

# *American Heritage Thanksgiving Slow Food Cooking Class 11/13/11 with Chef Mark Williams*

## **Roasted KY Bourbon Red Heritage Turkey**

The Heritage Turkeys have such a great natural flavor they really don't need a brine at all. By simply rubbing it in some herbs and olive oil you won't mask the wholesome goodness of your farm raised bird. It truly is amazing how little you have to do to get the best tasting turkey you will ever have.

1 Heritage Turkey  
Butter  
Salt and Pepper  
Rubbed Sage  
Apples for stuffing cavity  
2 cups total diced celery, onions, carrots for broth

*Preheat oven to 325 degrees*

*Rinse Heritage Turkey well with cold running water. Pat dry and rub with butter. Sprinkle with ½ tsp salt and ½ tsp pepper and rubbed sage. Place turkey on a rack in a large roasting pan. Place enough apples in cavity to fill, cover cavity with skin flap. Place 1½ cups water, add vegetables, cook open in oven for 30 min. Remove from oven and baste with natural juices, cover tightly return to oven and bake turkey for 15-20 min per pound.*

*Doneness can be checked when juices from bird run clear. Internal meat thermometer should reach 180 degrees.*

*30 minutes before bird is to complete baking time. Remove cover baste breast with natural juices return to oven in open roasting pan to brown lightly.*



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## **Southern Cornbread Dressing**

### **Ingredients:**

- 4 tablespoons butter, divided
- 1 cup chopped onion
- 4 green onions, chopped
- 2 stalks celery, chopped
- 3 cups crumbled cornbread
- 3 cups soft bread crumbs
- 1/2 cup minced fresh parsley
- salt and pepper, to taste
- 2 large eggs, lightly beaten
- 2 cups chicken or turkey broth

### **Preparation:**

Preheat oven to 350°.

Heat 2 tablespoons of the butter in a large skillet over medium-low heat. Sauté onions and celery in the butter until tender, not browned.

Combine cornbread and bread crumbs in a large bowl; mix in sautéed onions, salt, pepper, and parsley.

Add beaten eggs and toss. Add enough poultry broth to make moist but not soggy.

Pat the mixture into a large lightly buttered rectangular baking pan (it should make a 1-inch layer in the pan). Dot with remaining butter and bake about 45 minutes, until golden brown and set in the center.



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## **Oyster Stew**

- **Prep time:** 10 minutes
- **Cook time:** 20 minutes

### **INGREDIENTS**

- 5 Tbsp unsalted butter
- 1 pint oysters with their liquor, jarred or freshly shucked, about 2 dozen
- 1/4 cup flour
- 2 celery stalks, minced
- 1 medium yellow or white onion, minced
- 1 3/4 cup milk
- 1/4 cup cream (can use all milk if you want)
- Splash of hot sauce
- Salt
- Freshly ground black pepper
- 1/2 cup parsley, minced

### **METHOD**

**1** Strain the oyster juice through a fine-meshed sieve into a bowl to remove any grit. Reserve the juices. Rinse the oysters well, under cold water. Put them in a bowl.

**2** Melt the butter in a pot over medium heat. Add the flour and stir to make a roux. Reduce the heat to medium-low and cook the mixture for a few minutes, stirring often. When the roux turns the color of coffee-with-cream, stir in the celery and onions. Increase the heat to medium and cook for 2-3 minutes, stirring frequently.



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3 Add the oyster juice and any juices the oysters in the bowl have released. The flour in the roux will absorb the liquid and turn into a paste. Slowly add the milk and cream, stirring to incorporate as you pour them in. Add a healthy splash or two of hot sauce, to taste. Heat the soup to steamy, but below a simmer, over low heat, cook for 15 minutes. (Do not let the soup boil!) If you are working with large oysters, you may want to chop them into bite-sized pieces. Add the oysters and cook for another 2 minutes, or until the edges of the oysters just begin to curl.

3 Add salt and freshly ground black pepper to taste. Garnish with fresh chopped parsley.

**Yield:** Serves 4-6.



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## **Country Ham Fritter**

### Ingredients

1 1/4 cups self-rising cornmeal mix  
1 1/4 cups all-purpose flour  
1/4 cup sugar  
1 teaspoon salt  
1 cup milk  
2 large eggs, slightly beaten  
1/4 cup (1/2 stick) butter, melted  
2 cups fresh corn kernels  
1/2 cup small diced country ham  
Vegetable oil for frying

### Directions

Heat oil to 325 degrees F.

In a medium bowl, combine cornmeal mix, flour, sugar, and salt. In a small bowl, combine milk and eggs. Add milk mixture to cornmeal mixture, stirring well. Stir in butter and corn.

Pour oil to a depth of 2 inches in a heavy bottomed pot, or use a deep-fryer. Drop by tablespoons into hot oil. Cook 2 to 4 minutes, or until golden, turning once.

Drain on paper towels.



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## Three Sisters Heirloom Bean Sauté

### Ingredients

Yield: About 20 cups

2 lbs. dried beans (heirloom varieties if available)

5 qts. water

5 qts. water or stock

π c. extra virgin olive oil

1 large onion, diced

6 c. butternut squash, peeled, seeded and diced (about 2 lbs.)

4 c. fresh roasted corn kernels (about 6 ears of corn)

2 c. chicken stock (add extra cup if more moisture is desired)

salt and pepper to taste

### Directions

Add beans to 5 qts. water, cover and bring to a boil. Remove from heat and let soak for one hour covered.

Drain and add 5 qts. fresh water or stock. Bring back to a boil, cover and simmer for 20 to 25 minutes until done. Drain liquid and reserve.

Sauté onion in olive oil until translucent, add sausage and continue to cook until almost cooked through.

Add squash and cook until just tender. Stir in corn, beans and stock. Season to taste and serve.



YEW DELL BOTANICAL GARDENS



BROWN-FORMAN

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## **Cushaw Pie**

### **Ingredients:**

- 1 unbaked pie shell
- 2 1/2 cups cooked, mashed cushaw
- 1/4 cup cream
- 2 eggs, beaten
- 1 cup sugar
- 1 tablespoon flour
- 1/4 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/4 teaspoon allspice
- 1/2 teaspoon lemon extract
- 2 tablespoons butter

### **Preparation:**

Stir together the mashed cushaw and cream; add beaten eggs. Mix well and add sugar, flour, salt, nutmeg, and allspice; mix well to blend. Blend in lemon extract and butter.

Pour mixture into the prepared unbaked pie shell and bake at 450° for 10 minutes. Reduce heat to 350° and bake about 40 minutes longer

