURKEY AND GRAVY

Ingredients

Turkey

- 4-6 lb heritage breed turkey with giblets
- 2-3 apples, Granny Smith or Cortland (enough to fill the turkey)
- 1 large yellow onion, coarsely chopped
- 6 leaves of sage
- 6 sprigs of thyme
- 1 tbsp olive oil
- 1 cup white wine, sauvignon blanc
- Salt and pepper to taste
- 2 tbsp butter

Gravy

- Drippings from the pan, strained
- 1 shallot, finely minced
- 4 cloves garlic, finely minced
- 2 tbsp butter + extra for creaminess
- 1 tbsp cooked or mashed potato
- 1 tsp Dr. Cowan's Garden Leek Powder
- 1 tsp Dr. Cowan's Garden Burdock Root Powder
- Salt and Pepper to taste

Directions

Turkey

1. In a large roasting pan, stuff the turkey completely full with chopped apples, and tie the legs together. Pat the skin dry with a paper towel. Brush with olive oil and then liberally sprinkle salt and pepper over the skin.
2. Add the herbs and white wine to the bottom of the pan with the onion, pepper, and any remaining apples.
3. On the bottom rack of an oven preheated to 325 degrees, roast for 3-4 hours. Time variation is based generally on weight and the type of oven you have. If the skin is beginning to darken too much, cover with parchment paper and aluminum foil and continue to roast. The turkey should be 165 degrees on the inside of the thickest part and the juices should run clear. Generally, avoid opening the oven too many times as the heat will escape and extend cooking time. Low and slow is best, as this will ensure even cooking and a juicier bird.
4. Once the turkey is fully cooked and the skin is crispy, allow it to rest without cutting for a minimum of 1 hour. Cover with parchment paper and foil in a tent for maximum juiciness.

For the Gravy

1. While the turkey is resting, heat a medium saucepan over low heat and add the butter, shallot, and garlic. Gently sweat the shallots and garlic, ensuring they do not burn.
2. Once the shallots are slightly translucent, add the potato and stir to coat the shallots and garlic and absorb the butter. Once the mixture comes together in a mass,

start adding in small amounts of the pan drippings, $\frac{1}{4}$ cup at a time, stirring until the mixture is smooth. After the second addition of liquid, add the powders and salt and pepper, as well as extra butter.

3. Once all the liquid is added, continue stirring to make sure the gravy is totally smooth. Add some water or cream if the mixture is too thick.

4. As it cools, the gravy will thicken, so reheat just before serving, adding water if necessary.

Notes: lower and slower is best in my opinion, especially when using a heritage breed for your turkey. I try not to open the oven door too many times or for too long. Opening the oven a few times in order to add other dishes to the hot oven is sometimes necessary, but try to keep it to a minimum. You can use a scoop of mashed potatoes as the thickener for gravy.



RED WINE CRANBERRY SAUCE

Ingredients

- 1 pint of fresh cranberries
- 2 tbsp honey
- 1 tbsp gelatin
- 1 apple, Fuji or Pink Lady, cut into small pieces
- 1 cup red wine, pinot noir or cabernet sauvignon
- 2 tsp Dr. Cowan's Garden Three Beet Blend

Directions

1. In a small bowl, combine the honey, wine, and gelatin and let sit until the gelatin blooms.
2. In a small saucepan with a lid, combine the fresh cranberries, apple pieces, and gelatin mixture, and slowly simmer on low heat until the cranberries cook and break apart.
3. Add the Three Beet Powder and continue to simmer, stirring to prevent the bottom from burning.
4. Once the sauce is thickened and a homogenous liquid mixture, remove from heat and pour into a mold. Let sit at room temperature until it is cool to the touch. Refrigerate overnight.
5. In order to extract the sauce from your mold, pour warm water on the outside of the mold, allowing it to fall onto a platter or plate.

Notes: Make this dish the night before and allow it to set in the refrigerator overnight.



MAIN COURSE



SOURDOUGH STUFFING

Ingredients

- 1 loaf sourdough bread, cut into 1" cubes or smaller
- 1 onion, chopped
- 1 bulb garlic, chopped
- 4 stalks celery, chopped
- 2 strips of bacon, cut in 1" chunks
- 1 tbsp ghee
- 1 quart + 1 cup of chicken bone broth
- 2 tsp Dr. Cowan's Garden Threefold Blend Savory.
- Salt and pepper to taste
- 4 tbsp butter cut into small chunks
- 1 cup Parmesan cheese, grated

Directions

- 1.** In a large baking pan, lay out the bread cubes and coat them with all of the bone broth, except the 1 cup you are reserving, allowing the bread to completely soak up the liquid.
- 2.** Meanwhile, in a frying pan, heat the ghee over medium heat and fry the bacon chunks until crispy. Set aside for later.
- 3.** In the same pan with the bacon fat, add the onion, garlic, and celery and sweat until the onions are slightly translucent. Add the remaining 1 cup of chicken stock and

continue to simmer until the vegetables are cooked through.

- 4.** Toss the cooked vegetables, salt and pepper, and Threefold Blend Savory with the bread cubes in the pan.
- 5.** Top with butter, cut into small chunks, and the cheese. Refrigerate for 30 minutes or overnight.
- 6.** Bake at 350 degrees until the top is nicely crispy and browned.

Delicious



HONEY ROASTED CARROTS and BEETS

Ingredients

- 6 large carrots, cut into chunks
- 2 tbsp honey
- 2 tbsp butter
- 1 tsp Dr. Cowan's Garden Three Beet Blend
- 1 tsp salt

Directions

1. In a small baking pan, add the carrots, honey, butter, and salt.
2. Roast at 350 degrees until cooked through and soft.
3. Remove from the oven and add the Beet Powder. Stir to combine and serve warm.



ROASTED HONEYNUT SQUASH

Ingredients

- 4 Honeynut squashes, scooped and cut into 1" cubes
- 2 tbsp butter
- 1 tsp Dr. Cowan's Garden Pepper Salt
- 1 tbsp honey

Directions

1. In a small roasting pan, add the squash, butter, honey, and Pepper Salt.
2. In a preheated oven at 325 degrees, roast for 45 minutes to 1 hour. Squash should be soft but still hold its shape. Add extra butter to the pan if the bottom is browning too much. Serve warm.

Notes: The variety of squash makes a big difference. My favorite is a type of winter squash called Honeynut. This is also the same type of squash that makes up the majority of our Winter Squash blend. It is sweeter and the texture is perfect when roasted. Leave the skin on for ease of preparation.



BLUEBERRY PIE

Ingredients

Filling

- 2 quarts wild blueberries
- $\frac{1}{4}$ cup maple syrup
- 1 tsp vanilla
- 2 tbsp gelatin
- 1 apple, chopped in small pieces (Fuji or other sweet variety)
- 2 tsp cinnamon
- 1 tsp salt
- 1 tsp Dr. Cowan's Garden Three Beet Blend

Crust

- 2 cups pastry flour
- $\frac{1}{2}$ cup butter
- 1 tbsp maple sugar + 1 tsp
- $\frac{1}{2}$ cup buttermilk
- 1 tsp salt
- 1 egg yolk
- 1 tbsp heavy cream

Directions

1. For the filling, combine the apple, maple syrup, vanilla, salt, and gelatin in a small, covered saucepan. Bring to a

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light boil over medium heat. Reduce heat to low and simmer, stirring until the apple is fully cooked and resembles apple sauce. Add a little bit of water if necessary, to ensure the bottom doesn't burn. Remove from heat and put the mixture into a bowl.

2. Add the blueberries, cinnamon, and Beet blend to the bowl and set aside.
3. In a food processor or mixing bowl, combine the salt, sugar, and flour and stir to combine. Add small pieces of butter to the flour and pulse or mix with a fork until the butter is about the size of a small pea.
4. Add the buttermilk and mix to combine until the dough comes together. Turn out onto a floured surface and form two dough balls. Refrigerate for 2 hours or overnight.
5. On the same floured surface, roll the dough into flat circular shapes. One should be placed in a pie pan on the bottom, poking holes into it with a fork. Cut the other rolled out disk into strips. Add the filling to the pie and lay the strips over the top in a lattice shape.
6. In a small bowl, whisk together the extra sugar, egg yolk, and cream.
7. Brush the egg mixture over the top of the crust and bake at 350 for 45 minutes to 1 hour. Allow the pie to cool for 4-5 hours or overnight to set the filling. Serve with ice cream.

Notes: combined with the gelatin, the apple should provide enough pectin to help the blueberry pie filling set easily and quickly. Making this dish the night before is ideal but not necessary.



RUSTIC APPLE TART

Ingredients

Filling

- 6 sweet apples, cored, peeled, and chopped (Fuji or other)
- 1 tbsp maple sugar
- 1 tsp cinnamon
- 1 tbsp apple or pear brandy
- 1 pinch of salt

Crust

- $\frac{1}{4}$ cups pastry flour
- $\frac{1}{2}$ cup butter
- 1 tbsp maple sugar
- $\frac{1}{4}$ cup buttermilk
- 1 tsp salt
- 1 egg yolk
- 1 tbsp heavy cream

Directions

1. In a food processor or mixing bowl, combine the salt, sugar, and flour and stir to combine. Add small pieces of butter to the flour and pulse or mix with a fork until the butter is about the size of a small pea.
2. Add the buttermilk and mix to combine until the dough comes together. Turn out onto a floured surface and form

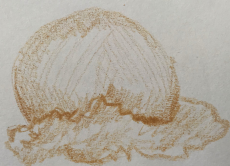
a large dough ball. Refrigerate for 2 hours or overnight.

3. On the same floured surface, roll the dough into a flat circular shape. Transfer the dough onto a baking sheet with parchment paper.

4. In a large bowl, add all the filling ingredients and toss to combine. Add the filling into the center of the dough and fold the sides up and over. Pinch any overlapping parts together so that it holds its shape during baking.

5. Brush with a mix of egg yolk and heavy cream and bake at 350 for 1 hour, or until the apples are soft and the crust is a deep golden brown.

Notes: The sides on this dessert dish tend to uncurl and fall down, releasing all of the apple filling and juice into the oven. Be careful to pinch or press the sides together to ensure that this doesn't happen. Be ready with an extra pan in case it does run.



SPICED VANILLA
ICE CREAM

Ingredients

- 2 cups heavy cream
- 1 ½ cup whole milk
- ½ cup maple sugar
- 1 tsp vanilla extract
- ½ tsp sea salt
- ¼ tsp nutmeg
- ¼ tsp allspice
- ½ tsp cinnamon

Directions

1. In a large bowl, combine all the ingredients and whisk to thoroughly combine and dissolve the sugar.
2. In the bowl of an ice cream maker add the mixture and churn until it is hardened and reached the desired texture. This Usually takes 25-30 minutes depending on the volume.
3. Put the ice cream into a large jar and place in the freezer until ready to serve.

Notes: There are many ways to make ice cream without an actual ice cream machine, although a decent ice cream maker is a great investment.



PUMPKIN COFFEE CAKE

Ingredients

Cake

- 2 and ¼ cups freshly ground whole wheat flour (Einkorn or emmer)
- 2 tsp. baking powder
- 1 tsp. baking soda
- 2 tsp. cinnamon
- 1 tsp. ground allspice
- ¾ tsp. nutmeg
- ½ tsp. ground ginger
- ¼ tsp. ground cloves
- ½ tsp. salt 1 tsp Dr. Cowan's Garden Three Beet Blend
- 1 tsp Dr. Cowan's Garden Winter Squash Powder
- 1 small pumpkin, baked and scooped (Hubbard)
- ¾ cup buttermilk
- 1 tsp. vanilla 1 cup unsalted butter, room temperature
- 1 cup maple sugar 3 eggs, room temperature

Glaze

- ¼ cup maple syrup
- 1 tbsp brandy

Directions

1. Butter and dust a Bundt pan with cocoa and set aside.
2. Mix the flour, baking powder, baking soda, cinnamon, allspice, nutmeg, ginger, cloves, and salt in a bowl.

3. Mix pumpkin, buttermilk and vanilla in another bowl. In the bowl of a stand mixer (or use a hand mixer and a large bowl), beat the butter and maple sugar until fluffy (about 3 minutes). Add the eggs and beat until incorporated. Reduce speed to low and add flour and pumpkin mixtures, alternating between the two. Pour batter into prepared Bundt pan.

4. Allow batter to sit at room temperature for up to 3 hours or in the refrigerator to soften the wheat. Bake for about 45 minutes or until a toothpick inserted in the center comes out clean. Cool about 10 minutes and remove from pan. Let cool.

5. For the glaze, add brandy and maple syrup to a small saucepan and then heat on low until reduced and bubbling. Pour over the top of the Bundt cake while still hot.

Notes: This is another recipe that can be made well in advance. Either freeze the cake batter and bake when you are ready or bake the cake the night before serving.

*We hope
you enjoy!*