Turkey Trot Version 2.0 - Fit For a Feast 2014!

Back in 2012 when we dreamt up the idea for “Fit for a Feast,” we had no idea how wildly popular the concept would be! Knitters everywhere went crazy for yarn colors inspired by their favorite holiday dishes like corn pudding, stuffing, cranberry relish, and even Turducken! The recipes that accompanied them were equally delicious and, when paired with the corresponding yarns, created a feast for all of your senses! So this year, the feast is back with a whole new crop of gorgeous recipe-inspired colors from your favorite hand-dyers!

Our good friend Taiu from Koigu shares with us her old family recipe for pickled pumpkin that her mom Maia passed down to her, paired with a stunning color of variegated oranges. The amazing Beth from Lorna’s laces shares with us her favorite recipe for brining a Turkey – the main event at any Thanksgiving feast. And Tina, from Freia Fibers, divulges the secret behind her family’s traditional Swedish Glogg Recipe (lots and lots of booze.) Plus there are plenty of the old favorites: Pumpkin Pie, a new twist on mashed potatoes, sweet potatoes, cranberry salad, stuffing, and more! Each recipe looked so good, that we just HAD to have a potluck dinner here with the whole team at Jimmy Beans Wool to try them out! The team gives them all huge thumbs up!

We are so grateful for the time and effort that all of these amazing artisans have put into this year’s stunning Fit for a Feast collection (also lovingly called “Operation Turkey Trot”), and hope that you enjoy these dishes (and colors) as much as we do!

Happy Holidays!

Laura, Doug, Huck

and all of us here at - Jimmy Beans Wool
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Glögg (Swedish Mulled Wine)

Ingredients:

- 1 bottle cheap dry red wine
- 1 bottle cheap Malaga wine or other sweet red (Madeira e.g.)
- 1 bottle of cheap vodka
- 2 cups of water
- 1/2 lb. sugar (more or less according to taste)
- Seedless raisins (about 1/4 lb)
- 4-8 oz. whole blanched almonds

Make a spice mixture tied up on a muslin or cheese cloth bag consisting of:

- 25-30 whole cloves
- 20 whole cardamom pods
- 2 pieces of dried or fresh ginger
- 1 vanilla pod
- 1 cinnamon stick
- 2 pieces of dried bitter orange peel (may not be available in the US and can be left out without disastrous effects) - can use orange peel

Directions:

Break the cinnamon stick and the orange peel into pieces and cut the vanilla pod into 3/4 inch pieces. Make a small bag from the cheese cloth and put all the spices in the bag. (It is enough to take a piece of the cloth and tie it up with a piece of string or a rubber band with all spices inside). Leave this bag of spices to soak in the wines overnight. Also, add the raisins at this time. It will make them nicely alcoholic.

At time of serving: put wine in a saucepan and add vodka and other remaining ingredients except for almonds. Heat and stir until sugar has melted. DO NOT BOIL. Do not even simmer. The taste will be destroyed. The taste of the glögg will improve if it is then left to "stew" for about an hour or so before serving.

Ladle the hot/warm glögg into cups/mugs; add some slivered almonds and make sure there are some of the marinated raisins in every serving. Traditionally served with Swedish ginger cookies (pepparkakor from IKEA)

Skål!
Cream of Mushroom Soup
Contributed by Jane Saffir of Jade Sapphire yarns

**Directions:**

Cut the mushrooms into slices.

Melt butter in large frying pan. Add in onions, garlic, and mushrooms. Cook until onions are soft.

Blend in 2 T. flour and stir.

Add in the chicken broth and heat until slightly thickened while stirring frequently.

Stir cream with additional 1 T. flour and seasonings. Add in cream to soup. Heat to thicken while stirring frequently.

Serve and enjoy!

**Ingredients:**

- 8 ounces fresh mushrooms
- 2 tablespoons onions, chopped
- 1 -2 garlic clove, minced
- 2 tablespoons butter
- 2 -3 tablespoons flour (separated)
- 2 cups chicken broth
- 1 cup light cream or 1 cup evaporated milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
Brined Turkey

Ingredients:

♦ 1 (14 to 16 pound) young heritage turkey

♦ For the brine:
  1 cup kosher salt
  1/2 cup light brown sugar
  1 gallon vegetable stock
  1 tablespoon black peppercorns
  1 1/2 teaspoons allspice berries
  1 1/2 teaspoons chopped candied ginger
  1 gallon heavily iced water

♦ For the aromatics:
  1 red apple, sliced
  1/2 onion, sliced
  1 cinnamon stick
  1 cup water
  4 sprigs rosemary
  6 leaves sage
Directions:

2 days ahead:

Combine the vegetable stock, salt, brown sugar, peppercorns, allspice berries, and candied ginger in a large stockpot over medium-high heat. Stir occasionally to dissolve solids and bring to a boil. Then remove the brine from the heat, cool to room temperature, and refrigerate.

1 day ahead:

Combine the brine, water and ice in the 5-gallon bucket. Place the thawed turkey (with innards removed) breast side down in brine. If necessary, weigh down the bird to ensure it is fully immersed, cover, and refrigerate or set in cool area for 8 to 16 hours, turning the bird once half way through brining.

T-Day:

Preheat the oven to 500 degrees F. Remove the bird from brine and rinse inside and out with cold water. Discard the brine.

Place the bird on roasting rack inside a half sheet pan and pat dry with paper towels.

Combine the apple, onion, cinnamon stick, and 1 cup of water in a microwave safe dish and microwave on high for 5 minutes. Add steeped aromatics to the turkey's cavity along with the rosemary and sage. Tuck the wings underneath the bird and coat the skin liberally with canola oil.

Roast the turkey on lowest level of the oven at 500 degrees F for 30 minutes. Insert a probe thermometer into thickest part of the breast and reduce the oven temperature to 350 degrees F. Set the thermometer alarm (if available) to 161 degrees F. A 14 to 16 pound bird should require a total of 2 to 2 1/2 hours of roasting. Let the turkey rest, loosely covered with foil or a large mixing bowl for 15 minutes before carving.
**Lizzy’s Green Bean Casserole a la Bacon**

*Courtesy of Elizabeth Inman of Vice Yarns*

“When I first came to the United States ten years ago, one of the first purely American dishes I had was green bean casserole. Now, I admit to loving the classic but my nature is to always tweak recipes whether food or yarn!”

**Ingredients:**
- 1 package French’s (or other brand) deep fried onions
- $\frac{1}{4}$ lb thick cut pepper bacon
- $\frac{1}{2}$ lb chopped mushrooms
- 3 Tbsp flour
- 3 Tbsp butter
- 1 cup light cream (half and half)
- 1 cup chicken broth
- $\frac{1}{6}$ tsp ground pepper
- 1 tsp dried dill or 2 tsp fresh dill
- 1 lb green beans

**Directions:**
Preheat oven to 375 degrees F.

Blanch green beans - boil 5 minutes, drain hot water off and place in ice water to cool, set aside in a bowl large enough for all ingredients.

Melt the butter in the frying pan, slowly add the flour, stirring constantly and cook roux for 5 minutes, being careful not to burn it. Take off heat. Slowly add the chicken broth, whisking briskly to prevent lumping. Slowly add the cream, keep whisking. Return to heat and cook until slowly bubbling. Mix all ingredients together, keeping $\frac{1}{6}$ the pkg of onions to the side. Place in a greased casserole dish and arrange remaining onions on top of the dish. Cover dish with lid or foil.

Fry the bacon until crisp, drain and set aside in a bowl with the green beans. Add the mushrooms to the pan in just a little of the bacon grease and cook until soft then set mixture aside with the other cooked ingredients. Season with pepper and dill to taste.

Bake at 375 for 15 minutes covered, remove lid/foil cook for another 15 minutes.
**Mashed Blue Potatoes**

*Courtesy of Malabrigo Yarns (adapted from the Food Network)*

**Directions:**

Peel and cut the potatoes into cubes. Boil them in salted water for approximately 15 minutes or fork tender. Once potatoes have cooked, drain the water.

In a large bowl add the garlic, sour cream, butter, and Parmesan to the potatoes, and mash until desired consistency. Add salt and pepper to taste.

To serve, add as a side to any dish.

**Ingredients:**

(Serves 6)

- 3 pounds blue potatoes
- 2 1/2 ounces roasted garlic
- 2 ounces sour cream
- 1/2 ounce butter
- 1 ounce Parmesan, grated
- Salt and pepper
Chili Roasted Sweet Potatoes
Courtesy of Jennifer Hewlett of Fyberspates

Serves 4

**Ingredients:**
- 2 large sweet potatoes (about 500g/1lb 4oz each)
- 4 tbsp olive oil
- 2 tbsp fresh thyme leaves, plus 2 sprigs of fresh thyme
- 1 red chilli, seeded and finely chopped, choose a chilli which suits your taste (I like them hot) You can use dried chillis for this, or if you want to keep it mild use some smoked sweet paprika.

**Directions:**

Preheat the oven to 200C/400F/Gas 6.

Toss the wedges with the oil and thyme and chilli then season well with salt and freshly ground black pepper.

Roast in the oven for 15-20 minutes, until lightly browned.

Serve in a warm bowl. (This is served with a small dish of natural yogurt with a pinch of salt and a squeeze of lemon in it.)
Herbed Yogurt Dip:

- 1 cup plain yogurt (Greek-style preferred)
- 1 tablespoon minced green onion, white and light green parts only
- 3 tablespoons finely chopped flat-leaf parsley
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh chives
- 1 tablespoon thinly-sliced fresh basil
- 1 teaspoon sherry vinegar
- 1 teaspoon fresh lemon juice
- Salt and pepper, to taste

Directions:

Arrange veggies and crackers on a tray leaving space in the middle for a bowl of dip.

In a small bowl, whisk all ingredients together. Taste and adjust the seasoning to your liking, adding salt and pepper to taste. Cover and refrigerate leftovers and enjoy within 3 to 4 days.
Cranberry Orange Salad
(w/ Sour Cream Blue Cheese Sauce)
Contributed by Iris Schreier of Artyarns

Ingredients:

Salad:
* 1 bag Cranberries
* 2 small oranges
* 1 green apple
* 1 red apple
* 1 large can of crushed pineapple, drained
* 1 box of black cherry or cherry Jello

Sauce:
* 1 part mayonnaise
* 1 part sour cream
* Blue cheese crumbles to taste

Directions:
Prepare at least 1 day before eating.

Core apples and cut into large chunks with skin still on. Cut up oranges leaving the rind on and pick out any visible seeds. If rind is really thick, peel it, then cut off and save the outer orange peel layer.

Place oranges (with rind), apples, and cranberries in a food processor and chop until everything is in very tiny chunks. Some larger chunks are ok.

Drain pineapple and place it with the other fruit mixture into a large casserole dish.

Prepare Jello with 1 cup of boiling water and 1 cup of cold water. Pour over fruit and mix in well. Store in fridge to let it set.

Sauce (made the day of):
Mix one part mayonnaise with one part sour cream. (I usually make enough for a large hungry crew, so about ½ cup of each, but you can do less if necessary.)

Mix in crumbled blue cheese to taste (I like lots of cheese.)
Cornbread Dressing with Sausage & Apples
Contributed by Amy from Madelinetosh (adapted from Ree Drummond)

Ingredients:
- 32 ounces, weight White Button Or Crimini Mushrooms
- 4 Tablespoons Canola Oil
- 1/2 teaspoon Kosher Salt
- 4 cups Cornbread, Cut Into 1-inch Cubes
- 4 cups French Bread, Cut Into 1-inch Cubes
- 4 cups Artisan/crusty Bread, Cut Into 1-inch Cubes
- 1/2 pound Italian Sausage
- 2 cups Diced Onion
- 5 whole Granny Smith Apples, Large Dice
- 5 Tablespoons Brown Sugar
- 1 cup White Wine
- 1/2 teaspoon Kosher Salt
- 32 ounces, fluid Low (very Low) Sodium Chicken Broth
- 1 teaspoon Ground Thyme
- 1/2 teaspoon Turmeric (more To Taste)
- 2 teaspoons Rosemary, Leaves Minced
- 1/2 teaspoon (additional) Kosher Salt
- Black Pepper To Taste
- Fresh Parsley, Minced
Directions:

Allow diced bread to sit out on cookie sheets for several hours or overnight, until dried out.

Preheat oven to 500 degrees.

Wash mushrooms thoroughly and pat dry with paper towels. Toss in a bowl with canola oil and sprinkle with 1/2 teaspoon salt. Mushrooms will be very coated, but that’s good! Divide mushrooms between two sheet pans and roast in the upper half of the oven for at least 20 minutes, stirring once halfway through roasting. Remove from oven when mushrooms are deep brown. Set aside.

In a large skillet, crumble and brown sausage over medium high heat. Remove sausage from skillet and set aside. Without cleaning the skillet, add in diced onions and brown for five minutes. Increase heat to high and add diced apples, brown sugar, and 1/2 teaspoon salt. Cook for 3 to 5 minutes, or until deep golden brown.

Decrease heat to medium and pour in wine (be careful if you’re using an open flame). Stir and cook to reduce liquid by half, about two to three minutes. Pour apple/onion mixture into a bowl and set aside.

Return skillet to medium heat (again, without washing) and add thyme, turmeric, rosemary, 1/2 teaspoon salt, and pepper. Heat for a few minutes, then set aside.

Add bread to a large bowl, then add browned sausage, mushrooms, and apple/onion mixture (and juice that might have accumulated.) Next, add broth mixture gradually as you toss the ingredients, being prepared not to use all of the liquid according to your taste.

Check seasonings at the end and add in minced parsley. Pour into a large baking dish (I used an iron skillet) and bake at 375 for 20 to 25 minutes, or until golden brown on top. (Or you can stuff the turkey if you’re into that kind of thing.)
Pickled Pumpkin:
Courtesy of Taiu Landra of Koigu Yarns

**Ingredients:**
- 4 pounds (2kg) pumpkin
- 1 ½ cups sugar
- 2 cups vinegar
- Cinnamon stick
- 4 whole cloves

**Directions:**
Peel pumpkin, clean out the seeds, and cube. Boil the sugar and vinegar for 5 minutes. Pour this liquid over the pumpkin cubes, cover, and leave to stand overnight.

The next day, strain the pumpkin, and pour the liquid into a saucepan. Add cinnamon stick and cloves, to the liquid. Boil for 5 minutes.

Remove the cinnamon and cloves and add pumpkin cubes.

Boil until pumpkin cubes are transparent. Cool.

Put pumpkin mixture into large covered jar, and refrigerate.

**Or to can:**
Divide into sterilized mason jars (any size).

Add hot liquid to cover pumpkin to within 1/2 inch (1 cm) of top of jar (headspace).

Using nonmetallic utensil, remove air bubbles and adjust headspace, if required, by adding more pumpkin and hot pickling liquid. Wipe jar rim removing any food residue. Center sterilized lid on clean jar rim. Screw band down until resistance is met, then increase to fingertip tight.

Repeat for remaining pumpkin and hot pickling liquid.

Place in water bath canner and boil for 20 minutes.

Take out and place on towel upside down to cool.
Fruit Salad

Courtesy of Veronica from Dream in Color

Ingredients:

- 1 pint fresh Strawberries, halved
- 1 cup fresh Blueberries (optional)
- 2 Bananas
- 1 - 8oz can of Pineapple chunks, drained
- 1 cup of green or red seedless Grapes
- 1 - 11 oz can of Mandarin Oranges
- ½ cup Walnut chunks
- 2 Granny Smith apples, cut into bite size pieces
- 1 small jar of Maraschino cherries
- 1 small bag of mini marshmallows

Directions:

Cut all fruit and mix. Add in cherries, walnuts, and marshmallows and stir. Really you can use whatever fruit you like, leave out the nuts, whatever. The key ingredients that make it holiday-special are the cherries and the marshmallows.
Sour Cream Triple Berry Pie

Courtesy of Meg from Anzula yarns

**Ingredients:**
- 2 unbaked pie crusts
- 2 eggs + 1 egg white
- 1 c. sour cream
- 3/4 c. sugar + 1-2 Tbsp for top
- 1 tsp. vanilla
- 1/4 tsp salt
- 1/4 tsp nutmeg or cinnamon (optional)
- 1-2 c. berries; raspberries, blueberries & blackberries. If using frozen make sure it's thawed and drained.
- Small amount of milk or cream, 1-2 tablespoons

**Directions:**

Put bottom crust in a deep dish pie plate and brush with egg white. If you don't have a deep dish pie plate only use 1 cup of berries.

In a large bowl combine 2 eggs, sour cream, sugar, vanilla, salt, and spice (if desired). Whisk until well combined and smooth. Add fruit and stir gently. Pour mixture into pie crust. Cover with top crust and seal well. Cut vents. Brush the top with milk/cream and sprinkle with sugar.

Bake for 40 minutes at 375 degrees.
Pumpkin Spice Pie

Courtesy of Felicia Lo (adapted from Epicurious)

“I made this recipe for Canadian Thanksgiving with my family and it was so great!”

Ingredients:

Pie:
- 1 (15-ounce) can pure pumpkin
- 3/4 cup pure maple syrup
- 3/4 cup whipping cream
- 3 large eggs
- 2 tablespoons (1/4 stick) unsalted butter, melted
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt
- 1 Flakey Pie Crust

Whipped cream:
- 1 cup chilled whipping cream
- 3 tablespoons powdered sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract

Directions:

For Pie:
Position rack in bottom third of oven and preheat oven to 350°F.

Whisk pumpkin, maple syrup, whipping cream, eggs, butter, cinnamon, nutmeg, cloves and salt in large bowl to blend well.

Pour pumpkin mixture into prepared pie crust. Bake until filling is just set in center and crust is golden, about 1 hour. Transfer pie to rack and cool completely. Cover pie and refrigerate until cold. (Can be prepared 1 day ahead. Keep refrigerated.)

For whipped cream:
Using electric mixer, beat 1 cup chilled whipping cream, 3 tablespoons powdered sugar, 1 teaspoon ground cinnamon and 1 teaspoon vanilla extract in large bowl until soft peaks form.

Serve pie cold or at room temperature with whipped cream.