

*Pass the  
Peace*

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# HOLIDAY RECIPES

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*a gift from wild oats to you and your loved ones*

## *appetizers*

- 5 Chicken or Tofu Satay
- 5 Polenta Rounds
- 5 Savory Spinach Dip
- 6 Tapenade
- 6 Fresh Sage & Red Pepper Meatballs
- 6 Potato Rosemary Tart
- 6 Orange Sesame Pecans
- 6 Cranberry Mayonnaise
- 7 Hummus
- 7 Artichoke Parmesan Dip
- 7 Pear, Walnut & Stilton Filo Cups
- 8 Crab-Stuffed Tomatoes
- 8 Stuffed Tomatoes with Caper Mayonnaise
- 8 Chicken & Chile Filo Triangles with Cilantro Lime Pesto
- 9 Stuffed Mushrooms
- 9 Asian Dumplings with Sesame Dipping Sauce
- 10 Curried Chicken Profiteroles
- 10 Brie with Puff Pastry & Almonds
- 10 Bruschetta
- 11 Liver Pâté
- 12 Vegetarian Pâté
- 12 Wilted Spinach Salad with Pork Tenderloin
- 12 Wilted Green Salad with Goat Cheese & Hazelnuts
- 12 Salmon Canapés
- 13 Curried Turkey Salad
- 13 Fennel Salad with Cranberries & Pecans
- 13 Turkey Minestrone
- 13 Soba Noodle Soup with Turkey
- 13 Pumpkin Chipotle Soup
- 13 Australian Squash Soup

## *beverages*

- 39 Wassail
- 39 Affogato
- 39 Holiday Soy Nog
- 39 Mulled Cider

## *side dishes*

- 15 Spiced Cranberry Sauce
- 15 Cranberry-Apricot Sauce
- 15 Cranberry Ginger Sauce
- 15 Wild Mushroom & Brie Bread Pudding
- 16 Roasted New Potatoes with Sage & Pancetta
- 17 Garlic Mashed Potatoes
- 17 Mashed Potatoes with Yogurt & Parsnips
- 17 Organic Wehani with Cranberries & Sweet Caramelized Onions
- 17 Wild Rice with Roasted Chestnuts & Cranberries
- 18 Fruited Wild Rice Stuffing
- 18 Classic Herbed Bread Stuffing
- 18 Combread, Cranberry & Pecan Stuffing
- 18 Savory Sausage & Fennel Stuffing
- 19 Herbed Croutons
- 19 Roasted Tomatoes
- 19 Asparagus with Lemon Butter & Pine Nuts
- 19 Apple & Wild Rice Cakes
- 20 Vegan Mushroom Rosemary Gravy
- 20 Great Gravy from the Turkey Pan
- 21 Maple-Orange-Thyme Sweet Potatoes
- 21 Vegetable Broth
- 21 Sweet Roasted Root Vegetables with Rosemary
- 22 Stuffed Butternut Squash
- 22 Warm Winter Greens Salad
- 22 Fennel & Turnip Salad
- 22 Melon and Strawberries

## *desserts*

- 33 Dairyless Pumpkin Pie with Almond Crust
- 33 Whole Wheat Pie Crust
- 33 Orange & Rum Pecan Pie
- 33 Ginger-Pecan Shortbread Coins
- 34 Chocolate Mousse
- 34 Cream-Filled Profiteroles with Chocolate and Field Berry Purée
- 35 Pumpkin Bread
- 35 Spiced Pumpkin Cheesecake
- 35 Apple Buttermilk Coffee Cake
- 35 Cranberry Almond Biscotti
- 36 Poached Pears in Sweet Red Wine
- 36 Crème Anglaise
- 33 Mandelbrot

## *entrées*

- 25 Mushroom & Stilton Tart
- 25 Roast Goose
- 25 Lucky New Year's Black-Eyed Peas
- 26 Classic Roast Turkey
- 28 Natural Boneless Prime Rib of Beef
- 29 Beef Wellingtons
- 29 Honey Chipotle-Glazed Game Hens
- 29 Eggs with Cream Cheese & Chives
- 30 Crêpes with Turkey & Mushrooms
- 30 Maple & Rosemary Woven Salmon & Halibut
- 31 Filo Seafood Christmas Crackers



## *contents*



## brunch

- Fresh Squeezed Orange Juice
- 29 Eggs with Cheese & Chives
- Fresh Fruit & Yogurt
- 35 Apple Buttermilk Coffee Cake
- Fresh Coffee
- 25 Mushroom & Stilton Tart
- 19 Roasted Tomatoes
- 23 Fresh Melon & Strawberries
- Mimosas
- Fresh Coffee

## festive tapas party

*Serve nothing but finger foods and keep the wine glasses filled with cheer!*

- 11 Liver Pâté with French Bread
- 6 Tapenade
- 5 Chicken or Tofu Satay
- 5 Polenta Rounds
- 7 Hummus
- 12 Salmon Canapés
- 8 Crab-Stuffed Tomatoes
- 6 Potato Rosemary Tart
- 6 Sage & Pepper Meatballs
- 8 Chicken Chile Filo Triangles
- 35 Cranberry Almond Biscotti

## elegant dinner party

- 7 Pear, Walnut & Stilton Filo Cups
- 29 Beef Wellingtons
- 17 Wehani with Cranberries & Sweet Caramelized Onions
- 19 Asparagus with Lemon Butter & Pine Nuts
- 36 Poached Pears in Sweet Red Wine with Crème Anglaise



## menu ideas



## après holiday dinner

*Simple and light*

- 9 Asian Dumplings
- 13 Soba Noodle Soup with Turkey
- 22 Warm Winter Greens Salad
- 23 Ginger Coins

## new year's day picnic

*Start the New Year with these easy to prepare dishes!*

- 39 Mulled Cider
- 13 Curried Turkey Salad
- 13 Australian Squash Soup
- 13 Fennel Salad with Cranberries & Pecans
- 25 Lucky New Year's Black Eyed Peas
- 35 Cranberry Almond Biscotti

## leftovers

- 6 Cranberry Mayonnaise
- 13 Curried Turkey Salad
- 13 Turkey Minestrone
- 13 Soba Noodle Soup with Turkey
- 13 Pumpkin Chipotle Soup

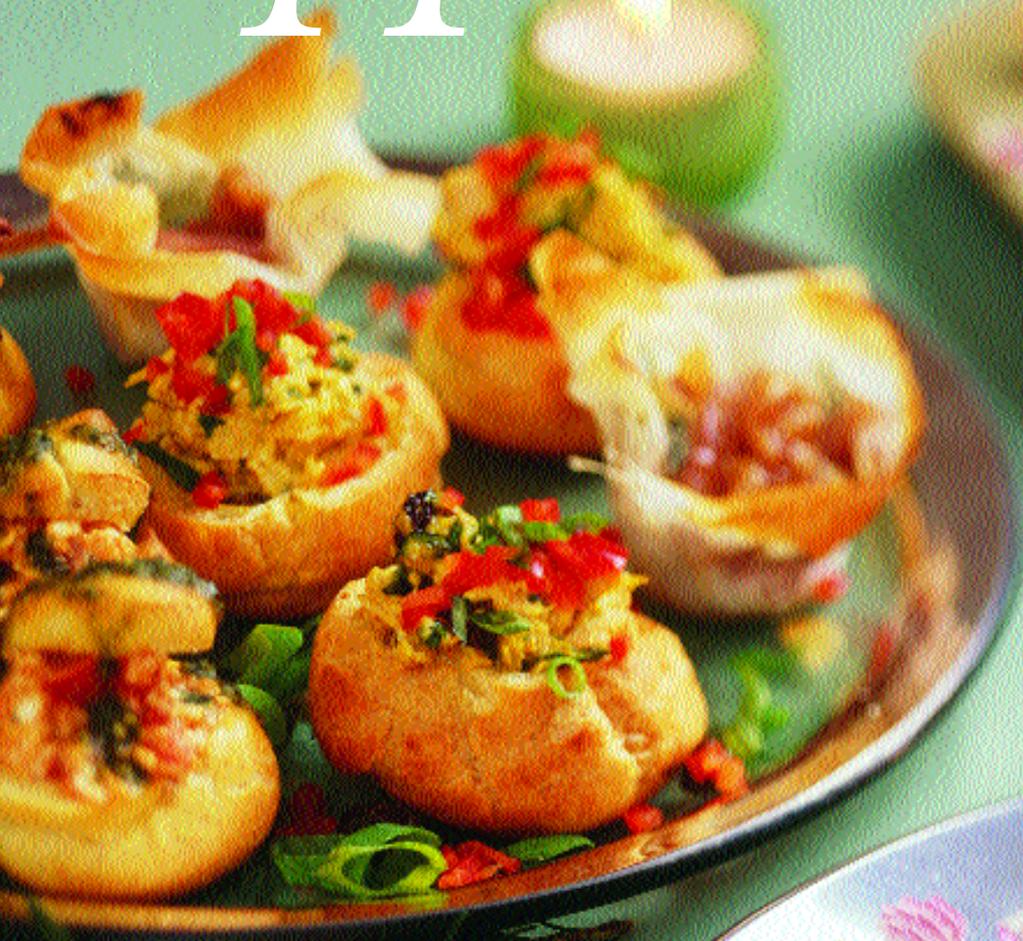


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# *appetizers*



*To invite a person into your home is to take charge of his happiness for as long as he is under your roof. ~ BRILLAT-SAVARIN*

## CHICKEN OR TOFU SATAY

PREP TIME: 1 HOUR; SERVES 6

- 6 boneless natural chicken breasts or 16 oz. tofu, extra firm wooden skewers
- 1 cup raw peanuts
- 2 tsp. coriander seeds
- 1 tsp. cumin seeds
- 2 Tbsp. sesame oil
- 2 cloves garlic, minced
- 1 small yellow onion or shallot, minced
- 2 tsp. lemongrass finely chopped (½ tsp. dried)
- ½ tsp. chili powder
- 2 cups water
- 1 tsp. soy sauce
- 1 tsp. Florida Crystals demerara sugar or brown sugar
- ½ tsp. sea salt
- juice of ½ lemon
- 2 Tbsp. plain yogurt
- freshly ground black pepper
- garnish: diced sweet red pepper & chopped cilantro

### Satay Sauce

1. In a dry pan over medium-high heat, roast the peanuts, stirring constantly until they are lightly browned. Remove and add coriander and cumin seeds, stirring until they are toasted and fragrant. Place peanuts and spices in a blender and grind until fine.
2. Heat sesame oil over medium heat. Add garlic, shallot or onion, lemongrass and chili powder. Sauté for about two minutes, stirring constantly. Add water, soy sauce, sugar or barley malt syrup, salt and the peanut/spice mixture. Stir until mixture boils then reduce heat. Simmer until thickened, stirring frequently. Remove from heat. Cool until just warm. Stir in lemon

juice, yogurt and black pepper. Separate sauce into two portions, one for brushing and one for dipping.

### Making the Satays

3. Rinse chicken breasts and pat dry. With a very sharp knife, slice against the grain into long strips, about ¼-inch wide. In a zig-zag fashion, weave chicken strips onto wooden skewers. Use more than one strip if necessary. If using tofu, slice into ½-inch square cubes and thread onto skewers. Arrange skewers in a single layer in a broiling pan. Brush chicken or tofu with satay sauce. Allow to rest for 20 to 30 minutes in the refrigerator, then brush with sauce again.

4. Broil close to the heating element, or grill for 2-4 minutes, turning once or more to make sure they are cooked through. Garnish with a red and green confetti of finely diced red pepper and cilantro. Serve warm with the reserved sauce.

## POLENTA ROUNDS

Food Merchants organic polenta makes an easy party platter for busy folks who like to entertain healthfully. Simply slice a tube of polenta into bite-sized rounds and grill, bake or broil for 5 minutes on each side. Top with your favorite toppings. Try pasta sauce, mozzarella and roasted garlic; chèvre, pesto, sun-dried tomatoes and fresh basil; bean purée, avocado, salsa, olives and cilantro; or tofu, hoisin sauce and chopped green onions.

## SAVORY SPINACH DIP

PREP TIME: 1 HOUR 10 MINUTES;  
SERVES 6

*This creamy, flavorful, and rich-tasting dip is low in calories and fat. Serve with crudités and pita crisps.*

- 1 12.3 oz pkg Mori-Nu lite tofu, silken, drained
- 1 1.75 oz pkg onion soup mix
- ½ cup tofu mayonnaise
- 3 large cloves garlic, peeled
- 1 10 oz pkg frozen, chopped spinach, thawed, drained, and pressed in a colander
- 1 8 oz can sliced water chestnuts, drained
- ¼ cup thinly sliced scallions

1. Drain tofu, and pat with paper towels. Place garlic and tofu in food processor, and blend until smooth. Add dry soup mix and mayonnaise; blend. Add spinach, and blend. Add water chestnuts and scallions; pulse just until chunky.

2. Refrigerate for at least an hour before serving. *Source: The Soy of Cooking; Marie Oser*



POLENTA  
ROUNDS

## TAPENADE

PREP TIME: 5 MINUTES;  
TOTAL TIME: 1 HOUR; SERVES 4

- ½ cup kalamata olives, pitted
- ¼ cup green olives, pitted
- 4 anchovy filets
- 1 tsp. garlic, minced
- 1 Tbsp. capers, well drained
- 1 Tbsp. lemon juice
- ¼ cup Wild Oats olive oil
- crackers or lightly toasted french bread

1. Combine all ingredients except the olive oil in a food processor. Blend and drizzle the olive oil while the motor is still running.
2. Remove from bowl and refrigerate for at least one hour for flavors to develop. Tapenade will keep for about 1 week in the refrigerator.

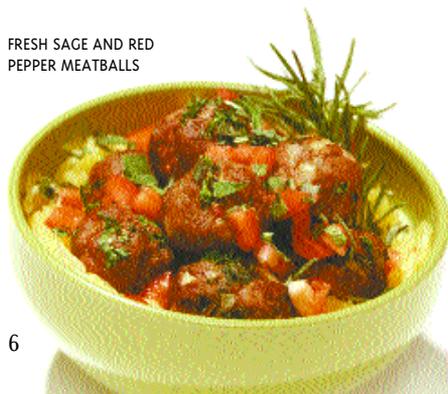
## FRESH SAGE & RED PEPPER MEATBALLS

PREP TIME: 10 MINUTES;  
COOK TIME: 15-20 MINUTES;  
SERVES 6

- ½ small onion, diced
- 2 cloves garlic, minced
- ½ lb. ground beef
- 1 Wild Oats egg white
- 2 Tbsp. fresh sage, chopped
- 2 Tbsp. Parmesan cheese, grated
- 1 Tbsp. Wild Oats olive oil
- Salt & pepper to taste

1. Sauté onion and garlic in olive oil for 5 minutes and mix with the rest of the ingredients in a mixing bowl.
2. Roll into tablespoon-sized balls and bake on a baking sheet at 375°F for 15-20 minutes.

FRESH SAGE AND RED PEPPER MEATBALLS



## POTATO ROSEMARY TART

PREP TIME: 2 HOURS; SERVES 6

### Dough:

- 3-3½ cups flour
- 2 tsp. yeast
- 2 tsp. honey
- 1 tsp. salt
- 1 cup lukewarm water (120°F - 130°F)
- ¼ cup Wild Oats olive oil
- 3 Tbsp. chives

### Filling:

- 1 Tbsp. Wild Oats butter
- 3 Tbsp. shallots, minced
- 3 Tbsp. rosemary, chopped
- 1 lb. russet potatoes sliced into ¼-inch slices
- ½ cup blue cheese, crumbled

### For the dough:

(If you have a bread machine, place these ingredients into the chamber and use the dough/pasta cycle and proceed to "For the Tart.")

1. Run a large bowl under hot water to warm it. Dry the bowl and combine yeast, warm water, 2 teaspoons honey. Allow the mixture to "proof" for 10 minutes until the yeast is creamy and foamy.
2. Add olive oil and chives. Gradually add the remaining dough ingredients, half a cup at a time, and stir with a wooden spoon. Knead on a lightly floured surface until smooth and elastic about 10 minutes. Shape dough into a smooth ball.
3. Set into a washed, dried and oiled bowl, cover with a damp cloth and set bowl in a draft-free place for 1 hour or until the dough has doubled in bulk.

### For the Tart:

1. Pre-heat the oven to 425°F. Arrange the potato slices in a single layer on a lightly oiled baking sheet. Bake in the upper third of the oven for about 20 minutes, or until tender. Set aside.
2. Sauté shallots and rosemary in butter for 3 minutes. Roll out the dough into a large round or two smaller rounds. Brush with olive oil. Arrange potato slices over tart crust. Sprinkle with

shallots, rosemary and blue cheese.

3. Transfer tart to a baking sheet or pizza stone and bake at 425°F for 15-20 minutes, or until tart is golden brown.

## ORANGE SESAME PECANS

PREP TIME: 45 MINUTES; SERVES: 6

*Served warm, these spicy-sweet nuts complement champagne or white wine well.*

- 2 cups raw pecan halves
- 3 Tbsp. Florida Crystals sugar
- ½ tsp. sea salt
- freshly cracked black pepper
- pinch of chili flakes
- zest from 1 orange
- 1 tsp. sesame oil

1. Boil two cups water. Place pecans in a bowl and fill with boiling water, to cover. Let sit for 30 minutes. Drain pecans well and pat dry.
2. Place pecans in a single layer on a cookie sheet. Bake at 375°F for 5 minutes.
3. In a medium bowl, mix sugar, salt, cracked black pepper and chili flakes. Add the zest of one orange. Mix well.
4. Place pecans in sauté pan and add sesame oil just to coat. Toast over medium-high heat, just hot enough to roast but not to scorch.
5. Sprinkle sugar mixture over pecans 1 teaspoon at a time while stirring. Continue until the sugar has set into a glaze on the nuts. Remove pecans to a serving dish and allow to cool slightly before serving.

## CRANBERRY MAYONNAISE

PREP TIME: 5 MINUTES; SERVES: 6

- 1 cup Wild Oats mayonnaise
- 2 Tbsp. cranberry sauce, p. 15
- 2 tsp. dijon mustard

Purée in a food processor and keep on hand for a unique sandwich spread.

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## HUMMUS

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PREP TIME: 15 MINUTES; SERVES 6

*Vegan*

- 1 Tbsp. ground cumin
- 3 cloves garlic, minced
- ½ cup parsley, chopped
- 1 Tbsp. tahini
- 2 15-oz. cans garbanzo beans  
juice of ½ lemon
- sea salt to taste
- ⅓ cup Wild Oats olive oil

1. In a dry skillet, roast the cumin over high heat, shaking the pan constantly for a minute or until the cumin is fragrant. Blend the cumin, garlic, parsley and tahini in food processor. 2. Add garbanzo beans and purée. Add the lemon juice and salt and mix. Add olive oil while mixing, using just enough to create a smooth mixture. Serve as a dip with chips or warm pita bread.

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## ARTICHOKE PARMESAN DIP

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PREP TIME: 1 HOUR; SERVES 6

- 8 oz. Horizon Organic cream cheese
- 14 oz. can artichoke hearts,  
drained well
- ½ cup freshly grated parmesan
- ¼ cup canola mayonnaise
- 1 garlic clove, minced
- 2 tsp. fresh lemon juice (or to taste)
- 1 scallion, chopped
- dash of hot sauce
- salt and pepper to taste
- breadsticks or lightly toasted  
french bread

1. In a food processor purée the garlic, cream cheese, artichoke hearts, parmesan, mayonnaise, lemon juice, scallion, hot sauce, and salt and pepper to taste. Blend until mixture is smooth. 2. Serve the dip at room temperature. If you like your dip hot, bake in an ovenproof dish at 275°F for 45 minutes.



PEAR, WALNUT & STILTON FILO CUPS

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## PEAR, WALNUT & STILTON FILO CUPS

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PREP TIME: 30 MINUTES; SERVES 6

- ¼ cup raw walnuts, chopped
- ½ cup plus 1 Tbsp.  
Wild Oats butter
- 4 Bartlett pears, peeled and  
cut into small chunks
- 1 tsp. honey
- 4 oz. Stilton cheese, crumbled
- 1 pkg. filo dough, thawed

1. Prepare the pears, working quickly so they do not turn brown. 2. Sauté walnuts in two teaspoons butter until toasted, about 2-3 minutes. Briefly sauté pears in butter for 2 minutes, just until soft. Add honey and remove to cool. 3. Crumble cheese over the cooled pear mixture.

4. Melt remaining butter. Unroll filo dough, using two sheets at a time, and covering the remaining dough with a damp towel. Brush filo with melted butter, adding the second sheet and brushing it with melted butter. Work quickly to ensure the filo does not dry out. Add another sheet and repeat. Cut your rectangle of dough into 2-inch by 2-inch squares. Overlap two of the squares on an angle on top of each other so you now have a star shape. 5. Insert these stars into mini muffin tins. Place a teaspoon of filling into each cup. Repeat with remaining filling. Bake at 400°F for 15-20 minutes, or until filo is golden.

## CRAB-STUFFED TOMATOES

PREP TIME: 10 MINUTES;  
COOK TIME: 15 MINUTES; SERVES 6

- 20 cherry tomatoes
- ½ cup Horizon Organic cream cheese, softened
- 2 cloves garlic, sautéed in 1 tsp. Wild Oats butter
- 1 shallot, chopped and sautéed in butter
- 2 Tbsp. chives, chopped
- 1 6 oz. can Crown Prince crab, well drained
- ½ cup Horizon Organic cheddar cheese, shredded
- salt & pepper to taste

1. Cut the tops off the tomatoes and hollow out. Allow to drain with cut side down on a paper towel.

### *Crab Stuffing:*

2. Add the sautéed garlic and shallot to the cream cheese. Add the chives, salt and pepper, mix. Add the crab. Set aside.  
3. Stuff the tomatoes with crab filling and place on a pie plate or baking dish.  
4. Top with cheese and bake for 10 to 15 minutes at 375°F until the tomatoes are hot, but still hold their shape.

## STUFFED TOMATOES WITH CAPER MAYONNAISE

PREP TIME: 10 MINUTES; SERVES 6

- 36 cherry tomatoes, sliced and drained
- 1 Tbsp. tarragon, fresh
- 1 tsp. dijon mustard
- 1½ tsp. capers
- 2 Tbsp. Horizon Organic cream cheese
- ½ cup Wild Oats mayonnaise

1. Cut the tops off the tomatoes and hollow out. Allow to drain with cut side down on a paper towel.  
2. Purée the tarragon, capers and mustard in a food processor. Add cream cheese, and then mayonnaise. Blend and chill for 20 minutes.  
4. Stuff tomatoes with the filling. Serve chilled.

## CHICKEN AND CHILE FILO TRIANGLES WITH CILANTRO LIME PESTO

PREP TIME: 45 MINUTES;  
COOK TIME 20 MINUTES;  
SERVES 4

### *Dough:*

- ¼ pkg. filo dough, thawed
- ½ cup Wild Oats butter, melted

### *Filling:*

- 1 cup chicken or turkey, cooked and chopped (optional)
- 1 cup cheddar cheese, shredded
- 1 cup Monterey Jack cheese, shredded
- ½ cup green chiles, chopped
- ½ cup red pepper, finely diced
- 1 tomato, seeded, drained & diced
- ½ cup scallions, chopped
- ¼ cup cilantro, chopped

### *Cilantro Lime Pesto:*

- 1 cup cilantro, chopped
- 1 Tbsp. green chiles, chopped
- ½ tsp. Tabasco™ Sauce
- 1 lime, juiced

1. In a bowl, lightly mix the filling ingredients together.

2. Unroll filo dough, peel off two sheets, and cover the remaining dough with a damp towel. Separate the two sheets into single sheets. Brush the first sheet of filo with melted butter, and top with the second sheet. Brush second sheet with melted butter. Work quickly to ensure the filo does not dry out. Cut the buttered, rectangular sheets in 6 equal strips (See “Making filo triangles” demo on adjacent page.) Place two tablespoons of the filling onto the bottom of each strip. Fold each strip into a small equilateral triangular pocket. Repeat this process with remaining filling.

3. Place on a cookie sheet, brush with butter, and bake at 400°F for 15-20 minutes, until golden brown.  
4. While the triangles are baking, purée the pesto ingredients in a food processor. Serve the pesto on the side.



CRAB-STUFFED TOMATOES  
CHICKEN AND CHILE FILO TRIANGLES WITH  
CILANTRO LIME PESTO

## STUFFED MUSHROOMS

PREP TIME: 10 MINUTES;  
COOK TIME: 15 MINUTES; SERVES 6

### Basic Recipe:

- 12 large button mushrooms
- ½ cup Horizon Organic cream cheese, softened
- 2 cloves garlic, sautéed in 1 tsp. Wild Oats butter
- 1 shallot, chopped and sautéed
- 2 Tbsp. chives, chopped

### Filling 1 — Crab:

- 1 can Crown Prince crab
- ½ cup gouda cheese, smoked and shredded
- salt & pepper to taste

### Filling 2 — Spinach artichoke:

- ¼ cup spinach, chopped
- ¼ cup artichokes, chopped
- ¼ cup Horizon Organic sharp cheddar, shredded

1. To prepare the basic recipe add the sautéed garlic and shallot to the softened cream cheese. Add the chives, salt and pepper. If desired, add the remaining ingredients for either the crab, or the spinach, and set aside.

2. Rub the mushrooms gently with a moist paper towel to clean. Remove the stalk.
3. Stuff the mushrooms with the filling and place on a pie plate. Top with cheese and bake for 15 to 20 minutes at 375°F until the mushrooms are soft.

## ASIAN DUMPLINGS WITH SESAME DIPPING SAUCE

PREP TIME: 30 MINUTES;  
COOK TIME 10 MINUTES; SERVES 3

- ½ bunch cilantro, chopped
- 1 bunch scallions, sliced very thin
- 1 carrot, shredded
- 2 cloves garlic
- ½ inch piece fresh ginger, peeled and minced
- 1 cup Chinese cabbage, shredded
- ½ lb. pork, ground
- ½ tsp. salt
- ½ tsp. Asian chili sauce
- 1 tsp. soy sauce
- 2 Wild Oats eggs, beaten (reserve 1 for egg wash)
- 1 pkg. wonton wrappers

### Dipping Sauce:

- 2 Tbsp. soy sauce
- 1 tsp. rice vinegar
- 2 tsp. sesame oil
- reserved scallions, and cilantro

1. Reserve half of the chopped cilantro and scallions.
2. Stir-fry the carrot, garlic, ginger, half of the scallions, cabbage, for 5 minutes. Mix the remaining ingredients in a mixing bowl.
3. Spread wonton wrappers out on a work surface. Brush each wrapper with egg wash.
4. Place a teaspoon of filling on each wrapper and pick up and crimp into a little purse shape. Place into a steamer and steam for 10 minutes. Serve warm with dipping sauce.

### BASIC EGG WASH

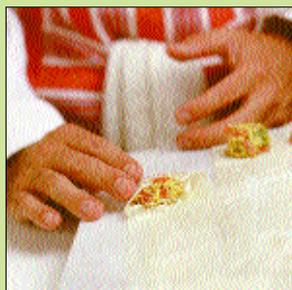
Egg washes are often used to seal together two pieces of pastry. As the food cooks, the egg wash fuses the two pieces together.

Beat one egg with one tbsp. water in a bowl. Apply using a brush.

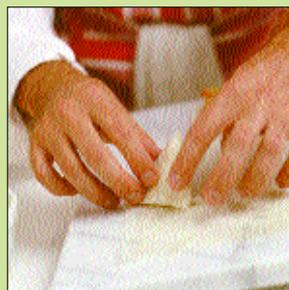
# MAKING FILO TRIANGLES



**1** Unroll filo dough, peel off two sheets, separating into two single sheets. Brush first sheet with melted butter, top with the second sheet and brush with melted butter. Work quickly so the filo does not dry out. Cut the sheets in 6 equal strips.



**2** Place two Tbsp. of the filling onto the bottom of each strip. Fold each strip into a small equilateral triangular pocket.



**3** Continue folding, keeping the triangle shape, until you reach the end of the strip. Repeat this process (steps 1, 2, and 3) with remaining filling.



**4** Place on a cookie sheet, brush with butter, and bake at 400°F for 15-20 minutes, until golden brown.

## CURRIED CHICKEN PROFITEROLES

PREP TIME: 1 HOUR; SERVES 6

### *Profiteroles:*

- 1½ sticks Wild Oats butter, unsalted
- 1½ cups water
- ¼ tsp. salt
- 1 tsp. Florida Crystals sugar
- 1½ cups flour
- 6 Wild Oats eggs
- 1 Wild Oats egg (for egg wash see p. 9)

1. Preheat oven to 425°F. Bring butter, salt, sugar and water to a boil in a saucepan. Remove from heat and add all the flour at once. Stir vigorously until well blended.
2. Return to heat and stir until mixture forms a “mass” or “choux” and a light doughy film forms on the bottom of the pot. This will take only a few minutes.
3. Remove from heat and add the eggs one by one, stirring well after each addition. The “choux” should have a glossy sheen and slip off the spoon.
4. Using a pastry bag with a ½-inch tip, pipe puffs directly onto either a parchment-lined baking sheet, or a buttered baking sheet. Try to make the puffs as uniform in size as possible. Smooth the tops of each puff with a pastry brush dipped in beaten egg.
5. Bake for 20 minutes, then reduce heat to 375°F and bake for 10 minutes. Turn oven off.
6. Remove puffs from oven and pierce the tip of each one with a sharp knife to allow the steam to escape.
7. Return puffs to warm oven for 10 - 15 minutes to dry out. Remove from oven and let cool.

### *Chicken/Turkey filling:*

- ⅔ cup Wild Oats mayonnaise
- 2 tsp. curry powder
- 1 Tbsp. mango chutney
- salt & pepper to taste
- 2 cups chicken or turkey, cooked and diced very fine
- 2 scallions, finely chopped
- 1 small red pepper, finely diced
- 3 Tbsp. raisins
- 3 Tbsp. almonds, slivered

1. Place mayonnaise, curry, chutney, and salt and pepper into a food processor and purée until smooth.
2. Add chicken, scallions, pepper, raisins and almonds.
3. Cut the tops off the profiteroles with a sharp knife and reserve tops. Spoon chicken mixture into the puffs. Replace the tops and refrigerate. Serve chilled.

## BRIE WITH PUFF PASTRY AND ALMONDS

PREP TIME: 45 MINUTES; SERVES 20

- 1 box puff pastry, well thawed
- 1 wheel French Brie cheese
- 1 cup slivered almonds
- 10 apples, sliced & brushed with lemon juice to keep from discoloring
- pepper jelly
- 1 Wild Oats egg, beaten (for egg wash see p. 9)

1. Toast the almonds in a sauté pan for about 5 minutes. Set aside.
2. Slice the cheese in half laterally, with a long knife as if making a layer cake.
3. Sprinkle the almonds over bottom layer and reassemble.
4. Unroll the puff pastry dough and roll out two equal portions with a rolling pin. Wrap these sheets over the wheel of cheese, and tuck the top sheet under the bottom to make a tight seal.
5. Brush the pastry with an egg wash and place in the refrigerator. Allow to chill for at least half an hour.
6. Transfer to a baking sheet and bake at 400°F for 15-20 minutes until golden. Serve with chilled sliced apples and pepper jelly.

## BRUSCHETTA

PREP TIME: 25 MINUTES; SERVES 6

- 1 baguette, sliced
- ½ cup Wild Oats olive oil
- 15 roma tomatoes, seeded and finely diced
- 1 red onion, finely diced

- ½ cup fresh basil, finely chopped
- 3 Tbsp. olive oil
- salt & cracked black pepper
- ½ cup Parmesan cheese, freshly grated

1. Slice baguette into ½-inch rounds. Brush rounds with olive oil, and toast on a baking sheet for 5-8 minutes at 375°F (watch carefully – to avoid burning.)
2. Drain the tomatoes well in a colander. Add red onion, olive oil, basil, salt and pepper. Toss and top each toast with the mixture.
3. Sprinkle with the parmesan just before serving.

CURRIED CHICKEN PROFITEROLES



## LIVER PÂTÉ

PREP TIME: 40 MINUTES;  
TOTAL TIME: 5 HOURS; SERVES 8

- 1/2 cup Wild Oats butter, softened
- 1/2 cup onion, finely diced
- 2 cloves garlic
- 1 tsp. thyme
- 2 bay leaves
- 1 tsp. mixed dry peppercorns
- 2 ribs celery, chopped
- 1 lb chicken livers
- 1 Tbsp. cognac
- 1/2 tsp. salt and cracked black pepper to taste

1. Sauté the onions, one bay leaf, garlic and thyme for 25 minutes.
2. Put the livers, celery, peppercorns, and remaining bay leaf in a saucepan, and cover with water. Bring to a boil, reduce heat and simmer for 10 minutes. Drain the livers, and discard the celery, bay leaf and mixed peppercorns.
3. Purée the onion mixture, livers, and cognac together in a food processor. Add the rest of the butter and purée until a smooth consistency develops. Remove and refrigerate in a serving dish for at least 4 hours.

4. Let it come to room temperature for 30 minutes before serving. Serve with French bread, or brioche.

*Pass the  
Peace*

*Burgundy makes you think  
of silly things; Bordeaux  
makes you talk about them;  
and Champagne makes  
you do them.*

~ BRILLAT-SAVARIN

# MAKING CHOUX PASTRY

Choux (pronounced "shoe") pastry, or cream puff pastry, is commonly used in appetizers and desserts.



- 1 See *Curried Chicken Profiteroles* recipe on page 10 for ingredients and measures. For a sweet dessert variation, see the *Cream-Filled Profiteroles with Chocolate and Field Berry Purée* on page 34.

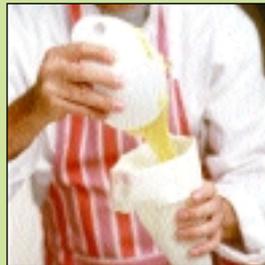
Preheat oven to 425°F. Bring butter, salt, sugar and water to a boil in a saucepan.



- 4 Continue stirring the eggs into the mixture until you reach the proper consistency. The choux should have a glossy sheen and slip off the spoon.



- 2 When boiling, remove from heat and add all the flour at once. Stir vigorously until well blended. Return to heat and stir until mixture forms a "mass" and a light doughy film forms on the bottom of the pot. This will take only a few minutes.



- 5 Using a pastry bag with a 1/2-inch tip, pipe puffs directly onto either a parchment-lined baking sheet, or a buttered baking sheet.

Try to make the puffs as uniform as possible. Smooth the tops of each puff with a pastry brush dipped in beaten egg.



- 3 Remove from heat and add the eggs one by one, stirring well after each addition.



- 6 Bake for 20 minutes, then reduce heat to 375°F and bake for 10 minutes more. Remove puffs from oven and pierce each one with a sharp knife to allow the steam to escape. Turn off heat in the oven and put puffs back into warm oven for 10 - 15 minutes to dry out. Remove from oven to cool.

## VEGETARIAN PÂTÉ

PREP TIME: 30 MINUTES; SERVES: 6

- 2 quarts water
- 1 tsp. salt
- 3 cups sliced french green beans (or the thinnest freshest ones you can find)
- Wild Oats olive oil cooking spray
- 1 tsp. Wild Oats olive oil
- 1 large white onion, diced
- 1 cup finely chopped leeks
- 2 shallots, peeled and minced
- ¼ tsp. salt
- 1 pkg Mori-Nu Lite Tofu, extra firm, mashed
- 1 Tbsp. light soy sauce
- ⅛ tsp. freshly ground black pepper
- ¼ tsp. paprika
- 2 Tbsp. white miso
- 1 Tbsp. steak sauce
- 1 Tbsp. Worcestershire sauce, vegetarian style
- 1 Tbsp. sesame tahini

1. Bring the water and salt to a rapid boil. Add green beans and cook for 15 minutes. Note: Very fresh thin green beans will be done in 15 minutes, some beans may take longer. Beans should be well cooked, not crunchy.

2. While beans are cooking, lightly coat a heavy sauté pan with cooking spray, add olive oil and sauté onions, leeks, shallots and salt for about 8–10 minutes over medium low heat or until onions are translucent. Add tofu, soy sauce, pepper, and paprika and cook another 10 minutes.

3. Drain green beans in a colander and place in the container of a food processor. Purée green beans with tofu mixture, miso, steak sauce, Worcestershire sauce and tahini. Refrigerate for two hours or overnight before serving. Serve with the bread or crackers.

## WILTED GREEN SALAD WITH GOAT CHEESE AND HAZELNUTS

PREP TIME: 20 MINUTES; SERVES 2

- ½ cup toasted hazelnuts
- 4 slices French goat cheese, 1-inch thick
- ½ lb heavy greens (baby kale, escarole or spinach, mixed with baby greens)
- ¼ cup Wild Oats olive oil
- 3 Tbsp. balsamic vinegar

1. Roast hazelnuts in the oven for 5–8 minutes at 375°F. Remove from heat.

2. Bake goat cheese for 3 minutes on a small baking sheet. Set aside.

3. Heat a wok to medium and add the oil, and balsamic vinegar. Add the greens and toss quickly, just until wilted. Add the hazelnuts and toss. Place the greens on a plate and slide the goat cheese off the baking tray onto the greens. Serve immediately.

## WILTED SPINACH SALAD WITH PORK TENDERLOIN

PREP TIME: 45 MINUTES; SERVES 2

- ¼ cup Wild Oats olive oil
- ½ lb. pork tenderloin, rinsed and patted dry
- ½ lb. spinach, washed
- 3 Tbsp. sherry vinegar
- 1 tsp. dijon mustard
- 2 Tbsp. dried cranberries
- ½ red onion, sliced very thin
- salt and pepper to taste

1. Heat a wok to medium-high and add the oil. Add pork tenderloin, and sear the outside. Remove pork from wok and reserve drippings.

2. Roast pork in oven at 375°F. for 15–18 minutes. Slice thinly.

3. Slice the onions and set aside. Add the spinach to the wok and toss quickly, just until wilted. Add the vinegar and toss.

4. Place the greens on a plate and top with the sliced pork and the onions. Serve immediately.

## SALMON CANAPÉS

PREP TIME: 10 MINUTES; SERVES 6

- ½ cup Horizon Organic cream cheese, softened
- ½ cup Wildfish smoked salmon, chopped
- 2 Tbsp. fresh dill, chopped
- ½ red onion, diced
- Dense pumpernickel rounds, squares, or quartered sandwich slices

1. Blend the cream cheese salmon and dill.

2. Spread the salmon mixture on top of each round. Arrange on a plate and top with diced onion. Garnish with lemon wedges and fresh dill.



SALMON CANAPÉS

## CURRIED TURKEY SALAD

PREP TIME: 10 MINUTES; SERVES 4

*A great recipe for leftover turkey!*

### Salad:

- 2 cups turkey, finely chopped
- 4 scallions, chopped
- 3 stalks celery, diced
- ¼ cup walnuts, toasted
- ½ cup peas
- 1 apple, diced
- ½ bunch cilantro, chopped
- ⅓ cup raisins

### Dressing:

- ⅔ cup Wild Oats mayonnaise
- 3 Tbsp. mango chutney
- 2 tsp. curry powder
- salt and pepper to taste

1. Toss the salad ingredients together in a mixing bowl.
2. Purée the dressing ingredients in a separate bowl and add to the turkey mixture. Allow to chill for at least 30 minutes.

## FENNEL SALAD WITH CRANBERRIES & PECANS

PREP TIME: 20 MINUTES; SERVES 2-3

- ½ cup pecan halves
- 1 cup dried cranberries, chopped
- ½ bunch spinach, washed and torn
- 1 bunch watercress, stems removed
- 1 bulb fennel, cored and sliced thinly lengthwise
- 3 cups baby mixed greens
- salt and pepper to taste

### Vinaigrette:

- 2 Tbsp. red wine vinegar
- 2 Tbsp. balsamic vinegar
- 1 shallot, minced
- ½ cup Wild Oats olive oil

1. Preheat the oven to 400°F. Place the pecan halves on a baking sheet and toast for 7 minutes. Allow to cool.
2. Prepare the vinaigrette, add the cranberries and set aside.
3. Place the greens in a large bowl. Add the pecans, and toss with vinaigrette.

## SOBA NOODLE SOUP WITH TURKEY

PREP TIME: 10 MINUTES; SERVES 2

*An Asian twist on leftover turkey.*

- ½ pkg. soba noodles cooked according to package instructions
- 4 cups turkey stock or chicken stock
- 3 scallions, minced
- 1 inch piece ginger, left whole
- ½ cup turkey, chopped
- 1 Tbsp. soy sauce
- 1 tsp. rice vinegar
- 1 cup bean sprouts
- 4 Tbsp. cilantro, chopped

1. Simmer broth with turkey, scallions, ginger, soy and vinegar for 10 minutes. Discard ginger.
2. Place noodles into two bowls with bean sprouts and cilantro. Add broth and serve with spoons and chopsticks.

## PUMPKIN CHIPOTLE SOUP

PREP TIME: 45 MINUTES; SERVES 2

*Creamy and satisfying, this soup bites back!*

- 2 cloves garlic, minced
- 1 yellow onion, chopped
- 1 Tbsp. Wild Oats olive oil
- 4 large carrots, diced
- 2 tsp. chipotle pepper powder (or 1 Tbsp. purée)
- 1 8 oz. can pumpkin
- 2 cups low-salt chicken or vegetable stock

1. Sauté onions and garlic in olive oil until opaque, about 5-7 minutes. Add diced carrots and chipotle pepper. Sauté for 5 minutes.
2. Add pumpkin and stock, and simmer for 30 minutes. Purée in blender, add salt and pepper to taste.
3. Garnish with crème fraîche, or low-fat yogurt, and serve with crusty rolls and honey butter (¼ cup softened butter blended with 3 tablespoons honey).

## AUSTRALIAN SQUASH SOUP

PREP TIME: 60 MINUTES; SERVES 4-6

- 8 cups water or vegetable stock
- 6 cups butternut squash, peeled, cubed
- 1 large white onion, sliced in moons
- 1 leek, sliced thin
- 1 Tbsp. peeled and minced ginger
- 2 cloves garlic, chopped
- 1 Tbsp. curry powder
- 1 Tbsp. fresh thyme leaves
- 2 bay leaves
- 1 pkg Mori-Nu Lite Tofu, firm, cubed
- ¼ cup white or yellow miso
- chopped fresh chives or parsley

1. Bring ingredients except tofu and miso to a boil in a large pot. Cook over medium heat for 30 minutes. Let cool.
2. Add tofu and miso. Purée well in small batches in a blender. Pass through a wire mesh strainer to remove any fiber. Garnish with chives or parsley.

## TURKEY MINISTRONE

PREP TIME: 45 MINUTES; SERVES 6

- 3 Tbsp. Wild Oats olive oil
- ½ tsp. sage
- ½ tsp. thyme
- 1 cup string beans (chopped)
- 2 stalks celery (chopped)
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup carrots, peeled & chopped
- 1 cup potatoes, peeled & cut in squares
- 6 cups turkey stock
- 1 cup escarole or spinach, cooked & chopped
- 2 tomatoes, chopped
- ¼ cup orzo or macaroni pasta, cooked
- salt and pepper to taste
- ½ cup turkey, chopped

1. Sauté onions, celery, garlic and spices in olive oil until the vegetables are opaque. Add carrots and potatoes, sauté for 5 minutes.
2. Add string beans, spinach, tomatoes, stock and turkey. Simmer 20 minutes. Add orzo 5 minutes before serving.

# *sides*



*A host is like a general: it takes a mishap  
to reveal his genius.* ~ HORACE

## SPICED CRANBERRY SAUCE

PREP TIME: 30 MINUTES; SERVES 6

- 24 oz. Sno-Pac frozen cranberries
- 3 cinnamon sticks
- 6 whole cloves
- ¼ tsp. freshly grated nutmeg  
(or to taste)
- ¾ cup water
- ¼ tsp. sea salt
- 1 cup Wild Oats maple syrup

1. In a saucepan, combine all the ingredients except the syrup and simmer over medium-low heat for 20 minutes, stirring often until the cranberries burst and the mixture has thickened.

2. Add the maple syrup and simmer 10 minutes longer.

3. Transfer the sauce to a serving dish and allow to cool before refrigerating. The sauce may be made 2 days in advance and kept covered and chilled. Serve at room temperature.

## CRANBERRY-APRICOT SAUCE

PREP TIME: 10 MINUTES;

COOK TIME: 15 MINUTES; SERVES 10

- ½ cup dried apricots, chopped
- ¼ cup orange juice
- 2 tsp. sherry vinegar
- ¾ cup water
- ⅔ cup Florida Crystals sugar
- ¼ cup honey
- 12 oz. Sno-Pac frozen cranberries
- 1 cinnamon stick
- 2 cloves

1. Cover apricots with the orange juice and sherry in a small bowl and refrigerate overnight.

2. Combine water, sugar, cinnamon, and cloves in a saucepan and bring to a boil. Add apricot mixture, honey, cranberries and vinegar. Cook for 10 minutes over medium heat. Remove from heat, place in a serving bowl and allow to cool before refrigerating.

## CRANBERRY GINGER SAUCE

PREP TIME: 25 MINUTES; SERVES 6

- 1 small chile pepper, seeded & minced
- 1 Tbsp. grated fresh ginger
- 1 clove garlic, minced
- 1 bay leaf
- 1 tsp. whole black peppercorns
- 1 cinnamon stick (about 2-3 inches)
- ½ cup apple juice
- 1 Tbsp. cider vinegar
- ½ cup white wine
- 2 Tbsp. Florida Crystals brown sugar or honey
- 1 15-oz can whole or jellied cranberry sauce
- 3 Tbsp. minced candied (crystallized) ginger

1. In a small saucepan, simmer chile, ginger, garlic, spices, juice and vinegar, covered, over low heat for 5 minutes.

2. Strain mixture into a medium saucepan; add cranberry sauce, candied ginger, white wine and sugar or honey. Cook over low heat until sauce is smooth and well-blended, about 5 to 7 minutes. Cool and serve at room temperature.

## WILD MUSHROOM AND BRIE BREAD PUDDING

PREP TIME: 90 MINUTES; SERVES 10

- 3 Tbsp. Wild Oats butter
- 2 large onions, chopped
- 1½ cups sliced mushrooms  
(cremini, shiitake, button,  
or portobello)
- 1½ tsp. salt
- ¾ tsp. cracked pepper
- 1 tsp. dried marjoram
- ½ cup Madeira
- 10½ oz. beef broth
- 1 cup Horizon Organic cream
- 2 Wild Oats eggs
- 2 Wild Oats egg yolks
- 1 Tbsp. fresh thyme
- 9 oz stale whole wheat bread; cut  
into ¾-inch cubes (about 6 cups)
- 8 oz Brie cheese cut into  
½-inch pieces

1. Sauté onions seasoned with salt and pepper in one tablespoon of butter until translucent, 5-7 minutes. Remove onions.

2. Add one tablespoon of butter and sauté half of the mushrooms. (This produces correct texture.)

Add the marjoram, ½ teaspoon salt and ½ teaspoon pepper. Cook until mushrooms are browned and the liquid has evaporated. Repeat with the remaining mushrooms using one tablespoon of butter.

3. Add onions and cook until all liquid has evaporated. Set aside to cool.

4. Heat oven to 350°F. Whisk together the broth, cream, eggs and egg yolks.

5. Add the bread and mushroom and onion mix to the egg mixture. Toss and let stand for 30 minutes.

6. Gently stir in the cheese. Brush a 9x13 baking dish with butter. Pour in the bread mixture. Bake for 40 minutes until firm and golden brown.





ROASTED NEW POTATOES  
WITH SAGE AND PANCETTA

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## ROASTED NEW POTATOES WITH SAGE AND PANCETTA

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PREP TIME: 45 MINUTES; SERVES 6

- 2 lbs. new potatoes, red & white
- ¼ cup Wild Oats olive oil
- 3 oz. pancetta (or prosciutto),  
cut into small strips
- 4 Tbsp. fresh sage leaves, chopped
- salt and pepper to taste

1. Boil potatoes for 5 minutes, until cooked half way. Drain and set aside.
2. Sauté the pancetta in olive oil for about 3 minutes or until the pancetta is slightly browned.

4. Add potatoes and sage and toss.
3. Place mixture into a baking dish and bake at 375°F for about 20 minutes or until the potatoes are brown and crispy.

## GARLIC MASHED POTATOES

PREP TIME: 1 HOUR 10 MINUTES;  
SERVES 10

- 6 lbs. russet potatoes, peeled & quartered
- 2 heads garlic, tops cut off
- 1 stick Wild Oats butter
- 1 tsp. sea salt
- 1-2 cups buttermilk, warmed
- 2 Tbsp. fresh parsley, chopped
- freshly ground black pepper to taste

1. Heat oven to 350°F. Wrap garlic heads in foil and cook in oven until cloves are soft, about 50 minutes.
2. While garlic is roasting, wash and peel potatoes. Cover with cold water, add salt and bring to a boil. Simmer until tender, then drain.
3. Heat the buttermilk over low heat. Mash potatoes, adding buttermilk slowly, until the desired consistency is reached.
4. Squeeze head of garlic so cloves slide out. Add to potatoes and mash. Season with salt and pepper to taste.

## MASHED POTATOES WITH YOGURT & PARSNIPS

PREP TIME: 45 MINUTES; SERVES 10

- 6 lbs. russet potatoes, peeled, quartered
- 2 lbs. parsnips, peeled and cut into 2-inch pieces
- 1½ cup plain non-fat yogurt, at room temperature
- ½ stick unsalted butter
- 2 Tbsp. chives or scallions, chopped
- salt and pepper to taste

1. Cook the potatoes and parsnips for about 30 minutes in a large pot of boiling, salted water. Drain in a colander and return to the pot.
2. Mash the potatoes and parsnips, adding the yogurt and butter until the mixture is smooth. Garnish with chives or scallions.

## ORGANIC WEHANI WITH CRANBERRIES AND SWEET CARAMELIZED ONIONS

PREP TIME: 65 MINUTES; SERVES 4

- 1 cup Lundberg Wehani rice
- ½ cup dried sweetened cranberries
- 1 Tbsp. Wild Oats butter
- 1 small onion, quartered and sliced into thin wedges
- 1 tsp. Lundberg Organic Brown Rice Syrup (or 1 tsp. brown sugar)
- ½ tsp. orange zest

1. Combine rice water and butter in a pot with a tight fitting lid. Bring to a boil, stirring once. Cover. Reduce heat to medium low. Simmer 50 minutes.
2. Stir cranberries into rice.
3. Sauté 1 tablespoon butter, onion and syrup over medium heat for 5 minutes, stirring constantly. Reduce heat to low, cook slowly for 15 minutes or until onions are caramelized (golden brown appearance).
4. Add onions to rice and cranberries. Stir in ½ tsp. orange zest. Season with salt and pepper.

### VARIATIONS ON CLASSIC MASHERS

**Mystery Flavors:** Add a bright taste with celery root (celeriac). Substitute 1½ cups of celery root for 1½ cups of the potatoes. Cook cubed celery root with potatoes. Or substitute sweet potatoes or yams for part of the potatoes for a sweet surprise.

**Total Decadence:** Substitute ¼ cup whipping cream, eight ounces of cream cheese and 2½ tablespoons sour cream for the milk, yogurt and butter in the main recipe.

**Al Capone:** Instead of milk, yogurt or cream, try mascarpone, an Italian cream cheese.

**Vegan:** Substitute a splash of olive oil and vegetable broth for the dairy. Or try oat milk, which boosts the creamy texture.

## WILD RICE WITH ROASTED CHESTNUTS & CRANBERRIES

PREP TIME: 1 HOUR; SERVES 8

*Wild rice is not actually rice but the seed of aquatic grasses. Renowned for its earthy and nutty flavor, wild rice makes a fine addition to any holiday dish.*

- 2 cups chestnuts
- 5 cups vegetable broth
- 2 cup Lundberg Gourmet Wild Rice Blend
- 2 Tbsp. Wild Oats olive oil
- 1 cup diced onion
- ½ cup diced celery
- ½ cup diced carrot
- 2 cloves garlic, finely minced
- 1 bay leaf
- 1 Tbsp. minced fresh thyme or 1 tsp. dried
- 1 cup dried cranberries, or 1½ cup chopped fresh cranberries (If using fresh cranberries toss them with 1 Tbsp. sugar and marinate while cooking the rice)
- 1 Tbsp. balsamic vinegar
- salt and pepper to taste

*Roasting Chestnuts:*

1. Pierce each chestnut with a small sharp knife. Place in a preheated 375°F oven on a baking sheet, and roast 25 to 30 minutes. Set aside to cool. Peel and coarsely chop.

*Preparing the dish:*

1. Bring the broth to a boil in a large pot and add the wild rice. Reduce to a simmer and cover. Cook to desired consistency. Rice is done just when it starts to burst, but hasn't puffed up completely, about 40 to 50 minutes. Drain any excess liquid.
2. Meanwhile, heat olive oil in a large sauté pan over medium heat. Add onion, celery and carrot; sauté until onion is soft, about 5 to 7 minutes. Add garlic, bay leaf and thyme; sauté 2 minutes. Add cranberries, cooked rice, vinegar and roasted chestnuts. Heat through and add salt and pepper to taste.

## FRUITED WILD RICE STUFFING

PREP TIME: 1 HOUR; SERVES 10

*Stuffs a 10 lb. turkey  
or 4 cornish hens*

- ¼ cup cognac
- ½ cup raisins
- ½ cup wild rice
- 1 cup Lundberg Gourmet  
Brown Rice Blend
- ½ cup Wild Oats butter, melted
- 2 small shallots, minced
- 1 rib celery, minced
- 1 cup fresh orange segments, sliced
- ½ cup fresh cranberries
- ½ cup fresh apple chunks
- ½ tsp. cinnamon
- ¼ tsp. cardamom
- ¼ tsp. cloves
- ¼ tsp. rosemary
- 1 cup breadcrumbs
- ¼ cup orange juice
- 1 Tbsp. balsamic vinegar
- ½ cup chopped walnuts or pecans

1. Bring raisins and cognac to a boil. Remove from heat and allow to sit for 30 minutes.

2. Add wild rice to 2 cups boiling salted water, reduce heat and simmer covered for about 50–60 minutes.

3. In a different pan, add brown rice to 2 cups boiling water and reduce heat, cover and simmer for 45 minutes.

4. In a saucepan melt butter and lightly sauté shallots and celery. Add cranberries, apple, oranges and spices and cook for 3 minutes. Add breadcrumbs. Mix in orange juice and balsamic vinegar, then toss with the cooked rices, raisins and nuts.

5. You can also bake this stuffing in a covered casserole dish for 50 minutes in a preheated 325°F oven. Remove the cover for the last 10 minutes of baking.



SAGE

## CLASSIC HERBED BREAD STUFFING

PREP TIME: 35 MINUTES;  
TOTAL TIME: 1 HOUR; SERVES 10

- 10 cups cubed crusty bread (1 lb.)  
(try using either Tuscan,  
sourdough or country loaves)
- 1 stick Wild Oats butter
- 3 medium onions, diced
- 4 celery stalks, sliced
- 3 tsp. fresh thyme (or 1 tsp. dried)
- 2 tsp. fresh sage (or ½ tsp. dried)
- 2 tsp. fresh rosemary (or ½ tsp. dried)
- 2 cups chicken or vegetable stock  
salt and pepper to taste

1. Ensure that the bread is either stale or very dry. If not, cube the bread and warm in the oven for 20 to 30 minutes at 325°F.

2. Melt the butter in a large skillet and cook the onions and celery until soft, between 10 and 15 minutes. If you are using dried herbs, add them to the celery and onions at this point. If you are using fresh herbs, add them last.

3. Toss the bread mixture with the stock in a large bowl. Reserve some of the mix for stuffing the bird. Place the remaining stuffing in a pan to bake. Cover the pan with foil and bake for 20 minutes at 375°F.

## CORNBREAD, CRANBERRY & PECAN STUFFING

PREP TIME: 20 MINUTES; SERVES 10

- 2 Tbsp. Wild Oats butter
- 1 cup onions, diced
- 1 cup celery, chopped
- 2 cloves garlic, minced
- 1 jalapeño, diced
- 1 cup turkey stock, or chicken stock
- 6 cups cornbread, stale and crumbled
- 1 cup cranberries, dried
- 1 cup pecans, toasted & chopped
- 1 Tbsp. fresh oregano
- 2 Tbsp. fresh parsley, chopped  
salt & pepper to taste

1. Melt butter in saucepan over medium heat. Add onions and

celery and sauté until onion is soft; about 7 minutes.

2. Add garlic and jalapeño; sauté for 2 minutes. Add broth and remove from heat.

3. Toss cornbread, cranberries, pecans, oregano and parsley in a large bowl. Pour the stock and vegetables into bowl; toss lightly to mix well. Season to taste with salt and pepper. If desired, stuffing can also be baked in a casserole dish for 30 minutes at 325°F.

## SAVORY SAUSAGE & FENNEL STUFFING

PREP TIME: 20 MINUTES; SERVES 10

- 2 Tbsp. Wild Oats olive oil
- 1 lb. mild Italian sausage or  
Lightlife “Gimme Lean”
- 1 cup onions, diced
- ½ cup celery, chopped
- 2 cups fennel bulbs, chopped  
(white part only)
- 2 cloves garlic, minced
- 1 tsp. fennel seed
- 3 Tbsp. white wine
- 1 cup turkey stock or chicken  
or vegetable stock
- 6 cups wheat or white bread,  
stale and crumbled
- 2 Tbsp. fresh parsley, chopped  
salt & pepper to taste

1. Heat olive oil in large sauté pan over medium heat. Add sausage; breaking up meat during cooking, sauté until cooked through and lightly browned, about 8 minutes.

2. Add the onions, celery and fennel bulb. Sauté until onions are soft, about 7 minutes. Add the garlic and fennel seed and sauté for 2 minutes.

3. Add the wine and simmer for 2 minutes. Add the broth and remove from heat. Place bread and parsley in a large bowl. Pour sausage mixture over bread; toss lightly to mix well. Season with salt and pepper. If desired, stuffing can also be baked in a casserole dish for 30 minutes at 325°F.

## HERBED CROUTONS

PREP TIME: 25 MINUTES; SERVES 4

*For soups, salads  
and stuffing recipes.*

- 4 Tbsp. Wild Oats olive oil
- 3 cloves garlic, crushed
- 12 slices day-old sourdough or whole wheat bread
- 2 tsp. dried rosemary
- 2 tsp. dried basil
- 2 tsp. dried marjoram
- 1 tsp. dried thyme
- freshly ground black pepper
- sea salt
- juice of ¼ lemon

1. Place 2 tablespoons of olive oil and garlic in a sauté pan over low to moderate heat, and cook for 10 minutes, stirring occasionally. Do not let the garlic brown.
2. Preheat oven to 350°F. Cut bread into cubes and place in a large mixing bowl. Drizzle remaining olive oil over cubes and toss to coat, adding more oil if necessary. Sprinkle herbs, salt and pepper on cubes. Sprinkle with the lemon juice. Toss again to coat.
4. Spread cubes on an ungreased cookie sheet and bake for 15 minutes turning once or twice until golden brown. Let cool before serving.

## ROASTED TOMATOES

PREP TIME: 35 MINUTES; SERVES 4

- 2 large tomatoes
- 2 Tbsp. Wild Oats olive oil
- salt and pepper to taste

Split tomatoes in half and drizzle with salt, pepper, and extra-virgin olive oil to taste. Bake on a cookie sheet at 350°F for 30 minutes.

## APPLE & WILD RICE CAKES

PREP TIME: 30 MINUTES; SERVES 6

*Great with Roast Goose, page 25.*

- 1 cup wild rice, cooked
- 1 cup white rice, cooked
- ¼ cup flour
- ½ tsp. ground nutmeg
- salt and pepper to taste
- ¼ cup walnuts, toasted
- ¼ cup pine nuts, toasted
- 1 granny smith apple, cored and grated
- zest from 1 orange
- 1 Tbsp. fresh chives, sliced
- 2 Tbsp. fresh rosemary, chopped
- 1 Wild Oats egg, beaten
- Wild Oats butter for frying

1. Combine the dry ingredients in a bowl. Mix well. Add apples, zest, and remaining ingredients, and mix well.
2. Pat two tablespoons of mix into a cake and fry on both sides until brown and crispy. Drain on paper towels. Serve immediately.

## ASPARAGUS WITH LEMON BUTTER & PINE NUTS

PREP TIME: 15 MINUTES; SERVES 4

*A quick and easy way to dress up a classic side dish.*

- 1 lb. asparagus
- ¼ cup fresh pine nuts
- 4 Tbsp. Wild Oats butter
- 1 Tbsp. Wild Oats olive oil
- 2 Tbsp. lemon juice
- zest from 1 lemon

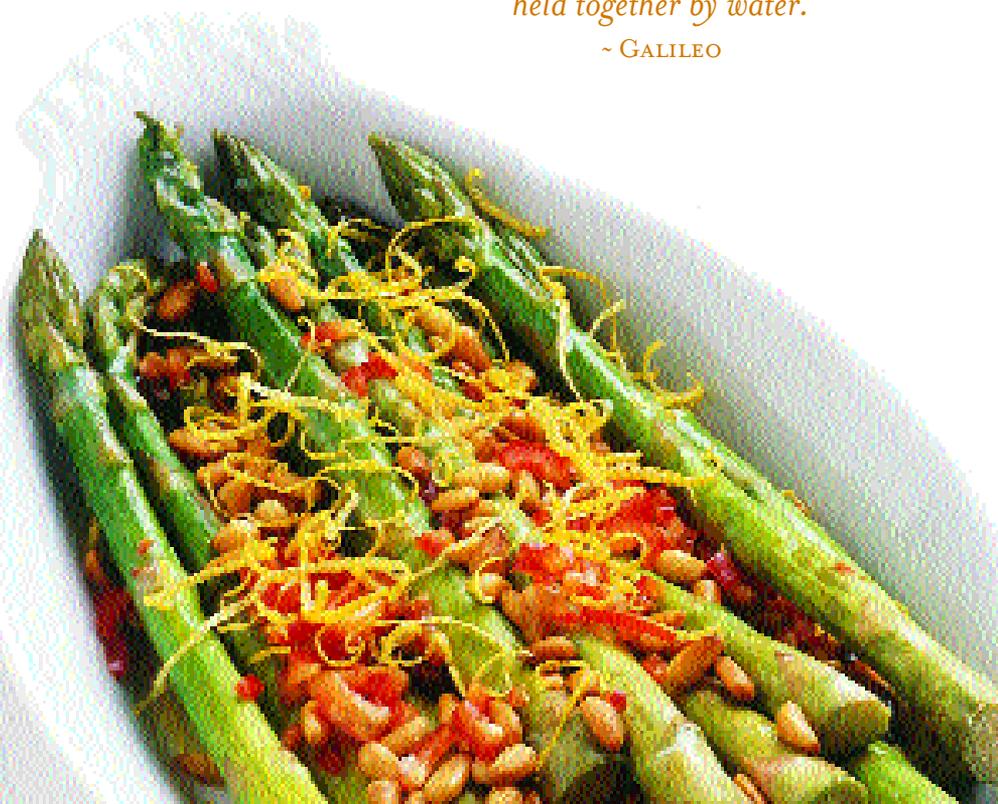
1. Steam asparagus in a steamer (or simmer in a large pan) until tender, about ten minutes.
2. Melt the butter and olive oil in a pan. Add the pine nuts and sauté until toasted and golden, about 1-2 minutes. Remove from heat. Add the lemon juice.
3. Drain asparagus and place in a serving dish. Drizzle pine nut mixture over top. Top with lemon zest and serve.

*Pass the  
Peace*

*Wine is sunlight  
held together by water.*

~ GALILEO

ASPARAGUS WITH  
LEMON BUTTER &  
PINE NUTS



## VEGAN MUSHROOM ROSEMARY GRAVY

PREP TIME: 20 MINUTES; SERVES 8

- 1/2 cup flour
- 1/2 cup Wild Oats olive oil
- 1/4 cup onion, diced
- 1/4 cup carrot, diced
- 1/4 cup celery, diced
- 2 tsp. dried rosemary
- 1 tsp. dried thyme
- 1 cup mushrooms, thinly sliced
- 3 cups vegetable stock
- 2 Tbsp. soy sauce
- salt and pepper to taste

1. Make a roux by cooking 3 table-  
spoons flour with 3 tablespoons of

olive oil for 5 minutes in a sauté-pan, stirring constantly. Remove from pan.  
2. Sauté onion, carrots, celery and dried spices in 3 tablespoons olive oil over medium heat for 5 minutes. Remove from pan.  
3. Add mushrooms to the pan and sauté until browned. Remove from the pan.  
4. Add the stock and roux to the pan. Whisk together until smooth and glossy. Add soy sauce and herbs. Add the vegetables, stir and cook for 15 minutes over medium heat to thicken.

## GREAT GRAVY FROM THE TURKEY PAN

PREP TIME: 45 MINUTES; SERVES 6

### Stock:

- giblets & neck from turkey
- 1 large yellow onion, chopped
- 2 carrots, chopped
- 1 cup celeriac (celery root) or 2 stalks celery, chopped
- 3/2 cup water
- 2 tsp. sea salt
- 4 peppercorns
- 1 bay leaf
- 1 sprig fresh thyme (or 2 tsp. dried)
- 3 sprigs fresh parsley

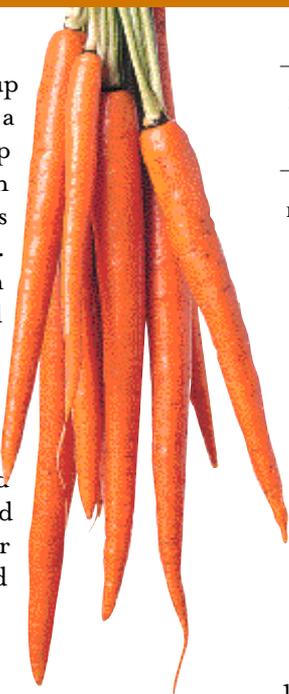
### Gravy:

- 4 Tbsp. fat from turkey pan drippings
- 4 Tbsp. white flour
- 1/2 cup Horizon Organic cream or 1/4 cup plain yogurt
- 2 Tbsp. minced fresh parsley
- 1/2 tsp. minced fresh sage or thyme

1. While turkey is roasting, place stock ingredients in a saucepan and cook on medium low at least 30 minutes. For a richer stock, simmer on low for 2 to 3 hours. Remove giblets and neck and if you wish, chop giblets and neck meat and set aside. Strain stock and set aside.  
2. Prepare the gravy in the roasting pan after the turkey has been removed and set aside to "rest". Make sure to use hot pads when handling the roasting pan.  
3. Pour roasting pan juices into a glass measuring cup and allow fat to rise to the top. Skim fat from juices. Discard remaining fat. Reserve juices.  
4. Place roasting pan over medium heat on the stove top. Add reserved 4 tablespoons of fat, and gradually sprinkle in flour, mixing vigorously with a wooden spoon. Scrape up any brown bits from the bottom of the roasting pan, being careful not to let the flour mixture burn. Once flour is thoroughly incorporated, and the mixture has browned, whisk in the stock and the remaining pan juices. (Use enough liquid to equal about 5 cups.) Simmer, stirring constantly, for 5 minutes. Remove from heat.



5. Place one cup of gravy in a measuring cup and stir in three ice cubes to cool slightly. Mix in cream or yogurt and fresh herbs, then add to the pan of gravy. If desired, add the giblets and neck meat. Add salt and pepper to taste and serve.



## VEGETABLE BROTH

MAKES ABOUT 2 1/2 QUARTS

- 1/2 cup vegetable oil
- 4 carrots, diced (reserve washed parings)
- 1/2 cup dried porcini mushrooms
- 4 celery stalks with leaves, diced
- 3 large onions, chopped
- 6 medium-sized potatoes, diced (reserve washed parings)
- 3 turnips, diced (reserve washed parings)
- 3 cups parings from carrots, potatoes and turnips
- 3 qts. water
- 3 bay leaves
- 2 cloves garlic, cut in half
- a pinch each of assorted herbs, such as tarragon, sage and thyme
- small bunch parsley
- salt and pepper, to taste

1. Heat oil in a large soup pot and sauté the carrots, celery, onions, potatoes, turnips and parings for 15 to 20 minutes, stirring frequently.  
 2. Add the water, bay leaves, garlic, porcini mushrooms, herbs and parsley. Bring to a boil, cover partially, reduce heat, and simmer 2 hours.  
 3. Strain through a fine strainer, mashing down the vegetables to release their liquid. Salt and pepper to taste. Cool and freeze in pints or quarts.

## MAPLE-ORANGE-THYME SWEET POTATOES

PREP TIME: 30 MINUTES; SERVES 6-8

*Can be made in advance — gently reheat before serving.*

- 2 lbs. sweet potatoes, peeled & diced
- 1/4 cup Wild Oats butter
- 1 Tbsp. shallot minced
- 1 clove garlic, finely minced
- 1-2 tsp. minced fresh thyme
- 1/4 cup Cointreau or Grand Marnier (optional)
- 3/4 cup orange juice
- 1/3 cup Wild Oats pure maple syrup
- salt and pepper to taste

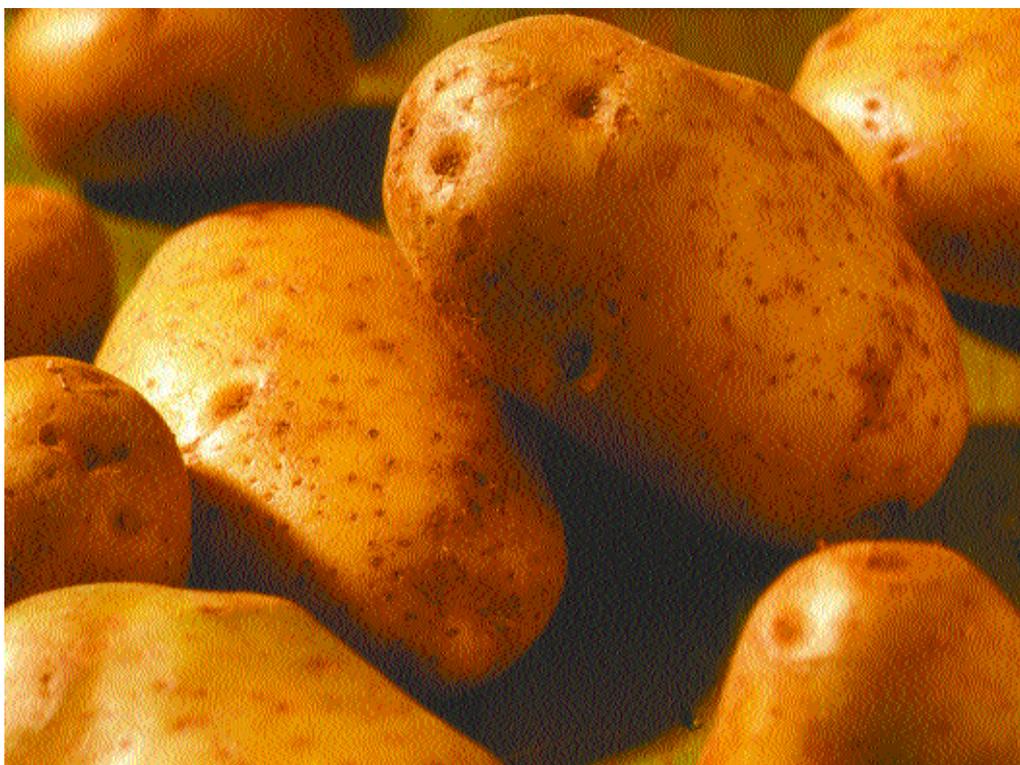
1. Bring a large pot of water to a boil. Add sweet potatoes and cook until tender, about 20 minutes.  
 2. Meanwhile, melt butter in medium saucepan over medium heat. Add shallot and garlic; sauté 2 minutes. Add thyme, liqueur (if using), orange juice and maple syrup; simmer 5 minutes and remove from heat.  
 3. Drain sweet potatoes and return them to pot. Mash while still hot, then add reserved liquids and mix well. Season with salt and pepper to taste.

## SWEET ROASTED ROOT VEGETABLES WITH ROSEMARY

PREP TIME: 45 MINUTES; SERVES 8

- 1 1/4 lbs. rutabagas
- 1 1/4 lbs. yams
- 1 lb. carrots
- 1 lb. parsnips
- 1 lb. turnips
- 1 lb. yellow finn potatoes
- 8 cloves garlic, halved
- 3 cups apple juice
- 4 Tbsp. balsamic vinegar
- 3 Tbsp. Wild Oats olive oil
- 4 tsp. fresh rosemary
- sea salt
- freshly ground pepper

1. Prepare vegetables by scrubbing those with thin skins and peeling those with tough skins. Cut into 1/2-inch cubes.  
 2. In a large saucepan, boil apple juice and balsamic vinegar for 30 minutes or until reduced to about 1 cup. Stir in olive oil and rosemary.  
 3. Toss vegetables in the glaze and place in a single layer in two roasting pans. Season with salt and pepper. Roast in a 425°F oven for 40 minutes or until tender and light brown.



## STUFFED BUTTERNUT SQUASH

PREP TIME: 45 MINUTES; SERVES 4-6

*An elegant way to celebrate the harvest.*

- 3 large butternut squash
- 1½ cups long grain rice (dry)
- 3 cups chicken or vegetable stock
- 1 cup wild rice
- 1 shallot, diced
- ½ cup pine nuts, toasted
- ½ cup mushrooms, finely diced
- 3 Tbsp fresh rosemary, chopped
- 1 Tbsp fresh parsley, chopped
- 1 small red pepper, finely diced
- salt & pepper to taste
- Wild Oats butter or olive oil



STUFFED BUTTERNUT SQUASH

1. Slice squash in half and remove seeds. In a saucepan, simmer face down in boiling water or steam for 6 minutes. Delicately cut out the squash center, leaving a 1-inch border around the outside for presentation. Scoop out the remaining flesh and chop for later use.
2. Cook the long-grain rice using chicken or vegetable stock. Place the wild rice in a separate saucepan, cover with water, and simmer for 20 minutes.
3. Sauté the shallot for a few minutes and then add the pine nuts. Set aside.
4. Sauté the mushrooms in the butter with the rosemary and parsley. Mix the ingredients together in a bowl, including the reserved squash and the diced peppers.
5. Stuff the squash with the mixture, and pour melted butter or olive oil over top. Bake at 375°F for 15-20 minutes.

## WARM WINTER GREENS SALAD

PREP TIME: 25 MINUTES; SERVES 4

- 1 bunch kale
- 1 small bok choy (or 4 large stalks)
- ¼ cup toasted and chopped hazelnuts
- 2 Tbsp. hazelnut oil  
or Wild Oats olive oil
- 1 Tbsp. umeboshi vinegar

1. Place a steamer basket or colander in a 2-quart saucepan and bring 3 cups salted water to boil.
2. Strip kale and bok choy leaves from stems and cut into 2-inch squares. (Reserve stems for vegetable stock.) Steam greens over boiling water for 6 to 10 minutes, or until they are just bright green and tender.
3. Toast hazelnuts in a dry skillet, shaking over high heat for a few minutes. Take care not to burn them.
4. Whisk oil and vinegar together and toss with greens.
5. Reheat greens in a saucepan, briefly over medium heat, if necessary. Serve warm. Top with chopped hazelnuts.

# SQUASH

### COOKING METHOD

*Cut in half and place face down in a baking dish sitting in a few inches of water. Bake at 350°F at the times indicated below.*

*Halfway through the cooking time, turn squash halves over and brush with the following mixture of your choice.*

### SQUASH TOPPERS

**Classic Maple:** *Brush ¼ cup melted butter and 3 Tbsp. maple syrup over top of cut squash, and continue baking.*

#### Butternut Squash:

Thick skinned. Measures 8 to 12 inches long and about 4-5 inches in diameter around the base.



Flavor profile: Finely textured, fairly sweet, with a high carotene content yielding a deep orange color.

**Cooking:** Bake halves for 20 minutes. Steam half inch cubes for 10-15 minutes.

#### Acorn squash:

Deep green/orange thick ribs which make it difficult to peel. Measures 5 inches long and 6-8 inches in diameter.



Flavor profile: The finely textured orange yellow flesh is tender with accents of hazelnut and pepper.

**Cooking:** Bake halves for 20 minutes. Steam half inch cubes for 10-15 minutes.

#### Delicata squash:

Measures approximately 6-9 inches and 2-3 in diameter. The skin is mottled and striped with spruce green and occasionally orange.



Flavor profile: reminiscent of a blend of corn, butternut squash and sweet potato with a moist creamy texture.

**Cooking:** Bake halves for 40 minutes. Steam sliced ¾ inch squash rings for 10 minutes.

## FENNEL & TURNIP SALAD

PREP TIME: 45 MINUTES; SERVES 4-6

- 4 small turnips
- 3 bulbs fennel
- 2 large navel oranges, peeled, with pith removed
- 1 Tbsp. minced shallot
- 3 Tbsp. Wild Oats olive oil
- 1 tsp. cider vinegar
- ½ tsp. honey
- ⅓ cup orange juice
- 1 tsp. grated orange peel
- 1 tsp. grated lemon peel
- 1 Tbsp. grated fresh ginger
- 1 tsp. dry mustard
- freshly ground black pepper
- ½ cup almonds
- 1 cup chopped fresh parsley
- 1 cup fresh arugula
- ½ tsp. sea salt

1. Scrub the turnips and slice into thin ½-inch pieces. Boil in salted water until tender, about 15-20 minutes. Trim the stalks off the fennel right to the top of the bulb, cut a thin slice off the bottom and peel off the outer layers. Thinly slice the diamond-shaped fennel bulbs diagonally against the grain. Set aside.

2. Separate the orange into sections and cut into thin triangular pieces.

3. Whisk the olive oil, vinegar, honey, orange juice, orange and lemon peel, ginger, dry mustard, salt and pepper together in a bowl.

4. Toast the almonds in the oven for 7 minutes at 400°F, watching closely to make sure they don't burn. Chop into tiny pieces.

5. Toss all ingredients together. Add parsley and arugula.

## MELON & STRAWBERRIES

PREP TIME: 15 MINUTES; SERVES 4

*A sweet side dish to complement the perfect holiday brunch.*

- 1 honeydew or cantaloupe melon
- 1 pint strawberries
- 2 Tbsp. powdered sugar

1. Cube melon and add to whole strawberries.

2. Sprinkle with 2 Tbsp. powdered sugar and chill for 15 minutes.

*Pass the  
Peace*

*Cooking is like love — it should be entered into with abandon or not at all. ~ KITCHEN GRAFFITI*

## PRIMER

**Lemon Spiced Walnut:** 1 Tbsp. lemon juice, 1 Tbsp. honey, 2 tsp. cinnamon, ½ tsp. nutmeg, ⅓ tsp. ground anise, 2 Tbsp. walnut oil, 1 Tbsp. corn oil, 3 Tbsp. finely chopped walnuts, salt and pepper to taste.

**Lemon Rosemary:** Mix together 2 Tbsp. olive oil, 1 Tbsp. lemon juice, 1 Tbsp. honey and 1 Tbsp. chopped fresh rosemary (or substitute rosemary flavored olive oil).

**Honey Ginger:** Mix together 2 Tbsp. honey, 1/3 cup lemon juice, 2 Tbsp. soy sauce, 1 Tbsp. minced ginger, 1 clove minced garlic, 3 Tbsp. sherry.

### Kabocha squash:

Average about 2-3 pounds. Their mottled rind is thick and deep green with uneven stripes and markings.

Flavor profile: resembles pumpkin and sweet potato, with a fine-grained and soft texture.

Cooking: Bake halves for 45 minutes. Steam halves for 15-20 minutes, or quarters for 10-15 minutes.



### Spaghetti squash:

Measure between 8 and 14 inches in length and weigh approximately 3 lbs. The flesh can be separated in strands that resemble spaghetti and can be used as a substitute for pasta.

Flavor profile: The bland, slightly sweet flesh is superb for full-flavored sauces.

Cooking: Bake halves for 25-30 minutes. Boil halved squash for 20 minutes.



### Squash Seeds:

To roast: remove seeds from the cavity of any squash. Remove filaments and pat dry. Do not rinse. Spread seeds on a cookie sheet and allow to dry for several days, or at least overnight. Coat with a little oil and roast at 350°F until golden. Sprinkle with salt.

# *entrées*



*The discovery of a new dish does more for human happiness than the discovery of a new star.* ~ BRILLAT SAVARIN

## MUSHROOM & STILTON TART

PREP TIME: 1 1/2 HOUR; SERVES 8

### Pastry:

- 2 1/2 cups plus 2 Tbsp. flour
- 2 tsp. salt
- 1/2 tsp. cayenne
- 1 cup Wild Oats butter, cubed & cold
- 2-3 Tbsp. ice water

### Filling:

- 2 Tbsp. butter
- 1/2 cup minced leeks
- 3/4 tsp. salt
- 3/4 tsp. black pepper
- 4 cups sliced mushrooms (cremini, button, shiitake, etc.)
- 2 cloves garlic, chopped
- 2 cups Horizon Organic heavy cream
- 3 large Wild Oats eggs
- 1/2 cup blue cheese, crumbled

### Pastry:

1. In a mixing bowl, combine 2 1/2 cups of the flour, salt and cayenne. Cut in butter with a pastry blender until the mixture resembles coarse meal. Add the ice water and mix with a wooden spoon until the dough comes away from the sides of the bowl. Shape the dough into a ball and cover with plastic wrap. Place in the refrigerator for 1 hour.
2. Preheat the oven to 350°F. Remove the dough from the refrigerator and let sit for about 5 minutes. Lightly dust a work surface with the remaining flour.
3. Roll the dough out into a 12-inch round about 1/4-inch thick. Fold the dough into fourths and place it in a 10-inch tart pan, and unfold.
4. Roll a rolling pin over the top of the pan to trim off the excess dough. Prick the bottom of the crust with a fork.

### Filling:

1. In a medium sauté pan, melt the butter over medium heat. Add the leeks. Season with salt and pepper.

Sauté for 1 minute. Add mushrooms. Continue to sauté for 3 to 5 minutes or until the mushrooms are browned. Stir in the garlic and remove from heat. Cool completely.

2. In a mixing bowl, whisk the cream and eggs together and add with the salt and pepper. Mix well. Pour the mushroom mixture into the pastry shell.

3. Sprinkle with blue cheese. Pour in the cream mixture.

4. Bake until the center is set and the top is golden, about 55 minutes. Remove from the oven and let cool for 5 minutes before slicing. Serve with a crusty loaf of bread.

## ROAST GOOSE

PREP TIME: 10 MINUTES;  
COOK TIME 3 HOURS; SERVES 4-6

- 1 goose
- 1 onion, peeled and quartered
- 2 apples, cored and quartered
- 1 cup sweet white wine salt and pepper to taste
- 1/2 cup Wild Oats butter zest of one orange
- 1 Tbsp. orange juice

1. Preheat oven to 300°F. Rinse goose and pat dry. Place the onions and apples in the cavity of the goose. Spread butter, orange juice and orange zest over the breast and season with salt and pepper.

2. Place in a large roasting pan. Add wine. Roast covered for 2 hours.

3. Remove the cover and continue roasting for approximately one more hour, basting occasionally, until the goose is browned. The goose is done when a meat thermometer reads 165°F and the juices run clear between the thigh and breast. Serve with the butter and orange juice sauce.

## LUCKY NEW YEAR'S BLACK-EYED PEAS

PREP TIME: 2 1/2 HOURS; SERVES 4

- 2 qts. water
- 1 lb. dried black-eyed peas
- 1 lb. sausage or Lightlife "Gimme Lean"
- 1 large onion, chopped
- 1 green pepper, chopped
- 4 cloves garlic, minced
- 1 cup tomatoes, chopped and drained
- 1/2 Tbsp. hot red pepper flakes, crushed
- 1 tsp. sea salt
- 1 tsp. freshly ground pepper
- 4 cups beef or vegetable broth
- 2 Tbsp. Wild Oats olive oil
- 3 cups brown rice
- chopped green onions to garnish

1. In a large pot, place the black-eyed peas in 2 quarts water and bring to a boil over high heat. Boil for 1 minute, then remove the pan from heat, cover tightly and let stand 1 hour.

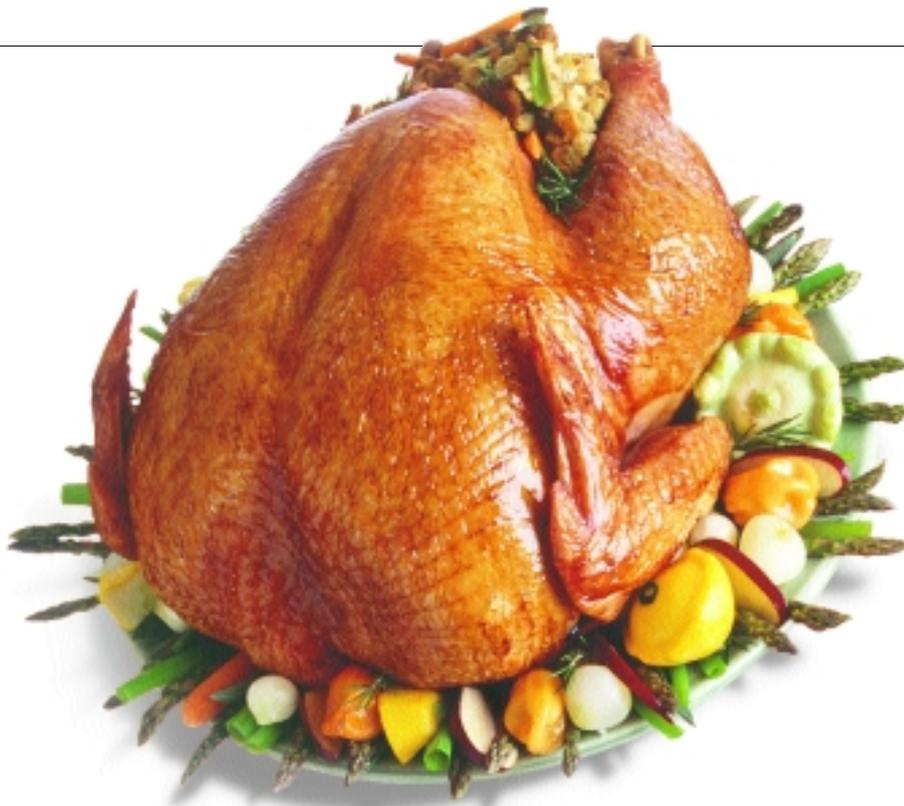
2. Meanwhile, in a skillet, cook sausage, onion, green pepper and garlic. Pour off excess fat.

3. Drain the water from the black-eyed peas. Place pot back on stove. Add the peas, sausage mixture, tomatoes, red pepper flakes, 1/2 teaspoon of salt and freshly ground pepper. Bring to a boil, reduce heat and simmer, covered, for about 1 1/2 hours (until peas are tender).

4. Meanwhile, in another saucepan, bring the broth, olive oil and 1/2 teaspoon salt to a boil. Add the rice. Reduce heat to low and simmer covered for about 50 minutes or until rice is tender. Spread the rice on a deep platter or serving dish. Pour the pea mixture over the the rice. Garnish with chopped green onions.

Everything you need to know about preparing the

# CLASSIC TURKEY



## PAUL'S TERRIFIC TURKEY TIPS

*Paul Gingerich, our meat guy and an accomplished chef, walks the fields to make sure you are getting the highest quality birds with the best flavor. Here are some of his secrets for a fabulous holiday turkey.*

### 1 THE MAGIC IS IN THE PAN BROTH

Pan broth bastes the turkey and is a delicious addition to the turkey gravy. See next page for details on how to prepare the perfect pan broth.

### 2 HOMEMADE BROTH IS BEST FOR GRAVY

Make the broth for your gravy while the turkey is cooking. See our "Great Gravy from the Turkey Pan" recipe on page 20.

### 3 LET THE TURKEY BASTE ITSELF

Tent your turkey with foil to create a self-basting process in which the juices hit the foil and fall back onto the turkey, basting all sides.

### ROAST TURKEY TIMING

SIZE POUNDS	STUFFED HOURS	UNSTUFFED HOURS
8 - 12	3½ - 4½	3 - 4
13 - 16	4½ - 5½	4 - 5
17 - 20	5½ - 6½	5 - 6
21 - 24	6½ - 7	6 - 6½

### WHAT SIZE TURKEY?

1 pound of uncooked turkey per guest (2 pounds per guest if you adore leftovers!)

### 4 ACHIEVE A GOLDEN GLOW

If your turkey's not golden brown when finished cooking, remove the foil and turn the oven to its highest setting. Watch carefully and remove the bird when it's golden brown – this takes only a few minutes.

### 5 LET IT REST

To allow juices to well up in your turkey, let it "rest" for 15 to 20 minutes before carving.

### 6 THE FINISHING TOUCHES

For a dramatic flair and delectable flavor, carve the turkey at the table and place the sliced meat on a platter that has been "seasoned" with pan juices.

# ROAST TURKEY STEP-BY-STEP

Okay — let's assume you are one of the lucky holiday cooks who actually remembered to order their fresh,\* holiday turkey from Wild Oats. (You are one of those lucky cooks aren't you? If not, stop reading right this minute and run, don't walk to your nearest Wild Oats store. Or you can simply pick up the phone and order from home.) Whew. That was close. All right ... you've ordered your bird, and picked it up at Wild Oats right on schedule. So far, so good. So, now what? Well, if you haven't already stored your turkey on the lowest shelf of your refrigerator — preferably in a shallow pan to prevent drips — please, do so post haste. Once you've taken care of that little chore, you are free to enjoy some quality holiday time with your loved ones until it's time to start cooking.

**1. Unwrap turkey** and remove plastic giblet bag. Check both cavities for extra parts. Rinse the bird, and pat it dry with paper towels.

**2. Stuff the bird.** Fill the neck and body cavities with your favorite stuffing.

**IMPORTANT:** *Stuff the turkey right before you put it in the oven. Never stuff the turkey the night before or even hours before roasting, as bacteria can multiply and cause food poisoning!*

Loosely pack the stuffing, as it will expand while cooking. Allow  $\frac{1}{2}$  to  $\frac{3}{4}$  cups of stuffing per person. If your recipe makes more stuffing than the turkey will hold, wrap remaining stuffing in foil and bake alongside the bird during the last half hour of roasting.

**3. Close the opening** with skewers or sew it with heavy thread. As an option, tie the drumsticks together with corn husk strips that have been soaked in water.

**4. Preheat oven** to 350°F.

**5. Rub turkey** with vegetable oil, olive oil or broth mixed with seasonings like paprika, sage, garlic, salt and pepper.

**6. Place the turkey** on a rack, breast side up, in a shallow roasting pan. Insert a meat thermometer into one of the thighs, and make sure the tip is not in contact with any bone.

**NOTE:** *If you are willing to risk some cosmetic tears in skin (but want the best flavor possible) stand turkey breast side down and carefully turn it over 1 hour before done.*

**7. Cover the bottom of the roasting pan** with  $\frac{1}{2}$  inch of chicken or turkey broth. Add the juice of one fresh lemon and a cup or so of white wine. Add one bay leaf and generous sprigs of fresh thyme and rosemary.

**8. Cover the turkey loosely** (don't seal around the pan) with a tent of aluminum foil to keep it moist and prevent over-browning. Place in oven. Remove the foil and baste the bird several times during the last 30 to 60 minutes of cooking time with vegetable or olive oil. Leave the sides open.

**9. Your turkey is done** when the thermometer inserted into the thickest part of the thigh next to the body measures 180°F; stuffing must reach 160°F. To gauge cooking time without a thermometer, allow about 20 minutes per pound (15 minutes if unstuffed).

**10. Begin to check for doneness** one hour before the end of the recommended roasting time.

**11. To allow juices to well up** in your stuffed turkey, let it "rest" 15 to 20 minutes after removing it from the oven and before carving.

**12. Remove the stuffing immediately** when the turkey is done. Stuffing can be set into a baking dish and baked to brown the edges while the turkey rests.

**13. For a dramatic flair** and delectable flavor, carve the turkey at the table directly into broth and serve. To do this, after you take the turkey out to rest, remove all the juices and drippings. Skim off the fat for the gravy. Pour some of the juices into a deep serving dish and use this dish at the carving table.

## TURKEY SEASONING IDEAS

For an aromatic alternative to stuffing your turkey, place large sprigs of rosemary and other fresh herbs in the cavity. Or roast five heads of garlic (with the ends sliced off) inside the turkey. This makes a delicious spread on fresh bread or mixed with mashed potatoes.

Herb rub combinations are another adventurous way to treat a turkey. Combine herbs and spices; lightly oil the outside of the turkey and rub the mixture in. Try this exotic Asian Rub for a real twist on tradition:

- 2 Tbsp. ground turmeric
- 1 tsp. ground coriander
- $\frac{1}{2}$  tsp. sea salt
- $\frac{1}{2}$  tsp. onion powder
- $\frac{1}{4}$  tsp. ground cumin
- $\frac{1}{8}$  tsp. ground cinnamon
- $\frac{1}{8}$  tsp. ground star anise

**\*NOTE:** *Frozen turkeys should never be thawed at room temperature, as dangerous bacterial growth can occur. Always defrost in a refrigerator. Allow at least one day of thawing for every four pounds of turkey. If you are short on time, use the cold water thawing method which requires about 30 minutes per pound of whole turkey. Place turkey breast down in its unopened wrapper in enough cold water to cover completely. It's important to keep the surface cold, so change the water every 30 minutes.*



PRIME RIB

## NATURAL BONELESS PRIME RIB OF BEEF

### COLEMAN NATURAL BEEF

*Coleman is the leading supplier of fresh, natural beef that doesn't have any added hormones or antibiotics, and is raised using sustainable methods. Coleman is the first company to receive an approved U.S. Department of Agriculture (USDA) label for natural beef. The result of raising cattle the "slow, old fashioned way" is simply great tasting beef. With "flavor as nature intended," Coleman's beef is the best, truly natural beef around. Just pure simple beef!*

PREP TIME: 1 HOUR 30 MINUTES;  
SERVES 16

- 4-5 lbs. Coleman prime rib of beef
- 1/3 cup Wild Oats olive oil
- 2 Tbsp. fresh lemon juice
- 5 Tbsp. fresh rosemary leaves, crushed
- 4 cloves garlic, minced
- 1 tsp. black pepper
- 3 Tbsp. flour

1. Bring roast to room temperature. Preheat oven to 450°F.
2. Combine olive oil, lemon juice, crushed rosemary, garlic and pepper and rub into meat. Sear the roast in preheated oven for 15 minutes. Reduce oven temperature

- to 350°F and continue to cook 12 to 15 minutes per pound, depending on the desired degree of doneness.
3. Remove roast from oven and allow to rest for 10 minutes.
4. To prepare a gravy from the pan juices, mix 3 tablespoons of flour in 1/4 cup water. Place the baking pan over medium high heat, stir in the flour mixture and scrape the pan with a spatula to release the drippings. Add a few sprigs of rosemary while the mixture thickens, stirring constantly.

*TIP: Before carving, remove a piece of the exterior rosemary-scented fat and rub it into the carving board to season the meat as you slice.*



## BEEF WELLINGTONS

PREP TIME: 45 MINUTES;  
COOK TIME 25 MINUTES; SERVES 4

- 4-6 oz. Coleman beef tenderloins
- 2 Tbsp. Wild Oats olive oil
- 1 Tbsp. Wild Oats butter
- 1 cup button mushrooms, finely diced
- 2 shallots, diced
- 3 Tbsp. parsley, finely chopped
- 4 oz. soft liver pâté
- 1 package (17¼ oz) frozen puff pastry, thawed
- 1 Wild Oats egg, beaten
- 1 Tbsp. Horizon Organic cream for egg wash

1. Brush tenderloins with oil. In a large skillet, sear tenderloins over high heat — one minute per side. Transfer tenderloins to a plate and chill for at least 10 minutes in the refrigerator.
2. Sauté mushrooms in 1 tablespoon butter until browned. In a small bowl, mix the mushrooms, shallots and parsley. Set aside and chill in refrigerator.
3. Cut each pastry sheet in half crosswise. Roll out each half-sheet on a lightly floured surface into a rectangle large enough to enclose one steak. Center one tenderloin on top of each rectangle. Add a slice of pâté and ¼ of the mushroom mixture. Dampen the edges of the pastry

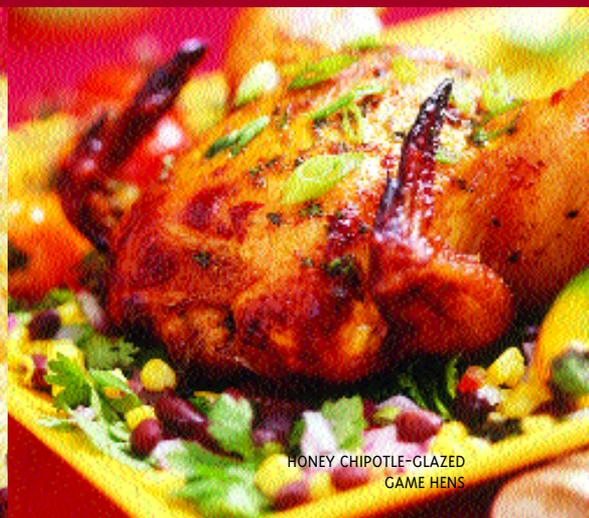
with egg wash, and fold to enclose the tenderloins. Press edges to seal.

4. Decorate with pastry leaves cut from pastry trimmings. Place on baking sheet and brush with beaten egg. Bake at 425°F for 20 to 25 minutes or until crust is puffed and golden brown. Serve hot.

## HONEY CHIPOTLE-GLAZED GAME HENS

PREP TIME: 1 HOUR; SERVES 4

- 1 Tbsp. Wild Oats olive oil
- ½ tsp. cumin, ground
- ½ tsp. oregano
- ⅛ tsp. chipotle powder (or chile powder)
- 1 Tbsp. honey
- 1 lemon, juiced to render 1 Tbsp. (reserve the seeds)
- 1 bunch cilantro, chopped salt and pepper to taste
- 2 game hens
- 1 yellow onion, sliced into thin rings
- 1 red pepper, cored seeded and cut into strips
- 1 yellow pepper, cored seeded and cut into strips
- 3 fresh thyme sprigs
- 1 pkg. frozen corn



1. Preheat oven to 325°F. Blend the oil, spices, herbs, honey and lemon juice.
2. Stuff the birds with reserved lemon seeds, half of the cilantro, and salt and pepper.
3. Prepare a baking dish with the onions, peppers, corn and remaining cilantro. Rub the birds with half of the oil marinade and place on top of the vegetables with the breasts facing up.
4. Roast in the oven for 25 minutes. Remove from the oven, brush with remaining oil marinade, and continue to roast until the juice runs clear, about another 45 minutes, or until the birds are browned and reach an internal temperature of 180°F. Serve with the pan roasted vegetables.

## EGGS WITH CREAM CHEESE AND CHIVES

PREP TIME: 10 MINUTES; SERVES 4

- 4 Tbsp. Horizon Organic cream cheese
- 8 Wild Oats eggs, beaten
- 2 Tbsp. chives salt and pepper to taste

1. Melt cream cheese in a saute pan over medium-low heat. Add the eggs and slowly stir until cooked.
2. Season with salt and pepper and add 2 teaspoons of chopped chives per serving.

## CRÊPES WITH TURKEY AND MUSHROOMS

PREP TIME: 45 MINUTES; SERVES 4

*A great way to use Thanksgiving leftovers!*

### Crêpes:

- 3 Wild Oats eggs
- 1 cup water
- 1 cup milk
- 1 cup flour
- 1 Tbsp. Wild Oats butter, melted
- pinch salt

1. Whisk all the ingredients together until smooth. Cover the batter and set aside for 30 minutes.
2. Heat a cast iron pan or a skillet to medium high heat. Brush with the melted butter.
3. Ladle batter into the pan to coat the base, and pour excess batter back into the bowl to ensure uniform crêpes. After about 1 minute, check the underside of crêpe and flip. The crepe is done when it is spotted with brown markings. Cook for another half minute and transfer to a plate. Repeat with remaining batter.

### Turkey Mushroom Filling:

- 1 shallot, minced
- 2 cups mushrooms, sliced (button or portobello)
- 2 Tbsp. fresh parsley, minced
- 4 Tbsp. Wild Oats butter
- 2 Tbsp. flour
- 1 cup milk
- ½ cup turkey or chicken broth
- 1½ cups turkey, chopped
- ½ cup cheddar cheese, shredded
- salt and pepper to taste

1. Sauté the shallots and mushrooms in 2 tablespoons butter until the mushrooms are browned, about 8–10 minutes. Set aside.
2. Add remaining butter to pan with the flour and cook for 2 minutes until slightly browned and cooked through. Add the milk and stock and stir frequently to develop a smooth and thickened sauce.
3. Add the mushroom mixture to the pan with the turkey, and parsley. Place ¼ cup of this mixture on each crêpe and roll up into a cigar shape.
4. Place crêpes side by side in a 9x13 baking dish. Top each crêpe with a bit of the reserved sauce, add cheese, and bake at 375°F for 10 minutes, just until the cheese has melted.

## MAPLE & ROSEMARY WOVEN SALMON & HALIBUT

PREP TIME: 45 MINUTES; SERVES 4–6

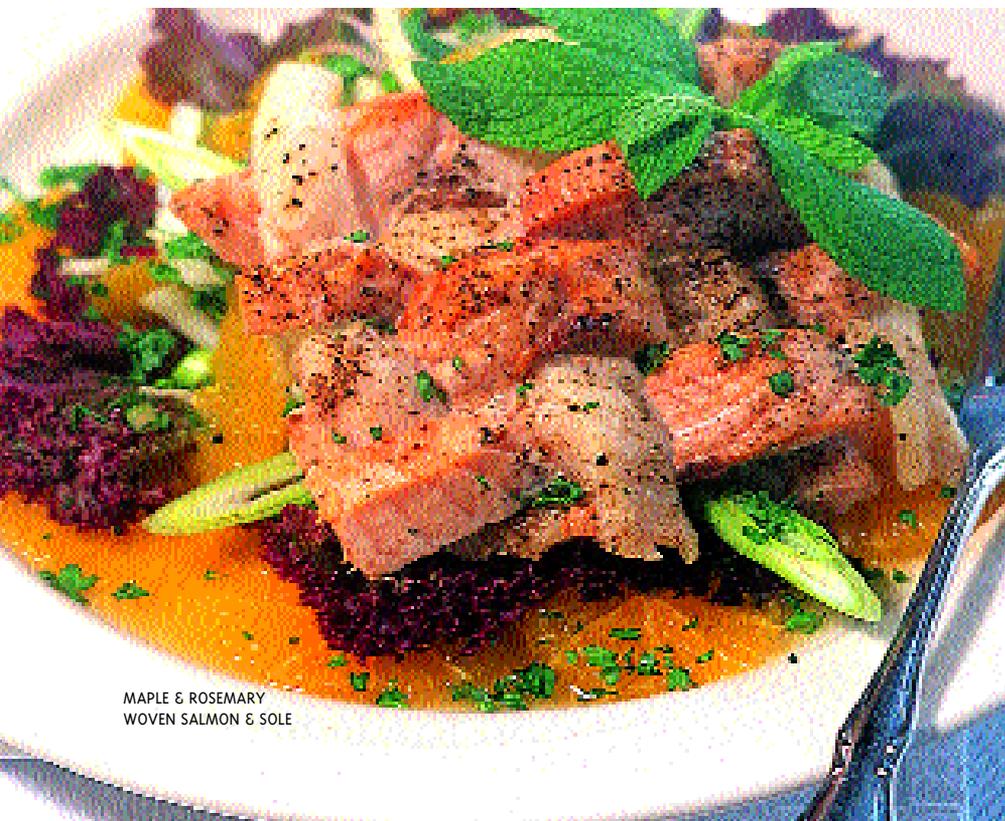
*A simple yet stunning holiday entrée.*

- 2 lbs. Wildfish salmon cut in ½-inch strips, against the grain
- 2 lbs. white fish (halibut, mahi mahi, sole), cut in ½-inch strips
- red oak lettuce or mixed greens to garnish
- wooden toothpicks

### Glaze:

- 1 Tbsp. Wild Oats butter
- 2 tsp. minced shallots
- 1 clove garlic, finely minced
- 1 Tbsp. minced fresh rosemary
- ¼ tsp. red chile pepper flakes
- ¼ cup red wine
- ½ cup Wild Oats pure maple syrup
- 1 Tbsp. arrowroot powder, dissolved in 2 Tbsp. cold water
- salt and pepper to taste

1. Weave fish strips together on lightly oiled sheet pan. Start with the corner, using one strip of each fish strip at right angles. Add another strip of fish, weaving up and down and securing the ends with wooden toothpicks.
2. Preheat oven to 450°F. Melt the butter in a small saucepan over medium heat. Add shallots, garlic, rosemary, chile flakes and water and arrowroot mixture. Sauté for a few minutes, stirring often. Add wine and syrup, and mix well. Season to taste with salt and pepper. Gently simmer for a few minutes to combine flavors.
3. Brush fish liberally with glaze and place in center rack of oven. Roast to desired degree of doneness, about 8 to 14 minutes depending on thickness. Brush often with glaze. Be careful not to overcook. To serve, line edge of plate with greens, place a grain or potato dish over the greens and place the woven fish on top.



MAPLE & ROSEMARY  
WOVEN SALMON & SOLE



FILO SEAFOOD  
CHRISTMAS CRACKERS

## FILO SEAFOOD CHRISTMAS CRACKERS

PREP TIME: 45 MINUTES; SERVES 4

- 1 pkg. filo dough, thawed
- ½ cup Wild Oats butter, for brushing

### *Seafood Filling:*

- ½ lb. cooked shrimp
- 1 6 oz. can Crown Prince crab, well drained
- ½ lb. scallops
- ½ lb. Wildfish salmon filet
- 1 red pepper, finely diced
- 2 Tbsp. fresh lemon juice
- ¼ cup chives, chopped
- 3 Tbsp. fresh tarragon, chopped
- chives for garnish

### *Cream Sauce:*

- 1 Tbsp. Wild Oats butter
- 2 shallots, minced
- 1 clove garlic, minced
- 2 cups Horizon Organic heavy cream
- ⅓ cup white wine

1. Cook shrimp in a sauté pan, until halfway cooked, about 1 minute each side. Repeat with the scallops. Set aside.

2. Cook the salmon filet for about 3 minutes each side. Set aside. Chop shrimp, scallops and salmon. Add pepper, lemon juice and fresh herbs to the seafood mixture.

3. Sauté the shallot and garlic in one teaspoon of the butter. Add cream and simmer for about 10 minutes until reduced by half. Add crab to the seafood mixture, mix briefly and set to cool in the refrigerator.

4. Unroll filo dough, using two sheets at a time, and covering the remaining dough with a damp towel. Brush filo with melted butter, adding the second sheet and brushing it with melted butter. Work quickly to ensure the filo does not dry out. Cut the filo into two portions. Place about ½ cup of the cold seafood mixture into each sheet. Roll up into a cigar shape leaving 2 inches on each inside empty. Crimp each of these sides

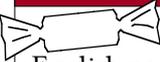
with your fingers so it resembles a festive cracker.

5. Repeat with new sheets until you have four crackers. Place on a cookie sheet and allow to cool in the refrigerator for 15 minutes.

6. Brush with with melted butter. Bake in 400°F oven for 15 to 20 minutes until the crackers are golden brown.

7. Tie ends of crackers with chives and serve with rice pilaf.

### WHAT IS A CRACKER?

 Crackers are traditional English party favors. They consist of a beautifully wrapped and decorated cardboard cylinder containing a small gift and other party novelties, and they get their name from a snapper which makes a small “pop” when the cracker is pulled apart!

# *desserts*



*The only way to get rid of temptation  
is to yield to it. ~ OSCAR WILDE*

## DAIRYLESS PUMPKIN PIE WITH ALMOND CRUST

PREP TIME: 45 MINUTES; SERVES 8

### Walnut Crust

- ¾ cup whole wheat flour
- ¾ cup rolled oats
- ½ cup finely ground roasted almonds
- ½ tsp. ground cinnamon
- pinch of sea salt
- 4 Tbsp. Wild Oats maple syrup
- 1½ Tbsp. water
- ¼ cup canola oil
- vegetable oil spray

### Pie Filling

- 1 12.3 oz. pkg. Mori-Nu silken tofu
- 1 cup Wild Oats maple syrup
- ¼ cup fresh orange juice
- 3 Tbsp. kudzu
- 1¾ cups pumpkin purée
- 1½ tsp. ground cinnamon
- ⅛ tsp. ground allspice
- ¼ tsp. ground cloves
- ½ tsp. ground ginger
- ½ tsp. ground nutmeg

1. Preheat oven to 350°F. In a large bowl, mix flour, oats, ground almonds, cinnamon and salt.

2. In a separate bowl, mix maple syrup, water and oil. Add to dry ingredients and mix lightly. If too dry, add additional water. Spray tart or pie shell with vegetable oil spray. Press a thin layer of the nut crust into the pan bottom and sides.

### Pie Filling:

1. Purée the tofu and maple syrup in blender or food processor. Mix the orange juice with the kudzu and add to the maple syrup mixture.

2. Add pumpkin purée and spices and blend until smooth. Pour into crust and bake 30 minutes or until top appears set (the center may still be soft, but will set completely as it cools).

## WHOLE WHEAT PIE CRUST

PREP TIME: 45 MINUTES;  
MAKES ONE CRUST

*A vegan crust for your favorite pie.*

- ¾ cup whole wheat pastry flour
- ¾ cup unbleached white flour
- 1½ tsp. cinnamon
- ⅛ tsp. cardamom
- pinch sea salt
- ¼ cup canola oil, very cold
- ⅓ cup ice water
- 1 Tbsp. fresh lemon juice

1. Sift dry ingredients together. Whisk wet ingredients together, blending well.

2. Add to the dry mixture in a thin stream, tossing flour with a spatula until clumps form, being careful not to overmix. Add only enough liquid to form a soft dough. Taking care not to overhandle dough form a large flat circle, about ½ inch thick. Place between two large sheets of waxed paper and turn edges under to seal. Refrigerate for 30 minutes.

3. Remove the dough from the refrigerator and unfold waxed paper. With a rolling pin, roll dough out from the center, on waxed paper. Turn dough over and repeat until dough is about ⅛-inch thick. Be careful not to overwork dough and don't stretch the dough, as this causes the dough to shrink when baked.

Refrigerate dough once more for 20 minutes before placing in an oiled pie plate, filling and baking. Rolled-out dough can be folded, wrapped and frozen for one week.



GINGER-PECAN  
SHORTBREAD COOKIES

## ORANGE-RUM PECAN PIE

PREP TIME: 1 HOUR; SERVES 6

- 3 Wild Oats eggs, slightly beaten
- ½ cup Florida Crystals sugar
- ½ cup Florida Crystals demerara sugar or brown sugar
- 1 cup light corn syrup
- 1 tsp. vanilla
- ½ tsp. salt
- 1 Tbsp. Wild Oats butter, melted
- zest from one orange
- 1 Tbsp. fresh orange juice
- 1 Tbsp. dark rum
- 1 cup pecans
- 1 9-inch pie crust, unbaked

1. Mix all ingredients except pecans together in a bowl.

2. Stir in pecans and pour into crust.  
3. Bake at 350°F for 45 to 50 minutes until filling is almost firm. Filling will set as pie cools.

## GINGER-PECAN SHORTBREAD COINS

PREP TIME: 25 MINUTES

- 1 stick Wild Oats butter, cold, cut into 8 pieces
- ¼ cup Florida Crystals sugar
- 1 cup flour
- ⅛ tsp. sea salt
- ½ cup pecan pieces, toasted
- 1 Tbsp. crystallized ginger, finely diced

1. Using a mixer, cream the butter and sugar for 3 minutes.

2. Add the flour, salt, pecans, and ginger. Gather the dough, place on waxed paper and roll into a log. Chill for 30 minutes.

3. Unroll log, and slice into ½-inch coins. Bake at 350°F on a cookie sheet for 10 minutes, or until golden. Remove and cool on a wire rack.



CHOCOLATE MOUSSE

## CHOCOLATE MOUSSE

PREP TIME: 30 MINUTES; SERVES 6

- 1 lb. semisweet chocolate chips or chopped baking squares
- 4 Wild Oats eggs, separated
- 4 Wild Oats egg whites, at room temperature
- ¼ cup Florida Crystals sugar
- 2 tsp. vanilla
- 1½ cups Horizon Organic whipping cream, well chilled
- Pinch of salt

1. Melt chocolate over double boiler.
2. Separate eggs, and whip egg whites in a dry clean bowl with salt until soft peaks form. Set aside.

3. Whip cream until stiff. Set aside.
4. In a separate bowl, blend egg yolks with sugar and vanilla. Slowly add to the double boiler of melted chocolate and stir vigorously, until the egg yolks and sugar have been well mixed.
5. In a large bowl, combine the egg whites, whipped cream and chocolate and stir with a whisk.

### *Serving Suggestions:*

Spoon mousse into wineglasses or small ramekin dishes and chill for 2 hours. Serve with a combination or all of the following: a dollop of whipped cream, grated orange zest, or mint leaves.

## CREAM-FILLED PROFITEROLES WITH CHOCOLATE & FIELD BERRY PURÉE

PREP TIME: 1 HOUR; SERVES 6

*Prepare profiteroles following Choux Pastry recipe on pages 10-11.*

### *Pastry Cream:*

- 1 cup milk
- 2 Tbsp. cornstarch
- 2 Wild Oats egg yolks
- ¼ cup Florida Crystals sugar
- 1 tsp. vanilla extract
- 1 cup Horizon Organic cream, whipped

1. In a large saucepan, bring milk just to the boiling point. Set aside.
2. In a bowl, whisk the egg yolks, sugar and vanilla until smooth.
3. Add the cornstarch and milk and whisk continuously.
4. Return mixture to saucepan and cook over medium heat until the pastry begins to thicken — it should coat the back of a spoon. Remove from heat.
5. Transfer pastry cream to a bowl and refrigerate until cool. When cooled, whisk in 1 cup of whipped cream.
6. Fill profiteroles with pastry cream, replace tops and refrigerate until ready to serve.

### *Chocolate Sauce:*

- 1 cup fine quality chocolate chips
- ½ cup Horizon Organic whipping cream

Melt chocolate chips over a double boiler. Add cream and stir until well blended. Drizzle over profiteroles.

### *Field Berry Purée:*

- 1 pkg. frozen raspberries, blackberries or a mixture
- ¼ cup Florida Crystals sugar
- 1 Tbsp. orange juice

Place ingredients into a saucepan and simmer until well blended, about 5 minutes. Press through a sieve or a strainer using a rubber spatula. Drizzle sauce over the profiteroles and serve.

## PUMPKIN BREAD

PREP TIME: 1 HOUR 15 MINUTES

*A delicious vegan bread you'll love.*

- 1/2 cup Florida Crystals demerara sugar or brown sugar
- 1/2 cup Wild Oats maple syrup
- 1/4 cup vegetable oil
- 2 cups whole wheat pastry flour
- 1 cup whole wheat flour
- 1/2 tsp. salt
- 1/2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1/2 tsp. each of any two: nutmeg, cloves, allspice or anise
- 3/4 cup pitted & chopped dates
- 1 1/2 cups canned or cooked pumpkin
- 1/2 cup soy milk

1. Preheat oven to 400°F. Mix date sugar, maple syrup and oil together. Add flours, salt, baking soda, baking powder and spices. Mix well.
2. Add dates, pumpkin and soy milk. Mix well.
3. Place mixture in lightly buttered loaf pan. Bake at 400°F for 20 minutes, then lower heat to 350°F and bake for 30 more minutes or until a toothpick inserted in the center comes out clean.

## SPICED PUMPKIN CHEESECAKE

PREP TIME: 1 HOUR 15 MINUTES;  
SERVES: 8-10

- 9" or 10" round springform pan
- Canola oil cooking spray
- 1 1/2 cups graham cracker crumbs
- 1 Tbsp. canola oil
- 4 Tbsp. Wild Oats maple syrup
- 1 pkg. Mori-Nu Lite Tofu, firm, puréed
- 8 oz tofu cream cheese
- 1 cup canned or fresh pumpkin purée
- 1 cup Florida Crystals sugar
- 3 Tbsp. flour
- 1 1/2 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/2 tsp. ground nutmeg
- 2 Tbsp. light molasses
- 1/8 tsp. salt
- 1/4 tsp. baking soda

1. Position a rack in the center of the oven and preheat to 350°F. Coat the springform pan with cooking spray.
2. Mix graham cracker crumbs, canola oil and maple syrup together and press into prepared pan.
3. Purée remaining ingredients in a food processor and pour into crust. Bake for 50 minutes. Let cool for 30 minutes and refrigerate 5 to 6 hours or overnight before serving.

## APPLE BUTTERMILK COFFEE CAKE

PREP TIME: 75 MINUTES; SERVES: 6-8

### Streusel Topping:

- 2/3 cup brown sugar
- 1/2 cup pecans, chopped
- 3 Tbsp. Wild Oats butter, softened
- 1 Tbsp. flour
- 1 1/2 tsp. cinnamon, ground

### Cake:

- 1 lb. apples, peeled and sliced thin
- 2 Tbsp. Wild Oats butter
- 3 Tbsp. sugar
- 2 cups flour
- 1 cup Florida Crystals sugar
- 1 Tbsp. baking powder
- 1/4 tsp. nutmeg
- 1/2 cup butter, chilled & cut into pieces
- 2 Wild Oats eggs
- 1 cup buttermilk
- 2 tsp. vanilla extract

1. Preheat oven to 350°F degrees. Grease a 9x9x2 baking pan with butter and dust with flour.
2. Cook apples for 5 minutes in a saucepan with butter and sugar. Set aside.
3. Cream butter and sugar. Add vanilla. Add eggs and buttermilk.
4. Add flour, baking powder, salt, nutmeg, and apple slices and stir just until blended.
5. Pour into greased pan, top with streusel, and bake for 1 hour and 5 minutes or until a toothpick inserted in the center of the cake comes out clean.

## CRANBERRY ALMOND BISCOTTI

PREP TIME: 1 HOUR

- 2 1/4 cups flour
- 1 1/4 cups Florida Crystals sugar
- 2 tsp. baking powder
- pinch salt
- 3 Wild Oats eggs, lightly beaten
- 1 Tbsp. oil
- 1/4 tsp. almond extract
- finely grated zest of 1 orange
- 1/4 cup chopped almonds
- 1/4 cup dried cranberries

1. Grease and flour a cookie sheet. In a large bowl, sift together the flour, sugar, baking powder and salt. Make a well in the center of the mixture, add the remaining ingredients and mix well.
2. Divide the dough in half. Shape each half into a log (approximately 1 inch high by 2 1/2 inches wide by 8 inches long).
3. Bake at 350°F for 30 to 35 minutes or until brown on top. Remove from oven and cool slightly. Cut into 3/4-inch slices while still warm. Return to oven with cut side down for 15 minutes or until slices are brown. Remove from oven and cool on racks.



CRANBERRY ALMOND BISCOTTI



POACHED PEARS IN SWEET RED WINE

## POACHED PEARS IN SWEET RED WINE

PREP TIME: 20; SERVES: 3

- 1½ cups red wine
- ½ cup orange juice
- ½ cup Florida Crystals sugar
- 2 cinnamon sticks
- juice of 1 lemon
- 3 pears (Bosc or Bartlett)

1. Combine the wine, sugar, and juices in a heavy saucepan. Bring to a boil. Peel the pears, leaving the

stem intact. Slice the bottoms so the pears can stand level.

2. Simmer the pears, turning to coat, in the wine sauce for 15 minutes. Remove from pot and chill. Reduce the sauce until ¼ cup remains and set aside to chill.

3. Just before serving, spoon the wine syrup over the pears. Serve with crème anglaise, or fresh whipped cream.

## CRÈME ANGLAISE

PREP TIME: 15 MINUTES; SERVES: 6

- ¼ cup Horizon Organic cream
- 1½ cups milk
- 2 Wild Oats egg yolks
- ¼ cup Florida Crystals sugar
- 1 tsp. vanilla

1. In a heavy saucepan, combine the cream with the milk and bring to a boil. Remove from heat.

2. In a large bowl, beat the egg yolks and the sugar together until pale and thickened.

3. Slowly whisk the hot cream into the yolk mixture.

4. Set the bowl of custard over a medium saucepan of just barely simmering water and stir continuously with a wooden spoon until the mixture thickens enough to coat the back of the spoon. Strain through a fine sieve into another bowl and refrigerate until chilled.

## MANDELBROT

PREP TIME: 30 MINUTES;  
MAKES 16 SLICES

*a crisp almond cookie*

- 1 Wild Oats egg
- ¼ cup honey
- 2 Tbsp. canola oil
- pinch of sea salt
- 1 tsp. lemon juice
- ¼ tsp. almond extract
- ¼ cup whole wheat flour
- 1½ tsp. baking powder
- ⅓ cup coarsely ground almonds

1. Preheat oven to 375°F. In a large bowl, beat egg and honey until foamy. Beat in oil, salt, lemon juice, almond extract, baking powder and almonds. Mix to form a stiff dough.

2. Pat into a loaf 3 inches wide, 8 inches long and 1 inch thick on an oiled, floured baking sheet.

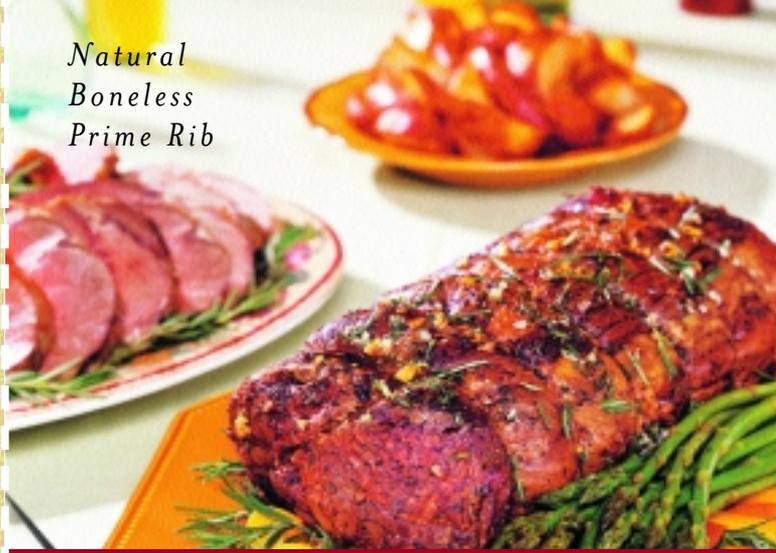
3. Bake for 20 to 25 minutes until lightly browned. Cool slightly and slice Mandelbrot into bars ½-inch wide.

*Chocolate  
Mousse*



THE SMOOTH AND CREAMY STAR OF  
YOUR HOLIDAY DESSERT TABLE  
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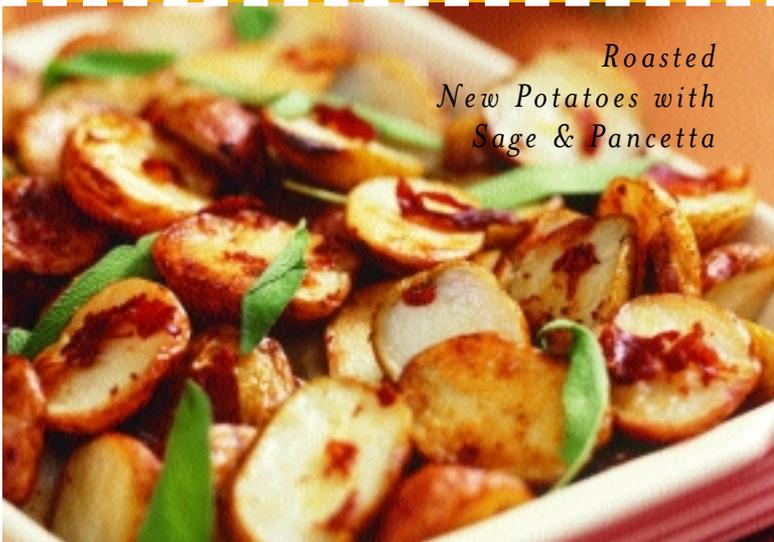
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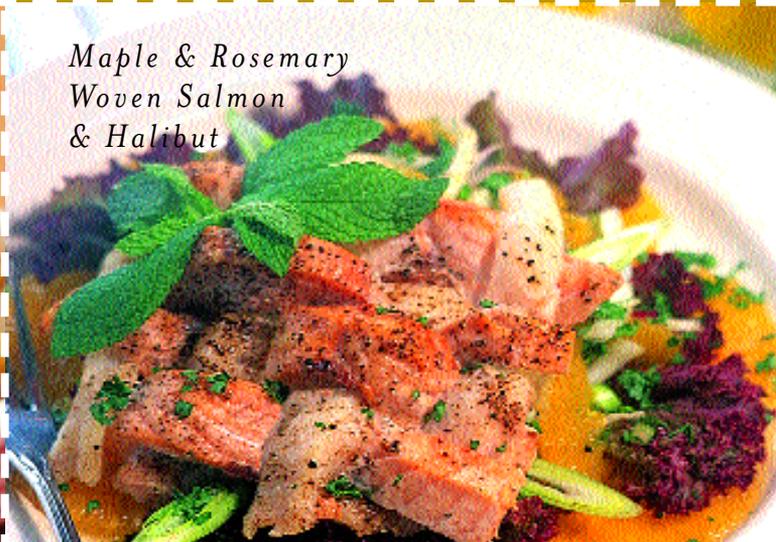
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# beverages

## WASSAIL

SERVES: 18

- 4 cups apple juice
- 3 cups unsweetened pineapple juice
- 2 cups cranberry juice
- ¼ tsp. ground nutmeg
- 2 cinnamon sticks
- 5 whole cloves
- lemon slices

Combine ingredients in a large kettle and simmer for 10 minutes. Serve hot.

## AFFOGATO

*Affogato means "drowned" in Italian.* Put a few scoops of vanilla, chocolate or coffee ice cream in a mug. Top with one or two shots of freshly brewed espresso. Delizioso!

## HOLIDAY SOY NOG

PREP TIME: 1 HOUR; SERVES: 4

- 1 cup peeled & cubed butternut squash or sweet potatoes
- 2 cups vanilla soy milk
- 3 Tbsp. brown rice syrup or barley malt syrup
- 1 tsp. nutmeg
- 1 tsp. vanilla extract
- 4 Tbsp. mirin or 2 Tbsp. rum (optional)

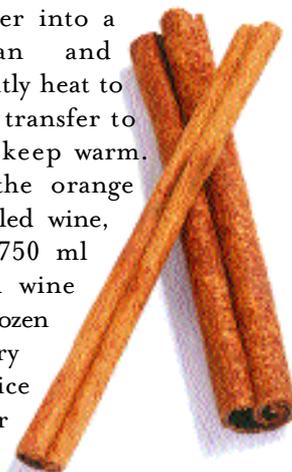
Steam the squash for about 20 minutes, or until soft. Drain and let cool for about five minutes. Transfer to a blender, add remaining ingredients and blend until smooth. Refrigerate for 30 minutes. NOTE: You may also substitute vanilla rice milk for the soy milk for a thinner mixture.

## MULLED CIDER

SERVES: 10-12

- ½ gallon apple cider
- 3 cinnamon sticks
- ½ tsp. whole allspice
- ½ tsp. whole cloves
- 2 oranges, thinly sliced

Pour apple cider into a large saucepan and add spices. Gently heat to simmering and transfer to a crockpot to keep warm. Garnish with the orange slices. For mulled wine, substitute two 750 ml bottles dry red wine and one can of frozen apple, cranberry or raspberry juice concentrate for the apple juice.





*Pass the  
Peace*

*Do all the good  
you can,  
by all the means  
you can,  
in all the ways  
you can,  
as long as  
ever you can.*

~ JOHN WESLEY



*Pass the Peace and use your  
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CREAM-FILLED  
PROFITEROLES  
WITH CHOCOLATE &  
FIELD BERRY PUREE, P.34