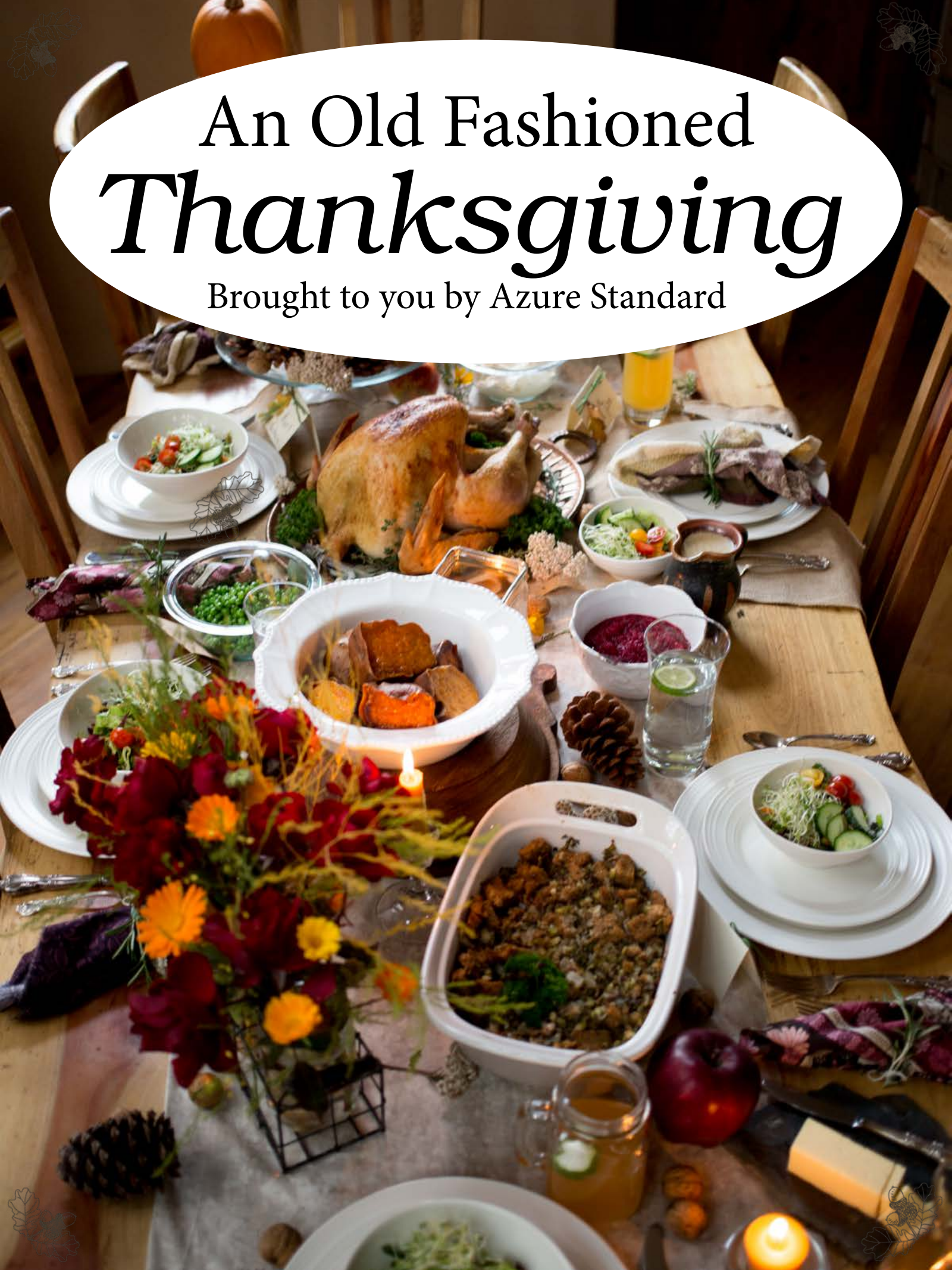


# An Old Fashioned *Thanksgiving*

Brought to you by Azure Standard







# *Welcome to the table... Pull up a chair!*



**T**hanksgiving is a special time of year for us at Azure Standard. Not because of the fancy table settings or even the amazing food, but because of the people who we gather around the table with. The whole Stelzer family, loved ones, friends from near and far, it is those individuals that make the Thanksgiving dinner table a truly blessed table to gather around.

This Thanksgiving it is our hope that your hearts be filled with joy and your homes with laughter, may your food taste delicious and your kitchen be messy!





By reading through this book, you will find many recipes and traditions near and dear to our hearts. We hope you enjoy this peek into what a Stelzer Thanksgiving looks like.

We'd love to hear what recipes are *your* favorites. Connect with us on Facebook or through email to send us one of your family recipes! We will pick three families and feature your dishes on our Thanksgiving table.

### *What you're about to find...*

Setting the Thanksgiving table

Name Tag Inspiration

Dinner Rolls

Buttered Peas

Caramelized Yams

Turkey Broth

French Dressing

Raw Cranberry Sauce

Tossed Salad

Roasted Turkey

Turkey Dressing

Turkey Gravy

Mashed Potatoes

Apple Pie

Pumpkin Pie

Whipped Cream







# Setting the Table Grandma's Way



I remember my grandmother teaching me how to set the table. She was very particular about where each item went. I admired the way she could make a simple table something so extravagant using only what she had on hand. The table pictured was decorated using pinecones, walnuts, and flowers that we gathered on the farm.

## **TURKEY DAY FACTS:**

The first Thanksgiving was eaten with spoons and knives — but no forks! Forks were introduced to the pilgrims 10 years later and weren't a popular utensil until the 18th century.



*Bowl off to the side  
or in the middle of  
the plate*

*Forks to the left*

*Spoon and  
knife to the  
right*



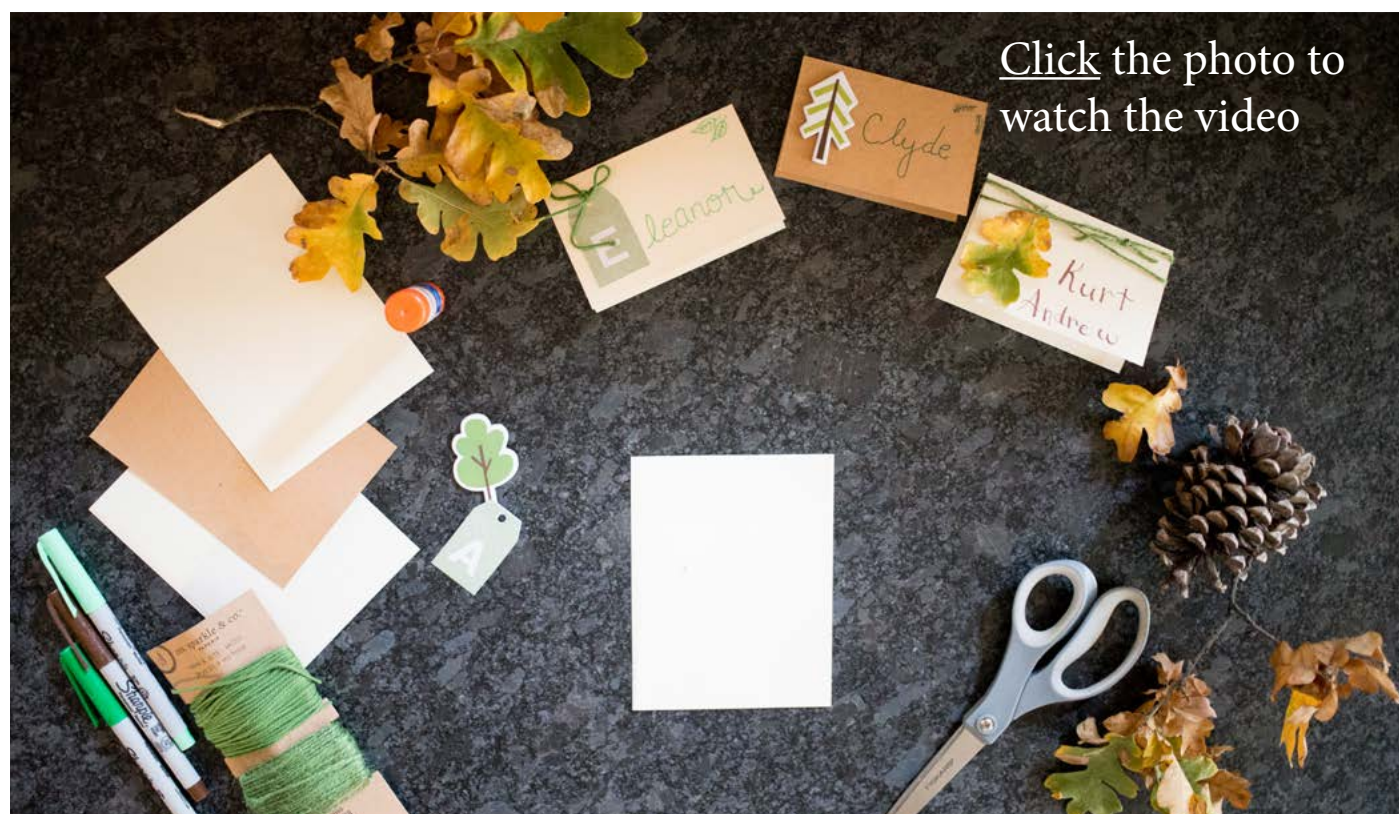


**TURKEY DAY TIP:**  
Write special notes to loved ones on the inside of their name tag.

## *Easy name tags (3 ways)*

Name tags are a fun and easy way to make everyone feel a little extra special at the Thanksgiving table. These are 3 simple name tags that are affordable and beautiful.

Click on the link below to view all three tag options.



[Click the photo to watch the video](#)



# Starter Dinner Rolls

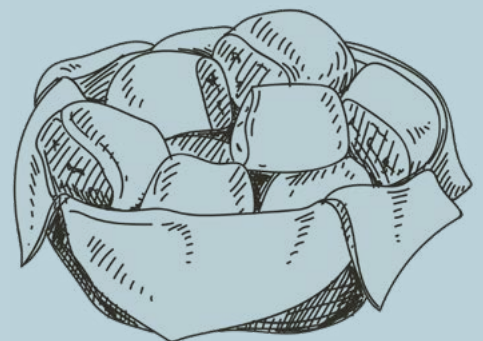


## INGREDIENTS:

2 c. Bread for Life Starter  
2 tsp. Salt  
2 c. Water  
6-8 c. Pastry flour (whole wheat)

## DIRECTIONS:

Put starter and water in bowl and mix thoroughly. Add salt and mix again. Slowly add flour until dough forms. Using your hands makes it easier to fully incorporate the flour. Let rise until it doubles in size. Roll into balls and put in greased baking dish. Let rise 1-2 more hours. Bake at 350 for 20 minutes. Enjoy warm and topped with butter or jam.





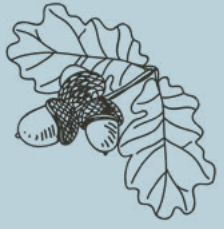


*All great change in America  
begins at the dinner table.*

RONALD REAGAN



# Buttered Peas



## INGREDIENTS:

1 T. Butter  
20oz Frozen Peas  
3/4 tsp. Salt

## DIRECTIONS:

Add all ingredients to pan. Cook over medium/low heat for 15 minutes, stirring occasionally.

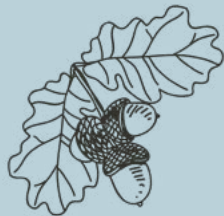
### **FUN MEMORIES:**

“As a young boy I remember getting together with my cousins and excitedly weighing ourselves before and after the meal. We always got excited to see who could eat the most.”

*Benjamin B.*







# Caramelized Yams



[Click the photo to watch the video](#)

## INGREDIENTS:

Yams  
Salt  
Sunflower oil

## DIRECTIONS:

Cut yams in halves or thirds. Coat generously with oil and season with salt. Bake at 375 for 60 minutes. Serve warm and enjoy!





# Turkey Broth



[Click](#) the photo to watch the video



## **TURKEY DAY TIP:**

This recipe is excellent in turkey dressing or gravy. Using left over bits of onion and celery leaves is a great way to reduce food waste and make this broth extra delicious

## INGREDIENTS:

Neck and giblets from turkey  
1/2 c. Onion  
1.2 c. Celery stalk and leaves  
1 clove Garlic, minced  
1 sprig Rosemary (1/2 tsp if dried)  
1 sprig of Parsley (1 tsp if dried)  
1 sprig of Thyme (1 tsp if dried)  
1 tsp. Salt  
3 c. Water

## DIRECTIONS:

Put all ingredients in pot and bring water to a boil. Reduce heat to a simmer and cook for 1 1/2 - 2 hours.







# French Dressing



[Click](#) the photo to watch the video

## INGREDIENTS:

½ c vinegar  
½ c honey  
2 t salt  
2 t paprika  
½ t sea veggies  
5 T lemon juice  
2-5 cloves garlic

## DIRECTIONS:

Blend above ingredients together. With blender at low to medium speed slowly add:  
1½ c olive oil through the top of blender.  
Enjoy on your favorite tossed salad!

*At a Stelzler family Thanksgiving dinner there will be anywhere from 30-50 people present. We are so thankful to celebrate this year with our loved ones near and far.*





# Raw Cranberry Sauce



[Click the photo to watch the video](#)

## INGREDIENTS:

12oz or 3c cranberries (fresh or thawed)  
1½ oranges peeled  
¼ rind/peeling of 1 orange  
½ c honey (can substitute monk fruit instead of a portion of the honey)

## DIRECTIONS:

Blend on medium/low using vitamix stomper, until desired smoothness.

### **TURKEY DAY FACT:**

The traditional cranberry sauce, made with sugar, did not become popularized until the 19th century. By the early 20th century, farmers began harvesting cranberries in bogs instead of dry-harvesting, which led to cranberry sauce as a Thanksgiving staple.





# Garden Tossed Salad



[Click the photo to watch the video](#)

## INGREDIENTS:

12oz or 3c cranberries (fresh or thawed)  
1½ oranges peeled  
¼ rind/peeling of 1 orange  
½ c honey (can substitute monk fruit instead of a portion of the honey)

## DIRECTIONS:

Blend on medium/low using vitamix stomper, until desired smoothness.

### **TURKEY DAY FACTS:**

Did you know that the first Thanksgiving was actually a three-day feast?!





# Recipe Cards



I have a recipe book overflowing with family recipes that my grandmother and great grandmother wrote down. Print this page and sure to write your favorite recipes to pass on to the next generation.

Recipe \_\_\_\_\_



Cook time \_\_\_\_\_ Oven Temp. \_\_\_\_\_

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Recipe \_\_\_\_\_



Cook time \_\_\_\_\_ Oven Temp. \_\_\_\_\_

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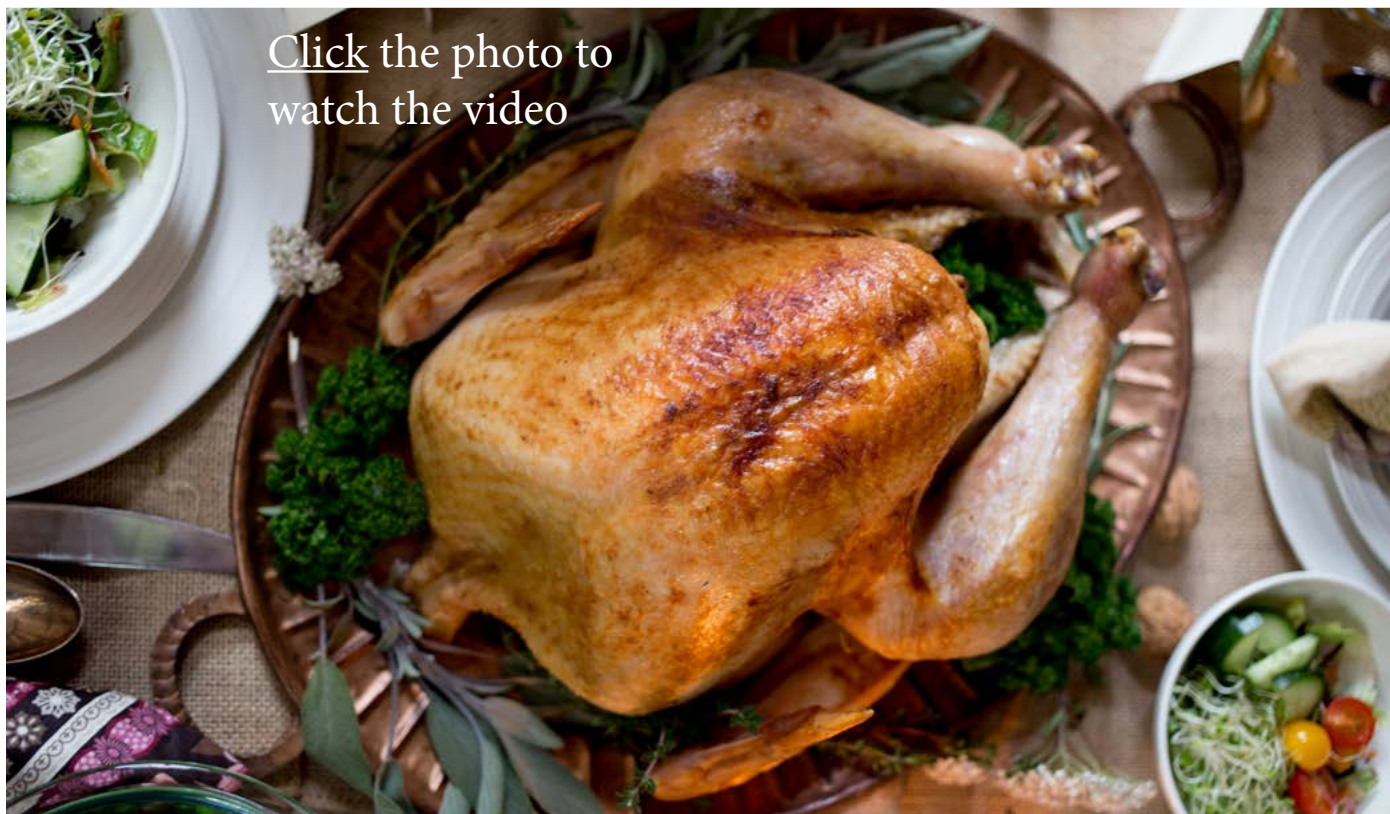
What I love most of all is not  
what is on the table but who is at  
the table.







# Roasted Turkey



## *Brining the Turkey*

### INGREDIENTS:

- 1 thawed Turkey (this turkey was 14 lbs)
- 4 Bay leaves
- 1 T Peppercorns
- 2 Tsp. whole Cloves
- 4 quarts cold Water, divided
- 1 c. coarse Salt (sea salt or himalayan)

### DIRECTIONS:

Place turkey in a large pot. Add spices to turkey. Dissolve salt in 1 quart of hot water, and let cool slightly. Pour salt water and the remaining 3 quarts of cold water over turkey, be sure the entire turkey is submerged. If the turkey floats, weigh it down with a dinner plate. If needed prepare more brine solution at a ratio of  $\frac{1}{4}$  c of salt per quart of water. Cover refrigerate for 12-24 hours. Remove turkey from brine, and rinse with cool water, and pat dry with paper towel. Optionally.....then place in empty pot and return to refrigerator.

## *Cooking the Turkey*

### Ingredients:

- 1 brined Turkey
- 4 T Oil or melted Butter
- 2 tsp. Paprika
- 2 c. Water or broth

### DIRECTIONS:

Preheat oven to 375 degrees.

Mix together oil and paprika. Rub the exterior of turkey with this blend, tie turkey legs together with baking twine and place turkey in open roasting pan breast side up. Pour water/broth into the bottom of roaster. Place this perfectly prepared turkey in the oven and hope for magic results!

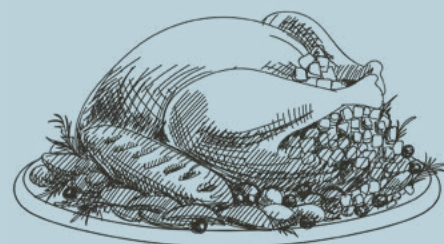
Bake for  $2\frac{1}{2}$  -  $3\frac{1}{2}$  hrs.

Remove from oven, cover and let rest for at least 15 minutes before serving.

### **TURKEY DAY**

#### **TIP:**

Baking time varies depending on the size and weight of your bird. Meat thermometer should read at least 165-170 degrees.



# Turkey Dressing



[Click the photo to watch the video](#)

## INGREDIENTS:

½ loaf of bread (about 8 slices) - cubed  
2 c onion - chopped  
2 c celery - chopped  
1 clove garlic - minced  
½ c fresh parsley - chopped  
½ c parmesan cheese  
1 T poultry seasoning  
½ t white or black pepper  
1½ t salt  
1 t sea vegetable flakes  
giblets (chopped) and neck meat (shredded) - optional  
1 c broth (recipe above)

## DIRECTIONS:

Spread bread cubes on a baking pan and place in the oven at 325 degrees for 15-30 minutes or until bread is quite dry.

Combine ingredients and transfer to a casserole dish. Bake covered at 325 degrees for 30 minutes (to soften the veggies) then uncovered at 375 degrees for 20-30 minutes (to toast the top).

Note -- If you prefer your stuffing to be cooked inside the turkey, you can use this mixture to fill the cavity of the uncooked turkey.

## TURKEY DAY FACT:

Turkeys weren't on the table at the first thanksgiving. Historians think that no turkey was served at the first Thanksgiving! What did they eat? Deer or venison, ducks, geese, oysters, lobster, eel and fish. They probably ate pumpkins, but not pumpkin pies. They also didn't eat mashed potatoes or cranberry relish.







# Turkey Gravy



[Click](#) the photo to watch the video

## INGREDIENTS:

1 T cornstarch  
1/3 c flour  
1/3 c Butter and/or fat from the turkey drippings  
4 c broth (from turkey drippings and turkey stuffing broth)  
Salt to taste  
Pepper to taste



## DIRECTIONS:

Combine flour and cornstarch in bowl and set aside. Place butter and turkey dripping fat in saucepan, add flour and cornstarch mixture and whisk constantly for 2 minutes, whisk in broth and bring to a boil, turn heat to low and simmer whisking occasionally for 5 minutes.



# Mashed Potatoes



[Click the photo to watch the video](#)



## INGREDIENTS:

15 medium potatoes chunked - steam till cooked and tender  
½ cup butter  
2t salt  
⅛ t pepper  
1 T (rounded) fresh minced garlic  
2 T fresh parsley  
8 oz sour cream or cream cheese  
1 c half and half

## DIRECTIONS:

Combine in all ingredients in mixer except half and half, and mix for a couple minutes till potatoes are nearly mashed. Add half and half and finish mixing. Taste and Enjoy!







# Pie Crust



[Click the photo to watch the video](#)

## INGREDIENTS:

2 ½ c pastry flour

1t salt

½ c + 2T coconut oil/butter blend -(softened)

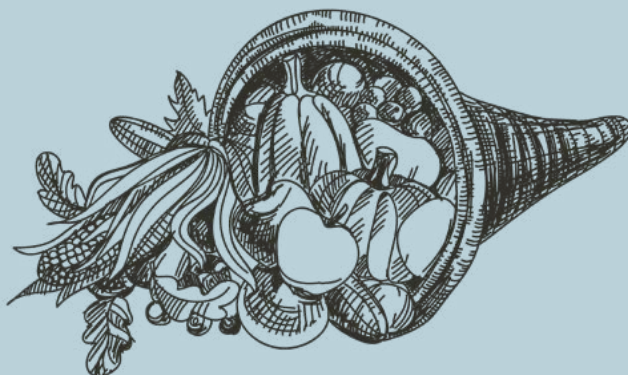
Mix with fork till it is well combined and crumbly

Add

½ - ¾ c water till you reach desired consistency

## DIRECTIONS:

Mix dry ingredients together. Slowly add wet ingredients until desired consistency is met. Divide dough into two portions and roll out.



# Apple Pie



[Click](#) the photo to  
watch the video

## INGREDIENTS:

8 apples peeled, cored, and sliced  
1T ghee  
Saute on med/low heat for 10 min  
Add to apples and mix:  
¼ c honey  
1 scant T cinnamon  
1 t nutmeg  
2-3 T pastry flour

## DIRECTIONS:

After apples have been lightly cooked and spices have been added, pour into prepared pan. Cover with second crust, crimp edges and cut holes in top of pie shell.  
Bake at 350 degrees for 65 min.

## TURKEY DAY MEMORIES:

“I think I’m going to explode!”

“Well, I will just eat all the pie myself I guess...”

“Wait! I think I have room for a little more! Pie is worth exploding for.”

*Said by Galahad and his father*







# Pumpkin Pie

[Click the photo to watch the video](#)



## INGREDIENTS:

2 c cooked puree of pumpkin and butternut squash mixed  
3 eggs  
 $\frac{1}{3}$  c honey  
1t cinnamon  
 $\frac{1}{4}$  t allspice  
 $\frac{1}{4}$  t nutmeg  
 $\frac{1}{8}$  t ginger  
Pinch salt  
 $\frac{2}{3}$  c milk or half and half

### **TURKEY DAY FACT:**

The largest pumpkin ever grown was 1,502 pounds! WOW!  
It was grown by a man in Greene, Rhode Island and was weighed October 7th 2006.

## DIRECTIONS:

Blend and pour into unbaked pie shell. Bake at 400 for 20 min, then 350 for 40 min. Check with a knife in the center of the pie, if it comes out clean the pie is done!  
Let pie cool for at least a couple hours before serving, top with whipped cream and enjoy.



# Whipped Cream



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watch the video

## **TURKEY DAY FACT:**

The largest pumpkin pie made weighed just shy of 4000lbs! It was 20ft in diameter and required 187 cans of pumpkin.

How much whipped cream would you need to top that?

## INGREDIENTS:

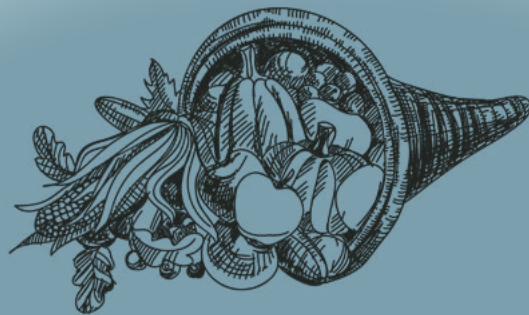
1 c heavy whipping cream  
2 t vanilla  
1-2T honey (to taste)

## DIRECTIONS:

Whip the cream till nearly finished, then add honey and vanilla, mix until desired consistency is reached. Top your favorite dessert and enjoy!







*Happy Thanksgiving!*



**AZURE**

Standard of Healthy & Abundant Living