

# TAMMY-LYNN'S GLUTEN FREE THANKSGIVING DINNER

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## GET STUFFED!

STUFFED OR UNSTUFFED. I've done both. The best way, I believe is to stuff your turkey the Ukrainian way with carrots, onions and celery. You add to the flavour of the turkey along with the drippings that will ultimately be your gravy. The combination of these three is called a Mirepoix. Roasted or sautéed with butter or olive oil, this is the flavour base for a wide variety of dishes, such as stocks, soups, stews and sauces. The three ingredients are commonly referred to as aromatics. By a few of putting these veggies in your turkey, and not stuffing tight, you are allowing for some circulation of heat during the roasting of your turkey.

## Pork & Sage Stuffing (Gluten Free option)

I've taken my family recipe of Pork and Sage stuffing and swapped out the bread and pork stuffing tubes to give you a gluten free option. If you don't need this to be gluten free, you can just use regular bread cubes

2 loaves of GF bread, cut into cubes and dried

2 lbs of ground pork (or GF pork sausage out of casings)

1 large onions, diced

2 stalks of celery - diced small

Sage or Poultry Seasoning to flavor (about 3 tbsp min)

Pepper

Vegetable or chicken stock GF (about 3 cups min)

Optional - 1/4 cup of butter, melted or Earth's Balance Buttery

Stix

1. Sauté pork, add diced onions, celery, 3 tbsp of sage, 1 tsp of pepper. Sauté until pork is cooked and onions are translucent. I like my stuffing to have big chunks of pork in it so I don't break down the pork completely when frying.
2. Transfer to a large pot or bowl, add bread cubes and toss in pork mixture
3. Add melted butter to first cup of hot stock

4. Slowly add hot stock, one cup at a time. Toss after each cup is added until bread is saturated and mixture slightly holds together. The idea is to add as much stock as the dried bread can hold. You don't want to make the bread soggy.
5. Place stuffing in baking dish, cover with foil and bake at 350 degrees for about 30-45 minutes. Remove foil during the last 10 minutes of baking to firm up stuffing and brown the top slightly

In our house, the stuffing is the biggest hit so I sometimes double or triple this recipe leaving enough for people to take home and have the next day for dinner or in a sandwich. Stuffing sandwiches with some cranberry sauce and turkey the next day are one of my family's favorite treats!

## SPICED CANADIAN CRANBERRY SAUCE

Lightly sweetened with honey & maple syrup and full of fall flavour, this amazing cranberry sauce is sure to be a favourite at your Thanksgiving dinner table! Make a big batch and put into freezer containers or boil in canning jars and you're set for the rest of the season.

### Ingredients

12 oz. bag of fresh cranberries

1/4 cup of Canadian Honey

1/4 cup pure maple syrup

1/4 tsp Clove (optional)

Juice of 3 oranges, Zest from 1 orange

1 teaspoon fresh ginger, minced or 1/4 tsp of dried (optional)

### Instructions

Rinse Cranberries

In a pot, combine the cranberries, orange juice, honey, maple syrup, ginger and clove over medium-high heat. Bring to a boil and cook for 10 minutes on medium heat. The cranberries will burst and thicken naturally. Do not cook for longer than 15 minutes total as it will affect the pectin. Sometimes I take a potato masher and finish my sauce by mashing the cranberries that did not pop. This

is as personal preference as I prefer my cranberry sauce to be more like a jam though some enjoy whole berries.

Allow to chill for a few hours before serving. Best made the day before.

One audience member at my cooking show at the Fraser Valley Food Show said that he adds a splash of Grandmarnier to his sauce in lieu of orange juice. How great would that be!

## GLUTEN FREE GRAVY

Did you know that if you make your gravy with Cornstarch, you are making a gluten free gravy already! Cooking with gluten free flours like sorghum, rice etc can be tricky and requires some trial and error. If you're feeling adventurous, try a few days before hand making a roux, otherwise my suggestion is to stick with thickening your stock with a cornstarch and water mixture.

How much gravy you make will depend on how much you need. Here is the basic idea of making your gravy.

After removing your turkey, take the pan and place on stove top. Start by adding one container of chicken stock or 5 cups of water with chicken bouillon added (follow bullion directions on package).

I like to add a tablespoon or two of beef bullion to my gravy to give it some depth and colour.

Add one teaspoon of sage or poultry seasoning (if you were to stuff your turkey with stuffing, the drippings would have some of the sage flavour in it. Since I don't stuff my turkey with meat stuffing, I supplement the flavour of my gravy with the sage)

Bring to a boil.

Add a 1/4 cup of Cornstarch to 1/2 cup of cold water and combine.

As the gravy is boiling, slowly pour in half of your cornstarch mixture while constantly whisking. Whisk and boil for a minute to cook and determine thickness. Slowly add more cornstarch and continue to whisk. The trick is to add as much of the cornstarch mixture as you need to get to the desired thickness. You must constantly whisk to avoid burning or allowing lumps to form and you must give the mixture a little time to cook and thicken before adding more cornstarch.

If gravy is too runny, mix up more cornstarch and water and add to your gravy. Your gravy will be somewhat runny compared to gravy made with a roux/flour mixture.

I like to strain my gravy when ready to remove part of the turkey bits that might have fallen into the pan during baking.

Add fresh pepper to taste and you can add more dry bouillon or bouillon paste if your gravy needs more flavor.

## PARSNIP, CAULIFLOWER PUREE

This is a twist on your regular mashed potatoes. It's a great alternative for those impacted by diabetes as it removes some of the starchiness of potatoes and swaps with good for you parsnip and cauliflower which are full of vitamins and minerals and lower on the glycemic index.

3 large Yukon gold potatoes, peeled and cut into 1-inch cubes  
6 tablespoons salt  
2 medium parsnips, peeled and cut into 1-inch cubes  
1 large cauliflower, peeled and cut into 1-inch pieces  
1/4 to 1/2 cup warm heavy cream (or milk, if you prefer)  
1 tablespoon unsalted butter  
salt and black pepper

Boiling the potatoes and parsnips. I add 1/4 of an onion to the water for flavour and remove when cooked. Place the potatoes & parsnips with 3 tablespoons of the salt into a large pot of cold water. Bring to a boil. Cook until the potatoes & parsnips are fork-tender. Drain.

Steam Cauliflower. In a separate pot, bring water to a boil. Steam until cauliflower is fork-tender, 7-10 minutes. Put in a food



processor. Blend until smooth. You can do the same with a hand mixer. Add a splash of cream to allow to mix easier.

For the potatoes and parsnip, I use a potato ricer, though many people may not have this. It's like a giant garlic crusher. Push the potatoes and parsnips through the ricer. If you don't have a ricer, push potatoes and parsnips through a sieve with a large wooden spoon.

Mix the potatoes and parsnip with the cauliflower puree. Add half the cream, butter salt and pepper and mix. Add as much of the cream as you like to taste. I reserve an 1/8 cup of my turkey drippings and add as well.

Final dish should be smooth, not runny and resemble mashed potatoes.

# Pumpkin Cheesecake Mousse

## Ingredients

16 GF cookies, finely crushed - Ginger snaps are the best  
3 Tbsp butter, melted  
473 ml container of whipping cream (1/2 litre)  
8 oz cream cheese (let sit out for 20 minutes to soften slightly)  
Sweetener - this is to your preference 5 packets of stevia OR 1/3 cup of Splenda OR 1/3 cup of sugar OR honey or organic raw brown sugar. Date paste is an option as well. (divide in half)  
1 tsp vanilla extract  
1 tsp of pumpkin spice (optional)  
1 cup canned pumpkin puree, chilled (not pumpkin pie filling)  
Coarse sea salt (optional)  
Carmel sauce to drizzle (I use Smuckers sugar free)

## DIRECTIONS

Mix crushed cookies and melted butter. Put at bottom of serving bowl or into 6-8 serving cups. (For serving cups I like to put a sprinkle on bottom and a sprinkle on top)

In a bowl, mix together pumpkin puree and half of your sweetener, set aside. This will allow the sweetener (especially raw brown sugar) time to dissolve. With a hand mixer or stand mixer, on medium-high speed, using your whipping attachment, whip 473 ml of whipping cream, vanilla and half of your sweetener half stiff, but not completely. You will have

to add in your cream cheese and you don't want the whipping cream to over whip and separate when adding in the next stage.

If you are using organic cream cheese in a plastic container, it is relatively soft so you can add directly to your whipping cream at this stage. If you are using a block of cream cheese (like Philadelphia), you will need to soften and whip up before adding to your whipped cream - do this by placing in a bowl, add a couple of table spoons of your slightly whipped cream and whisking with a fork or whisk until smooth. Add cream cheese to slightly whipped cream and mix on medium speed for less than a minute or when your mixture resembles finished whipped cream.

Add your pumpkin puree to your whipped cream cheese mixture and gently fold by hand until combined. Be careful to fold and not stir.

Spoon your cheesecake mousse on top of cookie crumb base if using a serving bowl. If using individual cups, pipe mixture into each serving cup using piping bag or a large Ziplock bags. Fill a Ziplock 1/2 full, seal closed, snip a corner about 1/4 inch. Divide evenly amongst serving cups.

You can finish the dessert as you like with a dollop of additional whipped cream, crushed cookies, carmel & a sprinkle of coarse sea salt. It's up to you!

Best if refrigerated for a few hours before serving. Enjoy!!