

# THANKS&GIVING

## community feasts for a cause

**Thanksgiving is an opportunity to celebrate what we have and to find ways to share it.**

host a  
dinner

**Eat for Equity wants you to host your own dinner of giving and thanks.** Invite your friends, family, neighbors, strangers, to come together for a community feast for a cause this Thanksgiving season.

**You have a recipe for celebration and connection in your hands.** Eat for Equity brings people together around a shared meal and a common cause. Our community meals are made entirely by volunteers, from scratch, often in home kitchens. We're sharing our recipes so you have the tools and confidence to make a Thanksgiving feast for 8, 20, 50 people, or more - in your own home.

**Invite your guests to give in a way that is meaningful to them,** whether it's:

- bringing one of these seasonal dishes to share
- giving \$20 or more to support a local nonprofit cause
- pledging two or more hours of volunteer time
- or giving in another way

**We all have something to give, and when we all give what we can, we can make a big impact.** Between dinner and dessert, tell each other what you brought to the table. Share your connection to the nonprofits you've chosen to support,





either as a group or as individuals. How does the organization's work help address inequities in your community? Share your meal with others by adding #thanks&giving and tagging @eatforequity to your posts about the feast - and by letting us know how the meal went.

**Our recipes aren't just about combining the right amounts of apples and flour.** They're suggestions for how to involve other people in the cooking process, when they ask "What can I do?" or "How can I help?" They're reminders to enjoy the moment yourself, by dancing mid-recipe or starting a conversation while you're mashing potatoes. Remember that you're an important part of the celebration, and if you're having fun, others will, too.



**These recipes are seasonal, flavorful, simple, and adaptable.**

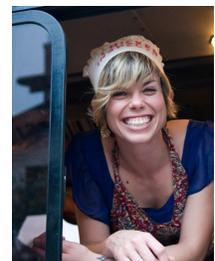
You could make the whole menu, but we suggest you choose a main, two vegetable sides, a starch, and dessert [especially if you're making it all in your kitchen]. We encourage you to ask your guests to help cook - just tell them which recipe to bring and how much to prepare, then cross that off your list! Invite your guests to cook with you the day before, or a few hours before dinner. Or ask them to stay later to help with dishes [those are our favorite kind of guests!].

**We know it can be intimidating to cook for a crowd - but you've got this.** You'll need bigger bowls and more plates, and most importantly, more hands. How many more hands? Two people in the kitchen for the first 10 guests, and then 1 person per 10 people after that. Cooking for 8? Get at least one friend to help. Cooking for 50? Recruit four others.

**Don't worry about things being perfect - they won't be, but they will be wonderful.** We've had many near disasters in the kitchen [[you can read about them here](#)] but with some creative troubleshooting and good humor, somehow, every thing turns out just fine.

We hope that this meal will be a way for you to connect to each other, and a way to connect to your greater community. That you'll use our template for a sustainable community feast, as your own way to help build a culture of generosity.

Enjoy the day,  
Emily Torgrimson  
and Eat for Equity



# menu

**BONUS RECIPE** Jambalaya 4

**MAIN** Maple-Mustard Turkey with Gravy 8

**STARCHES** Wild Rice Salad 11  
Apple Raisin Dressing 13

**VEGETABLES** Kale with Bacon Dressing 14  
Garlic Mashed Potatoes 16  
Brussel Sprouts Slaw 17

**DESSERTS** Walnut Torte with Citrus Cream 19  
Pumpkin Whoopee Pies 21

**DRINKS** Ginger Ale 24



The power of the fork. Photo by Travis Anderson

# game plan

**TWO WEEKS BEFORE**

**INVITE YOUR GUESTS**

Do they want to bring anything? Tell them which recipe to bring and how much to prepare, then cross that off your list!

**COLLECT EQUIPMENT**

Need more plates or silverware? Pick up some at a thrift store or ask a couple of your guests to bring a stack of theirs to share

**A FEW DAYS/DAY BEFORE**

**GO SHOPPING!**

If you're short on storage space, you may want to wait to buy food until you start cooking.

**UP TO A FEW DAYS BEFORE**

You can make these sauces ahead of time, or save it for the night before - your call, depending on your own time and refrigeration capacity:

- make maple-mustard marinade
- make bacon dressing
- make brussel sprouts dressing
- make apple raisin dressing without broth
- make ginger ale concentrate
- make cream cheese frosting

**DAY BEFORE**

- cook rice for rice salad
- make walnut torte
- and/or make whoopee pies
- marinate turkey
- wash, de-stem and tear kale

**DAY OF FEAST**

**FOUR HOURS BEFORE**

- peel potatoes, cover with water
- boil mashed potatoes
- frost whoopee pies
- dress rice salad

**THREE HOURS BEFORE**

- mash potatoes
- put turkey in oven

**TWO HOURS BEFORE**

- boil water for brussel sprouts
- put dressing in the oven below turkey
- add final ingredients [spinach, etc.] to rice salad
- whip citrus cream

**ONE HOUR BEFORE**

- warm mashed potatoes
- slice turkey
- make gravy
- mix kale with warm bacon dressing
- mix brussel sprouts with dressing

## a recipe for jambalaya started it all.

Eat for Equity began by accident when I was in college in Boston, and living in a cooperative house where everyone shared in the cooking. It was early 2006, and Hurricane Katrina had devastated the Gulf Coast the previous fall. And like a lot of us, I wanted to help. But I was a student on financial aid. I wanted to give back, but I didn't think I had much to give.

It was my turn to cook a house dinner, and I stumbled across a recipe for jambalaya. I happened to ask out loud, "What if I made a New Orleans themed meal? Would people in the house throw in a buck or two?" My friends said, "Yes!" And we asked, "What if we invited everyone we knew? What if we made it a party, not just a dinner?"

100 people showed up - classmates, crushes, professors. Its success inspired us to ask another question: What if we used this simple idea - of a community feast for a cause - for other causes? We began to realize the power of food to bring people together around social change.



Illustration by Taylor Baldry

# jambalaya

## INGREDIENTS (serves 8)

- 3 Tbsp. olive oil
- 8 ribs celery, chopped, approximately 3 cups
- 2 small yellow onions, diced, approximately 1.5 cups
- 2 bell peppers, cored and diced, approximately 3 cups
- 1 jalapeño peppers, seeded and finely chopped
- 8 cloves garlic, minced
- 2 bone-in, skin-on chicken breasts
- 1 lb. andouille sausage, sliced into rounds
- 4 cups chicken stock
- 1 (14 oz.) can crushed tomatoes
- 1 1/2 cups uncooked [long grain] brown rice
- 1 tsp. thyme, crushed
- 1 tsp. oregano
- 1/4 tsp. cayenne pepper
- 3/4 tsp. black pepper
- 1/2 Tbs. paprika
- 1/2 lb. raw shrimp, peeled and deveined
- salt to taste
- 1/4 cup parsley, chopped

**EQUIPMENT** large stockpot, skillet

**DIRECTIONS** Heat two tablespoons of olive oil in a large stockpot over medium-high heat. Add celery, onion, bell peppers, and then after a few minutes of sautéing, add jalapeño and garlic. Sauté until the vegetables are soft and mostly cooked.

In another pan, heat a drizzle of olive oil at medium-high heat. When hot, put salted chicken skin-side down. Add the sausage, and sear the chicken a few minutes on each side, until nicely golden.

Add the rice to the stockpot of vegetables, and sauté for a couple minutes. Add the chicken stock, tomatoes, and spices, and stir to combine. Put that sausage and whole chicken breast right on in. Bring to boil, then cover and reduce heat to medium-low, simmer for about 25-30 minutes, or until the rice is cooked, stirring occasionally to prevent sticking on the bottom.

When the rice is cooked, the chicken will be done. Take it out, let it cool just a minute to spare your fingers, and shred it. Watch out for the bones which will have become softer through the cooking process. Stir the shredded chicken back on into the jambalaya.

Once the rice is tender or just al-dente, it's a good stopping point. If you're waiting for people to arrive, stop here. You could also prepare the dish the night before to this point, and then add a little extra stock when bringing it up to temperature an hour or so before dinner.

**Ask your guests if anyone is allergic to shellfish.** If so, or if you're not sure, spoon out a portion before you add the shrimp. When you're just a few minutes from getting everyone around the table, add in the shrimp and simmer just a couple minutes. When the shrimp turns that bright pink, and is no longer translucent-looking, you're done. Season the jambalaya with salt and pepper to taste, and chopped parsley.



Illustration by Taylor Baldry

<b>serves 20</b>	<b>serves 50</b>
1/3 cup	2/3 cup olive oil
1 head	2 heads celery
4 (4 lbs.)	8 lbs. yellow onions
4 (3 lbs.)	7 lbs. bell peppers
2	3-4 jalapeño pepper, seeded and finely chopped
1 1/2 heads	3 heads garlic
4 (3 lbs.)	8 ( 6 lbs.) bone-in, skin-on chicken breasts
2 lbs.	4 lbs. andouille sausage, sliced into rounds
2 quarts	1 gallon chicken stock
2 (14 oz.) cans	5 (14 oz.) cans crushed tomatoes
3 cups	7 cups long grain brown rice
2 teaspoons	1.5 Tablespoons dried thyme
2 teaspoons	1.5 Tablespoons dried oregano
1/2 teaspoon	1 teaspoon cayenne
1 1/2 teaspoons	1 Tablespoon black pepper
1 Tablespoon	2 1/2 Tablespoons paprika
1 lb.	3 lbs. raw shrimp, peeled and deveined
	salt to taste



### WHAT CAN I DO?

**Tell the cook if you've ever been to New Orleans**, and if so, what you remember about the food there. Introduce yourself to another person, and ask them if they've ever been to New Orleans.

**Help peel and devein shrimp** to put into the jambalaya at the second to last minute. First you peel the shrimp, by using your fingers and almost rubbing off the peel, so you don't feel any hard or scaly parts. Hold onto the tail, and try to get as much of the meat of the shrimp out of the tail. Then, devein the shrimp, for which you'll need a small paring knife and a wet rag or paper towel to wipe your knife onto. The shrimp has a vein on its back [on the outside of the "C" shape] that functions as its GI tract. Run your paring knife along the back, and you should see a vein with little brown lines in it. Use your knife to remove it, and sometimes you can even just pull it out. Wipe that vein off, and repeat for all shrimp.

**Wash and chop parsley** to fold into the jambalaya when it's done. Chop it as small as you can - you'll need a knife and a cutting board. Right after the shrimp is cooked, and before we're ready to serve, mix it in.



**ADAPTATIONS** This recipe could be done entirely on the stovetop, or a combination of stovetop and oven. If you have other menu items that require stovetop cooking, then plan ahead and use an oven safe pot, crock pot, or casserole dish [so just nothing with plastic handles]. Preheat oven to 350 degrees. Then, after you sauté the vegetables and sear the chicken, mix the

vegetables, meat, rice, stock, and all remaining ingredients into your oven safe dish. Cover it with tinfoil or a pot lid, and bake until rice is tender and liquids are absorbed, 45 to 60 minutes.



Think you don't have a big enough kitchen to cook for a crowd? It's big enough! We made a meal for 150 people in this space. #clowncarkitchen

Photo by Travis Anderson

# maple mustard turkey

We know, there's something ceremonial about seeing a whole glazed turkey on the table. But after a minute of adoration, you end up cutting it up, anyway. If you are making turkey for a crowd, we strongly suggest butterflying the turkey. Not only will it cook more evenly and quickly, you can also cook a couple turkeys in one oven this way.

## INGREDIENTS (serves 8)

- 1/3 cup apple cider vinegar
- 3 cloves garlic, peeled and crushed
- 1/2 of a red onion, minced
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon salt
- 1 Tablespoon smooth Dijon mustard
- 1 Tablespoon coarse mustard
- 1/3 cup real maple syrup
- 1 small turkey [8 - 10 lbs.]

**EQUIPMENT** [blender/immersion blender], roasting pan/cookie sheet for each turkey, meat thermometer, sharp knife

**DIRECTIONS** Defrost your turkey ahead of time in the fridge, and try to give yourself 24 hours per 5 lbs. of turkey. So, if you have two 10 lb. turkeys, start defrosting two days before the feast. If you have a fresh turkey, congrats! You can move onto the next part of the game.

Blend all the ingredients except for the turkey. We repeat, do not put the turkey in the blender.

Butterfly turkey, by turning turkey breast side down and cutting out the backbone. Lay the turkey flat onto your roasting pan [breasts in the center, thighs on the outside]. Place turkey on a roasting pan, pouring marinade over the turkey and into the bottom of the roasting pan.

Preheat oven to 450 degrees. Roast for 20 minutes, then reduce the heat to 350 degrees. You can start to check the turkey's temperature after another 20 minutes [longer, if you have more than one turkey in the oven]. If you have a larger turkey, say, 20 lbs., then check after another 35 minutes. It's ready to take out of the oven when the thermometer reads 165 degrees in the thigh and other thick parts. The temperature will increase as it rests. Let it rest at least 10 minutes before carving.



**ADAPTATIONS** Now, if against our strong and fervent recommendations, you decide to cook your turkey whole, then pray to the cooking gods, and cook the turkey for about 18 minutes per pound of turkey [so, for a 8 lb. turkey, cook for 2 1/2 hours].

They call them turkey roasters for a reason. If you have an electric oven, now is the perfect time to use it. You'll want to give yourself a little extra time [times 1 1/2], so if you were planning on cooking the turkey for two hours, give yourself three hours. Brown the turkey in the oven first at 450 degrees for 20 minutes. Remove the roasting pan and put it into the electric oven [making sure to put water underneath if required]. Cover and set at 375 degrees, and check temperature in a couple hours.

serves 20		serves 50	
25 lbs.		2 - 25-30 lb. turkeys	turkey
1 cup		2 ¼ cups	apple cider vinegar
8 cloves [1 head]		20 cloves [2-3 heads]	garlic
1 cup (1 whole)		2 cups (2 whole)	red onion
1 Tablespoon		2 Tablespoons	black pepper
3 Tablespoons		1/3 cup	smooth dijon mustard
3 Tablespoons		1/3 cup	coarse mustard
1 cup		2 ¼ cups	maple syrup

## gravy

You will have the most delicious pan drippings - onions caramelized in maple syrup, mixed with savory mustard and turkey juices. You won't have to work hard to turn that into one awesome gravy.

serves 8	serves 20	serves 50
pan drippings	pan drippings	pan drippings
1 Tablespoon	2 Tablespoons	1/4 cup flour
2 cups	1 quart	2 quarts [plus 2 cups water] chicken or vegetable broth



### WHAT CAN I DO?

**Whisk me away.** A guest can do this whole recipe while you slice the turkey.

**Taste test** to see if the gravy needs more salt and pepper. You'll need tasting spoons, a whisk, and seasonings.

- **EQUIPMENT** whisk, small pot

- **DIRECTIONS** Remove turkey from your pan to rest. Pour off as much of the fat as you can. Fat rises to the top, so tilt the pan and pour off into a jar [just not down your drain. You can also treat a neighborhood dog with this glorious stuff]. If you've used a heavy roasting pan, you can make the gravy right in that same pan on the stove top. Or pour the rest of the pan drippings into a small pot.

Whisk in the flour, and cook over medium low heat until the mixture thickens and starts to pull away from the sides of the pan. Slowly whisk in broth, and season with salt and pepper.



**ADAPTATIONS** Like a creamier gravy? Add cream or half and half to the pan drippings. Have an extra bottle of white wine? Pour it in, instead of broth. Gluten free? Use 1 teaspoon of cornstarch dissolved in water for each Tablespoon of flour. Vegetarian? Saute a finely minced onion in 1/2 cup olive oil until caramelized, then follow rest of directions.



# wild rice salad

This dish showcases wild rice, or Mahnomin in Ojibwe, a food that is sacred to Native Americans and indigenous to the lakes of northern Minnesota. When buying wild rice in your area, purchase wild harvested, not farmed rice. And honor each grain of wild rice by making sure you don't lose a single grain in the cooking process.

## INGREDIENTS (serves 8)

- 1 ½ cups wild rice [uncooked]
- 2 ½ cups brown rice [uncooked]
- 4 cloves garlic
- 1 teaspoon dried marjoram
- 1 teaspoon dried basil
- 1 tablespoon Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup red wine vinegar
- 3/4 cup olive oil
- ½ cup pecans
- 1 bunch scallions
- 1/2 cup cranberries
- 4 cups spinach
- salt and pepper to taste

**EQUIPMENT** two pots with capacity to hold 3x rice [if you're cooking 4 cups of rice, a 3 quart pot]

**DIRECTIONS** Prepare wild rice and brown rice in separate pots, since they have different cooking times. Cook brown rice with a 1:2 rice to water ratio. Cook wild rice with as much water as you like, planning to drain off the water when the rice is cooked [try to cook rice so that it is tender, but with a little bit of pull - and not so well done that the kernel splits completely].

If you are making this for a crowd, cool the rices by spreading them out on cookie sheets. Cooling the rice this way will help prevent it from clumping.

Prepare the dressing - chop garlic finely and mix in spices, salt & pepper to taste, olive oil and red wine vinegar. Pour dressing over the rice when at room temperature or slightly cooled. The salad can keep at this stage overnight, and it helps the flavors meld. Store refrigerated and covered with plastic wrap.

The day of the feast, add the rest of the ingredients - pecans, scallions chopped into diagonal slices, cranberries, and spinach into a wide chiffonade. Salt and pepper to taste. Mix well and serve at room temperature.

Photo by Travis Anderson



serves 20		serves 50	
2 cups [1 lb.]		4.5 cups [2 lbs.]	wild rice [uncooked]
3 cups		7.5 cups	brown rice [uncooked]
1 2/3 cup		4 cups	red wine vinegar
2 2/3 cup		6 cups	olive oil
10 cloves [1 head]		3 heads	garlic
1/4 cup		2/3 cup	dried marjoram
1/4 cup		2/3 cup	dried basil
1 teaspoon		1 Tablespoon	salt
1 teaspoon		1 Tablespoon	pepper
1/4 cup		3/4 cup	dry mustard
2/3 cup		1 1/2 cups	pecans
1 bunch		3 bunches	scallions
2/3 cup		1.5 cups	dried cranberries
5 cups		12 cups	baby spinach



**WHAT CAN I DO?**

**Wash and chop scallions and spinach** to fold into the salad. Chop the scallions as thinly as you can on the diagonal - you'll need a knife and a cutting board. Chop spinach into thin strips.

**Taste test** to see if the salad needs more salt and pepper, or another splash of vinegar. Keep mixing and tasting until you're satisfied. You'll need tasting spoons, a mixing spoon, and seasonings.

**Tell the cook if you've ever foraged for wild foods.** Maybe it's harvesting the dandelion greens in your front yard or hunting wild game or mushrooms. If so, what do you remember about the experience?



**ADAPTATIONS** No spinach? You can use kale or arugula as substitutes. Don't have dry mustard? Use the same amount of dijon mustard and use a little less olive oil.



# grandma's apple raisin dressing

Grandma Irene's dressing is on par with her bran muffins ["Grannie's Brannies"] and her homemade applesauce. The stuff of legends. The stuffing of legends, really, if you'll forgive the pun. My mom and her sisters spent a week together this summer, and decided to hold a Thanksgiving meal just so they could make and eat their mom's dressing together. We all have those family recipes that hold memories. When we make them, the stories and feelings come back with each bite.

**INGREDIENTS (serves 8)**

- 1 lb. pork sausage
- 1 cup chopped onions
- 3 cups celery
- 1 large loaf of bread, cubed, and slightly toasted or stale
- 1 cup raisins
- 3 apples, cored and chopped
- ~4 cups vegetable or chicken broth

**EQUIPMENT** 9x13 pan or crock pot for each batch, saute pan, aluminum foil

**DIRECTIONS** Saute pork, onions, and celery over medium heat until the sausage is cooked and the onions and celery are softened. Combine the sautéed vegetables with bread, raisins, and apples. Grandma's original recipe calls for sage and poultry seasoning, but if you use a flavorful sausage, you don't really need it. Put into a greased pan, and pour over vegetable or chicken broth until just moistened.

Cover with foil and bake in a 350 degree oven for 45 minutes. Remove foil and bake another 15 minutes.

serves 20	serves 50
2 lbs.	4 lbs. pork sausage
3 cups	8 cups chopped onions
6 cups ( 1 head)	12 cups (2 heads) celery
2 larges loaves	4 large loaves bread, cubed and slightly toasted or stale
3 cups	6 cups raisins
6 apples	14 apples apples, cored and chopped
2 quarts	1 gallon vegetable or chicken broth



**ADAPTATIONS** If you'd like to make this dressing vegetarian, double the onions and sauté in butter or olive oil, then use vegetable broth.



Photo by Jesse Eustis

## **new southern greens** kale with bacon dressing

If you're not already on the kale bandwagon, you will be after tasting this dish. It's a recipe that requires almost no cooking, since the warm bacon dressing lightly wilts the kale.

### **INGREDIENTS (serves 8)**

- 1 lb. green kale
- 6 slices of bacon, chopped
- 1/2 cup julienned red onion
- 1/2 cup apple cider vinegar
- 1/2 cup water
- 2 teaspoons coarse-grained mustard
- 2 teaspoons sugar
- 2 teaspoons salt
- 1/2 teaspoons ground black pepper

**EQUIPMENT** big bowls or tubs for mixing kale, large sauté pan, strainer, tongs

**DIRECTIONS** Sauté bacon in large skillet over medium heat until brown, about 10 minutes each batch. Transfer bacon to a separate bowl. Add red onion to the bacon drippings and sauté 7 minutes over medium heat. If your skillet is large enough, whisk in apple cider vinegar, water, mustard, sugar, salt, pepper [or transfer mixture to a larger pot]. Simmer until mixture is reduced by about a third, anywhere from 10 - 20 minutes. You can make the dressing ahead of time.

Meanwhile, prepare the kale by washing, de-stemming, and then tearing into bite-size pieces. You can de-stem kale quickly by pinching your fingers together around the stem, and pulling toward you. A few minutes before serving, mix the warm dressing with kale, then crumble bacon on top.

serves 20	serves 50
3 lb.	7 lbs. green kale
1 lb.	2 lbs. bacon slices, chopped
2 small onions	4 onions red onion, julienned
1.5 cups	3.5 cups apple cider vinegar
1.5 cups	3.5 cups water
2 T.	1/3 c. coarse-grained mustard
2 T.	1/3 c. sugar
1 T.	3 T. salt
1/2 T.	2 T. ground black pepper



**WHAT CAN I DO?**

**Prepare the kale** by washing, de-stemming, and then tearing into bite-size pieces. You can de-

stem kale quickly by pinching your fingers together around the stem, and pulling toward you. You'll need a bowl to fill with water for rinsing, a strainer, and a container for the torn kale.

**Toss the salad together.** Warm the dressing on the stovetop, then mix the dressing, bacon, and kale together. You'll need tongs or plastic gloves.



Photo by Jesse Eustis

**ADAPTATIONS** If you'd like to make this dressing vegetarian, sauté the onions in butter or olive oil.



If you're frying up a pound of more of bacon, consider cooking it in the oven on a cookie sheet with a lip. Bake at 400 degrees for 10 minutes, and check every couple minutes after that. You can cook large amounts of onions in the same way, tossing with the bacon grease and a little salt, and stirring every 10 minutes.



# garlic mashed potatoes

It's your party. So you can make your mashed potatoes however you like. Don't want to peel potatoes? Use new red potatoes, which have softer skin that you can leave on. Prefer white and fluffy potatoes? Use russet potatoes and peel them before boiling. And cook and mash your potatoes early in the day, so all you have to do is warm them - and party on.

**INGREDIENTS (serves 8)**

- 4 lbs. potatoes, [peeled] and cut into chunks
- 5 cloves garlic, peeled and whole
- 1 Tablespoon salt + 1 teaspoon salt
- ¼ cup butter
- 1 teaspoon ground black pepper
- 1/2 cup cream or whole milk
- 4 Tablespoons minced chives

**EQUIPMENT** Large pot, peelers, strainer, potato masher or electric mixer, baking dish/crock pot

**DIRECTIONS** In a large pot, bring the potatoes, garlic, a tablespoon of salt, and a gallon of water to boil. Boil until the potatoes are tender, about 20 minutes, then drain.

Mash the potatoes and garlic with butter and salt and pepper, adding cream and chives. Taste and adjust seasoning, if necessary.

You can serve right away, or spread potatoes into a lightly greased baking dish. Let rest, covered, until half an hour before serving, when you can warm in a 350 degree oven.

serves 20	serves 50
8 lbs.	15 lbs. potatoes
1 head garlic	2 heads garlic, peeled
2 teaspoons	1 1/2 Tablespoon kosher salt
2 teaspoons	1 1/2 Tablespoon black pepper
1/2 cup	1 cup butter
1 cup	1 pint cream
1/2 cup	1 cup chives



**WHAT CAN I DO?**

**Mash it up.** Whether you're mashing by hand or with an electric beater, this is a great job to help with. For an extra challenge [or to

double as your workout for the day], use your non-dominant arm to whisk - work that bicep!



**ADAPTATIONS**

You can mix in other starchy vegetables, like sweet potatoes, rutabaga, celery root.



## brussel sprouts slaw

Fair warning: this may make a brussel sprouts convert out of you.

### INGREDIENTS (serves 8)

- 1/2 cup large pecan halves
- 2 Tablespoons pure maple syrup
- 1 Tablespoon coarse kosher salt plus additional for seasoning
- 1/4 teaspoon freshly ground black pepper
- 3 Tablespoons whole grain Dijon mustard
- 2 Tablespoons apple cider vinegar
- 2 Tablespoons fresh lemon juice
- 1 teaspoon maple syrup
- 1/4 cup sunflower oil
- 2 pounds brussels sprouts, trimmed

**EQUIPMENT** large pot, strainer, cookie sheet, parchment, [food processor with slicing attachment]

**DIRECTIONS** First, toast the pecans with maple syrup. Preheat oven to 325°F. Cover a rimmed baking sheet with parchment. Toss pecans with maple syrup, a sprinkling of coarse salt, and pepper in a small bowl. Spread them on the baking sheet in a single layer, pop them in the oven, and stir

after 5 minutes. Continue to cook until the nuts are toasted and the glaze is thick, a few more minutes. Remove from the oven and separate the nuts. Cool completely.

Bring large pot of water to boil. Add 1 tablespoon coarse salt. Add whole brussels sprouts, and cook until crisp-tender and still bright green, just 3-4 minutes. Drain, and rinse with cold water, and drain again. Slice brussels sprouts, either by hand as thinly as you can, or with a slicing attachment on a food processor. Transfer to large bowl.

Whisk mustard, vinegar, lemon juice, and sugar in small bowl; whisk in oil. Season with salt and pepper.

Toss brussels sprouts with dressing, and let the sprouts absorb the flavors for about 30 – 60 minutes. Mix in most of the pecans, and top with remaining pecans to garnish.

serves 20	serves 50
1 ¼ cups	3 cups large pecan halves
⅓ cup	¾ cup maple syrup
2 Tablespoons	4 Tablespoons kosher salt
¾ teaspoon	2 teaspoons ground black pepper
⅔ cup	1 ¾ cups whole grain Dijon mustard
⅓ cup	¾ cup apple cider vinegar
⅓ cup [2 lemons]	¾ cup [5 lemons] fresh lemon juice
2 ½ Tablespoons	⅓ cup sugar
⅔ cup	1 ½ cups vegetable oil
5 lbs.	12 lbs. brussels sprouts, trimmed



**WHAT CAN I DO?**

**Slice the sprouts.** You'll need a knife and cutting board, or a food processor fitted with a wide slicing attachment. Slice as thin as you can cut by hand, or with an 1/4 inch slicing disk. If you use a food processor, then your first step will be to figure out how this food processor works. This may take two to thirty minutes.

Each food processor is like a special little butterfly.



**ADAPTATIONS** No brussel sprouts? You could use green cabbage [uncooked, shredded], broccoli [cut into long florets, and blanched], or kale [uncooked, shredded, with the dressing massaged in].

# walnut torte

We love recipes with simple ingredients, and this walnut torte essentially has three - walnuts, eggs, sugar. Three might even be the minimum number of ingredients you need to make a "recipe."

This recipe is naturally gluten-free, because it's made entirely of walnut flour you grind yourself in a food processor. The techniques are pretty simple, but you'll want to be mindful about getting the right consistency of walnuts and whipping the yolks and whites to ample frothiness. Remember, you're making walnut flour, not walnut butter.

## INGREDIENTS (serves 8)

- 1 cup plus 6 Tablespoons walnuts (about 5oz.)
- 4 large eggs, separated
- 1/2 cup sugar
- pinch of salt
- 1 cup chilled heavy whipping cream
- 3 tablespoons powdered sugar
- 1 teaspoon lemon or orange zest
- a few walnut halves for garnish

**EQUIPMENT** food processor, 9-inch diameter springform pan [one for each batch], electric mixer and whisk attachments, zester. If you don't have a springform pan, it's not the end of the world, or the recipe. You can also use a bundt or tube pan, a typical round cake pan, a cast-iron pan, with similar results.

**DIRECTIONS** Preheat oven to 350°F. If you have a food processor with a grating disc, your first step is to grate the walnuts in the food processor, then switch to a regular blade. If you are without grating disc, then use regular blade and, pulse walnuts in batches until they are finely ground but not pasty.

Butter bottom of your pan. Using an electric mixer, beat egg yolks in large bowl until light and fluffy, about 4 minutes. Put on a kitchen timer, or just put on a good song on and beat to the beats.

Gradually add sugar, beating until well blended. Stir remaining ground walnuts into yolk mixture. Clean and dry those beaters, and use them to beat egg whites in another large bowl. Beat the egg whites until stiff but not dry. Fold half of the egg whites into the nut mixture, and then fold in the remaining half.

Transfer batter to prepared pan. Bake cake until tester inserted into center comes out clean, about 40 minutes. Cool five minutes. Run knife between cake and pan sides to loosen; remove pan sides. Cool cake completely on rack.

The cake will fall in the center as it cools - it's okay! That's what whipped cream is made for covering up, among other benefits. You can make the cake one day ahead of time. Just cool, cover with plastic wrap or a clean towel, and store at room temperature.

For whipped cream, use an electric mixer to beat cream, powdered sugar, and vanilla in large bowl until peaks form. Spread the whipped cream onto top of cake, or dollop onto each slice.



**WHAT CAN I DO?**

**Whip the cream.** It helps to start with a cold bowl, but it's not necessary. If you remember, stick a bowl into the freezer or fridge for a few minutes up to an hour. You'll need an electric mixer and beaters, a bowl, whipping cream, and a sweetener. Start with the cream, zest, plus a couple tablespoons of powdered

sugar [or a drizzle of honey or maple syrup] to start, and see how sweet you like it. Taste testing is just one of the perks of helping out.

**Don't have an electric mixer? Find a whisk, and you've just found yourself a new party game.**

Pass the bowl from guest to guest and have them beat that whipping cream until their right arm has had enough! Then they pass it to the next guest, and eventually, you'll have whipped cream.

**serves 20**

*make 1 batch of:*

2 ¾ cups walnuts

8 large eggs

1 cup sugar

1.5 cups whipped cream

5 Tablespoons powdered sugar

1.5 teaspoons [most of 1 lemon or orange zest  
lemon, small orange]

**ADAPTATIONS**

If you're making this for a crowd larger than 20, we suggest making multiple smaller batches. You can generally double a recipe without issue, but beyond that, to maintain consistency you would measure by weight. Since you won't be able to bake all the cakes in a home oven at the same time, you may as well measure ingredients into bowls for each batch, and mix right before you put into the oven.



**serves 50**

*shopping list*

8 ¼ cups

24

3 cups

1 quart

¾ cup

1.5 Tablespoons [3 lemons, 2 oranges]

3 teaspoons

*make 3 batches of:*

2 ¾ cups walnuts

8 large eggs

1 cup sugar

1.5 cups whipped cream

5 Tablespoons powdered sugar

1.5 teaspoons [most of 1 lemon, lemon or orange zest  
small orange]

1 ¼ teaspoon vanilla extract



## pumpkin whoopee pies

Listen, everyone's expecting you to make pumpkin pie. So make something different and a little unexpected instead. Something that will make your guests yell "Whoopee!" or, at the very least, say, "That's good." Pumpkin whoopee pies take the best of pumpkin pie - cinnamon, ginger, and nutmeg swirled in pumpkin - and put it into a sweet cake package.

### **INGREDIENTS (makes 12 whoopee pies)**

#### **COOKIE CAKE**

- 1 ½ cups all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon freshly grated nutmeg
- ¼ teaspoon ground cloves
- 1 cup packed light brown sugar
- ¼ cup vegetable oil

- 2 cups pure pumpkin
- 1 large egg
- 1 teaspoon pure vanilla extract

#### **FILLING**

- 6 ounces cream cheese, softened
- ¾ stick (6 tablespoons) unsalted butter, softened
- Pinch of salt
- 1 ½ cups confectioners' or powdered sugar
- 1 teaspoon vanilla extract

**EQUIPMENT** cookie sheets, parchment, electric mixer, 1 - 1.5 oz. ice-cream scooper or measure

**DIRECTIONS** Preheat oven to 350°F with rack in middle. Line 2 large baking sheets with parchment paper.

Whisk together flour, baking powder, soda, salt, and spices in a bowl. Whisk together sugar, oil, pumpkin, egg, and vanilla in a separate large bowl until well combined, then stir in flour mixture.

Using a 1-oz. ice cream scoop or tablespoon measure, drop a scoop's worth of batter or 2 scant tablespoons of batter onto a lined baking sheet to form 1 mound. Make 15 more mounds, arranging them 2 inches apart until baking sheet is full. There should be 16 cookie-cakes in each batch you put in the oven.

Bake until springy to the touch, 12 to 18 minutes. Transfer cookie-cakes to rack to cool. Form and bake remaining batter on the other parchment-lined sheet.

**And whoop, there it is.** Now is a great time to have a dance break and see who can remember the lyrics to that hit song from the '90s. While cookie-cakes are baking, beat cream cheese, butter, and salt in a bowl with an electric mixer until smooth. Add confectioners' sugar and mix on low speed until smooth.

Assemble whoopee pies, by spreading a heaping tablespoon of filling each on flat side of half the cooled cookie-cakes, then top with other half of cookie-cakes. If necessary, chill whoopee pies just long enough to firm up filling again, about 30 minutes.



**ADAPTATIONS** If you're making this for a crowd larger than 20, we suggest making multiple smaller batches. You can generally double a recipe without issue, but beyond that, to maintain consistency you would measure by weight. Since you won't be able to bake all the cookie cakes in a home oven at the same time, you may as well measure ingredients into bowls for each batch, and mix right before you put into the oven.

You can roll the whoopee pies into crushed pecans or walnuts, if you're feeling it and have them on hand.

**serves 20** makes 24 whoopee pies

*make one batch:*

3 cups all-purpose flour

1 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon salt

2 teaspoons ground cinnamon

1 teaspoon ground ginger

1/2 teaspoon grated nutmeg

1/2 teaspoon ground cloves

2 cups light brown sugar, packed

1/2 cup vegetable oil

4 cups [2 cans] pumpkin

2 large eggs

2 teaspoons vanilla

10 oz. cream cheese, softened

1 1/2 sticks unsalted butter, softened

1/4 teaspoon salt

3 cups confectioner's sugar

2 teaspoons vanilla extract

**serves 50**

makes 60 whoopee pies

shopping list	make 2 batches of:	
	3 3/4 cups	all-purpose flour
1 Tablespoon	1 1/4 teaspoon	baking powder
1 Tablespoon	1 1/4 teaspoon	baking soda
2 Tablespoons	1 1/4 teaspoon	salt
2 Tablespoons	2 1/2 teaspoon	ground cinnamon
1 Tablespoon	1 1/4 teaspoon	ground ginger
1 1/2 teaspoons	heaping 1/2 teaspoon	grated nutmeg
1 1/2 teaspoons	heaping 1/2 teaspoon	ground cloves
6 cups	2 1/2 cups	brown sugar
1 1/2 cups	3/4 cup vegetable oil	vegetable oil
10 cups [5 cans]	5 cups [2 1/2 cans]	pumpkin
6 medium eggs	3 medium eggs	egg
4 Tablespoons	2 1/2 teaspoons	vanilla extract
	<i>make 1 batch of</i>	
4 - 8 oz. cream cheese packages	4 - 8 oz. cream cheese packages	cream cheese, room temperature
3 sticks	3 sticks	unsalted butter, softened
	1/2 teaspoon	salt
7.5 cups	7.5 cups	powdered sugar
	2 Tablespoons	vanilla extract



Photo by Emily Rumsey



**WHAT CAN I DO?**

Wash the dishes! It's the easiest way to get yourself invited back to the next party. Collect any cooking dishes scattered around the kitchen, or dirty plates, silverware, and cups around the house. Grab a scrubby, soap, a clean towel, and get to work on those brownie points!



# ginger ale

**INGREDIENTS (serves 8) makes 1 gallon**

- 1 cup water
- 1/2 cup grated ginger
- 1/4 cup honey

- 2 Tablespoons lemon juice
- 10 cups water
- 1 liter club soda

**EQUIPMENT** grater, small stock pot, strainer, pitchers or container for finished soda

**DIRECTIONS** Combine water, ginger, and honey in a small pot and bring to a boil. Remove from heat, and let steep 10 minutes. Strain through a mesh strainer into a container. Stir in the lemon juice and set aside to cool. Refrigerate ginger concentrate until ready to use, then serve over ice.

serves 20	serves 50
makes 2 gallons	makes 5 gallons
2 cups	5 cups water
3/4 cup	2 cups ginger, grated
1/2 cup	1 1/4 cups honey
1/4 cup	2/3 cup lemon juice
1 gallon + 1 quart	3 gallons + 1 quart water
2 liters	4 liters club soda

**WHAT CAN I DO?**



**Mix it up** - ginger concentrate with a roughly 2.5 : 1 ratio of water to club soda. You'll need a spoon, pitchers or another container, and a glass for taste-testing. Fill the pitchers with ice, and set out glasses near the pitchers.

**Wash the dishes!** It's the easiest way to get yourself invited back to the next party. Collect any cooking dishes scattered around the kitchen, or dirty plates, silverware, and cups around the house. Grab a scrubby, soap, a clean towel, and get to work on those brownie points!



**ADAPTATIONS** Don't have honey? You can use any sweetener, from maple syrup to white sugar. Follow the recipe directions, but taste as you go, as sweeteners have different sugar levels.

**DIY Soda Stream.** Make your own club soda by going to your local brewery supply store. They sell CO2 canisters, lines, and attachments that fit right onto an empty pop bottle]. You can make your own club soda or carbonated beverages using an empty pop bottle, CO2 canister, and a line that attaches the canister to the bottle.

# don't have...don't worry

ingredient	amount	substitutes
allspice	1 teaspoon	1/2 teaspoon cinnamon, 1/4 teaspoon ginger, 1/4 teaspoon cloves
arrowroot starch	1 teaspoon	1 Tablespoon flour OR 1 teaspoon cornstarch
breadcrumbs	1 cup	1 cup cracker crumbs OR 1 cup matzo meal OR 1 cup ground oats
broth	1 cup	1 bouillon cube plus 1 cup boiling water OR 1 Tablespoon soy cause plus water to make 1 cup OR 1 Tablespoon nutritional yeast plus 1 cup boiling water. Depending on the recipe, you might consider adding 1 cup of red or white wine or beer
brown sugar	1 cup, packed	1 cup white sugar plus 1/4 cup molasses and decrease the liquid in the recipe by 1/4 cup OR 1 cup white sugar
buttermilk	1 cup	1 cup plain yogurt OR 1 teaspoon lemon juice or neutral vinegar [apple cider or white] plus enough milk to make 1 cup
corn syrup	1 cup	1 cup honey OR 1 1/4 cup white sugar plus 1/3 cup water
cream, heavy	1 cup	3/4 cup milk plus 1/3 cup butter
cream cheese	1 cup	1 cup pureed cottage cheese OR 1 cup plain yogurt, strained overnight in a cheesecloth
egg	1 whole	1/4 cup silken tofu pureed OR half a banana mashed with 1/2 teaspoon baking powder OR 1 Tablespoon ground flax seed soaked in 2 Tablespoons water
flour, bread	1 cup	1 cup all-purpose flour plus 1 teaspoon wheat gluten
flour, cake	1 cup	1 cup all-purpose flour minus 2 Tablespoons
flour, self-rising	1 cup	7/8 cup all-purpose flour plus 1 1/2 teaspoons baking powder and 1/2 teaspoon salt
gelatin	1 Tablespoon	2 teaspoons agar agar
hazelnuts	1 cup	1 cup macadamia nuts OR 1 cup almonds
herbs, fresh	1 Tablespoon	1 teaspoon dried herbs
onions, green	1 cup	1.5 cups chives, combination chives and thinly sliced red onions
shallots	1 shallot	2 Tablespoons minced red onion