

**A VERY NOMTASTIC
PALEO
THANKSGIVING**

**BY
nom nom paleo**

**WITH
FOOLPROOF
STEP-BY-STEP
RECIPES, TIPS,
+ TIMELINE!**



**NEW YORK TIMES BESTSELLING AUTHORS
MICHELLE TAM + HENRY FONG**

DEAR NOMSTER...

Are you in charge of making Thanksgiving dinner this year? I know it sounds like an impossible feat—especially if it's your first time—but I'll hold your hand through the entire process. I've broken down the feast into doable chunks—all the sides and sweets will be ready ahead of time, so all you'll have to worry about on Thanksgiving Day is cooking up the main course. In this e-book, I offer up two traditional choices of mains: turkey or crown roast of pork. Both are showstoppers and incredibly easy to make. You can pick one or the other—or if you're especially ambitious (and have two ovens), you can make both!

This e-book contains everything you need to wow your family and friends this holiday season: a count-down planner, foolproof recipes, and step-by-step photos of all the steps! It'll feel awesome putting a big fat "X" next to each box as you dominate your Turkey Day prep!

To make it as simple as possible to plan a meal for 10 to 12 folks, serve a feast that includes:

Butterflied Big Bird (Spatchcocked Thanksgiving Turkey)	page 8
Magic Mushroom Powder	page 14
Magic Crown Roast of Pork	page 16
Cran-Cherry Sauce	page 20
Umami Gravy	page 21
Roasted Garlic Autumn Mash	page 22
(or Instant Pot Autumn Mash!)	page 24
Asian Citrus Brussels Sprouts Slaw	page 26
Pumpkin + Carrot Muffins	page 28
Pumpkin, Coconut + Maple Custard Cups	page 32

This menu is perfect 'cause all the items are fail-safe and scrupulously tested zillions of times by my readers and me. Plus, just about everything will be ready before Thanksgiving Day—all you'll need to do is reheat, plate, and garnish your dishes. That means you can sleep in on Thanksgiving morning, watch football, and plan your Black Friday shopathon—all before your guests arrive!

Pro Tip: Gear up, and make sure you have all the equipment and gadgets you need to cook this feast! For information about the tools you'll need to borrow or buy to properly make these dishes, be sure to click the link in each recipe to visit my site. Now go forth and conquer Thanksgiving like a boss!

Cheers,



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nomnompaleo.com







COUNTDOWN PLANNER

COOKING THANKSGIVING DINNER THIS YEAR? DON'T FREAK OUT! WE'LL HAVE ALL THE SIDES FINISHED BEFORE TURKEY DAY, SO ALL YOU'LL HAVE TO DO ON THANKSGIVING IS ROAST THE TURKEY AND/OR PORK ROAST!

MID-NOVEMBER:

- Order your turkey and/or crown roast of pork! Having turkey? Ask your butcher to spatchcock it.
- Check that you've got all the necessary kitchen tools.

THE FRIDAY BEFORE THANKSGIVING:

- Clear out your refrigerator so you'll have room for all the dishes you're going to make.
- Thaw your frozen bird in the coldest part of the fridge. It'll take about 4 days to thaw a 12-14 pound turkey.

THE SUNDAY BEFORE THANKSGIVING:

- Buy your groceries using the shopping list on page 6!
- Make the [Cran-Cherry Sauce](#) and refrigerate.
- Roast garlic bulbs for the [Roasted Garlic Autumn Mash](#) and refrigerate.

MONDAY OF THANKSGIVING WEEK:

- Making turkey? Spatchcock (if your butcher didn't do it) and salt the thawed turkey. If you're making pork, season it with [Magic Mushroom Powder](#) (which you can make or buy). Refrigerate, loosely covered.

TUESDAY OF THANKSGIVING WEEK:

- Prep and bake the [Pumpkin, Coconut, + Maple Custard Cups](#), and refrigerate.
- Make a batch of [Umami Gravy](#) and refrigerate.

THE DAY BEFORE THANKSGIVING:

- Roast and dress a batch of [Asian Citrus Brussels Sprouts Slaw](#), but don't add the fresh herbs and sesame seeds just yet. Keep refrigerated.
- Prep and blitz a large serving of [Roasted Garlic Autumn Mash](#), and refrigerate.
- Bake the [Pumpkin and Carrot Muffins](#). Once they're at room temperature, store in a container on the counter or in the fridge.

THANKSGIVING MORNING:

- Sleep in! Everything's done except the main dish, so relax!

3 HOURS BEFORE DINNER:

- Preheat the oven. If you're making pork, arrange the seasoned roast on a wire rack on a rimmed baking sheet, and put it in the hot oven. If you're having turkey, take the bird out of the fridge, and slather the herbed butter under the skin. Put it on a wire rack in a rimmed baking sheet.

2 HOURS BEFORE DINNER:

- Making turkey? Pop the prepped bird into the oven.

1 HOUR BEFORE DINNER:

- Toast some coconut flakes for the [Pumpkin, Coconut, and Maple Custard Cups](#).
- Reheat the [Umami Gravy](#) and [Roasted Garlic Autumn Mash](#) in large saucepans on the stove.

30 MINUTES BEFORE DINNER:

- If you're cooking pork, broil the roast until browned, and take it out to rest. Making turkey? Once the bird's finished cooking, take it out and let it rest for at least 30 minutes.
- Place the [Asian Citrus Brussels Sprouts Slaw](#) on a rimmed baking sheet and reheat in a 450°F oven for 5 minutes. Then, toss with fresh herbs and toasted sesame seeds.
- Take your [Cran-Cherry Sauce](#) out of the fridge so it can come to room temperature. If your [muffins](#) are still chillin' in the refrigerator, take them out, too.

DINNER TIME:

- Get all the food on the table, round up the family, and carve away!



CARVE AWAY AT THE TURKEY, NOT YOUR FAMILY!

BUTTERFLIED BIG BIRD:

- 1 (12-14 pound) turkey
- ¼ cup Diamond Crystal kosher salt
- ½ cup softened butter, ghee, duck fat, or schmaltz
- 1 bundle fresh rosemary
- 1 bundle fresh sage
- 1 bundle fresh thyme

MAGIC MUSHROOM POWDER:

- 1½ ounces dried porcini mushrooms
- 1 cup Diamond Crystal kosher salt
- 1½ tablespoons red pepper flakes
- 1 tablespoon dried thyme
- ½ tablespoon freshly ground black pepper

MAGIC CROWN ROAST OF PORK:

- 1 (10-pound) pork crown roast, tied and frenched
- 2½ tablespoons Magic Mushroom Powder (if buying)
- 1 bunch curly parsley (optional)

CRAN-CHERRY SAUCE:

- 6 ounces frozen cranberries
- 6 ounces frozen sweet cherries
- ¾ cup apple juice (I like Martinelli's)
- ½ teaspoon minced ginger
- Diamond Crystal kosher salt
- 2 tablespoons honey (optional)

UMAMI GRAVY:

- ½ ounce dried porcini mushrooms
- 2 tablespoons ghee
- 2 medium yellow onions
- 1 teaspoon tomato paste
- ½ teaspoon fish sauce
- ½ pound cremini mushrooms
- 3 garlic clove
- 4 cups bone broth or chicken stock
- 3 fresh thyme sprigs
- Diamond Crystal kosher salt
- Freshly ground black pepper

ROASTED GARLIC AUTUMN MASH:

- 1 head roasted garlic
- 4 tablespoons ghee, divided
- ½ onion, coarsely chopped
- ¾ pound parsnips (or about 5 small parsnips)
- 1 pound carrots (or about 2 large carrots)
- 1½ pounds cauliflower florets (or 1 small cauliflower)
- ½ cup bone broth or organic chicken broth
- Diamond Crystal kosher salt
- Freshly ground pepper
- 1 bundle fresh chives (optional)

ASIAN CITRUS BRUSSELS SPROUTS SLAW:

- 2¼ pounds Brussels sprouts
- 3 tablespoons ghee, avocado oil, or coconut oil
- ½ teaspoon Diamond Crystal kosher salt
- 1 tablespoon ghee, avocado oil, or coconut oil
- 1 tablespoon grated fresh ginger
- 1 small shallot, minced
- 2 garlic cloves, minced
- ¼ cup fresh orange juice
- 3 tablespoons coconut aminos
- 1½ tablespoons rice vinegar
- ½ teaspoon fish sauce
- 1 teaspoon toasted sesame oil
- 2 scallions, thinly sliced
- ¼ cup minced fresh cilantro
- 1½ tablespoons toasted sesame seeds

PUMPKIN + CARROT MUFFINS:

- 3 large eggs
- 4 medium carrots
- 1½ cups almond flour
- 1½ teaspoons five spice powder
- 1 teaspoon baking soda
- ½ teaspoon cream of tartar
- ½ teaspoon ground cinnamon
- ¼ teaspoon fine sea salt
- ¾ cup canned pumpkin purée
- ½ cup local honey
- 2 tablespoons almond butter
- 1 teaspoon melted coconut oil, plus a bit extra
- 1 tablespoon sliced almonds
- 1 tablespoon toasted pumpkin seeds

PUMPKIN, COCONUT + MAPLE CUSTARD CUPS:

- ½ cup coconut flakes
- 1¼ cup coconut milk
- 4 large eggs
- ½ cup maple syrup
- ¾ cup canned pumpkin purée
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon vanilla extract
- Diamond Crystal kosher salt



Nomtastic Thanksgiving

WITH: MICHELLE TAM
OF: NOM NOM PALEO

Butterflied Big Bird

Paleo Cran-cherry Sauce

Roasted Garlic
Autumn Root Vegetable Mash

Warm Brussels Sprout Salad
With Asian Vinaigrette Dressing

READY OR NOT,
LET'S GET
COOKIN'!

Umami Graw

Paleo Pumpkin Coconut
& Maple Custard Tarts

Paleo Carrot & Pumpkin Muffins

Roasted Crown of Pork





BUTTERFLIED BIG BIRD

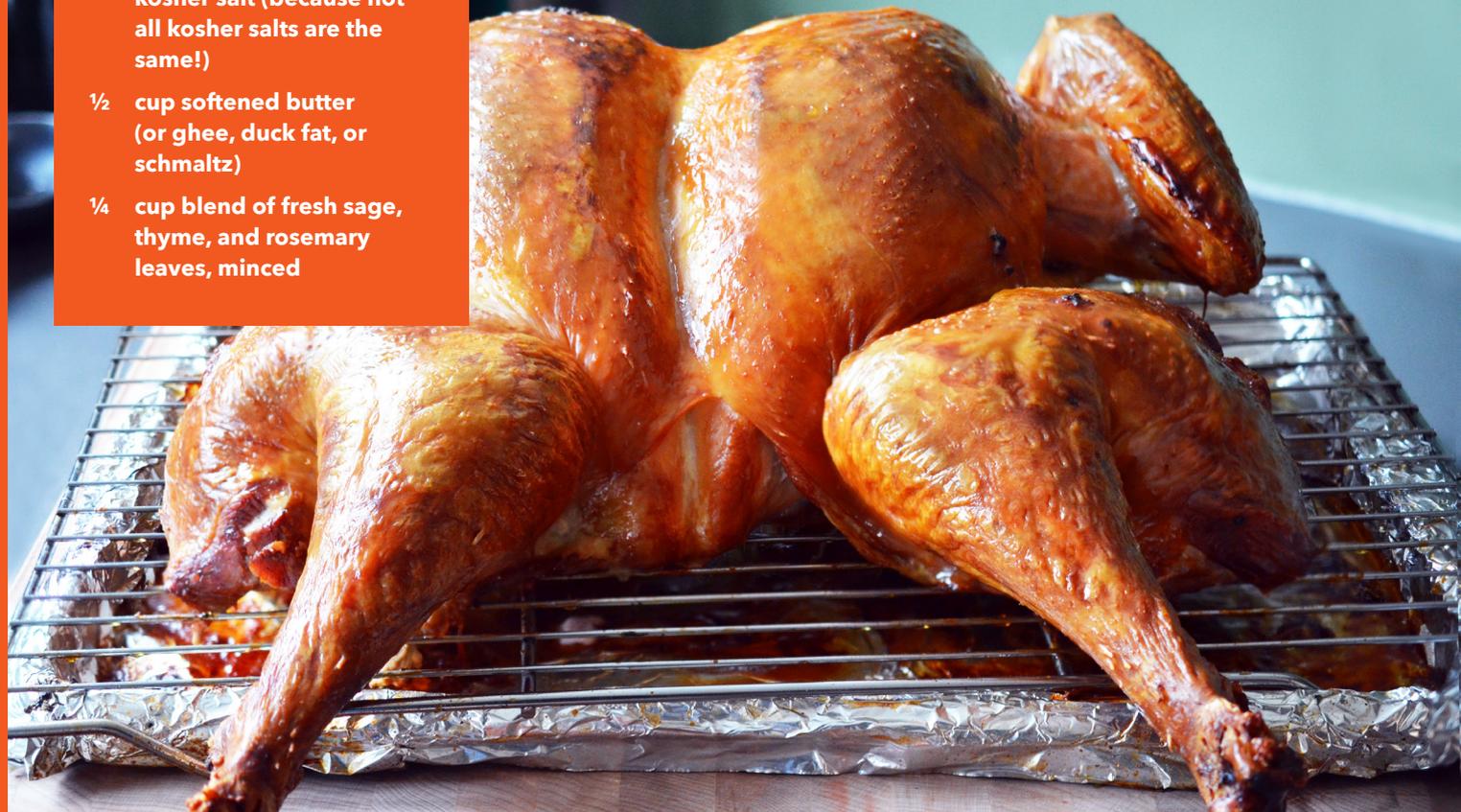
MAKES 12 SERVINGS
⌚ 1-3 DAYS
(2 HOURS COOKING TIME)

Every November, the prospect of roasting a whole turkey strikes fear into the hearts of even experienced cooks. The entire process—from picking a bird to carving it—can be daunting. No one wants to serve a dry, powdery turkey to their gathered friends and family...especially if you've got an in-law who's just waiting to pounce on a kitchen blunder. But never fear: even if Olivia Soprano is your mother-in-law, this foolproof method will keep you in her good graces.

INGREDIENTS:

- 1 (12-14 pound) turkey
- ¼ cup Diamond Crystal kosher salt (because not all kosher salts are the same!)
- ½ cup softened butter (or ghee, duck fat, or schmaltz)
- ¼ cup blend of fresh sage, thyme, and rosemary leaves, minced

A NOTE OF WARNING FOR YOU SUPER-STRICT PALEO PEEPS: I USE BUTTER IN THIS RECIPE. IF YOU'RE STEERING CLEAR OF BUTTER, GHEE (WHICH DOES AWAY WITH THE POTENTIALLY PROBLEMATIC MILK SOLIDS) IS A FANTASTIC SUBSTITUTE. AND IF YOU'RE ABSOLUTELY ZERO-TOLERANCE WHEN IT COMES TO ALL FORMS OF DAIRY, SUBSTITUTE DUCK FAT OR SCHMALTZ.



FOR EQUIPMENT, TIPS, AND AN INSTRUCTIONAL VIDEO, CLICK [HERE!](#)



I'M THANKFUL FOR MY FAMILY. WHAT ARE YOU THANKFUL FOR?

I'M THANKFUL I'M NOT A TURKEY!



WHY? TURKEYS ARE AWESOME!



INSTRUCTIONS:

1 REMOVE THE INNARDS FROM THE BIRD AND RESERVE THE NECK AND GIBLETS FOR GRAVY OR BONE BROTH. DRY THE TURKEY WELL.



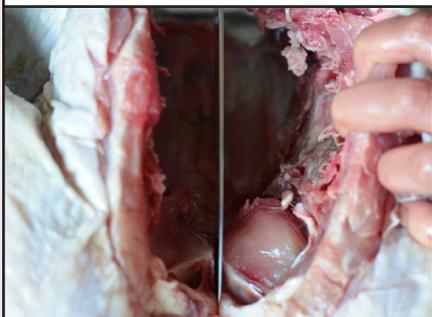
2 GRAB A SHARP PAIR OF KITCHEN SHEARS AND START CUTTING FROM THE TAIL-END OPEN CAVITY ALONG ONE SIDE OF THE BACKBONE 'TIL YOU REACH THE NECK HOLE.



3 ONCE YOU'VE CUT ALL THE WAY THROUGH, CUT ALONG THE OTHER SIDE OF THE BACKBONE, AND REMOVE THE SPINE, AND ADD IT TO THE NECK AND GIBLETS YOU'RE SAVING FOR BROTH.



4 MAKE A SHALLOW CUT IN THE CARTILAGE ON THE UNDERSIDE OF THE BREASTBONE...



5 ...AND USE YOUR HANDS TO FIRMLY PUSH THE BREASTS FLAT LIKE AN OPEN BOOK.



6 NOW, IT'S TIME TO SALT THE BIRD.



7 USE YOUR FINGERS TO LOOSEN THE SKIN AWAY FROM THE FLESH. (BE CAREFUL BUT FORCEFUL; THE SKIN IS FAIRLY ELASTIC, AND SHOULDN'T TEAR UNLESS YOU PIERCE IT WITH SHARP ACRYLIC NAILS.) RUB SALT DIRECTLY ON THE MEAT UNDER THE SKIN, AS WELL ON THE OUTSIDE AND UNDERSIDE.



8 PLACE THE TURKEY ON A LARGE TRAY, AND LOOSELY COVER IT WITH PLASTIC WRAP. DRY-BRINE THE BIRD IN THE REFRIGERATOR FOR 1 TO 3 DAYS.



9 ON THANKSGIVING DAY, PREHEAT THE OVEN TO 450°F WITH THE RACK IN THE LOWER MIDDLE POSITION. TAKE THE TURKEY OUT THE FRIDGE. LINE A BAKING SHEET WITH FOIL AND PLACE A WIRE RACK ON TOP. MINCE THE FRESH HERBS...



10 ...AND MIX WITH THE SOFTENED BUTTER/ GHEE TO FORM AN HERB BUTTER.



11

TAKE TWO-THIRDS OF THE HERB BUTTER AND USE IT TO SPREAD UNDER THE SKIN OF THE BREAST AND THIGH MEAT.



12

ANOTHER METHOD: YOU CAN JUST PLACE A DOLLOP BETWEEN THE SKIN AND MEAT, AND SMUSH DOWN THE SKIN TO SPREAD THE BUTTER EVENLY.



13

SPREAD THE REMAINING HERB BUTTER ON THE OUTSIDE OF THE BIRD.



14

LAY THE BIRD FLAT ON THE WIRE RACK AND TUCK THE WING TIPS UNDER THE TURKEY SO THEY DON'T BURN DURING COOKING.



15

POUR 1/2 CUP OF WATER INTO THE TRAY TO KEEP THE DRIPPINGS FROM BURNING AND SMOKING. THEN, PLACE THE TURKEY IN THE OVEN AND STAB AN IN-OVEN THERMOMETER INTO THE THICK PART OF THE BREAST.



16

THE TURKEY'S DONE WHEN THE BREAST MEAT REACHES 145°-150°F, AND THE THIGH MEAT IS 165°F, ABOUT 80-90 MINUTES.



17

IF YOU SEE THAT THE SKIN IS ALREADY NICELY BRONZED BEFORE THE MEAT HITS THE CORRECT TEMPERATURE, DON'T FRET. JUST PLACE A FOIL BRA LOOSELY OVER THE BIRD BOOBS BEFORE RETURNING TO THE OVEN SO THEY DON'T BURN.



18

WHEN THE TURKEY IS DONE, TAKE THE TRAY OUT OF THE OVEN AND CHECK THE TEMPERATURE ONCE MORE.



19

POW!



20

LET THE TURKEY REST FOR AT LEAST 30 MINUTES BEFORE CARVING IT...



21

...OR JUST HACK IT UP WITH A CLEAVER, CHINESE-STYLE!



WANT TO MAKE YOUR BUTTERFLIED BIG BIRD REALLY POP ON YOUR TABLE? SERVE IT ON A CUTTING BOARD WITH POMEGRANATES, FRESH LIME LEAVES, AND LEMON ZEST!







MAGIC MUSHROOM POWDER

MAKES 2 CUPS
⌚ 5 MINUTES

This seasoning salt is truly magical—and one of my most highly sought-after secrets. If fish sauce is liquid umami in a bottle, this stuff is powdered umami in a jar, and an indispensable tool in your kitchen arsenal. Despairing about not having enough time to prepare a meal? Just sprinkle some of this flavorful dust on anything you cook, and bask in the admiring gazes of your dinner guests. Magic Mushroom Powder can be used in place of salt in virtually any dish, adding an immediate flavor punch to everything from scrambled eggs and ground meat to roasted veggies and chicken wings. Even your vegan friends'll dig it!

It's no wonder Magic Mushroom Powder is the perfect kitchen helper when it comes to prepping Thanksgiving dinner. In fact, we'll use it in the very next recipe in this e-book, Magic Crown Roast of Pork, so definitely make a batch (or buy some from participating Whole Foods Market locations) and get ready to cook!

INGREDIENTS:

- 1½ ounces dried porcini mushrooms
- 1 cup Diamond Crystal kosher salt
- 1½ tablespoons red pepper flakes
- 1 tablespoon dried thyme
- ½ tablespoon freshly ground black pepper

INSTRUCTIONS:

1 PULSE THE MUSHROOMS IN A CLEAN SPICE GRINDER UNTIL FINELY GROUND.



2 TRANSFER THE POWDER TO A BOWL.



3 ADD THE SALT, RED PEPPER FLAKES, THYME, AND PEPPER. MIX THOROUGHLY.



4 THERE YOU HAVE IT: MAGIC MUSHROOM POWDER! STORE IT FOR UP TO 6 MONTHS IN AN AIRTIGHT CONTAINER.



FEELING LAZY AND PREFER TO BUY MY MAGIC MUSHROOM POWDER? LOOK FOR IT AT WHOLE FOODS STORES IN NORTHERN CALIFORNIA, RENO, AND THE NORTHEAST!





MAGIC MUSHROOM POWDER ALSO MAKES FOR A FANTASTIC D.I.Y. HOLIDAY GIFT! FOR STEP-BY-STEP INSTRUCTIONS ON HOW TO MAKE IT IN BULK (AND AN INSTRUCTIONAL VIDEO, TOO), HIT [THIS LINK!](#)



MAGIC CROWN ROAST OF PORK

MAKES 12 SERVINGS

🕒 1-4 DAYS

(3 HOURS COOKING TIME)

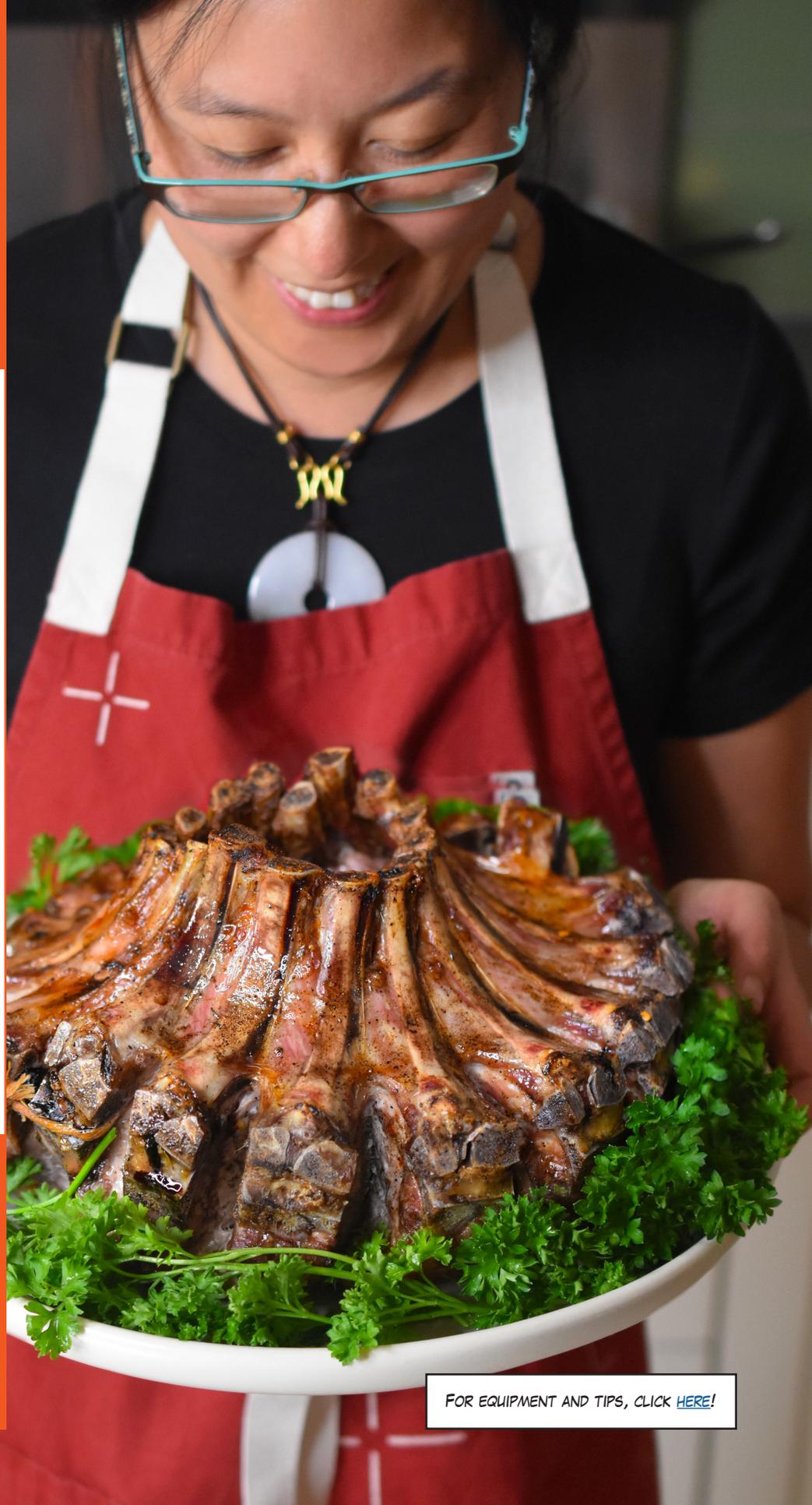
Tired of turkey? This fancy-looking meaty centerpiece will elicit oohs and aahs when you bring it to the Thanksgiving table—and you won't even need to tell your guests how easy it is to make! The two secret weapons: my Magic Mushroom Powder seasoning and J. Kenji Lopez-Alt's reverse-sear technique to cook your pork to the perfect temperature!

If you read the previous couple of pages, you know that Magic Mushroom Powder is an umami-packed seasoning salt that I created using pulverized dried porcini mushrooms, salt, thyme, and pepper. I use it in place of salt in many savory dishes and it pairs perfectly with roast pork. And this holiday season, you can buy MMP at select Whole Foods stores, too!

Note: if your pork crown roast is a different size, simply adjust the amount of Magic Mushroom Powder. For every pound of pork, season with about ¼ tablespoon (or ⅜ teaspoon) of the powder. For example, an 8 pound crown roast uses about 2 tablespoons of MMP.

INGREDIENTS:

- 1 (10-pound) crown roast of pork, tied and frenched by your butcher
- 2½ tablespoons Magic Mushroom Powder
- 1 bunch curly parsley (optional)



FOR EQUIPMENT AND TIPS, CLICK [HERE!](#)

INSTRUCTIONS:

1 PAT THE ROAST DRY WITH PAPER TOWELS. SPRINKLE THE MAGIC MUSHROOM POWDER ALL OVER THE MEAT, GETTING IN ALL THE NOOKS AND CRANNIES.



2 YOU CAN KEEP THE SEASONED ROAST IN THE REFRIGERATOR, LIGHTLY COVERED IN PLASTIC WRAP, FOR UP TO 3 DAYS BEFORE YOU COOK THE PORK.



3 WHEN YOU'RE READY TO COOK, SET THE OVEN TO 250°F WITH THE RACK IN THE MIDDLE POSITION. PAT THE PORK DRY WITH PAPER TOWELS, AND PLACE THE SEASONED ROAST ON A STAINLESS STEEL WIRE RACK ON TOP OF A RIMMED BAKING SHEET.



4 POP IT IN THE OVEN.



5 COOK THE PORK CROWN ROAST FOR 2 TO 2½ HOURS OR UNTIL THE CENTER OF THE MEATIEST PART REGISTERS 140°F ON AN INSTANT-READ THERMOMETER.



6 TAKE THE PORK OUT OF THE OVEN AND CRANK UP THE OVEN TO BROIL. ONCE THE BROILING ELEMENT IS HOT, PLACE THE ROAST BACK IN THE OVEN AND BROIL THE ROAST UNTIL GOLDEN BROWN, ABOUT 10 TO 15 MINUTES. ROTATE THE ROAST A COUPLE OF TIMES DURING THE BROILING PROCESS TO MAKE SURE THE ROAST IS EVENLY BROWNED.



7 WHEN THE ROAST IS READY, TAKE IT OUT OF THE OVEN AND LET IT REST FOR AT LEAST 20 MINUTES.



8 PLATE AND GARNISH WITH CURLY PARSLEY...

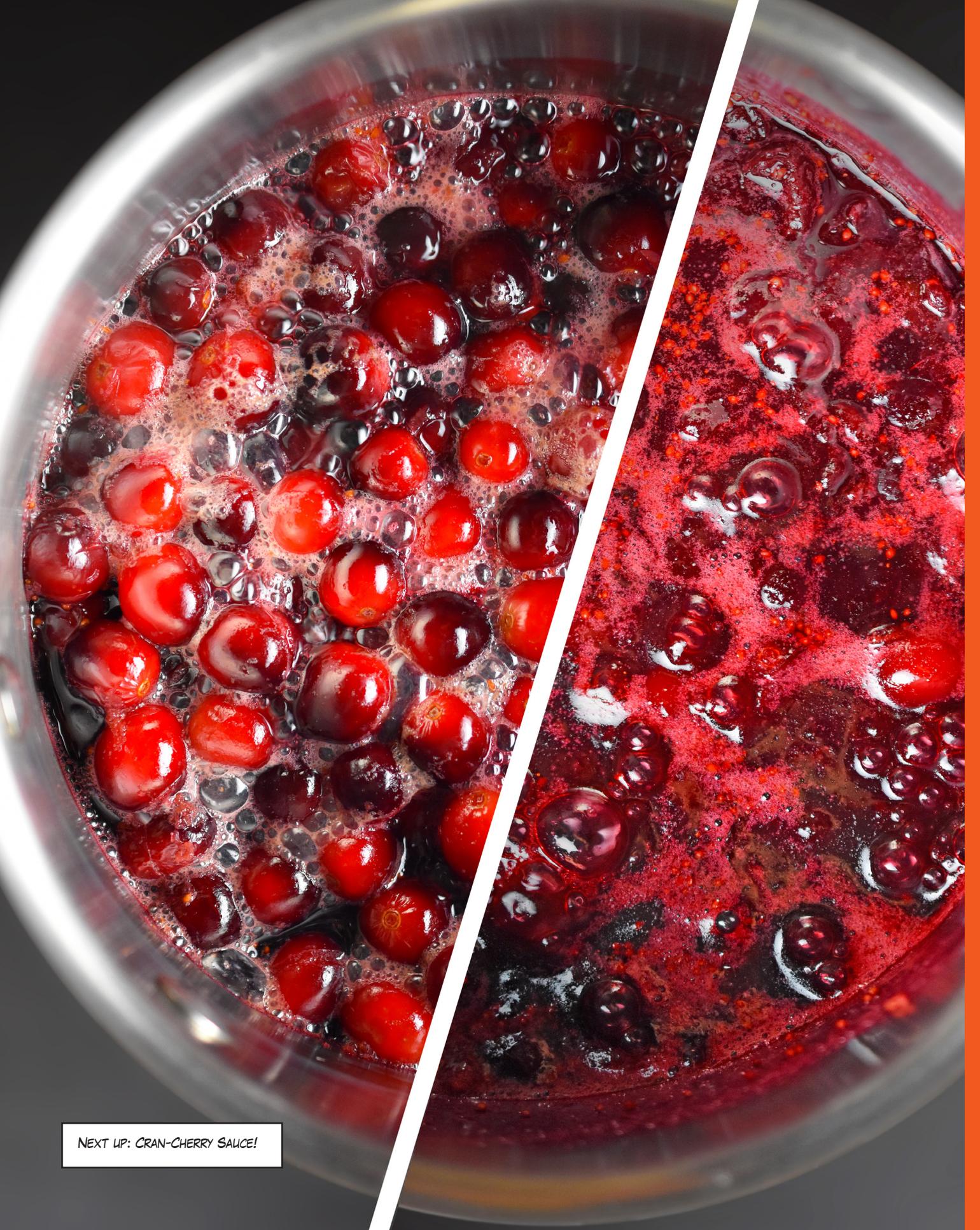


9 ...OR JUST SLICE IN BETWEEN THE BONES AND SERVE AS INDIVIDUAL CHOPS. DIG IN!



PSST! THE WHOLE POINT OF MAKING A CROWN ROAST IS TO SHOW IT OFF BEFORE SLICING IT UP, SO SHOWCASE IT AS YOUR TABLE'S CENTERPIECE!





NEXT UP: CRAN-CHERRY SAUCE!

CRAN-CHERRY SAUCE

MAKES 2 CUPS
⌚ 30 MINUTES

It shouldn't surprise my longtime readers that sweet-and-tart is one of my favorite flavor combinations. After all, it perfectly describes my personality: sweet, but with a side of sour. So even though I'd never before tasted cranberry sauce until I began attending the annual Thanksgiving feast at my in-laws' house, I fell hard for it right away.

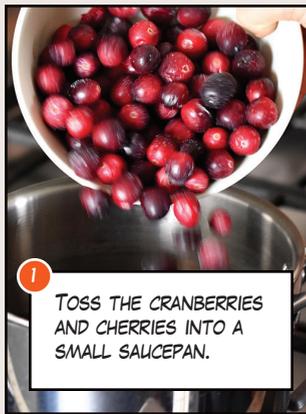
Sadly, once I started eating Paleo, I knew I had to skip the cranberry sauce altogether. After all, I knew that most recipes are sweetened with tons and tons of refined sugar.

Needless to say, I was determined to come up with a Paleo-friendly version of cranberry sauce—one inspired by the juice blends from my childhood. By themselves, cranberries can be unpalatably bitter and sour, but by pairing them with cherries and simmering the fruit in apple juice, I was able to counter the mouth-puckering tartness of the cranberries with some natural sweetness. Prefer an even sweeter sauce? Just a touch of honey will do the trick.

INGREDIENTS:

- 6 ounces frozen cranberries
- 6 ounces frozen sweet cherries
- $\frac{3}{4}$ cup apple juice (I like Martinelli's)
- $\frac{1}{2}$ teaspoon minced ginger
- Diamond Crystal kosher salt
- 2 tablespoons honey (optional)

INSTRUCTIONS:



1 TOSS THE CRANBERRIES AND CHERRIES INTO A SMALL SAUCEPAN.



2 ADD THE APPLE JUICE, GINGER, AND A PINCH OF SALT.



3 BRING THE CONTENTS TO A BOIL OVER HIGH HEAT. THEN, LOWER THE HEAT TO MAINTAIN A SIMMER.



4 COOK FOR 8 TO 10 MINUTES OR UNTIL THE SAUCE THICKENS AND THE FRUIT BREAKS DOWN.



5 REMOVE THE SAUCEPAN FROM THE HEAT. IF YOU PREFER A SMOOTHER TEXTURE, USE AN IMMERSION BLENDER TO PURÉE THE SAUCE TO THE CONSISTENCY YOU WANT.



6 TASTE FOR SWEETNESS AND ADD HONEY IF NEEDED OR DESIRED.



7 COOL TO ROOM TEMPERATURE, AND SERVE. THIS SAUCE KEEPS FOR UP TO 1 WEEK IN THE FRIDGE OR 6 MONTHS IN THE FREEZER.

FOR EQUIPMENT AND MORE TIPS, CLICK [HERE!](#)



UMAMI GRAVY

MAKES 3 CUPS
⌚ 1½ HOURS

This stuff is pure, unadulterated umami. I recommend freezing some in an ice cube tray so you'll always have individual servings of gravy at the ready. And really: Who doesn't need gravy at all times?

INGREDIENTS:

- ½ ounce dried porcini mushrooms
- 2 tablespoons ghee
- 2 medium yellow onions, diced
- 1 teaspoon tomato paste
- ½ teaspoon fish sauce
- ½ pound cremini mushrooms, sliced
- 3 garlic cloves, minced
- 4 cups bone broth or chicken stock
- 3 fresh thyme sprigs
- Diamond Crystal kosher salt
- Freshly ground black pepper

INSTRUCTIONS:

1 IN A SMALL BOWL, SOAK THE DRIED MUSHROOMS IN WATER FOR 30 MINUTES OR UNTIL SOFT. TAKE THEM OUT OF THE WATER, ROUGHLY CHOP THEM UP, AND SET ASIDE.



2 IN A MEDIUM SAUCEPAN, MELT THE GHEE OVER MEDIUM HEAT. ADD THE ONIONS AND SAUTÉ FOR 10 TO 15 MINUTES UNTIL SOFT. ADD THE TOMATO PASTE AND FISH SAUCE.



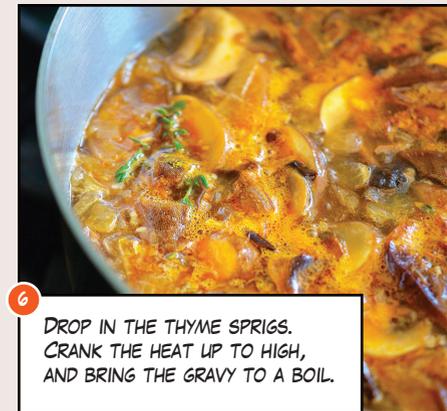
3 STIR TO EVENLY DISTRIBUTE.



4 TOSS IN THE SLICED MUSHROOMS, AND SAUTÉ FOR 8 TO 10 MINUTES OR UNTIL THE MUSHROOM JUICES HAVE RELEASED AND COOKED OFF. ADD THE GARLIC, AND STIR FOR 30 SECONDS UNTIL FRAGRANT.



5 ADD THE RECONSTITUTED MUSHROOMS AND THE BROTH OR CHICKEN STOCK.



6 DROP IN THE THYME SPRIGS. CRANK THE HEAT UP TO HIGH, AND BRING THE GRAVY TO A BOIL.

7 DECREASE THE HEAT TO MEDIUM-LOW TO MAINTAIN A STRONG SIMMER. COOK FOR 30 MINUTES, OR UNTIL THE GRAVY HAS REDUCED BY ABOUT HALF.



8 REMOVE THE SAUCEPAN FROM THE HEAT. DISCARD THE THYME, AND SEASON TO TASTE WITH SALT AND PEPPER. USING A HAND BLENDER OR A REGULAR BLENDER, PURÉE THE GRAVY UNTIL SMOOTH.



9 SERVE OR STORE. THIS GRAVY CAN BE KEPT IN THE FRIDGE FOR UP TO 4 DAYS, OR IN THE FREEZER FOR UP TO 6 MONTHS.



FOR EQUIPMENT, TIPS, AND AN INSTRUCTIONAL VIDEO, [CLICK HERE!](#)



ROASTED GARLIC AUTUMN MASH

MAKES 8 SERVINGS

🕒 45 MINUTES

You know it's true: Thanksgiving dinner just wouldn't be complete without a generous serving of mashed root vegetables. And while mashed potatoes will always have a special place in my heart, I've come to prefer this Autumn Mash as a comforting, colorful alternative because: (A) it tastes incredible, and (B) it's so much prettier, don't you think?

(Want to make this in an Instant Pot instead? Just turn the page!)

INGREDIENTS:

- 1 head roasted garlic
- 4 tablespoons ghee, divided
- ½ onion, coarsely chopped
- ¾ pound parsnips (or about 5 small parsnips), peeled and coarsely chopped
- 1 pound carrots (or about 2 large carrots), peeled and coarsely chopped slightly smaller than parsnips
- 1½ pounds cauliflower florets (or 1 small head of cauliflower), coarsely chopped
- ½ cup bone broth or organic chicken broth
- ½ cup water
- Diamond Crystal kosher salt
- Freshly ground pepper
- Minced chives (optional)



THE RICH COLOR OF THIS MASH REMINDS US THAT WE EAT FIRST WITH OUR EYES!



THAT'S DISGUSTING, DAD!



FOR EQUIPMENT, TIPS, AND A RECIPE VIDEO FEATURING ME, CLICK [HERE!](#)

INSTRUCTIONS:

1 FIRST, ROAST A WHOLE HEAD OF GARLIC. ELISE BAUER'S EASY RECIPE IS MY FAVORITE FOR ITS SIMPLICITY AND CONSISTENTLY PERFECT RESULTS. I'VE MODIFIED IT SLIGHTLY BY USING MELTED GHEE IN PLACE OF OLIVE OIL AND COOKING THE GARLIC IN A COVERED MINI COCOTTE.

CLICK [HERE](#) FOR A LINK TO ELISE'S RECIPE FOR ROASTED GARLIC. OR, TRY "ROASTING" IT IN AN INSTANT POT!



2 YOU CAN ROAST THE GARLIC A FEW DAYS IN ADVANCE AND STORE IT IN THE FRIDGE UNTIL YOU'RE READY TO MAKE THIS MASH.



3 HEAT THREE TABLESPOONS OF GHEE IN A LARGE STOCK POT OVER MEDIUM HEAT AND SAUTÉ THE ONIONS UNTIL TRANSLUCENT (ABOUT 5 MINUTES).



4 TOSS THE CHOPPED PARSNIPS, CARROTS, AND CAULIFLOWER INTO THE POT...



5 ...AND ADD THE ROASTED GARLIC. SPRINKLE SOME SALT ON EVERYTHING, TOO.



6 POUR THE BROTH AND WATER INTO THE POT, AND BRING THE CONTENTS TO A BOIL.



7 THEN, LOWER THE HEAT TO MAINTAIN A SIMMER, AND COOK COVERED FOR 25-30 MINUTES OR UNTIL THE VEGETABLES CAN BE EASILY PIERCED BY A FORK. SEASON TO TASTE WITH SALT AND PEPPER, AND ADD THE REST OF THE GHEE.



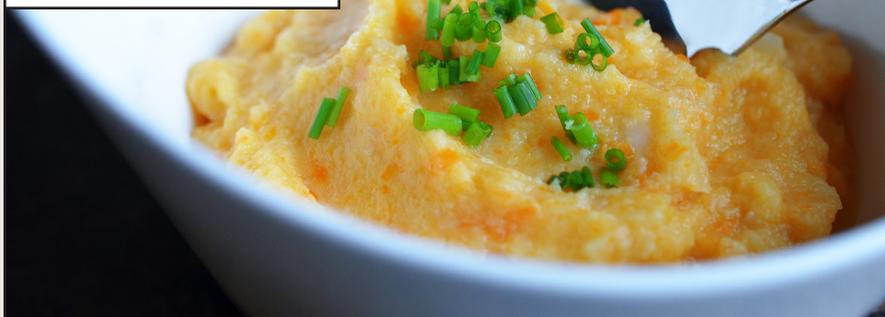
8 PURÉE THE MIXTURE WITH AN IMMERSION BLENDER OR BLITZ IN A FOOD PROCESSOR UNTIL SMOOTH (OR UNTIL THE DESIRED TEXTURE IS REACHED).



9 PLATE UP YOUR MASH, AND TOP IT WITH MINCED CHIVES IF YOU WANT TO MAKE IT EVEN MORE EYE-POPPINGLY GORGEOUS.



10 LAST STEP: EAT IT ALL UP! (YOU CAN STORE THE MASH IN THE FRIDGE FOR UP TO 4 DAYS.)





INSTANT POT AUTUMN MASH

MAKES 8 SERVINGS
🕒 30 MINUTES

Stove space all tied up? Take a chill pill, and reach for your Instant Pot! If you have an electric pressure cooker, just follow these instructions to make my Roasted Garlic Autumn Mash on your countertop.

Bonus: you'll get to show off your Instant Pot prowess to your Thanksgiving guests!

INGREDIENTS:

- 1 head roasted garlic
 - 4 tablespoons ghee, divided
 - ½ onion, coarsely chopped
 - ¾ pound parsnips (or about 5 small parsnips), peeled and coarsely chopped
 - 1 pound carrots (or about 2 large carrots), peeled and coarsely chopped slightly smaller than parsnips
 - 1½ pounds cauliflower florets (or 1 small head of cauliflower), coarsely chopped
 - ½ cup bone broth or organic chicken broth
- Diamond Crystal kosher salt
- Freshly ground pepper
- Minced chives (optional)

FOR EQUIPMENT AND TIPS, CLICK [HERE!](#)



INSTRUCTIONS:

1 ROAST A HEAD OF GARLIC. TWO PAGES AGO, I TOLD YOU ABOUT [ELISE BAUER'S TECHNIQUE FOR ROASTING GARLIC](#), BUT IF YOUR OVEN IS TIED UP, YOU CAN ALSO "ROAST" THE GARLIC IN AN INSTANT POT BY FOLLOWING [THIS RECIPE!](#)



2 PRESS THE "SAUTÉ" BUTTON ON YOUR INSTANT POT AND WHEN THE METAL INSERT IS HOT, ADD 3 TABLESPOONS OF GHEE. TOSS IN THE ONIONS AND COOK UNTIL SOFTENED, ABOUT 2-3 MINUTES.



3 TOSS THE CHOPPED PARSNIPS, CARROTS, AND CAULIFLOWER INTO THE POT, AND SQUEEZE IN THE ROASTED GARLIC BULBS.



4 SPRINKLE ON SOME SALT.



5 POUR THE BROTH INTO THE METAL INSERT...



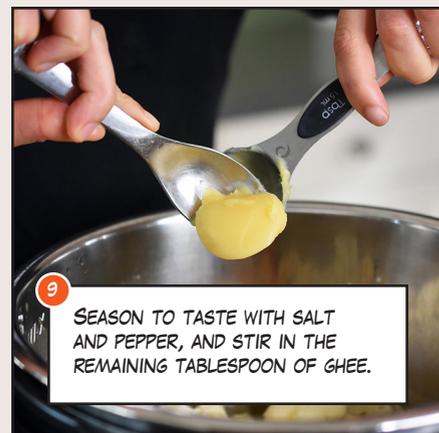
6 ...AND GIVE EVERYTHING A GOOD STIR. CANCEL THE "SAUTÉ" FUNCTION.



7 LOCK ON THE LID OF THE INSTANT POT WITH THE VALVE IN THE SEALED POSITION AND PROGRAM IT TO COOK UNDER HIGH PRESSURE FOR 5 MINUTES.



8 RELEASE THE PRESSURE MANUALLY.



9 SEASON TO TASTE WITH SALT AND PEPPER, AND STIR IN THE REMAINING TABLESPOON OF GHEE.

10 PURÉE THE MIXTURE WITH AN IMMERSION BLENDER OR BLITZ IN A FOOD PROCESSOR UNTIL SMOOTH OR UNTIL THE DESIRED TEXTURE IS REACHED. (I PREFER IT SILKY-SMOOTH, BUT HENRY LIKES MORE TEXTURE IN HIS MASH.)



11 TOP WITH FRESH CHIVES AND SERVE!





ASIAN CITRUS BRUSSELS SPROUTS SLAW

MAKES 8 SERVINGS
🕒 30 MINUTES

A tangy orange-ginger dressing gives this warm slaw a zesty zing that'll brighten your plate. Plus, it keeps well in the fridge, and can be eaten cold, hot, or at any temperature in between.

INGREDIENTS:

- 2¼ pounds Brussels sprouts
- 3 tablespoons melted ghee, avocado oil, or coconut oil
- ½ teaspoon kosher salt

• SAUCE •

- 1 tablespoon ghee, avocado oil, or coconut oil
- 1 tablespoon grated ginger
- 1 small shallot, minced
- 2 garlic cloves, minced
- ¼ cup fresh orange juice
- 3 tablespoons coconut aminos
- 1½ tablespoons rice vinegar
- ½ teaspoon fish sauce
- 1 teaspoon toasted sesame oil

• GARNISH •

- 2 scallions, thinly sliced
- ¼ cup minced fresh cilantro
- 1½ tablespoons toasted sesame seeds

FOR EQUIPMENT AND MORE TIPS, CLICK [HERE!](#)

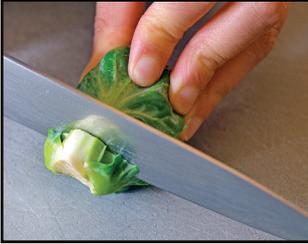
FUN FACT:
THE PILGRIMS LOVED ASIAN FOOD, AND THEY FERMENTED THEIR OWN FISH SAUCE ON THE MAYFLOWER!

REMEMBER WHAT MOM TOLD YOU ABOUT NOT SPREADING FAKE NEWS?



INSTRUCTIONS:

1 PREHEAT THE OVEN TO 450°F WITH THE RACK IN THE MIDDLE. WHILE THE OVEN'S HEATING UP, TRIM AWAY THE STEMS OF YOUR SPROUTS.



2 REMOVE ANY OUTER LEAVES THAT EASILY COME OFF OF THE SPROUTS.



3 SLICE THE SPROUTS THINLY WITH A KNIFE (OR JUST PASS 'EM THROUGH THE SLICING BLADE OF A FOOD PROCESSOR).



4 IN A LARGE BOWL, TOSS THE SHREDDED SPROUTS, MELTED GHEE, AND SALT.



5 MIX WELL WITH YOUR HANDS, AND THEN SPREAD THE SHREDDED BRUSSELS SPROUTS EVENLY ON A FOIL- OR PARCHMENT-LINED BAKING SHEET.



6 BAKE FOR 15 TO 20 MINUTES, FLIPPING AND TOSSING EVERY 5 MINUTES, OR UNTIL THE SPROUTS ARE BROWNED AND TENDER.



7 IN THE MEANTIME, PREPARE THE SAUCE. MELT THE GHEE OVER MEDIUM HEAT IN A SAUCEPAN. ONCE IT'S SHIMMERING, ADD THE GINGER, SHALLOT, AND GARLIC AND SAUTÉ UNTIL FRAGRANT, ABOUT 1 MINUTE.



8 NEXT, ADD THE ORANGE JUICE, COCONUT AMINOS, RICE VINEGAR, AND FISH SAUCE TO THE SAUCEPAN. BRING IT TO A BOIL.



9 LOWER THE HEAT, AND SIMMER FOR 5 TO 8 MINUTES OR UNTIL THE SAUCE SLIGHTLY THICKENS. REMOVE THE PAN FROM THE HEAT, AND STIR IN THE SESAME OIL.



10 ONCE THE SPROUTS ARE READY, TAKE THEM OUT OF THE OVEN, AND POUR THE SAUCE OVER THE ROASTED SPROUTS.



MAKING THIS SLAW AHEAD OF TIME? YOU CAN REFRIGERATE IT FOR UP TO 4 DAYS. WHEN YOU'RE READY TO EAT, HEAT IT UP...



11 ...AND GARNISH WITH THE SCALLIONS, CILANTRO, AND SESAME SEEDS.



12 TOSS WELL, PLATE IT UP, AND SERVE!



PUMPKIN + CARROT MUFFINS

MAKES 12 MUFFINS
⌚ 1 HOUR

With a tender crumb, just the right amount of sweetness, and a pleasantly unexpected hit of exotic spice, these mini carrot cakes are dangerously addictive.

INGREDIENTS:

- 3 large eggs at room temperature
- 4 medium carrots, peeled
- 1½ cups almond flour, spooned and leveled
- 1½ teaspoons five spice powder (if you must, you can substitute pumpkin spice blend)
- 1 teaspoon baking soda
- ½ teaspoon cream of tartar
- ½ teaspoon ground cinnamon
- ¼ teaspoon fine sea salt
- ¾ cup canned pumpkin purée
- ½ cup local honey
- 2 tablespoons almond butter
- 1 teaspoon melted coconut oil, and a bit extra for greasing the muffin tin if not using paper liners
- 1 tablespoon sliced almonds
- 1 tablespoon toasted pumpkin seeds



FOR TOOLS AND MORE TIPS, CLICK [HERE!](#)



CREDIT FOR THIS RECIPE BELONGS TO MY SUPER TALENTED PAL, CHEF GREGORY GOURDET!



INSTRUCTIONS:

1 HEAT OVEN TO 350°F WITH THE RACK IN THE MIDDLE POSITION, AND TAKE YOUR EGGS OUT OF THE FRIDGE. MAKE SURE YOUR EGGS ARE AT ROOM TEMPERATURE WHEN YOU START BLENDING THE LIQUID INGREDIENTS. LINE A MUFFIN TIN WITH PAPER LINERS.



2 GRATE YOUR PEELED CARROTS BY HAND OR IN A FOOD PROCESSOR...



3 ...AND PLACE THE SHREDED CARROTS IN A DOUBLED PIECE OF CHEESE CLOTH OR CLEAN DISH TOWEL. (TRUST ME: PAPER TOWELS WILL TEAR.)



4 GATHER UP THE SIDES OF THE CLOTH AND WRING OUT THE EXCESS CARROT JUICE...



5 ...AND SET THE CARROT SHREDS ASIDE. YOU SHOULD HAVE ABOUT 1½ CUPS OF SHREDED CARROT.



6 IN A LARGE BOWL, COMBINE THE ALMOND FLOUR, FIVE SPICE POWDER, BAKING SODA, CREAM OF TARTAR, GROUND CINNAMON, AND SEA SALT.

7 WHISK WELL.



8 IN A SEPARATE BOWL, WHISK THE EGGS...



9 ...AND MIX IN THE PUMPKIN, HONEY, ALMOND BUTTER, AND COCONUT OIL.



10 AGAIN, MAKE SURE THESE INGREDIENTS ARE AT ROOM TEMPERATURE, OR THE COCONUT OIL WILL HARDEN AND CLUMP UP. NOT THE WORST THING IN THE WORLD, BUT DEFINITELY ANNOYING WHEN YOUR GOAL IS A SMOOTH BATTER.



11 ADD THE WET INGREDIENTS TO THE DRY...



12 ...AND STIR UNTIL COMBINED.



13 FOLD IN THE GRATED CARROTS.



14 SCOOP THE BATTER EVENLY INTO THE MUFFIN TINS, FILLING 'EM ABOUT 3/4 FULL.



15 SPRINKLE SLICED ALMONDS AND TOASTED PUMPKIN SEEDS ON TOP BEFORE PLACING THE MUFFINS IN THE OVEN.



16 BAKE FOR ABOUT 30 MINUTES, ROTATING THE MUFFIN TIN 180° HALFWAY THROUGH THE COOKING PROCESS. THE MUFFINS ARE READY WHEN A TOOTHPICK INSERTED INTO THE MIDDLE COMES OUT CLEAN AND THE TOPS ARE SPRINGY TO THE TOUCH.



17 COOL THE TRAY OF MUFFINS ON A RACK FOR ABOUT 5 MINUTES...



18 ...AND THEN POP THE MUFFINS OUT AND COMPLETELY COOL THEM DIRECTLY ON THE RACK. LAST BUT NOT LEAST: EAT!





PUMPKIN, COCONUT + MAPLE CUSTARD CUPS

MAKES 10 SERVINGS
⌚ 2 HOURS

Missing pumpkin pie after going Paleo? Here's a mini crust-less version with silky spiced custard and crunchy coconut topping that'll definitely satisfy your autumnal craving for sweets.

INGREDIENTS:

- ½ cup coconut flakes
- 1¼ cup coconut milk
- 4 large eggs
- ½ cup maple syrup
- ¾ cup canned pumpkin purée
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon vanilla extract
- Kosher salt
- Water, boiled



FOR EQUIPMENT AND MORE TIPS, CLICK [HERE!](#)

INSTRUCTIONS:

1

PREHEAT THE OVEN TO 300°F, AND SPREAD THE COCONUT FLAKES IN A SINGLE LAYER ON A PARCHMENT-LINED RIMMED BAKING SHEET.



2

TOAST THE FLAKES FOR 3 TO 5 MINUTES UNTIL GOLDEN BROWN. KEEP AN EYE ON THEM TO MAKE SURE THEY DON'T BURN.



3

CRANK UP THE OVEN TO 325°F.



4 GRAB TWO 9" X 13" GLASS BAKING DISHES AND 10 6-OUNCE RAMEKINS. LAY A SMALL TOWEL ON THE BOTTOM OF EACH. THIS'LL KEEP THE CUPS FROM SLIPPING DURING THE COOKING PROCESS.



5 HEAT THE COCONUT MILK IN A SMALL SAUCEPAN OVER LOW HEAT UNTIL IT'S STEAMING BUT NOT BOILING.



6 CRACK THE EGGS INTO A LARGE BOWL AND ADD THE MAPLE SYRUP.



7 WHISK UNTIL THOROUGHLY MIXED.



8 SLOWLY ADD THE WARMED COCONUT MILK TO THE EGG AND SYRUP MIXTURE, A LITTLE AT A TIME. (DON'T ADD THE HOT COCONUT MILK ALL AT ONCE OR YOU'LL END UP WITH SCRAMBLED EGGS.) STIR VIGOROUSLY.



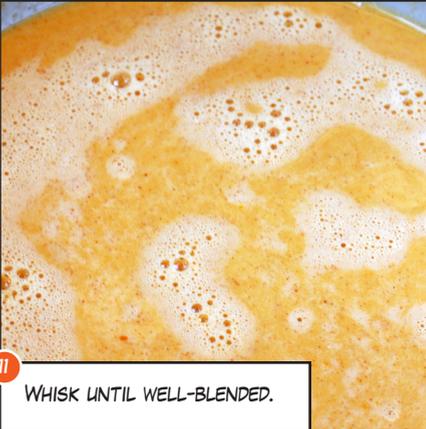
9 SCOOP OUT THE PUMPKIN PURÉE, AND...



10 ...TOSS THE PUMPKIN, SPICES, VANILLA, AND A PINCH OF SALT INTO THE EGG MIXTURE.



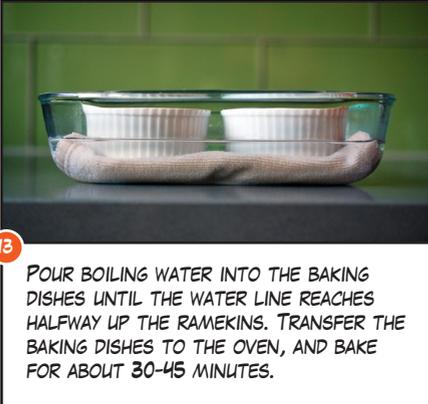
11 WHISK UNTIL WELL-BLENDED.



12 DIVIDE THE 10 RAMEKINS INTO THE TWO TOWEL-LINED BAKING DISHES, AND LADLE THE MIXTURE INTO EACH CUP.



13 POUR BOILING WATER INTO THE BAKING DISHES UNTIL THE WATER LINE REACHES HALFWAY UP THE RAMEKINS. TRANSFER THE BAKING DISHES TO THE OVEN, AND BAKE FOR ABOUT 30-45 MINUTES.



14 THE CUSTARDS ARE READY WHEN A KNIFE INSERTED INTO THEM COMES OUT CLEAN. COOL THE CUSTARDS ON A WIRE RACK TO ROOM TEMPERATURE (ABOUT 1 HOUR).



15 TOP EACH RAMEKIN WITH SOME TOASTED COCONUT AND SERVE, OR REFRIGERATE AND SAVE FOR LATER.





CONVERSIONS!

OVEN TEMPERATURES

200°F	95°C
225°F	110°C
250°F	120°C
275°F	135°C
300°F	150°C
325°F	165°C
350°F	175°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C
475°F	245°C
500°F	260°C
525°F	275°C

WEIGHT

1/4 oz	7 g
1/2 oz	14 g
3/4 oz	21 g
1 oz	28 g
1 1/4 oz	35 g
1 1/2 oz	42 g
1 3/4 oz	50 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
5 oz	142 g
6 oz	170 g
7 oz	198 g
8 oz	227 g
16 oz	454 g

LENGTH

1/4 in	6 mm
1/2 in	1 1/4 cm
1 in	2 1/2 cm
2 in	5 cm
2 1/2 in	6 cm
4 in	10 cm
5 in	13 cm
6 in	15 1/4 cm
12 in	30 cm

VOLUME

1/4 tsp	1 ml	
1/2 tsp	2.5 ml	
3/4 tsp	4 ml	
1 tsp	5 ml	
1 1/4 tsp	6 ml	
1 1/2 tsp	7.5 ml	
1 3/4 tsp	8.5 ml	
2 tsp	10 ml	
1 T	15 ml	1/2 fl oz
2 T	30 ml	1 fl oz
1/4 C	60 ml	2 fl oz
1/2 C	120 ml	4 fl oz
3/4 C	180 ml	6 fl oz
1 C	240 ml	8 fl oz

WOULDN'T A PORK ROAST BE A NICE CHANGE OF PACE THIS THANKSGIVING?



Information compiled from a variety of sources, including *Recipes into Type* by Joan Whitman and Dolores Simon (Newton, MA: Biscuit Books, 2000); *The New Food Lover's Companion* by Sharon Tyler Herbst (Hauppauge, NY: Barron's, 1995); and *Rosemary Brown's Big Kitchen Instruction Book* (Kansas City, MO: Andrews McMeel, 1998).

HAPPY THANKSGIVING!

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