The Cheap Gourmet Presents...

Healthy Holiday Cooking: Thanksgiving Recipe Collection

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Table of Contents

The History of Thanksgiving	3
Little Known Facts about the First Thanksgiving	5
Thanksgiving Menu	6
Artichoke and White Bean Dip	8
Roasted Pumpkin Seeds	9
The Great Pumpkin Soup	10
Quinoa Soup with Greens and Sweet Potatoes	11
Quinoa Apple Salad	12
Persimmon Mesculin Salad	13
Roasted Turkey	14
Baked Honey Ham	15
Mashed Sweet Potatoes	16
Quinoa Stuffing	17
Asparagus with Lemon Butter	18
Pumpkin Dumplings with Romano Cheese	19
Pumpkin Pie Smoothie	20
Homemade Whipped Cream	20
Orange Coconut Frost	21
Creamy Pumpkin Pudding	22
Rice Pudding with Cranberries	23
Gourmet Food Resources	24

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The History of Thanksgiving

The first Thanksgiving took place in 1621 when the Plymouth colonists and the Wampanoag Indians shared an autumn harvest feast. While cooking methods and the menu have evolved, the meal is still consumed today with the same spirit of celebration and overindulgence.

What Was Actually on the Menu?

While no one knows exactly what was served at the first Thanksgiving meal, one thing is certain – the pilgrims weren't gobbling up pumpkin pie or playing with their mashed potatoes. The only two food items that historians know for certain were on the menu are venison and wild fowl. Let's take a look at some of the foods available to the colonists at the time of the 1621 feast.

Foods That May Have Been on the Menu

SEAFOOD: Cod, Eel, Clams, Lobster
WILD FOWL: Wild Turkey, Goose, Duck, Crane, Swan, Partridge, Eagles
MEAT: Venison, Seal
GRAIN: Wheat Flour, Indian Corn
VEGETABLES: Pumpkin, Peas, Beans, Onions, Lettuce, Radishes, Carrots
FRUIT: Plums, Grapes
NUTS: Walnuts, Chestnuts, Acorns
HERBS and SEASONINGS: Olive Oil, Liverwort, Leeks, Dried Currants, Parsnips

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Foods That Were Not on the Menu

Surprisingly, most of the foods from the today's Thanksgiving meal didn't appear on the pilgrim's first feast table.

HAM: There is no evidence the colonists were butchering pigs at this time, though they had brought pigs with them from England.

SWEET POTATOES/POTATOES: These were not common.

CORN ON THE COB: Corn was kept dried at this time of year.

CRANBERRY SAUCE: The colonists had cranberries but no sugar.

PUMPKIN PIE: It's not a recipe that exists at this point, though the pilgrims had recipes for stewed pumpkin.

CHICKEN/EGGS: We know the colonists brought hens with them from England, but it's unknown how many they had left at this point or whether the hens were still laying.

MILK: No cows had been aboard the *Mayflower*, though it's possible that the colonists used goat milk to make cheese.

Source: Kathleen Curtin, Food Historian at Plimoth Plantation

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Little Know Facts About the First Thanksgiving

- Squanto was a Patuxet Indian who nearly single-handedly saved the Pilgrims from starving to death. He taught them how to catch eels and fish, trap beavers, and plant corn and pumpkins. Squanto helped the Pilgrims despite having been captured and sold into slavery by an English sea captain.
- During the first Thanksgiving celebration, the Wampanoags brought fat wild turkeys to the feast and introduced Pilgrims to a local delicacy called popcorn.
- The pilgrims did not use forks; they ate with spoons, knives and their fingers.
- The pilgrims wiped their hands on large cloth napkins which they also used to pick up hot morsels of food.
- Salt would have been on the table at the harvest feast; however, pepper was reserved for cooking but wasn't available on the table.
- Pilgrims didn't eat in courses as we do today. All of the different types of foods were placed on the table at the same time and people ate in any order they chose.
- The best food was placed next to the most important people. People didn't tend to sample everything that was on the table (as we do today), they just ate what was closest to them.
- The pilgrims probably didn't have pies or anything sweet at the harvest feast. They had brought some sugar with them on the *Mayflower* but by the time of the feast, the supply had dwindled.

The menu below is based on both old and new traditions. Each category contains two recipes, with the exception of side dishes which offers four recipes. Simply select one recipe from each category, along with two side dishes and you'll be on your way to creating a flavorful Thanksgiving feast that is both satisfying and healthy. Enjoy!

In Gratitude,
Kathy Browning
The Cheap Gourmet

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Thanksgiving Menu

Appetizer

Artichoke and White Bean Dip

Roasted Pumpkin Seeds

Soup

The Great Pumpkin Soup

Quinoa Soup with Greens and Potatoes

Salad

Quinoa Apple Salad

Persimmon Mesculin Salad

Entrée

Roasted Turkey

Baked Honey Ham

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Side Dish

Mashed Sweet Potatoes

Quinoa Stuffing

Asparagus with Lemon Butter

Pumpkin Dumplings with Romano Cheese

Beverage

Pumpkin Pie Smoothie with Homemade Whipped Cream

Orange Coconut Frost

Dessert (optional)

Creamy Pumpkin Pudding

Rice Pudding with Cranberries

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Artichoke and White Bean Dip

Yield: 3 cups
Prep Time: 10 minutes
Chill Time: 1 hour, minimum

Ingredients:

1-1/2 cups cooked white beans (navy or cannellini), cooled and drained, OR one 15-ounce can of beans, rinsed and well drained
2 artichoke hearts, halved, or 2 (10-ounce) cans, well drained
1 large clove garlic*, minced
1 Tablespoon fresh lemon juice
1 Tablespoon extra virgin olive oil
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
Fresh dill weed (optional)

Directions:

- In blender or food processor, purée the beans, artichoke hearts, garlic, and lemon juice until smooth.
- With the machine running, drizzle in the oil and blend until oil is completely incorporated.
- Transfer dip from blender to a serving bowl and stir in the salt and pepper to taste.
- Garnish with fresh dill weed, if desired.
- Cover with plastic wrap and chill in refrigerator for at least 1 hour.
- Serve with raw vegetables such as cucumbers, carrots and celery.

*If you cannot tolerate raw garlic, substitute 1/2 to 1 teaspoon garlic powder, or omit the ingredient altogether.

NOTE: This recipe can easily be doubled or tripled, but for larger quantities you may need to prepare multiple batches. Store covered in refrigerator for up to 5 days.

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Roasted Pumpkin Seeds

Yield: 6 servings
Prep Time: 5 minutes
Cook Time: 45 minutes

Ingredients:

1-1/2 cups raw whole pumpkin seeds
2 teaspoons extra virgin coconut oil*, melted
1 pinch sea salt

Directions:

- Preheat oven to 300 degrees Fahrenheit.
- Toss seeds in a bowl with the melted coconut oil and salt.
- Spread seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.
- Remove from oven, cool and serve.

* Extra Virgin Coconut Oil gives a unique flavor to the pumpkin seeds. It can sometimes be difficult to find in supermarkets, but is readily available at most health food stores. EVCO is a bit pricey, but it's worth every penny. You can substitute with extra virgin olive oil if desired.

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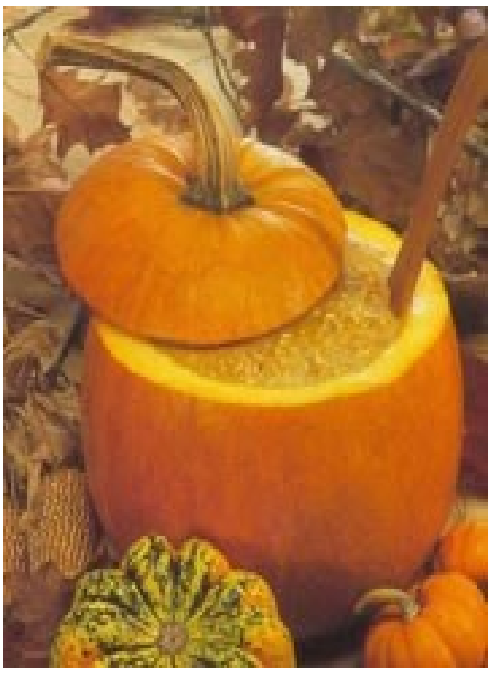
The Great Pumpkin Soup

Yield: 10 servings
Prep Time: 20 minutes
Cook Time: 45 minutes



Ingredients:

2 medium sweet potatoes (about 1 lb)
4 cups Water
1 Tablespoon salt
1-1/2 Tablespoon extra virgin olive oil
2 large leeks, sliced (white and light green part)
1 large onion, coarsely chopped
8 cups cubed fresh pumpkin (about 2-1/2 lbs)
4-5 cups vegetable broth
1 bunch Swiss chard (about 12 ounces)
1/2 bunch cilantro
1-1/2 cups cooked cannellini, or Great Northern white beans
Sea salt and freshly ground black pepper, to taste
3 Tablespoons fresh lemon juice, more if needed
1/4 teaspoon ground nutmeg

Directions:

- Peel potatoes and cut them into 1/2-inch cubes.
- Place potatoes in a large soup pot with about four cups water. Add salt; simmer on low heat.
- Heat olive oil in a skillet and add the leeks and onion. Add a dash of salt, if desired. Sauté vegetables until they are soft.
- Meanwhile, prepare your pumpkin. Scrape out the seeds and pulp, cut away outer skin and chop into 1-1/2-inch cubes.
- Add onion, leeks, pumpkin and vegetable broth to the pot of water.
- Simmer for about ten minutes.
- Slice the chard off its thick stems and cut into medium-sized pieces. Coarsely chop the cilantro.
- Add chard and cilantro and simmer another 20 to 30 minutes. The pumpkin will become very tender and some of it will fall apart, thickening the broth and imparting its lovely orange-gold color.
- Add the cooked beans and simmer for 5 minutes..
- Taste the soup, and season it. Add some lemon juice and a pinch or two of salt, if desired. Grind in some fresh pepper and add the nutmeg.
- Remove from heat. Transfer to soup bowls and serve immediately.

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Quinoa Soup with Greens and Sweet Potatoes

Yield: 6 servings
Prep Time: 20 minutes
Cook Time: 35-40 minutes

Quinoa is a tiny, quick-cooking grain with a pleasant, mild flavor. Here it is combined with spinach, Swiss chard and sweet potatoes for a dish that is hearty without being heavy.

Before starting to cook, rinse the quinoa very thoroughly, running cold water over it in a fine sieve as you stir it with a spoon or with your fingers. This grain has a natural protective coating that is bitter tasting. Most of it will probably be cleaned off by the time you buy it, but just to be on the safe side give it a good wash.

Ingredients:

1 cup quinoa
8 cups water
2-1/2 Tablespoons extra virgin olive oil
1 large clove garlic, chopped
2 teaspoons ground cumin seeds
1-1/2 teaspoon sea salt
1 pound sweet potatoes, cut in ½-inch cubes
1-1/2 cups thinly sliced green onions
3 cups thinly sliced spinach, tightly packed
2 cups thinly sliced Swiss chard, tightly packed
3 cups vegetable broth
Freshly ground black pepper, to taste
Juice of 1 lemon
1 cup coarsely chopped parsley (curly or Italian)

- Combine the quinoa and water in a stock pot and bring to a boil. Reduce heat to low and simmer for about 12 minutes.
- Drain quinoa and reserve the liquid.
- Add olive oil to large soup pot and heat over medium heat. Add garlic and sauté for 2 minutes.
- Add cumin, salt and potatoes. Cook over medium heat for 5 minutes, stirring frequently.
- Add the reserved quinoa liquid and green onions to the large pot. Simmer until potatoes are tender, about 10 minutes.
- Add Swiss chard and spinach, vegetable broth, quinoa and pepper to taste. Simmer for 5 minutes.
- Taste the soup, add salt if needed, and squeeze in some fresh lemon juice.
- Remove from heat. Transfer to serving bowls, sprinkle with chopped parsley and serve immediately.

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Quinoa Apple Salad

Prep Time: 10 minutes
Cook Time: 25 minutes
Yield: 6 servings

Ingredients:

1 cup quinoa
1/3 cup apple cider vinegar
3 Tablespoons frozen unsweetened apple juice concentrate
1/4 teaspoon allspice, ground
1/4 teaspoon black pepper, ground
1 clove garlic, minced
1 large red delicious apple, cubed
1/2 cup carrots, shredded
1/3 cup red onion, chopped
Sea salt
Butter lettuce leaves, washed & dried

Directions:

- Pour quinoa into a fine strainer and rinse well under cold water.
- In a 2-quart saucepan combine quinoa with 2 cups of water.
- Bring to a rapid boil, then cover and reduce heat to low. Simmer for 15 minutes.
- Remove from heat and set aside.
- In a wide shallow bowl combine vinegar, apple juice concentrate, allspice, pepper and garlic.
- Add quinoa and stir occasionally until cooled, around 10 minutes.
- Core the apple and chop it into 1/4-inch cubes or paper-thin slices.
- Mix the apple, carrot, onion and mint with the quinoa mixture.
- Line a serving platter with the lettuce and mount the quinoa salad on top.

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Persimmon Mesculin Salad

Yield: 4 servings
Prep Time: 15 minutes

Ingredients:

2 Persimmons
1 Bosc pear
1 Mango
1 Pomegranate (just the seeds)
1/2 Avocado
1/4 cup Cranberries
1/4 cup almonds, chopped
1 pound Mesculin Salad Mix
1 Lemon, juice only

Directions:

- Chop fruits into thin, bite size pieces and toss with salad mix.
- Add the cranberries and pomegranate seeds.
- Sprinkle with crushed almonds
- Squeeze fresh lemon juice on salad mix and serve immediately.

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Roasted Turkey

Yield: 8 to 10 servings
Prep Time: 15 minutes
Cook Time: 2 hours, 45 minutes

Ingredients:

1 (8 to10 pound) turkey
Kosher salt and freshly ground black pepper
1 medium onion, quartered
1 head garlic, halved
Several sprigs fresh herbs, such as; thyme, parsley, rosemary, and sage (or 1 teaspoon each of 3 to 4 herbs, dried)
2 bay leaves
8 tablespoons extra virgin coconut oil, melted

Directions:

- Adjust oven rack to lowest position and remove other racks.
- Preheat oven to 325 degrees Fahrenheit.
- Remove turkey parts from neck and breast cavities and reserve for other uses, if desired.
- Dry bird well with paper towels, inside and out.
- Salt and pepper inside the breast cavity and stuff the onion, garlic, herbs, and bay leaves inside. Set the bird on a roasting rack in a roasting pan; breast side up and brush generously with half the coconut oil. Season with salt and pepper.
- Place aluminum foil over turkey and create a tent.
  Roast the turkey for 2 hours. Remove the foil and baste with the remaining coconut oil.
- Increase oven temperature to 425 degrees Fahrenheit and continue to roast until meat thermometer registers 165 degrees.
- Remove from oven. Let rest for 10 minutes; carve and serve.

***Notes:**
Remove bay leaves before serving.
Coconut Oil can be replaced with Extra Virgin Olive Oil, if desired.

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Baked Honey Ham

Yield: 10-12 servings
Prep Time: 20 minutes
Cook Time: 1 hour, 15 minutes

Ingredients:

5-6 pounds boneless ham
¼ cup whole cloves
¼ cup maple syrup
2 cups honey
2/3 cup butter

Directions:

- Preheat oven to 325 degrees Fahrenheit
- Line baking pan with aluminum foil.
- Place ham in baking pan. Make 5-6 slices across ham and insert whole cloves.
- In the top half of a double boiler, heat the maple syrup, honey and butter. Keep glaze warm while baking ham.
- Brush glaze over ham and bake for 1 hour and 15 minutes.
- Baste ham with honey glaze every 10 to 15 minutes.
- During the last 5 minutes of baking, turn on the broiler to caramelize the glaze.
- Remove from oven and let rest for 5 to 10 minutes.
- Slice, transfer to serving platter and serve immediately.

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Mashed Sweet Potatoes

Yield: 4 servings
Prep Time: 15 minutes
Cook Time: 20 minutes

These mashed potatoes are as fluffy and flavorful as any you've ever tasted! Be sure to mash potatoes well before beating in the liquids and olive oil.

Ingredients:

6 sweet potatoes, peeled & cut into 2-inch cubes
1-quart water
1 teaspoon sea salt
2 Tablespoons extra virgin olive oil
1/2 cup rice milk (or coconut milk)
1/4 teaspoon white pepper (optional)

Directions:

- Place potato cubes in 2-1/2 quart saucepan. Add water to cover. Add salt.
- Cover pan with lid, bring to a boil, and reduce heat to medium-low. Cook covered until potatoes are tender, about 20 minutes. Drain potato water, reserving one cup of liquid.
- With potato masher, mash potatoes in pan until they resemble coarse meal and no large lumps remain.
- Transfer mashed potatoes to mixer bowl.
- Beat potatoes on medium speed while slowly adding olive oil, rice milk, and as much reserved potato water as needed to make smooth, fluffy potatoes.
- Season with white pepper and salt, if desired.
- Transfer to serving bowl and serve immediately.

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Quinoa Stuffing

Yield: 8 servings
Prep Time: 30 minutes
Cook Time: 1 hour 15 minutes

Ingredients:

4 cups water
2 bay leaves
Sea salt, to taste
2 cups quinoa
4 Tablespoons extra virgin olive oil
1 butternut squash, peeled and diced
2 small zucchini, cut into 1-inch cubes
2 bunches green onions, diced
1 cup fresh parsley, chopped
1 cup fresh mint, chopped
1 cup dried apricots, diced
1 cup dried cranberries (or cherries)
1 16-ounce can black beans, rinsed & drained
1 lemon

Directions:

- Boil 4 cups of water, season with bay leaves and salt.
- Add quinoa and return to a boil.
- Reduce heat, cover and simmer for about 20 minutes, until water is absorbed.
- Remove from heat, take out bay leaves and let cool.
- Meanwhile, heat 3 Tablespoons of oil in a frying pan. Add squash and zucchini. Season with salt and pepper. Sauté until slightly browned.
- Combine vegetables and quinoa.
- Drizzle on remaining oil.
- Stir in onions, parsley, mint, apricots, and cranberries, then add black beans.
- Grate in lemon peel and squeeze on lemon juice to taste.
- Season with salt and pepper to taste.
- Transfer to serving bowl and serve immediately.

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Asparagus with Lemon Butter

Yield: 8 servings
Prep Time: 5 minutes
Cook Time: 5 minutes

Ingredients:

48 thin asparagus spears (about 2 pounds)
4 teaspoons coconut oil
2 lemons, juice only
Sea or Kosher salt, to taste

Directions:

- Wash asparagus and line up on a cutting board with the tops even. Cut off tough bottom ends.
- Bring a large stockpot filled half-full with salted water to a boil.
- Add asparagus all at once to boiling water. Return to boil.
- Cook asparagus until crisp and tender; about 1 to 3 minutes, depending on size.
- Drain asparagus and return to hot pan. Squeeze lemon juice over top.
- Add coconut oil and toss to coat.
- Add Sea or Kosher salt, to taste.
- Transfer to serving dish and serve immediately.

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Pumpkin Dumplings with Romano Cheese

Serves: 8
Prep Time: 10 minutes
Cook Time: 18-20 minutes

A touch of crispiness and a dusting of cheese is the perfect balance with the smooth pumpkin texture.

Ingredients:

2 tsp salt for boiling water
1 cup pumpkin, canned solid-pack
2 large eggs
1 tsp sea salt
1/4 tsp nutmeg, ground or 1/2 tsp freshly grated
1/4 tsp baking powder
1 cup whole wheat flour (or all-purpose white)
6 Tbsp butter, unsalted
1 cup Romano cheese, finely grated

Directions:

- Fill a large pot halfway full of water. Add salt and bring to a boil.
- In a large bowl whisk together pumpkin, egg, sea salt, nutmeg and baking powder.
- Add flour, 1/3-cup at a time and mix well. Dough will be soft.

You'll want to use the 1/2-teaspoon from a measuring spoon set for the next step. If you don't have a measuring spoon set, use a teaspoon, but only scoop out 1/2-teaspoon of dough.

- Dip the teaspoon in boiling water, then scoop up a generous 1/2-teaspoon of dough.
- Place the dough into boiling water, allowing dough to drop off spoon.
- Continue this process until you run out of dough.
- Boil dumplings until thoroughly cooked, about 10 minutes.
- Drain dumplings in colander.
- Melt butter in large skillet over medium heat.
- Add dumplings.
- Sauté until outside begins to brown, about 8 minutes.
- Transfer to bowl, sprinkle with cheese and serve immediately.

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Pumpkin Pie Smoothie

Serves: 4
Prep Time: 5-10 minutes

Ingredients:

1 can (15 ounces) solid pack pumpkin, chilled
1 can (12 ounces) evaporated milk, chilled
1 container (8 ounces) vanilla yogurt
1/4 cup granulated sugar
1/4 tsp pumpkin spice
1 pint whipping cream, whipped into soft peaks

Directions:

- Combine pumpkin, evaporated milk, yogurt, sugar and pumpkin pie spice in blender; cover and blend until mixture is smooth.
- Top with whipped cream and sprinkle with additional pumpkin pie spice.

Homemade Whipped Cream

Yield: 1 cup
Prep Time: 3-5 minutes

Homemade whipped cream only takes minutes to prepare. The freshness and fluffiness are to die for. And, you can add a variety of flavors or food colorings to create your own personal favorite!

Ingredients:

1 cup heavy Whipping Cream
3 Tbsp granulated Sugar

Directions:

- Add ingredients to a chilled, medium mixing bowl.
- Using an electric mixer on high speed, beat ingredients until soft peaks form.

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Orange Coconut Frost

Prep Time: 5 minutes
Yield: 5 cups

Ingredients:

1 (15-ounce) can Cream of Coconut
1 (12-ounce) can frozen orange juice concentrate, thawed
1 teaspoon vanilla extract
4 cups ice cubes
Mint leaves and orange slices, optional

Directions:

- In blender, combine cream of coconut, juice concentrate and vanilla; blend well. Gradually add ice, blending until smooth.
- Garnish with mint and orange if desired.
- Serve immediately.

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Creamy Pumpkin Pudding

Yield: 4 servings
Prep Time: 10 minutes
Cook Time: 5 to 10 minutes

Ingredients:

1 medium sugar pumpkin, seeded and cubed
1 cup granulated sugar
1 cup coconut milk
1 teaspoon ground cardamom

Directions:

- Steam the pumpkin pieces for 5 to 10 minutes. Scoop flesh from skins.
- In a medium saucepan, combine the pumpkin flesh and sugar. Heat over medium-low temperature until sugar dissolves into the pumpkin.
- Add coconut milk and cardamom. Stir frequently.
- Cook until the mixture has thickened to thick pudding-like consistency.
- Remove from heat. Transfer to individual serving dishes.
- Serve hot or cold.

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Rice Pudding with Cranberries

Yield: 6 servings
Prep Time: 10 minutes
Cook Time: 40 minutes

Nothing is more comforting or easier to make than a simple stove-top rice pudding. Dried cranberries make a slightly tart contrast to the nutty rice and is the perfect end to your holiday feast!

Ingredients:

4 cups low-fat coconut milk
3/4 cup brown rice
1/2 cup dried cranberries
½ cup granulated sugar
1/4 teaspoon pure vanilla extract
1/4 teaspoon sea salt
pinch of nutmeg
pinch of cinnamon

Directions:

- Combine all ingredients in a medium heavy-bottomed saucepan, and bring to a boil, stirring frequently.
- Lower the heat and let the mixture simmer, stirring often, for about 35-40 minutes, or until the rice is tender-firm and the liquid around it thickening.
- Pudding is done when it is just thick enough to hold a soft shape.

I prefer this pudding hot and freshly made; however, you can also chill it. The pudding will thicken more as it cools, so stir in some additional coconut milk before serving to regain the moist texture.

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Cooking, Baking and Gourmet Food Resources

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Appetizers to Go lets you create the perfect party for under $5.00 per person AND appetizers are ready in under 20 minutes! You can order individual appetizers or combo packs. Check out the "Special Occasions" section for Thanksgiving fare. My recommendation – *Caramelized Onion Brie en Croutes.* Featured on Oprah's "O" list, this appetizer will seriously impress your guests.

Black Hound New York offers exquisite cakes, cookies, chocolates, party favors, pastries, jarred fruits, gift towers and more. Their confections are truly works of art. Perfect for holidays, gift-giving and special occasions.

Cheryl & Company is one of my favorite places to shop for cookies, desserts and holiday gifts. There's so much to choose from and everything is so darn good that it's hard to make a specific recommendation. One of my favorite Cheryl & Company desserts is the traditional **Holiday Yule Log**. The log consists of chocolate cake filled with chocolate mousse and finished with chocolate buttercream frosting and edible floral garnishes. Heavenly!

Coffee and tea lovers take note – **Joeffry's Coffee & Tea Company** offers coffees and teas from around the globe. Choose from organic coffees, dark roasts, flavored coffees, exotic teas, flavored syrups, gourmet sauces and amazing gift collections.

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Cooking, Baking and Gourmet Food Resources

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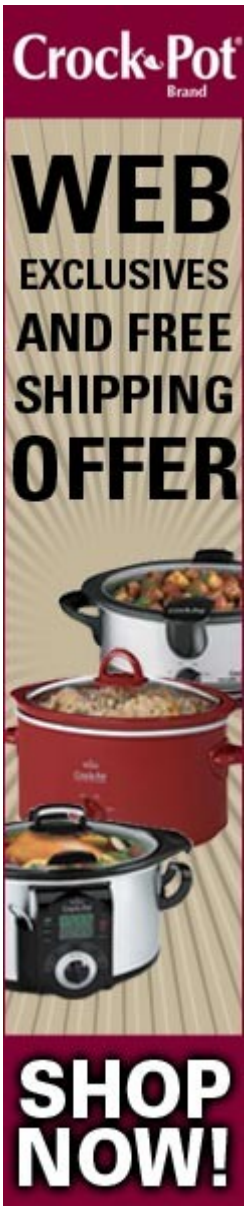
Got leftovers? The **Food Saver Vac 420** is a great way to save holiday leftovers and it's affordable. Currently, this model retails for $39.99. Food Saver offers a variety of kitchen accessories, appliances, canisters, cookware, kitchen tools and special food savers for outdoor enthusiasts.

GotFruit is my all-time favorite place to purchase fruit baskets and holiday gifts. GotFruit offers an amazing collection of fruits, nuts, cheeses, wines, sweet treats, gift baskets, gift towers and monthly clubs. You'll also find an nice selection of organic fruit and healthy food baskets. GotFruit offers a beautiful **California Cornucopia** packed with fruits, nuts and cheese.

You can find just about anything under the sun at **iGourmet.** With offerings from around the globe, you'll be in awe at the vast selection of fine foods, specialty cheeses and gourmet gifts. iGourmet is a wonderland of cheeses, meats, seafood, oils, vinegars, spreads, sauces, coffee, tea, chocolates, desserts and more.

Omaha Steaks has been presenting superior products since 1917. Their collection includes melt-in-your-mouth steaks, exceptional seafood, poultry, veal and pork, complete meals, appetizers, side dishes, sauces and seasonings, cookbooks, pet treats and wines. What more could you ask for?



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