

Chef Profile Series
Native American Heritage Month
Thanksgiving Celebration
Executive Chef Jim Bauman

Four Course Menus:

Pumpkin Soup
Grilled Sweet Potato and Scallion Salad
Turkey Breast Roulade with Apple Cider Gravy
Mashed Squash
Hopi Corn Stew
Navajo Fried Bread

Recipe:

Pumpkin Soup

20 Portions

1/4 lb butter	3 medium onions diced
10 carrots peeled and diced	5 apples peeled and diced
1 can pumpkin	5 Table Sage Leaves
2 Table Cinnamon	2teaspoon Nutmeg
1 Gallon Chicken Stock	5 Cups Cream
Salt and Pepper	

Directions: Melt butter and sauté onion, carrot, and apple. Add pumpkin, sage, cinnamon, nutmeg and chicken stock. Simmer 15 minutes and then puree until smooth. Return to pot, add cream and simmer 5 more minutes (Do not boil) Season to taste with salt and pepper.

Recipe:

Grilled Sweet Potatoes and Scallion Salad

8 Portions

4 Sweet Potatoes (Large, Par cooked and cut into 1/2" slices)	
8 Scallions	3/4 Cup Olive Oil
2 Table Dijon Mustard	1/2 Cup Cider Vinegar
1/4 Cup Balsamic Vinegar	2 teas Honey
1/4 Cup Chopped Parsley	1 Cup Hamlet Salad Mix
Salt and Pepper	

Directions: Brush Potatoes and Scallions with 1/4 Cup of Oil and grill potatoes 3-4 minutes per side and scallions until softened and cut scallions into thin slices. Whisk together 1/2 Cup olive oil, mustard, vinegar and honey. Season with salt and pepper to taste. Add potatoes, scallions, and parsley and toss to coat. Serve on a bed of Hamlet Mix.

Recipe:

Turkey Roulade with Apple Cider Gravy

1 (2 1/2- pound) skinless turkey breast, butter field
1/2 Cup dried cranberries
2 Table canola oil
1/2 large onion, diced (about 1/2 cups) plus 1 cup sliced onion
2 large garlic cloves, minced
5 slices day-old whole wheat bread, crust removed, cubed (about 2 1/2 cups)
1/3 cup lightly toasted chopped pecans
2 Table plus 2 teas fresh crumbled sage
1 1/2 cups low-sodium chicken broth, divided
1/2 teas salt
1/4 teas freshly ground black pepper
1 cup apple cider
3 Table apple cider vinegar
1 teas cornstarch dissolved in 1 Table cold water

Directions: Place turkey breast between 2 sheets of plastic wrap and pound lightly with a meat mallet to an even thickness of about 3/4 inch. Set aside while stuffing is prepared. Preheat oven to 375. Place the cranberries in a small saucepan and cover with water. Bring to a boil, cook for 1 minute, then remove from heat, drain and reserve. Heat 2 teaspoons oil in a large heavy skillet over medium heat. Add the diced onions and cook, stirring, until onions are golden but not charred, about 12 to 15 minutes. Add the garlic and cook an additional 2-3 minutes. Add bread, cranberries, pecans, 2 tablespoons fresh or 2 teaspoons dried sage and 1.2 to 3/4 cup chicken stock, depending upon consistency of stuffing; (you want the mixture to be moistened but not too wet since the turkey will release moisture when cooked). Cook over low heat for about 2-3 minutes, remove from heat.

Salt and pepper the inside and outside of the turkey breast. Spread the stuffing on the turkey, leaving about 1 1/2 to 2 inches uncovered on all sides. Roll up and secure tightly with kitchen twine, trying to keep all stuffing intact. Heat 1 table of canola oil in a large Dutch oven or medium sized roasting pan until hot. Sear stuffed turkey breast on all sides until lightly browned, 3-4 minutes per side. Add sliced onion and 1 1/2 cups chicken stock, cover tightly and roast in the oven until turkey reaches 160 degrees F when an instant read thermometer is inserted into inner layer of meat, about 60 minutes. Remove the turkey breast from oven and transfer to a cutting board to rest.

Gravy: Add apple cider, 1/2 cup chicken stock, vinegar and remaining sage to the onions, chicken stock and juices in the roasting pan, bring to a boil and cook for about 10 minutes, stirring occasionally, until liquid is reduced by 1/3. Slowly add the cornstarch mixture stirring constantly and cook for 3 minutes more. Gravy should not be thick, just slightly thicker than a jus. Season with salt and pepper to taste. Makes 1 1/2 cups gravy. Remove twine from turkey breast and slice into 1 1/2 inch thick pieces and serve with gravy.

Recipe:

Mashed Squash

4 Portions

1 1/2lbs butternut squash	1/4 tsp mace
1/4 tsp allspice	1 tsp ground cardamom
1 Table maple syrup	1/2 tsp salt
2 tsp melted butter	

Directions: Cut squash in half; scrape out seeds and fibrous strings. Cut into 2" pieces. Steam, which is the preferred method, for 30 minute. If boiling squash, then cook for 20 minutes or until tender. Cool slightly and remove the skin from the pieces. Spoon flesh into blender and add remaining ingredients. Process until smooth.

Recipe:

Hopi Corn Stew

4 Portions

2 Table bacon drippings	1 medium onion-chopped
1 green bell pepper chopped	1 Table ground New Mexico red pepper
4 cups corn kernels	1 small zucchini
1 small yellow squash	4 cups water
2 Table whole wheat flour	salt to taste

Directions: Heat bacon drippings over the medium-high heat in a large stew pot or Dutch oven. Stir in onion, pepper, and ground chili. Sauté until onion is translucent, 3-4 minutes. Stir in corn, zucchini and squash and add enough water to cover. Bring to a boil and reduce heat to medium-low and simmer 30-40 minutes until vegetables are tender. Then in a small bowl, combine flour and 2 Table broth from the stew. Whisk back into the stew and simmer until thickened.

Recipe:

Navajo Fry Bread

Yield 12 pieces

2 cups	All Purpose Flour
1T	Baking Powder
1 t	Salt
1T +6 cups	Vegetable Oil
3/4 cup	Water, warm
1 cup	Powdered Sugar
1 cup	Honey

Directions: In a Robot Coupe, mix all dry ingredients together. Add oil and water. Take out of Robot Coupe and knead till dough just comes together. Cover with a towel and let rest for 1 hour in fridge. Cut dough into 12 equal pieces. Flatten each dough piece into 7" round circles and poke a hole into the center of each one. Deep fry the dough rounds in 350F oil for 2 minutes on each side. Take out of oil, drain and drizzle with honey, and dust with powdered sugar