

GOURMET FISHING

Season II - Episode XXXIV 

INFO-SHORTS



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Thanksgiving Diner



Host, Chef & Guide, David Murray





Contents

Thank you for downloading our Info-Short recipe

3	Roast Turkey Grocery List	12	Green Bean Casserole Grocery List
4	Roast Turkey	13	Green Bean Casserole
6	Turkey Gravey Grocery List	14	Macaroni and Cheese Gocery List
7	Turkey Gravey	15	Macaroni and Cheese
8	Turkey Dressing Grocery List	16	Pecan Pie Gocery List
9	Turkey Dressing	17	Pecan Pie
10	Mashed Potatoes Grocery List	18	Nutmeg Infused Whipped Cream Gocery List
11	Mashed Potatoes	19	Nutmeg Infused Whipped Cream

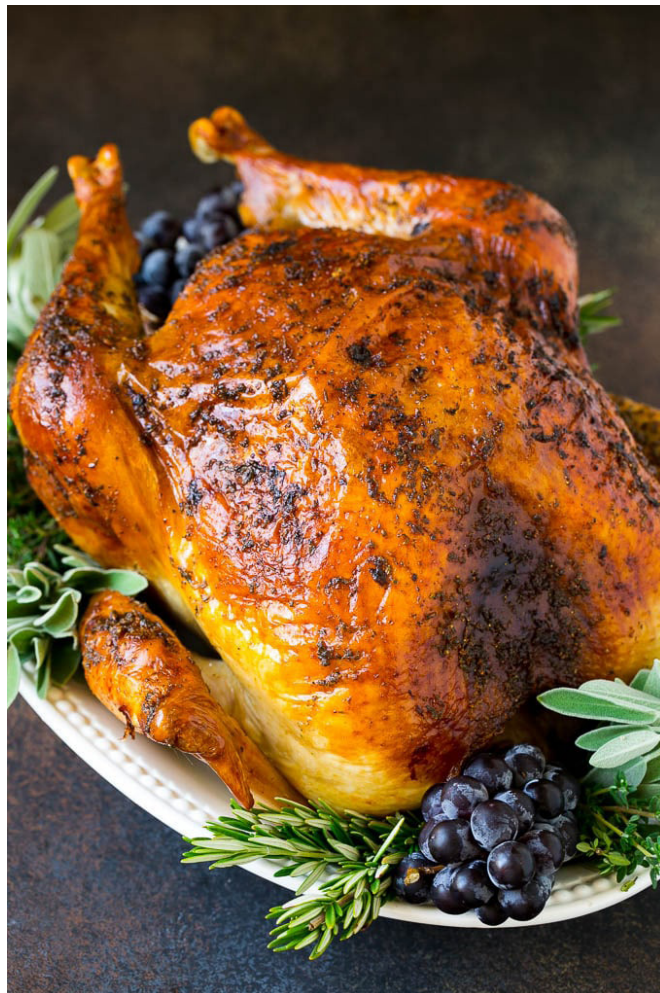




Grocery List

Roast Turkey

Turkey	Stick of Butter
Carrots	Salt
Celery Stalks	Pepper
Sweet Onion	White Wine, Riesling or other of your choice



Roast Turkey
image from dinneratthezoo.com



Roast Turkey



10 pound Turkey

3 Carrots

3-4 Celery Stalks

1 Sweet Onion

Stick of Butter, cut in 1/4's long ways

Salt

Pepper

1 1/2 Sticks Butter

1/2 bottle white wine,

Riesling or other of your choice

Preheat oven to 325F

Remove the Turkey from the wrapper. Remove the contents in each of the cavities. There should be a neck and a bag of giblets. Place them in the roasting pan. Remove the pop up thermometer and the plastic leg piece and discard. Rinse the bird under cold water. Salt and pepper the inside of both cavities.

Rough cut the 2 carrots and 2 celery stalks and place in a roasting pan. Peel the onion and cut in half. Rough cut the one half of the onion and place in the pan with the carrots, celery, Turkey neck and giblets. Add enough chicken broth to just come up 1/2 way on the carrots. This will keep the bird moist burning roasting.

Rough cut the remaining carrots, celery and 1/2 the onion and place inside the cavity. Place the bird on top of the vegetable in the roasting pan. You may opt to tie the legs with butchers twine.

Carefully separate the breast skin from the breast meat with your fingers. Careful not to break or tear the skin. With a knife, cut the stick of butter into quarters long ways. Take a piece and insert it between the skin of the breast and then the same on the other breast. Insert the third piece inside the chest cavity and the last in the pan. Salt and pepper the outside of the bird.

Tightly cover the bird with aluminum foil and place the pan in the oven. Roast for 30 minutes.

Add the wine and butter to a sauce pan or pot and bring it up to temperature over medium heat. Melt the butter and stir to combine the basting liquid.





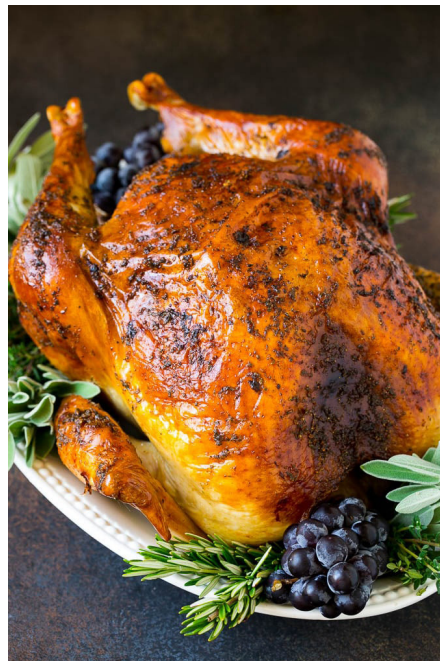
Roast Turkey

Remove the bird after the first thirty minutes and carefully remove the foil. Steam will be released and may cause severe burns. Take a piece of the cheese cloth with rough dimensions around 14" by 8". Fold the cloth long ways to a final size around 6" by 8" and place the cloth on top of the breast. Using a spoon, thoroughly coat the cloth with the basting liquid. Recover the bird with the foil and place back into the oven. Repeat the basting process until the bird is cooked.

The total time will vary depending upon the size of the bird. The Turkey packaging will give you the cooking times based on the size of the bird. A 10 pound bird will take between 2 1/2 to 3 hours.

At the 2 hour mark, insert a meat thermometer into the thigh. When the internal temperature reaches 155F in the thigh, remove the pan from the oven. Baste the bird one more time with the drippings from the roasting pan. If there is any basting liquid remaining, add to the roasting pan. Recover the bird with the foil and let rest until the thigh temperature reaches 165F.

The bird will continue to cook when it is removed from the oven. By removing the bird early and resting, this will help the bird from not drying out and remaining moist. Let the bird rest at least 30 minutes prior to slicing.



Roast Turkey
from dinneratthezoo.com





Grocery List

Turkey Gravy

Turkey Dripping

Oil

Flour

Chicken Broth or Stock



Turkey Gravy



Turkey Gravey



3 cups Turkey Dripping, *strained and most oil removed.*
Add Chicken Stock/Broth to get 3 cups if necessary

3/8 cup oil, vegetable or canola or butter

3/8 cup flour

Heat a pot or sauce pan over medium heat. Add the oil and when the oil begins to shimmer, add the flour. Using a whisk, combine the oil and flour. Continually whisk the roux until the color reaches a medium to dark blonde. Without burning. There should be a nutty aroma.

Add the drippings and whisk well to combine. Bring back to a boil and at this point, the gravy will be as thick as it gets. If the gravy is too thick, you can add broth/stock or water to thin it out. Now, if the gravy is too thin, you can create a flour slurry and whisk it in to thicken.

Use 1 tablespoon of flour and 2 tablespoons of warm water and mix well to combine. While whisking, slowly add the slurry. Whisk vigorously to prevent clumping. Repeat if necessary.



Turkey Gravey and fixin's





Grocery List

Turkey Dressing

Classic Seasoned Dressing

Cream of Chicken Soup

Cream of Celery Soup

Chicken Broth or Stock

Celery

Sweet Onion

Butter



Turkey Dressing



Turkey Dressing



1 bag, 12 ounces, Classic Seasoned Dressing

2 Celery Stalks, Grated

1 can Cream of Chicken Soup

1/2 Sweet Onion, Grated

1 can Cream of Celery Soup

4 Tbs Butter

Chicken Broth or Stock

In a large pot over medium-high heat, melt the butter. When it is foamy and hot, add the grated celery and onion. Sauté until soft. About 6 minutes. Add the cream of chicken and cream of celery to the pot. Add 1 1/2 cans of broth or stock. Whisk the soup, broth/stock and sautéed vegetables together and combined well. Bring to a boil.

Add the bag of dressing and combine well by using a spoon. If the dressing is too dry, add more broth/stock until you get the desired moisture. I always have an additional bag of dressing just in case the initial dressing is too liquid. If so, add more dry dressing.

Turn the heat down to as low as it can and cover. Let the dressing slowly cook until all of the dressing is moist and tender. Stir occasionally to keep from burning. Transfer the dressing to a serving dish.



Turkey Dressing





Grocery List

Mashed Potatoes

Peeled Potatoes

Water

Salt & Pepper

Granulated Garlic

Heavey Cream

Sour Cream

Butter



Mashed Potatoes



Mashed Potatoes



3 pounds of peeled potatoes
(russets, yellow, white or red potatoes)

Water

Salt

Pepper

1 Tbs Granulated Garlic

1/2 stick butter, cut into pieces

1/2 cup heavy cream, plus extra

1/2 cup sour cream, plus extra

Cut the potatoes into small pieces close to the same size for even cooking. Place in a pot and cover with cold tap water. Place the pot over medium-high heat. Bring to a boil and reduce the heat to medium and cook until the potatoes are fork or knife tender.

Drain the potatoes and leave them in the pot. Place the butter pieces in with the potatoes. Using a potato masher and mash until the potatoes are constantly smooth. Add the sour cream, heavy cream and garlic.

Using a hand mixer, mix on high until fully combined and smooth. Add additional cream and sour cream if the potatoes need to be thinned. Taste and adjust if necessary.

Transfer the potatoes to a serving dish.



Mashed Potatoes





Grocery List

Green Bean Casserole

French Cut Green Beans
Cream of Mushroom Soup
Salt & Pepper
Fried Onions



Green Bean Casserole



Green Bean Casserole



- 1 can French Cut Green Beans
- 1 can Cream of Mushroom Soup
- Fried Onions

In a bowl, add the drained can of green beans and can of cream of mushroom soup. Salt and pepper to taste. Mix thoroughly with a spoon.

Transfer the mix to an oven safe baking dish. Top with the fried onions in a continuous layer.

Bake in a preheated 350 F oven for about 10 minutes and the onions are just browning.



Mashed Potatoes





Grocery List

Macaroni and Cheese

Oil	Sour Cream
Flour	New York Sharp Cheddar Cheese
Salt & Pepper	New York White Sharp Cheddar Cheese
Chicken Broth/Stock	Vermont White Sharp Cheddar Cheese
Thyme	Granulated Garlic
Heavy Cream	Elbow Macaroni
Cream Cheese	



Macaroni and Cheese



Macaroni and Cheese



3 Tbs Oil, canola or vegetable	4 oz New York sharp cheddar cheese
1/4+ cup flour	4 oz New York white sharp cheddar cheese
14oz Chicken Broth	4 oz Vermont White Sharp Cheddar cheese
3 to 4 full sprigs of fresh Thyme	Salt
10 oz heavy cream	Pepper
4 oz cream cheese	1 tsp Granulated Garlic
6 oz sour cream	10 ounces cooked elbow macaroni

Large pot on medium high heat, bring the oil up to shimmer. Add the flour and whisk until combined. Turn the heat to medium and whisk until the roux is a light blonde color and has a slightly nutty smell.

Add the broth and cream to the roux and whisk until combined well. Add the thyme and slowly bring the mixture to a boil. Add the cream cheese and combine until smooth using a whisk. Add the sour cream and combine. Next add all of the cheeses and whisk until smooth.

Add the cooked elbow macaroni and combine all.

Transfer the macaroni and cheese to an oven safe baking dish and then top with a layer of Vermont White Sharp Cheddar and then another layer of New York Sharp Cheddar Cheese. Bake in a preheated 350F oven and bake for 10 minutes. Turn on the broil and toast the top until just brown.



Macaroni and Cheese





Grocery List

Pecan Pie

Pie Dough

Butter

Sugar

Eggs

Dark Brown Corn Syrup

Salt

Pecans



Pecan Pie



Pecan Pie



9" pie shell or pie dough and pie dish	1 cup Dark Brown Corn Syrup
1/3 cup butter, room temperature	Dash of salt
1/2 cup sugar	1 cup chopped pecans
3 Eggs	30-40 whole pecan half's

Preheat oven to 350F

Prepare a pie dish with preface pie dough or a pre-made pie shell. In a stand mixer, add all of the ingredients, except the whole pecan half's. Mix on medium until completely combined.

Pour the mixture into the pie shell. Using the whole pecan halves, create any design you desire.

Place the pie in the oven and bake for 45 minutes. Turn the oven off and let the pie remain in the oven, with the door shut, for an additional 15-20 minutes. Remove the pie from the oven and let cool to room temperature.



Pecan Pie





Grocery List

Nutmeg Infused Whipped Cream

Heavy Whipping Cream

Confectioners Sugar

Nutmeg



**Pecan Pie topped with
Nutmeg Infused Whipped Cream**



Nutmeg Infused Whipped Cream



1 cup Heavy Whipping Cream, 40% Cream

2 Tbs Confectioners Sugar

1 1/2 tsp Freshly Grated Nutmeg

Combine all in a mixing bowl. Using a hand mixer and the whisk attachment, whisk to stiff peaks.

Slice pie and place on a plate. Top with whipped cream and grate a little nutmeg on top of the cream.



Pecan Pie topped with Nutmeg Infused Whipped Cream



Gourmet Fishing



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