

THANKSGIVING FROM SCRATCH

Simple recipes for a wholesome holiday

BY LISA BASS





The hearty foods of fall and winter are possibly the best thing about the season. A cozy pot of soup, and warm crisp chicken straight from the oven, replace summer's fresh veggies and lighter fare.

During the holidays, we enjoy comfort foods, like casseroles and pie. Sometimes I wonder why we only see Turkey and cranberries one time per year. As long as the ingredients are wholesome and the dishes tasty, why not enjoy them throughout the season?

These five from scratch Thanksgiving recipes are made with only real whole foods. I try to source mine organically and from local farms, if possible. I'm going to make them until my family is sick of them, or the market stops selling cranberries, whichever comes first!



SWEET POTATO CASSEROLE

by Farmhouse on Boone

Ingredients

- 4 lbs. sweet potatoes - baked and peels removed.
- 1/2 cup cream
- 1/3 cup butter, melted
- 1/3 cup maple syrup or honey
- 2 tsp vanilla
- 1 egg
- 2 tsp ground cinnamon
- 1 tsp sea salt

Pecan topping

- 2 cups roughly chopped pecans
- 1/2 cup einkorn flour
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 5 tbs melted butter
- 2 tbs maple syrup

Directions

1. Bake sweet potatoes in a 375 degree oven for 45 minutes to an hour, until they are nice and soft. Allow them to cool for a few minutes, peel the potatoes, and add to a blender.

2. Add melted butter or coconut oil, maple syrup, cream, egg, vanilla, cinnamon and salt to the sweet potatoes. Blend until smooth and creamy.

3. Grease a 9 X 9 baking dish with a little bit of butter, and then pour the sweet potato puree into the dish smoothing it out until it's evenly spread out.

4. To the blender, add in all the ingredients for the pecan topping and pulse until its roughly chopped. Sprinkle the pecan mixture over top of the sweet potatoes

5. Bake for 30 minutes at 350 degrees.

PREPARATION: 10 MIN

COOKING: 30 MIN



SOURDOUGH STUFFING

by Farmhouse on Boone

Ingredients

- 1 loaf sourdough bread (recipe on Farmhouse on Boone)
- 1 stick salted butter
- 3 stalks celery, chopped
- 1 medium onion, chopped
- 1 tablespoon chopped fresh sage
- 1 tablespoon chopped fresh thyme
- 3 cups homemade chicken broth
- 2 large eggs
- 2 tsp salt
- freshly ground black pepper

PREPARATION: 20 MIN

COOKING: 40 MIN

READY IN: 1 HOUR

Directions

1. Cut up bread in 1" cubes and spread in a single layer on a baking sheet. Bake at 350 degrees for about 20 minutes, tossing halfway in between. Set aside in a large bowl.
2. Add the celery, onion, sage, thyme, salt, and pepper to a cast iron skillet over medium heat. Sauté for about 10 minutes, until the veggies are soft. Transfer to the bowl with the bread.
3. Whisk together broth and the eggs in a medium bowl. Add the mixture to the bowl with the bread and vegetables. Let it sit until the liquid is absorbed.
4. Bake for 40 minutes in a 9 X 9 greased baking dish.

Note: The recipe for homemade bone broth can be found [HERE](#). Get the sourdough bread recipe [HERE](#).



ORANGE CRANBERRY SAUCE

by Farmhouse on Boone

Ingredients

- 12 ounces fresh cranberries
- ½ cup honey or maple syrup
- ½ cup apple cider
- Zest and juice of 1 medium orange

Directions

1. Add cranberries to a medium stockpot.
2. Zest an orange right into the pot. Just get the orange and not any of the whites, as the white part can be bitter.
3. Slice an orange in half and squeeze the juice into the pot. Add apple cider and honey or maple syrup.
4. Bring to a simmer. Allow the mixture to cook, stirring occasionally, until the cranberries start popping open, about 10 minutes or so.
5. Remove the cranberries from the heat, and allow to cool a bit. It will thicken as it cools.

PREPARATION: 5 MIN

COOKING: 10 MIN

READY IN: 15 MIN



GREEN BEAN CASSEROLE

by Farmhouse on Boone

Ingredients

- 1 lb green beans
- 1 cup filtered water

For the fried onions

- 1/2 cup einkorn
- 2 tsp salt
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1 large onion, sliced thin
- coconut or avocado oil for frying

For the cream sauce

- 2 tbs butter
- 8 ounce package portobello mushrooms, sliced
- 4 tbs einkorn
- 1 cup homemade chicken broth
- 1 cup cream
- 1 teaspoon salt

Directions

1. Add water and green beans to a stock pot. Bring to a boil and simmer for 5 minutes. Drain and set aside.
2. Combine 1/2 cup einkorn, 2 tsp salt, garlic powder and onion powder in a medium bowl.
3. Toss thinly sliced onions in the mixture.
4. Preheat the coconut or avocado oil over medium-high heat in a cast iron skillet. Fry the onions in small batches until crispy. Set aside.
5. Saute mushrooms in 2 tbs butter in a cast iron skillet. Add 4 tbs einkorn and stir into the mushrooms.
6. Add bone broth and salt and simmer for 5 minutes.
7. Reduce the heat, and add the cream. Cook on low, and stir until thickened.
7. Add green beans and cream sauce to 9 X 9 baking dish. Top with crispy onions. Cook for 15 minutes at 350 degrees.



PERFECT MASHED POTATOES

by Farmhouse on Boone

Ingredients

- 1 head garlic
- olive oil
- 3 lbs potatoes, peeled
- 1/4 cup cream
- 1/4 cup milk
- 1/4 cup butter
- salt and pepper to taste

Directions

1. Cut the top of the head of garlic and place it in a baking dish. Drizzle it with olive oil and sprinkle it with a bit of salt and pepper. Roast the garlic in the oven at 400 degrees for about 15 minutes, or until soft. Allow to cool a bit.
2. Put the potatoes in a large stock pot and cover with water. Bring to a boil. Simmer with the lid on until tender.
3. Drain the potatoes and add them to a mixer with the rest of the ingredients.
4. Squeeze the roasted garlic right out of the peels and into the potato mixture. Whip on medium speed until fluffy.

PREPARATION: 10 MIN

COOKING: 30 MIN

READY IN: 40 MIN