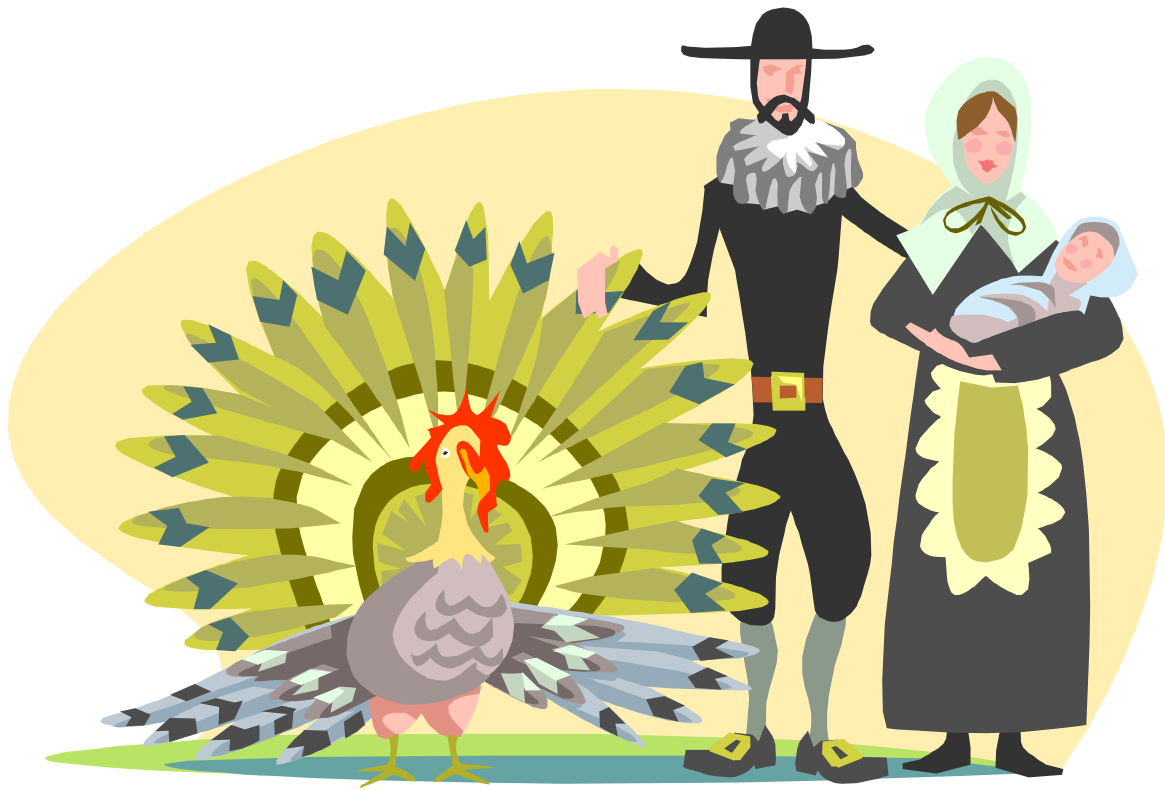


# Thanksgiving Cooking



***By Janet Payne***

***with thanks to Marilyn Cummins and Mary Staal***

# The Pilgrims and America's First Thanksgiving

*adapted from [www.holidays.net/thanksgiving](http://www.holidays.net/thanksgiving)*

In 1609 a group of Pilgrims left England for the religious freedom in Holland. They did well in Holland. However, after a few years their children were speaking Dutch. The Pilgrims worried that the Dutch would have a bad influence on them.

So they decided to leave Holland and travel to the New World. The Merchant Adventurers took them in their ship and gave them supplies. The Pilgrims agreed to pay them back with seven years of work in the New World.

On Sept. 6, 1620 the Pilgrims set sail on a ship called the Mayflower. They sailed from Plymouth, England with 44 Pilgrims and 66 others. The long trip was cold and damp and took 65 days. Since there was the danger of fire on the wooden ship, the food had to be eaten cold. Many passengers became sick and one person died by the time they could see land on November 10th.

The long trip led to many disagreements between the pilgrims and the others. Before they landed, they had a meeting. An agreement was worked out, called the Mayflower Compact. It guaranteed that all people would be equal. The two groups joined together and named themselves the "Pilgrims."

Although the first land they saw was off Cape Cod, they did not settle until they arrived at Plymouth, which had been named by Captain John Smith in 1614. It was there that the Pilgrims decide to settle. Plymouth had an excellent harbor with a river full of fish. The Pilgrims biggest concern was attack by the local Native American Indians. But the Patuxet Indians were a peaceful group.



It was already cold when they arrived. It was difficult to build a settlement because of the cold and the heavy snow. It was a long and terrible winter for them. Many of them died. Of the 110 Pilgrims and crew who left England, less than 50 survived the first winter.

On March 16, 1621, an important event took place. An Indian brave [young man] walked into the Plymouth settlement. The Pilgrims were frightened until the Indian called out "Welcome" (in English!) His name was *Samoset* and he was an Abnaki Indian. He had learned English from the captains of fishing boats that had sailed off the

coast. After staying the night Samoset left the next day. Samoset soon returned with another Indian named *Squanto* who spoke better English than Samoset. Squanto told the Pilgrims of his voyages across the ocean and his visits to England and Spain. It was in England where he had learned English.

Squanto was very important to the Pilgrims; they probably would not have survived without his help. He taught them how to tap the maple trees for sap. He taught them which plants they could eat. He showed them how to plant Indian corn and other plants.

The harvest in October was very successful, and the Pilgrims found themselves with enough food to put away for the winter. There was corn, fruits and vegetables, fish packed in salt, and meat cured over smoky fires.

The Pilgrims had much to celebrate, they had built homes in the wilderness, they had raised enough crops to keep them alive for the long winter, and they were at peace with their Indian neighbors. It was time to celebrate.

The Pilgrim Governor William Bradford proclaimed a day of thanksgiving to be shared by all the colonists and the neighboring Native Americans. They invited Squanto and the other Indians to join them in their celebration. Their chief, *Massasoit*, and 90 braves came to the celebration. It lasted for 3 days. They played games, ran races, marched and played drums. The Indians demonstrated their skills with the bow and arrow, and the Pilgrims demonstrated their musket [gun] skills. Exactly when the festival took place is uncertain, but it is believed the celebration took place in mid-October.

The following year the Pilgrims harvest was not as plentiful. They still had a lot to learn about growing corn. During the year they had also shared their stored food with newcomers, and they ran short of food.

In the 3rd year, the spring and summer were hot and dry. Crops were dying in the fields. Governor Bradford ordered a day of fasting and prayer, and it was soon after that that the rain came. To celebrate, November 29th of that year was proclaimed a day of thanksgiving. This date is believed to be the beginning of our present Thanksgiving Day.

The custom of a harvest thanksgiving continued through the years. During the American Revolution (late 1770's), the Continental Congress suggested a day of national thanksgiving. In 1817 New York State adopted Thanksgiving Day as an annual custom, and other states followed. In 1863 President Abraham Lincoln appointed a national day of thanksgiving. Thanksgiving Day is the fourth Thursday of each November.

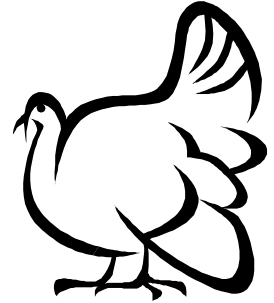
# The Thanksgiving Dinner

## Typical Menu for Dinner

Turkey  
 Dressing  
 Gravy  
 Mashed Potatoes  
 Green Bean Dish  
 Sweet Potatoes  
 Cranberry Jello or Cranberry Salad  
 Rolls and Pumpkin Butter  
 Pumpkin Bread or Cranberry Bread (These breads can also be appetizers or desserts.)  
 Carrots and Celery Sticks, Olives

## Typical Menu for Dessert

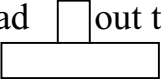
Pecan Pie  
 Apple Pie  
 Pumpkin Pie  
  
 Whipped Cream or  
 Vanilla Ice Cream for the Pies




## Ideas for the Turkey



1. Don't take the plastic wrapping off the turkey until you are ready to put the bird in the oven. You can mix the stuffing the night before, but you cannot put it into the turkey until you are ready to cook (for health safety reasons).
2. Clean the bird in the sink. Take the bags of "giblets" (the insides) and the neck out of the turkey and clean the inside with water. Salt the inside and outside if you like. Rub butter (or spray vegetable oil) on the inside and outside.
3. Put the stuffing in the turkey. Keep the stuffing loose; do not "stuff" tightly.
4. Now you have to sew the bird. You can buy "needles" for this. The needles are used like pins to close the openings. Also, when you buy the turkey, you will usually find a metal or plastic piece holding it together. Carefully take the legs out of this thing, clean and "stuff" the turkey, and put the legs back in this holder. If you do not have anything else, use a clean (sterile) needle and heavy thread.
5. There are different ways to roast (cook) a turkey. You can buy a bag that is made just for cooking turkeys. You can cook it in a pan and cover it loosely with foil. (You can buy a big aluminum turkey pan for a few dollars.) This booklet will tell you how to roast a turkey wrapped in aluminum foil. It cooks much faster than the

turkey that is only covered with foil. Buy the extra-wide foil. Spread  out two long pieces of foil like a cross. Like this. →

Spray one side of the foil pieces with vegetable spray or spread some  oil. Put the turkey in the middle, breast on top, and fold the pieces of foil loosely together at the top press down around the edges. Open the foil and fold it back for the last 20 minutes to brown the turkey. Use a big spoon and pour some of the turkey juice (from the bottom of the pan) onto the top of the turkey.

| Turkey Weight | Oven Temperature | Cooking Time        |
|---------------|------------------|---------------------|
| 8-10 pounds   | 450 degrees      | 3 1/2 - 4 hours     |
| 10-12 pounds  | 450 degrees      | 4 - 4 1/2 hours     |
| 14-16 pounds  | 450 degrees      | 4 1/2 - 5 1/2 hours |
| 18-20 pounds  | 450 degrees      | 5 1/2 - 6 1/2 hours |
| 22-24 pounds  | 450degrees       | 6 1/2 - 7 1/2 hours |

## Ideas for Stuffing, Gravy, Potatoes, and Bread

1. Stuffing: Begin with a bread stuffing mix. There are several different types at the stores. Follow the recipe, but add celery and onions, or add raisins, apples, and nuts. There are also several good recipes for making your own breadcrumbs or for using cornbread or rice.
2. Gravy: When the turkey is ready, you have turkey “juice” from the meat. There are lots of ways to make the gravy. You can buy a jar or can of turkey gravy and add several tablespoons of juice. (I like a thin gravy so this works well for me). You can also use the “juice” and heat it in a pan. Add a mix of 3 tablespoons flour and 2 cups of broth (or the canned turkey gravy). (Mix it very well before adding it.) Of course, there are more “original” ways to do it as well.
3. You can boil the “giblets” (insides), cut them, and add them to the gravy if you like.
4. We usually fix mashed potatoes for that good gravy. Peel, boil and drain potatoes. Mash them with add a bit of milk and butter. To mash is to smash with a fork.
5. We usually use simple rolls that we buy or make. You can buy “brown and serve” rolls that heat in the oven. The pumpkin butter is good on the rolls. The pumpkin bread or the cranberry bread can be eaten with the meal, before the meal as an appetizer, or for dessert.
6. Sweet potatoes are great by themselves or with a little butter and brown sugar. You can cook them in the microwave if you poke them with a knife several times.

## Mary's Sweet Potato and Cranberry Dish

*Mary is a friend and the co-teacher of our Bible study and Thanksgiving Cooking Class*

Cooking Time 18 minutes

3/4 cup apple or orange juice

1 lb. sweet potatoes, peeled and sliced 1/4" thick (3 cups)

1 medium cooking apple, chopped (about 1 cup of medium-sized pieces)

1/8 cup dried cranberries or raisins

2 T. maple syrup or brown sugar

1/4 t. salt

2 T. chopped walnuts

Cook sliced sweet potatoes in apple juice, covered, over low heat for about 12 minutes. Stir in all other ingredients except nuts. Cook for about 3-4 minutes. Uncover and boil gently for 3-4 minutes until liquid is syrupy. Place in bowl and spread the chopped nuts on top.

## Green Bean Casserole

1/2 cup chopped onions

1/2 cup chopped mushrooms

1 can (10 3/4 oz.) condensed cream of mushroom soup (or a "white" sauce)

3/4 cup milk

1/8 tsp. pepper

2 pkgs. (9 oz. each) frozen cut green beans, thawed and drained, or 2 cans (14.5 oz. each) cut green beans, drained

3/4 cup sliced almonds, toasted

Sauté (cook quickly with a little butter) the onions and mushrooms. Combine soup, milk and pepper. Stir in beans and 1/4 cup almonds. Put remaining almonds on top.

Bake, uncovered, for 35 minutes or microwave, covered, for about 10 minutes.

*French's® French-fried Onions* Version (This is very popular in America.)

Instead of the onions, mushrooms, and almonds, add 2/3 cup of french-fried onions to the mix. Take the dish out of the oven 5 minutes early (or one minute for the microwave) and add another 2/3 cup of french-fried onions on top. Finish baking.

Makes 6 servings.

## Thanksgiving Songs

<http://www.night.net/thanksgiving/songs11.html-ssi>

## Lois' Cranberry Cherry Jello

*Lois was Janet's mom. She did not write this recipe, but she always made it for Thanksgiving.*

- 1 large box of red Jello (cranberry, cherry or raspberry flavor)
- 1 1/2 cups of boiling water
- 1 can of Ocean Spray Whole Berry Cranberry Sauce\*
- 1 can of crushed pineapple (13 ounce or 20 ounce)

Dissolve the jello in the water. Add the cranberry sauce and use a fork to stir it in. Add the crushed pineapple. Mix and pour into a dish. Refrigerate until firm. You can spread some sour cream on top if you like.

\*Other brands are not as good. Make sure it is "whole berry."

## Janet's Quick Cranberry Salad

- 1 can Ocean Spray Whole Berry Cranberry Sauce
- 1 can crushed pineapple (any brand)
- 1 orange, cut-up
- 2 apples, chopped
- 1/2 cup chopped walnuts (or other nuts)
- 1/2 cup raisins or prunes, chopped
- 1/2 cup dates (optional) (Dates make it sweeter.)
- 1/2 celery (optional) (Celery makes it more like a salad.)



Drain most of the juice from the pineapple, but save the juice. Mix all the ingredients, and add more juice if you think it needs it. Change the recipe any way you like.

## Cranberry Sauce

*If you cannot find Whole Berry Cranberry Sauce, try this.*

Put into small saucepan:

- 2 cups cranberries and 1 cup water

Cook over medium heat until the cranberry skins are popped. Put the cranberry mix through a food mill to remove the skins or into a blender to cut the skins finely.

Add:

- 1 cup sugar

Stir while pouring the hot cranberry pulp into the sugar mixture. Continue stirring until sugar is dissolved. Chill until mixture is thickened. Use this mix with Janet's salad or as a sauce. You can also blend it with 2 or 3 oranges for a sauce for the turkey.

## Pumpkin Bread

From *Award Winning Recipes, L.A. County Fair 1986*

|                         |                         |
|-------------------------|-------------------------|
| 2 cups flour            | 1/2 tsp. ground cloves* |
| 2 tsp. baking powder    | 1 cup canned pumpkin    |
| 1/2 tsp. baking soda    | 1 cup sugar             |
| 1 tsp. salt             | 1/2 cup milk            |
| 1 tsp. cinnamon*        | 2 eggs                  |
| 1/2 tsp. ground nutmeg* | 1/4 cup soft butter     |
| 1/2 tsp. ground ginger* |                         |

Put dry ingredients into a bowl and sift of mix with a fork. Add the butter. Mix until well blended, about 2 minutes with mixer (or a little longer by hand). Spread in greased and floured 9x5 inch pan. Bake in 350° oven for 50-60 minutes.

\*If you don't have all those spices, you can use 2 1/2 tsp. pumpkin pie spice instead of the cinnamon, nutmeg, ginger, and cloves. Mix pumpkin, sugar, milk, and eggs in bowl.

## Pumpkin Butter

From *The Thanksgiving Table* by Jackie Gannaway

3/4 cup water  
 1 can pumpkin (16 oz.)  
 1 box powdered pectin (1 3/4 oz.)  
 2 cups sugar  
 1 teaspoon pumpkin pie spice

Pectin is used to make jams. Mix water and pectin in a small pan. Bring to a boil. Boil one minute, stirring constantly.

Mix pumpkin, sugar and spices. Add pectin mixture to pumpkin mixture and stir 2 minutes. Place in jars or plastic containers. It keeps in refrigerator for 3 weeks or freezes for up to 3 months.



*Shout for joy to the Lord, all the earth!*

*Worship the Lord with gladness; come before him with joyful songs....*

*Enter his gates with thanksgiving and his courts with praise;*

*Give thanks to Him and praise His name.*

*For the Lord is good and His love endures forever;*

*His faithfulness continues through all generations.*

*Psalms 100:1,2,4,5*

## Marilyn's Homemade Pumpkin Pie

*Marilyn is a friend and the co-teacher of our Bible study and Thanksgiving Cooking Class*

Preheat oven to 425°.

Put into blender or bowl:

2 eggs

1 can (16 oz.) pumpkin or 2 cups squash or yam

3/4 cup sugar (brown or white)

1/2 teaspoon (tsp.) salt

1 tsp. cinnamon

1/2 tsp. cloves

1/2 tsp. ginger

1 can evaporated milk (homogenized or skim)



*Thanksgiving Cooking with Another Teacher, Marlene*

Blend or beat with beater until smooth. Pour into pie shell (crust).\* Bake 15 minutes. Reduce temperature to 350 °. Bake 45 minutes more or until knife inserted near center comes out clean. Cool. You can prepare it one day ahead and refrigerate it.

\*See Marilyn's recipe below or Peter's alternative pie shell idea on the next page.

## Marilyn's One Crust Pie Shell

Put into medium size bowl:

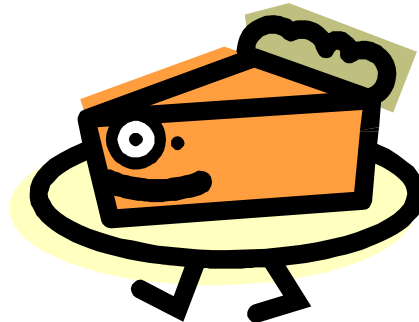
1 cup flour

1/2 tsp. salt

Whisk together in small bowl:

1/4 cup vegetable oil

2 tablespoons milk



Pour all at once into flour. Stir until all the flour is moist. Turn out onto 12" length of plastic wrap. Cover with second 12" of wrap. Roll out to 11 1/2" circle. Take off top wrap. Lift crust by holding two opposite sides of wrap. Line up edge of crust with 9 or 10" pie pan (preferably glass). Lower crust into pan with crust side down. Remove wrap. Turn under top edge of crust and flute (shape) the edge. Fix any holes by pressing the crust together.

There is no saturated fat in this crust.

The recipe can be doubled for a two-crust pie.

## Peter Payne's Pecan Pie

Peter is Janet's husband and turkey carver.

- 1 cup light corn syrup
- 1 cup of dark brown sugar (pressed into cup)
- 1 t. vanilla flavoring
- 3 eggs
- 1/8 teaspoon salt
- 1/4 cup melted margarine or butter

Mix all ingredients together. (Use a spatula to scrape the bowl.) Pour the filling into a pie crust. (See recipe for pie shells on page 9.)

Chop:

- 1 1/2 cups of pecan nuts

Pour pecans into pie. Press pecans down into the filling with a fork. Place pie on a tray or cookie sheet in the oven. (The tray will catch spills.) Bake at 350° for 40 to 45 minutes.

\*Peter usually makes two pies. He doubles the filling and pours it into two crusts. He measures the pecans separately for each pie. Peter buys 9-inch deep-dish ready-to-bake frozen pie crusts (also called shells). There are two crusts in each package.

## Grandmother's Famous Cranberry Bread

From *A Cranberry Thanksgiving* by Wende and Harry Devlin

Sift into large bowl:

- 2 cups sifted flour
- 1 cup sugar
- 1 1/2 t. baking powder
- 1 t. salt
- 1/2 t. baking soda

Cut in:

- 1/4 c. butter or margarine until crumbly.



*Peter taught the ladies how to make his famous pie.*

### **Come, You Thankful People, Come**

(This is a traditional harvest song.)

Come, you thankful people, come,  
 Raise the song of harvest home;  
 All is safely gathered in  
 Ere the winter storms begin;  
 God, our Maker, does provide  
 For our wants to be supplied;  
 Come to God's own temple come  
 Raise the song of harvest home.

Add:

- 1 egg, beaten
- 1 t. grated orange peel
- 3/4 c. orange juice
- Stir just until moistened.

Fold in (mix gently):

- 1 1/2 cups raisins
- 1 1/2 cups fresh or frozen cranberries, chopped

Spoon into greased loaf pan. Bake at 350• for 1 hour and 10 minutes. Muffins take 20 minutes. Toothpick should come out clean. You can use more cranberries instead of raisins if you like. You can also add crushed pineapple, drained very well.

## Advanced Pages: Janet's Instructions for After-Thanksgiving Dinners

On Thanksgiving evening, cover the turkey bones with water. Add giblets and skins. Cook on medium or low heat for at least an hour. Drain the broth, and throw away the turkey bones, etc. Save some of the turkey from off the bones. Put the turkey broth in the refrigerator overnight. Skim off the fat after the broth has been refrigerated. It separates and sits on top of the broth. Sometimes there is not very much fat with turkey.

### Turkey and Wild Rice Soup

6-8 cups of turkey broth  
 2-2 1/2 cups cooked turkey, chopped  
 1 T. olive oil  
 1/2 cup of onion, chopped  
 1/2 cup of celery, chopped  
 1/2 cup of carrots, finely chopped  
 (You can add chopped vegetables of almost any kind except sweet potato.)

1 1/4 cups of rice  
 1/4 cup of wild rice  
 1 t. sage  
 1 t. thyme  
 1/2 t. rosemary (crushed)  
 1 bay leaf  
 salt (only if needed)

OR use 6-ounce package *Long Grain and Wild Rice Mix* instead of above.

Heat olive oil in a large pan over medium-high heat. Add onions and celery and cook until tender. Stir in the meat, rice and herbs (or seasoning packet) and the broth. Bring to a boil, reduce heat, and cover. Cook over medium heat for 30 minutes, until rice is tender. Add water if needed. Hint: Chop the onions and celery when you make your dressing. Chop the carrots when you make the carrot sticks.

### Turkey Enchiladas

2 cups cooked, chopped turkey  
 1 small can of green chilies  
 Chopped green onions  
 Chopped black or green olives  
 1 can refried beans  
 1 cup sour cream (or less)  
 1 cup grated cheese (or more)

Mix together and fill tortillas. Bake until cheese is melted. You can cover with green enchilada sauce if you like.



**Turkey Sandwiches**

Fresh onion rolls or bread of any kind  
 Turkey slices  
 Dressing  
 Mayonnaise or creamy salad dressing

You can also make a turkey salad for sandwiches. Chop the turkey, add some turkey dressing, and mix together with mayonnaise.

**Turkey Pizza**

Make or buy pizza dough.\* Make or buy pizza sauce.\*\* Instead, you can buy a frozen cheese pizza and add these ingredients:

Chopped, cooked turkey

Shaved carrots - After you peel the carrots, use the peeler to make some carrot shavings.

Optional chopped olives, mushrooms, green peppers, and/or onions (2 T. of each)

2 t. oregano

1 t. basil

Garlic salt to taste

Small amount of barbeque sauce

Mix together. Use just enough barbeque sauce to coat the mix.

Arrange on top:

1/2 to 1 lb. of cheese (mozzarella, plus some cheddar or Swiss if you like)

**\*Pizza Dough**

Combine in a large bowl:

1 cup warm water

1 pkg. yeast

When dissolved, add:

1 T. sugar

1 1/2 t. salt

2 T. vegetable oil

1 1/4 c. flour

Beat until smooth. Add 2 cups of additional flour, or enough to make the dough stiff.

**\*\*Pizza Sauce**

2 1/2 cups of canned tomatoes (or 2 cups of tomato sauce, or 3 cups of fresh, chopped tomatoes)

1 small onion, chopped

1/2 t. basil

1 bay leaf

dash (small amount) pepper

1 t. salt

1 clove garlic, minced

1 t. oregano

Bring to a boil, crushing whole tomatoes. Cover and cook slowly for 30 minutes until the sauce is slightly thick. Discard bay leaf.