

Thanksgiving Week Recipes

Roasted Pumpkin Salad Recipe

Please see website for pictures of this beautiful Harvest salad at <http://www.101cookbooks.com/archives/roasted-pumpkin-salad-recipe.html>

Some people have an aversion to cilantro - so feel free to leave it out. This will change the personality and flavor profile of the dressing, but it will still taste delicious.

3 cups of pumpkin (or other winter squash), peeled and cut into 1-inch cubes
extra-virgin olive oil
fine grain sea salt
12 tiny red onions or shallots, peeled (OR 3 medium red onions peeled and quartered)
2 cups cooked wild rice*
1/3 cup sunflower seeds
1/3 cup olive oil
2 tablespoons lemon juice
1/4 teaspoon salt
1 tablespoon honey
2 tablespoons warm water
1/2 cup cilantro, finely chopped

Preheat oven to 375.

Toss the pumpkin in a generous splash of olive oil along with a couple pinches of salt, and turn out onto a baking sheet. At the same time, toss the onions with a bit of olive oil, sprinkle with salt, and turn out onto a separate baking sheet. Roast both for about 45 minutes, or until squash is brown and caramelized. The same goes for the onions, they should be deeply colored, caramelized, and soft throughout by the time they are done roasting. You'll need to flip both the squash and onion pieces once or twice along the way - so it's not just one side that is browning.

In the meantime, make the dressing. With a hand blender or food processor puree the sunflower seeds, olive oil, lemon juice, salt, and honey until creamy. You may need to add a few tablespoons of warm water to thin the dressing a bit. Stir in the cilantro, saving just a bit to garnish the final plate later. Taste and adjust seasonings (or flavors) to your liking - I usually need to add a touch more salt with this dressing.

In a large bowl, toss the wild rice with a large dollop of the dressing. Add the onions, gently toss just once or twice. Turn the rice and onions out onto a platter and top with the roasted squash (I'll very gently toss with my hands here to disperse the pumpkin a bit). Finish with another drizzle of dressing and any remaining chopped cilantro.

Serves 4.

* To cook wild rice: Rinse 1 1/2 cups wild rice. In a medium sauce pan bring the rice and 4 1/2 cups salted water to a boil. Reduce to a simmer. Cook for 40 minutes or until rice is tender and splitting open, stirring occasionally. You'll have enough for this recipe and some leftover.

101 Cookbooks <http://www.101cookbooks.com/>

Roast Pumpkin with Arugula and Candied Pumpkin Seeds

<http://planetgreen.discovery.com/food-health/make-an-impression-at-thanksgi-1.html>

1 tbsp unsalted butter
1 tbsp sugar
1/2 tsp ground cumin
1/4 tsp cinnamon
1/4 tsp paprika
1/4 tsp cayenne
1/2 cup raw green (hulled) pumpkin seeds, also called pepitas (available at Andy's in bulk section)
1 tbsp fresh pomegranate juice, or cranberry juice
2 tsp sherry vinegar
1 tbsp minced shallot
6 tbsp extra virgin olive oil
1 small pumpkin or butternut squash, about 2 lbs peeled, quartered lengthwise and seeded
1 piece Parmigiano-Reggiano cheese
8 oz arugula, washed
1. Cut pumpkin quarters in 1/2 thick pieces. Toss with 1 tbsp oil and salt and pepper and arrange in one layer in a shallow baking pan. Roast at 450 F for until just tender, about 20 minutes. If you are using squash, you can roast it with the peel on and then remove the flesh. That will take more like 45 minutes. Remove from the oven and cover and keep warm if you are intending to serve the salad warm.
2. Meanwhile, melt 1 tbsp butter in a heavy saucepan over moderate heat. Stir in sugar, cumin, cinnamon, paprika, cayenne and 1/4 tsp salt, then cook without stirring, until caramelized. Add pumpkin seeds and cook, stirring occasionally, until seeds are puffed and golden. Transfer to a plate to

cool. When seeds have hardened, break up any clumps with your fingers.

3. In a small bowl whisk together pomegranate juice, vinegar and shallot and let stand 5 minutes. Whisk in 3 tbsp oil, remaining 1/4 tsp salt and pepper to taste.

4. Whisk vinaigrette again, then toss arugula in a large bowl with enough vinaigrette to lightly coat. Cover the bottom of a serving platter with dressed arugula, then place pieces of pumpkin on top. Sprinkle with candied pumpkin seeds, and add shavings of Parmesan cheese. Drizzle with remaininr vinaigrette.

Serves 6

You can roast the pumpkin earlier in the day. You can make the pumpkin seeds up to three days in advance and keep them an airtight container. To juice a pomegranate, firmly roll in on a work surface until it feels softer, then cut a small hole in the skin and squeeze.

This recipe originally appeared in Gourmet Magazine October 1991

Turkey Salad by James A. Beard

- 1/4-1/2 cup cold turkey meat, cut in good sized cubes
- 6-8 black Greek olives, pitted
- Salad greens (Laguna Farm's ofcourse)
- 1 teaspoon capers
- 1 hard-cooked egg, sliced or quartered
- Mayonnaise, made with olive oil
- Finely chopped parsley

Combine the turkey with the pitted olives. Arrange on a bed of greens and garnish with the capers and egg.

Spoon mayonnaise over the salad and sprinkling of finely chopped parsley.

For an excellent luncheon serve this salad with crisp hot buttered toast and drink a Pouilly Fumé. Follow with a chocolate mousse or cassis sherbet.

Thanksgiving Cooking Tip:

Want ideas or instruction on how to prepare a Thanksgiving meal? Well...how about HULU. Watch the Food Network Chefs perform the how to right on your computer. Pressed for time? You can select the 2 1/2 minute demos like How to Carve a Turkey! <http://www.hulu.com/thanksgiving-2008>