

The DISH



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Have you started to get your recipes ready for Thanksgiving? I'm still pondering how we got to this point in the year so quickly. Can't ponder too much though, with Christmas sneaking up just as fast. But getting to spend the day with my family, eating some amazing food, is something I'm already looking forward to. So, here are a couple delicious ideas for you to add to your Thanksgiving meal!

Buttery Herb Turkey Breast

4-5 lb. bone-in, skin-on whole turkey breast
½ cup unsalted butter, softened
1 tsp. garlic powder
½ tsp. onion powder
¼ tsp. ground sage
½ tsp. crushed dried rosemary
½ tsp. dried thyme
1 tsp. sea salt
¼ tsp. cracked pepper
2 tsp. lemon juice
Fresh rosemary and thyme

Preheat oven to 325 degrees.

Mix butter, garlic powder, onion powder, sage, rosemary, thyme, salt, pepper and lemon juice.

Place turkey into greased roasting dish. Carefully pull up the skin from the breast and rub half the butter mixture under the skin. Smear the remaining butter on top of skin. Surround with lemon wedges and fresh herbs.

Roast turkey breast for approximately 2-3 hours or until internal temp reaches 165 degrees in the thickest part of the breast. Baste with juices 1-2 times while roasting. Tent with foil once turkey reaches the desired brown color.

Creamy & Cheesy Au Gratin Potatoes

6-7 medium Yukon Gold potatoes, thinly sliced into 1/8th-inch rounds (3 lbs. gold potatoes — by weight is a more accurate measure)
½ white or yellow onion, cut into slices

SAUCE:

2 Tbsp. salted butter
¼ cup all-purpose flour
1½ cups unsweetened almond milk (regular, skim or whole milk will also work)
8 oz. sharp cheddar cheese
½ tsp. garlic powder
¾ tsp. salt, plus more to taste
Freshly ground black pepper

TOPPING:

½ cup Gruyere cheese (or sub more sharp cheddar)
¼ cup grated Parmesan

Preheat the oven to 375 degrees. Spray a two-quart square baking dish (or an 8-by-12-inch is good) with nonstick cooking spray or grease with butter or oil.

Place sliced potatoes in three tight slanted rows. You don't want them to be overly

tight so make sure you leave enough space so the potato slices are slightly slanted. Add in onion slices in between the rows and on top of potatoes. Basically wherever you can fit them.

Next make your sauce: Add 2 Tbsp. butter and place over medium heat. Once butter is melted, whisk in a little bit of the flour and then slowly add in milk, a little bit at a time, alternating with the flour and vigorously whisking away any lumps. Bring mixture to a simmer; it should be a similar consistency to creamy gravy. Turn heat to low and stir in shredded cheddar cheese, garlic powder, salt and pepper. Taste and add more salt and pepper, if necessary.

Pour the sauce evenly over the potatoes and onions to cover them. Don't worry, the sauce will get nice and creamy while baking. Cover the pan with foil, then bake for 45 minutes.

After 45 minutes, remove foil, sprinkle top of potatoes with ½ cup shredded Gruyere (or more cheddar) and ¼ cup Parmesan. Return to the oven and bake for 30-45 more minutes or until potatoes are done and nice and golden brown on top. (Potatoes are done when the middle of the potatoes can be easily pierced with a fork.) Remove from the oven and garnish with fresh chopped parsley.

Garlic Parmesan Roasted Brussels Sprouts

16 oz. brussels sprouts, rinsed
3 Tbsp. olive oil (or melted butter)
½ tsp. kosher salt and freshly cracked black pepper
1 tsp. Italian seasoning
3 garlic cloves, minced
½ cup grated Parmesan cheese, or to taste

To prepare the roasted brussels sprouts: Preheat your oven to 400 degrees. Trim the bottom of the brussels sprouts and slice each brussels sprout in half, top to bottom. Prepare a large baking sheet (you can line it with parchment paper if you like).

Pat the brussels sprouts dry with paper towels and place them in a large bowl. Add olive oil, Italian seasoning, garlic, Parmesan, salt and pepper. Toss gently to

coat the brussels sprouts evenly.

Place the brussels sprouts on the prepared baking sheet, spreading evenly into one layer. Bake the Parmesan brussels sprouts on the center rack for 25 to 30 minutes — adjust the time depending on your oven; the vegetables should be golden brown.

Transfer the Parmesan roasted brussels sprouts to a large serving bowl and sprinkle with fresh chopped parsley, if you like.

Hawaiian Sweet Rolls

1 cup pineapple juice, at room temperature
½ cup whole milk
6 Tbsp. unsalted butter, melted
1/3 cup honey
5-6 cups all-purpose flour
1 Tbsp. instant or rapid-rise yeast
2½ tsp. salt
2 Tbsp. brown sugar
1 large egg
1 tsp. distilled white vinegar
2 tsp. vanilla extract
TOPPING:
3 Tbsp. softened butter, separated

Combine pineapple juice, milk, melted butter and honey in a microwave safe bowl and microwave until mixture registers 110 degrees, about 1 minute (mixture may appear curdled which is OK).

Fix mixer with dough hook and generously spray hook with nonstick cooking spray. Mix 5 cups flour, yeast and salt on low speed until combined, about 5 seconds. Slowly add pineapple juice mixture, followed by brown sugar, egg, vinegar and vanilla and knead on low until dough starts to pull away from the bowl, about 2 minutes. Increase speed to medium/low and knead for approximately 5 to 7 minutes or until dough is smooth and elastic. (Dough should clear sides of bowl but will be sticky; add up to ½ cup more flour if needed for dough to clear bowl.)

Remove dough and spray mixing bowl with nonstick cooking spray. Knead dough into a ball and place back into your greased mixing bowl. Cover tightly with greased plastic wrap and let rise at room temperature until double in size, about 1½-2 hours.

Meanwhile, spray a 9-by-13-inch pan with nonstick cooking spray. Set aside. After dough has doubled, remove to a floured surface (or nonstick mat) and punch down then lightly shape into rectangle of uniform thickness (overall dimensions don't matter) using your hands. Cut the rectangle into 18 roughly even pieces then shape into balls by folding the corners under so that the top is smooth.

Arrange the dough balls into 6 rows of 3 in prepared

9-by-13-inch dish and cover loosely with greased plastic. Let rise at room temperature until doubled in size, 1 to 1½ hours.

Adjust oven rack to lower-middle position and heat oven to 375 degrees. Remove plastic and brush rolls with approximately 1½ Tbsp. butter. Bake until golden brown, about 20-23 minutes, rotating dish halfway through baking. Let rolls cool in dish on wire rack for 10 minutes then brush with remaining butter. Best served warm.

To reheat room-temperature rolls, wrap in aluminum foil, place on baking sheet and bake in 350-degree oven for 20 minutes.

Caramel Apple Trifles in Mini Cups

CINNAMON APPLE
3 cups diced apples
2 tsp. lemon juice
1/8 tsp. nutmeg
2 tsp. cinnamon
6 Tbsp. brown sugar
1 Tbsp. butter
CAMEL SAUCE
½ cup sugar
3 Tbsp. salted butter, cubed, room temperature
¼ cup heavy cream, room temperature
CINNAMON WHIPPED CREAM
1 cup whipping cream
½ cup powdered sugar
1 tsp. ground cinnamon
1 cup granola

Cinnamon Apple: Combine apples, lemon juice, nutmeg, cinnamon and brown sugar in a saucepan. Mix to coat evenly. Add butter and cook apples for about 15 minutes or until apples are slightly soft. Allow to cool.

Caramel Sauce: Place sugar in a saucepan. Heat sugar on medium-high and whisk or stir using a spatula until the sugar has melted, about 5 minutes. Continue whisking until the temperature reaches 350 degrees or the sugar has turned an amber color. Remove caramel from heat and add butter. Whisk until melted and combined. Add the heavy cream and whisk until combined. Cool caramel to room temperature.

Cinnamon Whipped Cream: Combine whipping cream, cinnamon and powdered sugar in a bowl. Whip on high speed until it forms stiff peaks. Transfer into a piping bag.

Trifle Assembly:

1. Pipe an even layer of the whipped cream into the bottom of the cup.
2. Add about 2 tsp. granola in an even layer.
3. Drizzle caramel over granola.
4. Spoon apples over caramel.
5. Repeat layers 1-4, then drizzle more caramel over the top.
6. Store in the refrigerator for 2-3 hours or until ready to serve.