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*A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul.*

## November 2019

### HOLIDAY 2019:

Acorn Squash Custards  
Creamed French Turnips with Power Greens  
Individual Cranberry Molds with Port Wine  
Mushroom and Soy "Chicken" Sauce  
over *Papparadelle Pasta*  
Puffed Pastry Vegetable *Galette*  
with Caramelized Onions and *Feta Cheese*  
White Chocolate *Mousse*

We are reaching the end of another year again and foods of the harvest are again the foods we are bringing home to our kitchens. I expect you won't have time to spend too much time reading; your list is undoubtedly long. I'll get right to the recipes, six recipes that I'm planning for our holidays this year.

## ACORN SQUASH CUSTARDS

TPT - 1 hour and 45 minutes

*Although custards like this are often served as desserts in place of pumpkin pies or custards, we prefer them as, albeit offbeat, nutritious individual main course servings. My favorite accompaniment is a quickly prepared stir-fry of colorful vegetables.*

**1/2 of a large acorn squash—well-washed seeded**

**2 tablespoons *fat-free* pasteurized eggs**

**1 tablespoon *light* brown sugar**

**4 teaspoons unbleached white flour**

**5 tablespoons light cream *or* half and half**

**Freshly grated nutmeg**

Preheat oven to 350 degrees F. Prepare **two 6-ounce ramekins** by coating with non-stick-lecithin spray coating. Set aside until required.

Place squash cut-side-down on a jelly roll pan or in a shallow baking pan with about 1/2-inch of water. Bake in preheated 350-degree F. oven for about 30 minutes. Turn squash half cut-side-up and continue baking for an additional 30 minutes. Remove from oven and scoop squash flesh into a mixing bowl. Remove and discard any stringy matter you encounter. Mash squash until of uniform consistency.

Add pasteurized eggs, brown sugar, flour, and cream. Stir to combine well. Divide between prepared ramekins.



Sprinkle each custard with grated nutmeg. Place ramekins in a baking pan. Prepare a water bath by adding water to a level of about half way up the ramekins. Return to oven and allow to bake for about 35 minutes, or until a knife inserted into the center comes out clean. Place one ramekin on each dinner plate.

*Serve at once.* Remember to provide a spoon.

Yields 2 individual servings

Notes: To prepare this as a dessert, increase sugar to 1/3 cupful but use white sugar and add 1 teaspoonful pure vanilla extract.

This recipe can be doubled, when required.

1/2 SERVING – PROTEIN = 4.5 g.; FAT = 3.6 g.; CARBOHYDRATE = 23.1 g.;  
CALORIES = 135; CALORIES FROM FAT = 24%

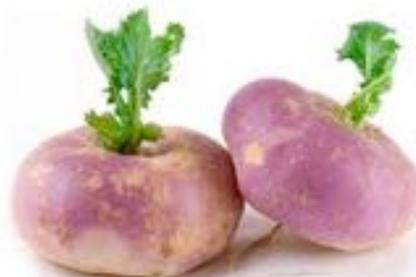


## CREAMED FRENCH TURNIPS WITH POWER GREENS *Navet et Verdure à la Crème*

TPT - 34 minutes

*Years ago, before we became vegetarians, we celebrated Thanksgiving with cousins. It was a typical Thanksgiving meal except that a serving dish filled with mashed turnips sat at one end of the table and the only person who took a helping of it was the hostess. It was never passed nor did anyone ask to have it passed. I suppose some would not think of including turnips for the holidays and some may be planning to mash turnips because Grandma always served mashed turnips as was obviously the case with our cousins. Because turnips are less popular today, I thought it might be interesting to visit turnips again. Creaming them with greens is a delicious way to add to your nutrition.*

- 1 teaspoon olive oil**
- 1 teaspoon butter**
- 1 large garlic clove—crushed and *finely* chopped  
with 1/4 teaspoon salt**
- 2 medium French turnips—peeled, halved, and cut  
into 1/2-inch cubes**
- 1/4 cup water**
- 1 teaspoon freshly squeezed lemon juice**



**2 cups mixed greens like kale, escarole, turnip greens (if attached), beet greens, and spinach**  
—coarsely chopped and well-rinsed  
**2 teaspoons unbleached white flour**  
**1/4 cup two-percent milk**  
**1/4 cup light cream or half and half**

**Pinch freshly grated nutmeg**  
**Freshly ground white pepper, to taste**

In a saucepan set over *MEDIUM* heat, heat oil and butter. Add *finely* chopped garlic with salt. Sauté for a minute or two.

Add chopped turnips, water, and lemon juice. Reduce heat to *LOW-MEDIUM* and cook for about 10 minutes, or until just tender. Add more water only if necessary.

Add chopped greens. Stir to wilt. Sprinkle flour over. Add milk and cream. Allow to heat through while stirring constantly until thickened.

Season with grated nutmeg and black pepper. Turn into a heated serving bowl.

Yields 4 servings

Note: This recipe can be doubled, when required.

1/4 SERVING – PROTEIN = 2.4 g.; FAT = 4.0 g.; CARBOHYDRATE = 13.2 g.;  
CALORIES = 76; CALORIES FROM FAT = 47%

## INDIVIDUAL CRANBERRY MOLDS WITH PORT WINE

TPT - 8 hours and 26 minutes;  
8 hours = setting period

*I routinely prepare a cranberry sauce which can be served as a side for holiday meals. By New Year's that cranberry sauce is gone so I may opt for this to elevate the holiday meal. This is a lovely garnish that looks so beautifully formal on a dinner plate with roasted or slow-cooked root vegetables. I further garnish the plate with slices of ripe pear; the flavor complementation is really remarkable. Note, there is no need to debate whether to use gelatin or not with this molded garnish!!*

**1 can (14 ounces) whole cranberry sauce\***  
**5 tablespoons imported Portuguese aged  
Port wine**  
**6 whole allspice berries**  
**1/2 teaspoon pure vanilla extract**

In a saucepan set over *MEDIUM* heat, combine cranberry sauce, port wine, allspice berries, and vanilla extract. When it starts to bubble, reduce heat to *LOW* and simmer for 15 minutes. Stir frequently. Turn into a fine sieve set over a measuring cup. Press purée through the sieve to yield 1 cupful purée. Discard solids in sieve.

Divide among four 1/4-cup brioche or tart molds or lined muffin tins or even ramekins. Cover loosely with waxed paper. Refrigerate for at least 8 hours. Run a butter knife around the edge of the mold and pop out onto dinner plates to serve.

Yields 4 servings



Notes: Because I use the canned whole cranberry sauce, I am not dependent upon the short season of fresh cranberry availability nor do I have to sacrifice those cranberries I have frozen for other purposes. This is a recipe I can turn to throughout the year.

This recipe can be doubled, when required.

1/4 SERVING – PROTEIN = 0.2 g.; FAT = 1.2 g.; CARBOHYDRATE = 39.5 g.;  
CALORIES = 143; CALORIES FROM FAT = 8%

## MUSHROOM AND SOY “CHICKEN” SAUCE OVER PAPPARDELLE PASTA

TPT - 4 hours and 45 minutes;  
4 hours = mushroom soaking period

*The first time I put this sauce together, I was really, really impressed by the complexity of the flavors. From then on I was just as overwhelmed by anticipation. This is a one-dish meal that requires only a perfect piece of fruit as an ending and maybe a salad. It is an intimate skillet dish that is a perfect dish for the holidays. It is an easily prepared dish from what you probably have on hand and, oh, did I mention, it is knock-dead delicious.*

**2 cups boiling water**

**1/2 cup dried, wild mushroom mixture of choice**  
—well-brushed and well-rinsed (*Our choice for this dish includes lobster mushrooms, paddy straw mushrooms, porcini, chanterelles, and black trumpets.*\*)

**1 tablespoon extra virgin olive oil**

**1 bay leaf—halved**

**2 slices soy bacon—finely chopped**

**1/4 cup finely chopped onion**

**1/4 cup finely chopped carrot**

**1 large garlic clove—very finely chopped**

**2 ounces frozen soy “chicken”—chopped**

**1/4 cup red wine**

**1 tablespoon tomato paste**

**1 tablespoon water**

**1 teaspoon crushed, dried thyme**

**1/2 teaspoon crushed, dried marjoram**

**3 quarts boiling water**

**2 pappardelle nests**

**Grated pecorino Romano cheese**

In a Pyrex cup, soak mushrooms in *boiling* water for four hours, or overnight, if preferred. Set a sieve over a Pyrex cup and drain well; reserve mushroom stock. Chop mushrooms. Set aside until required.

In a skillet set over *LOW-MEDIUM* heat, heat oil. Add bay leaf pieces, and *finely* chopped bacon, onion, carrot, and garlic. Cook, stirring frequently, until onion and carrot are soft and translucent, *being careful not to allow vegetables to brown*.

Add chopped soy meat and chopped mushrooms. Sauté until soy meat begins to brown.

Add wine, tomato paste, water, and crushed thyme and marjoram. Stir. Cover and allow to cook while preparing the *pasta*. If necessary, add reserved mushroom stock if sauce boils down too much. Remove and discard bay leaf pieces.

In a deep skillet, cook *pappardelle* in *boiling* water until *al dente*, about 10-12 minutes. Drain.

Spoon *one-half* of the cooked *pappardelle* into each of two heated soup plates. Spoon *one-half* of the mushroom-“chicken” sauce over.

*Serve at once with grated cheese.*

Yields 2 servings

Notes: \*The black trumpet, black *chanterelle*, or horn of plenty (*Craterellus cornucopioides*) is a popular mushroom in France and in Italy. It is known as *trompette de la mort* in French and *trombetta dei morti* in Italian alluding to an image of trumpets emerging from the underworld, the world of the dead. These mushrooms are very rarely available fresh in our produce departments but the dried mushrooms are available from several online sources. The flavor of the dried black trumpet is actually better than that of the fresh mushroom, in my opinion. It develops truffle nuances when dried.



This recipe can be doubled, when required.

1/2 SERVING (exclusive of grated cheese) –  
PROTEIN = 19.4 g.; FAT = 8.9 g.; CARBOHYDRATE = 33.9 g.;  
CALORIES = 292; CALORIES FROM FAT = 27%

## **PUFFED PASTRY VEGETABLE *GALETTE* WITH CARAMELIZED ONIONS AND *FETA* CHEESE**

TPT - 1 hour and 3 minutes;  
10 minutes = pastry resting period

*Rustic, free-form pies have become somewhat of a “thing” for food magazines in recent years. I varied the classic rustic form made with pie crust to create a holiday entrée that was somewhat less rustic. Puff pastry elevates the otherwise mundane ingredients in this galette somehow. It has earned its place on our list of holiday menu options especially because the filling can be prepared the day before. Any dish that can be quickly assembled for a holiday dinner when all is chaos around us, earns our vote. A simple side of whole green beans or pan-grilled asparagus accompany well.*

**Non-stick lecithin *high heat* spray coating**

**1/2 large onion--sliced**

**Non-stick lecithin high-heat spray coating**

**1/2 teaspoon sugar**

**Freshly ground mixed peppercorns—red, black,  
and white—to taste**

**6 cups mixed greens—escarole, spinach, kale, and  
beetroot greens**

**1 medium carrot—pared and diced**

**1 garlic clove—*finely* chopped**

**1 large cauliflower floret—chopped into small pieces  
about the size of the carrot dice**

**1 tablespoon olive oil**

**Slosh or two red wine**

**Sprigs of lovage and thyme, and a large sage leaf tied  
together with string**

**1 sheet frozen puff pastry—defrosted but still cool**

**1 1/2 ounces feta cheese cut into cubes**

Preheat a grill pan or skillet over *MEDIUM* heat. Coat lightly with the *high heat* cooking spray.

Add onion slices. Spray the onion slices with the *high heat* cooking spray. Toss and spray again. Cook, stirring and turning frequently with a wooden fork, until onions have softened.

Sprinkle sugar over. Toss. Grind pepper over. Toss. Continue cooking and stirring until most of the juice as evaporated and onions are soft. Transfer to a large non-stick skillet.

Add greens, diced carrot, *finely* chopped garlic, and chopped cauliflower. Drizzle olive oil and wine over. Add *bouquet garni*. Set over *LOW-MEDIUM* heat. Cook, stirring frequently, until greens are wilted. Remove from heat. Set aside or refrigerate until required.



Preheat oven to 375 degrees F. Coat an **8-inch pie plate or quiche dish** with non-stick spray coating.

Roll out puff pastry to extend about 3 inches over the edge of the pie plate. Allow to rest about 10 minutes.

Spoon greens mixture into pastry-lined pie plate. Fold edges of pastry up and over the filling, pleating where necessary. Bake in 375-degree F. oven for 25 minutes, or until pastry is puffed and lightly browned.

*Serve at once.* Cut with a serrated knife to preserve the integrity of the flaky puffed pastry.

Yields 4 servings

Note: This recipe can be doubled, when required. Use a 10-inch pie plate when doubling.

1/4 SERVING – PROTEIN = 9.4 g.; FAT = 23.8 g.; CARBOHYDRATE = 28.7 g.;  
CALORIES = 371; CALORIES FROM FAT = 58%



## WHITE CHOCOLATE MOUSSE

TPT - 2 hours and 44 minutes;

2 hours = setting period

*What is white chocolate? After World War I the Swiss firm Nestle tried to profitably use up the excess powdered milk that remained in their warehouses. Finally in 1936 they hit upon the formula for a white confection which they called white chocolate. Some of the products labeled "white chocolate" today are no more related to chocolate than is a fondant mint, which incidentally is made from a recipe that differs little. Legitimate white chocolate contains cocoa butter, the only cacao ingredient it contains, its only connection to true chocolate. As a result, it lacks antioxidants and only traces of thiamine, riboflavin, and phenylethylamine. In 2004 regulations went into effect in the United States which placed restrictions on manufacturers that labeled their product "white chocolate." In order to be labeled white chocolate, the product must contain 20% cocoa butter, 14% total milk solids, 3.5% milk fat, and no more than 55% sugar or other sweeteners.*

*The following smooth, sweet, rich, and decadent mousse is elevated further by the addition of vanilla seeds. It is a dessert to celebrate any occasion.*

**4 ounces good quality white chocolate\***

**1/3 cup heavy whipping cream**

**1/2 vanilla bean (pod)**

**1/2 cup heavy whipping cream**

**Fresh blackberries or whole strawberries, for garnish, if desired**

In the top half of a double boiler set over simmering water, combine white chocolate and 1/3 cupful heavy whipping cream. Cook, stirring constantly until chocolate is melted. Remove double boiler inset to a heat resistant surface all to cool to room temperature. Stir frequently.

Scrape vanilla seeds from the halved vanilla bean into the melted chocolate. Using a chopstick, stir the seeds into the melted chocolate.

Using the electric mixer fitted with *chilled* beaters or by hand using a *chilled* wire whisk, beat heavy cream in a *clean, chilled* bowl until stiff peaks form. Set aside until melted chocolate has reached room temperature. Fold whipped cream into melted chocolate. Serve into parfait glasses, red wine glasses, or small ramekins. Chill prepared *mousse* for at least 2 hours.

Garnish with fresh blackberries or whole strawberries, if desired.

*Serve chilled.* Refrigerate leftovers.

Yields 4 servings

Notes: I use Giardella white chocolate. Note that Nestle's white morsels can not be labeled "white chocolate."

This recipe can be doubled, when required.

1/4 SERVING (exclusive of fruit garnish) –  
PROTEIN = 3.0 g.; FAT = 31.3 g.; CARBOHYDRATE = 26.7 g.;  
CALORIES = 396; CALORIES FROM FAT = 71%



*I use savory sauces and gravies more frequently during the holidays  
than I do during the rest of the year.  
It's a sure way to upgrade everyday simplicity.  
Do drop by next month. I'll share some of my main-course magic potions.*

*Judy*

Please note that all food value calculations are approximate and not the result of chemical analysis.

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