Cathedral
CENTRE FOR WELLNESS

Happy Holidays Healthy Recipe Guide

Christmas 2016

Christmas turkey

Ingredients:
5 kg turkey , preferably free-range or organic
olive oil
sea salt
freshly ground pepper
1 clementine , halved
a few sprigs fresh rosemary
2 onions , peeled and chopped
2 sticks celery , chopped
2 carrots , chopped

Method
Take your turkey out of the fridge about an hour before you're ready to cook it so it comes up to room temperature before roasting. Give it a good rinse then pat it dry with some kitchen paper, making sure you soak up any water in the cavity. Drizzle the meat with a good lug of olive oil, add a few good sprinkles of salt and pepper and then rub this seasoning all over the bird, making sure you get in to all the nooks and crannies.
Preheat your oven to full heat then get started on your stuffing (see recipe next page).

Once the stuffing is done, pull the skin at the neck-end of the bird back so you can see a cavity and push about half of your stuffing inside your turkey. Not too much: you don't want to pack it so tightly it slows down the cooking. Once done, pull and fold the skin over the opening and tuck it under the bird so it looks nice.

Turn the turkey around and drop a few small pieces of stuffing into the larger cavity along with your clementine halves and a few sprigs of rosemary.

Place your roughly chopped veg in the bottom of a roasting pan and lay your turkey on top. Cover the turkey with tin foil then put it in the hot oven and immediately turn the temperature down to 180°C/350°F/gas 4. Cook for about 35 to 40 minutes per kilo. The 5kg bird in this recipe will take about 3 to 3½ hours.
Check on your turkey every 20 minutes or so and keep it from drying out by basting it with the lovely juices from the bottom of the pan. After 2½ hours, remove the foil so the skin gets golden and crispy.
When the time is up, take your turkey out of the oven and stick a small sharp knife into the fattest part of the thigh. If the juices run clear and the meat pulls apart easily, it's ready. If not, pop the turkey back in the oven to cook for a bit longer then check again.
When you're confident it's cooked, rest the turkey for at least 1 hour, preferably 2 hours for bigger birds. Meanwhile you can get your veg and gravy ready. Enjoy!

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Stuffing

Ingredients:
olive oil
2 onions , peeled and finely chopped
sea salt
freshly ground black pepper
½ teaspoon ground nutmeg
300 g higher-welfare pork mince
1 large handful Gluten Free breadcrumbs (I use breadcrumbs made from 'Little Northern Bakehouse' gluten free bread)
a few sprigs fresh sage , leaves picked and roughly chopped

Method:
Pour a lug or two of olive oil into a large pan on a medium heat and fry off your chopped onion for about 10 minutes or until softened. Stir in a good pinch of salt and pepper, the ground nutmeg and your chopped sage leaves, then continue to fry and stir for another minute or two.
Spoon the onion mixture into a large bowl and let it cool completely. Once cooled, add your pork mince and breadcrumbs and use your hands to really scrunch everything together. Once it's mixed really well, bring the stuffing together into a ball, then cover and chill until you're ready to stuff your turkey.

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Crispy Roasted Rosemary Sweet Potatoes

Ingredients:
3 Tablespoons butter, melted
3 Tablespoons olive oil
1/4 teaspoon crushed dried rosemary, or 1/2 tsp. fresh
3 lbs. (3-4 medium) sweet potatoes, peeled and sliced thinly
1 shallot, peeled and sliced thinly
Kosher salt and freshly cracked black pepper, to taste

Method:
Preheat oven to 400 degrees F.
Combine melted butter, oil and crushed rosemary in a small bowl. Pour 2 tablespoons of butter-oil mixture in the bottom of a 2-quart baking dish. Arrange potato slices vertically in the dish. Add a sliver of shallot between every few slices of potato. Brush top with remaining butter-oil mixture. Season generously with salt and pepper.
Cover dish with foil and roast for 1 hour, covered, until potatoes are tender (If your potato slices are thicker than shown, you may need to increase cooking time). Increase oven heat to 450 degrees F. Remove foil and roast another 10-15 minutes, until tops of potatoes are browned and crisp. Enjoy!

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Beetroot, carrot & orange salad

Ingredients:
750 g carrots
500 g raw beetroot
olive oil
2 oranges
1 tablespoon sesame seeds
½ a bunch of fresh coriander
extra virgin olive oil

Method:
Preheat the oven to 200°C/400°F/gas 6.

Trim, peel and halve the carrots, then scrub the beets clean, and chop into wedges. Parboil the carrots in a large pan of boiling salted water for 5 minutes, then transfer them to a colander using a slotted spoon.
Carefully lower in the beets and parboil for 5 minutes, then drain (parboiling separately will stop the carrots from turning purple).

Transfer the carrots and beets to a large roasting tin, drizzle with olive oil and season with sea salt and black pepper. Roast for 30 to 40 minutes, or until sticky and shiny, jiggling the tray occasionally for even cooking.

Meanwhile, finely grate the orange zest. Trim off the skin and pith, then cut the orange into segments.
Toast the sesame seeds in a dry pan on a low heat for a couple of minutes or until golden, tossing regularly. Pick and roughly chop the coriander leaves.
When the time's up, let the roasted veg cool a little, then toss with the orange zest and segments, a good lug of extra virgin olive oil and a little extra seasoning, if needed.
Arrange over a large platter, scatter over the toasted sesame seeds and coriander leaves. Yum.

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Butternut Squash Soup

Ingredients:
1 large butternut squash (about 3 pounds), halved vertically and seeded
2+ Tbsp coconut oil, olive oil or butter
1 medium-large onion, chopped
4+ garlic cloves, pressed or minced
1 inch piece of fresh ginger, peeled and minced
2 large carrots, chopped
2 parsnips, chopped
4 sticks celery, chopped
1/4 tsp ground nutmeg
1 tsp each of cinnamon, cumin
1/2 tsp sea salt, to taste
Freshly ground black pepper, to taste
1 L broth (I use homemade bone broth or Pacific brand Organic Vegetable Broth)
1 to 2 tablespoons butter, to taste (or substitute olive oil)

Method:
Preheat the oven to 400 degrees Fahrenheit and cover a baking sheet with parchment paper. Turn the squash face down and roast until it is tender and completely cooked through, about 1 hour. Set the squash aside until it's cool enough to handle, about 10 minutes.
Meanwhile, in a large soup pot, warm 2+ tablespoons of oil over medium heat. Add the chopped onion, garlic, ginger, carrots, parsnips, and celery. Cook, stirring often. Add spices and continue cooking until veggies are soft through.
Use a large spoon to scoop the butternut squash flesh into the pot and discard the tough skin.
Add 1 L broth, stir, and bring to simmer.
Take the soup pot off the stove and carefully use an immersion blender to thoroughly blend until smooth. F0r even smoother soup, carefully transfer the soup in batches into a high performance blender and blend until smooth, then return to the soup pot. More broth or water can be added if a thinner soup is desired.
Add salt and pepper to taste. Keep on low heat. This soup can be made early in the day and simply brought back up to temperature before serving.
Serve with a dollop of butter or olive oil and additional salt and pepper to taste.

Mint Matcha Nanaimo Bars

For the base, grind together in processor:

- ½ cup walnuts
- ½ cup almonds
- 1 cup medjool dates
- 3 Tbsp cacao powder
- ¼ cup unsweetened shredded coconut

Press into an 8x8 pan lined with parchment.

For the Middle Layer, blend together:

- 3 cups unsweetened shredded coconut
- 3 tablespoons agave nectar or maple syrup
- 2 tablespoons coconut oil
- ½ teaspoon pure mint extract
- 2 teaspoons matcha powder (optional)

Add to the base layer evenly.

For the Top Layer, whisk together until smooth:

- ½ cup melted coconut oil
- ¼ cup agave nectar or maple syrup
- ¼ teaspoon sea salt
- ½ cup cacao powder
- 2 tablespoons maca powder

Pour this over the middle layer evenly. Freeze. About 20 minutes before serving remove from freezer and cut with a warm knife.

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Salted Caramel Bliss Balls

1 cup cashews
1/4 cup cashew butter
1 cup dates
1 Tbsp maple syrup
1/2 tsp pure vanilla extract
1/2 tsp sea salt
crumbled cashews

Place nuts in a food processor and pulse until crumbly but not completely smooth. Add the remaining ingredients and process until well combined.
Use a small spoon to scoop out the mixture and roll into 1 inch morsels, using slightly wet hands to form the balls.
Lightly cover each bliss ball with crushed cashews and place on a baking sheet. Chill for at least one hour before serving. Enjoy!

www.kaleandchocolate.com

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A Mindful Eating Prayer:
Five Contemplations by Thich Nhat Hanh

This food is the gift of the whole universe: the earth, the sky, numerous living beings, and much hard, loving work.

May we eat with mindfulness and gratitude so as to be worthy to receive it.

May we recognize and transform our unwholesome mental formations, especially our greed, and learn to eat with moderation.

May we keep our compassion alive by eating in such a way that we reduce the suffering of living beings, preserve our planet, and reverse the process of global warming.

We accept this food so that we may nurture our sisterhood and brotherhood, strengthen our community, and nourish our ideal of serving all living beings.

Wishing you very happy holidays from our homes to yours!

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