

Spiral Stuffed Turkey Breast with Cider Gravy



When a whole bird is just too much--time and effort, as well as size--there is a quicker, simpler way: what's known in French cuisine as a roulade. Using a boneless turkey breast, butterflied and flattened, you can serve a beautiful spiral of juicy meat.

Makes 8 servings

ACTIVE TIME: 45 minutes

TOTAL TIME: 1 3/4 hours

EASE OF PREPARATION: Moderate

Stuffing

2 teaspoons extra-virgin olive oil
1 cup finely chopped onion
1/2 cup finely chopped celery
2 cloves garlic, minced
1/2 cup fresh whole-wheat breadcrumbs
3 tablespoons chopped fresh parsley
1 tablespoon chopped fresh thyme or 1 teaspoon dried
1 1/2 teaspoons chopped fresh sage or 1/2 teaspoon crumbled dried (not ground)
1/4 teaspoon salt, or to taste
Freshly ground pepper to taste

Turkey & gravy

1 2-pound boneless turkey breast half
1/4 teaspoon salt, or to taste
Freshly ground pepper to taste
4 teaspoons extra-virgin olive oil, divided
1 cup apple cider
1/2 cup reduced-sodium chicken broth
1 cup coarsely chopped onion
2 cloves garlic, crushed and peeled
8 sprigs fresh thyme or 1 teaspoon dried
4 teaspoons cornstarch
2 tablespoons water

1/4 cup reduced-fat sour cream
1 1/2 teaspoons Dijon mustard
1 teaspoon lemon juice

1. Preheat oven to 300°F.
2. To prepare stuffing: Heat oil in a medium nonstick skillet over medium heat. Add onion and celery; cook, stirring often, until softened, 2 to 4 minutes. Add garlic and cook, stirring, for 30 seconds. Remove from heat and stir in breadcrumbs, parsley, thyme, sage, 1/4 teaspoon salt and pepper.
3. To prepare turkey: Remove skin from turkey breast and trim off fat. Butterfly the turkey breast (see Tip). Flatten the turkey breast. Spread the stuffing over the breast and roll the breast up into a cylinder. Secure with kitchen string.
4. Sprinkle the turkey roulade with 1/4 teaspoon salt and pepper. Heat 2 teaspoons oil in a large cast-iron or nonstick skillet over medium-high heat. Add the roulade and cook, turning from time to time, until browned all over, 5 to 7 minutes. Transfer to a plate. Add cider to the skillet and bring to a simmer, stirring to scrape up any browned bits. Add broth and bring to a simmer. Remove from heat.
5. Heat the remaining 2 teaspoons oil in a Dutch oven over medium heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add garlic and cook, stirring, for 30 seconds. Add the browned turkey roulade. Pour in the cider mixture, then add thyme sprigs (or dried thyme). Cover the pan and transfer it to the oven.
6. Bake the roulade until it is no longer pink inside and an instant-read thermometer inserted in the center registers 170°, 45 minutes to 1 hour. Transfer to a carving board, tent with foil and keep warm.
7. To prepare gravy: Strain the liquid from the Dutch oven into a medium saucepan, pressing on the solids. Bring to a simmer over medium-high heat; cook for 2 to 3 minutes to intensify the flavor. Mix cornstarch and water in a small bowl; add to the simmering gravy, whisking until lightly thickened. Add sour cream, mustard and lemon juice, whisking until smooth. Season with pepper. Heat through.
8. Remove the string from the roulade. Carve into 1/2-inch-thick slices and serve with gravy.

NUTRITION INFORMATION: Per serving: 222 calories; 5 g fat (1 g sat, 3 g mono); 73 mg cholesterol; 13 g carbohydrate; 29 g protein; 2 g fiber; 246 mg sodium.

Nutrition bonus: Potassium (22% daily value).

TIP: Sparkling or still apple cider, alcoholic (hard) or nonalcoholic (sweet)--all work well in this recipe. Still cider produces a darker gravy with a slightly sweeter flavor.

To make fresh breadcrumbs: Trim crusts from bread. Tear the bread into pieces and process in a food processor until coarse crumbs form. One slice makes about 1/3 cup.

How to butterfly a turkey breast:

1. Place the turkey breast on a cutting board. Starting on the rounded side, make a horizontal cut with a chef's knife, about halfway down, to within 1 inch of the other side.
2. Open up the breast. Cover the breast with plastic wrap. Pound with a rolling pin or meat mallet to an even 1/2-inch thickness. Remove plastic wrap.
3. Spread the stuffing over the breast, leaving a 1-inch border on all sides. Roll the breast up into a cylinder.
4. Secure the roulade by tying it with kitchen string at 1-inch intervals.

MAKE AHEAD TIP: Prepare through Step 3. Wrap the roulade in plastic wrap and refrigerate for up to 8 hours. | Equipment: Kitchen string

Cider-Glazed Roots with Cinnamon Walnuts



Here we roast a variety of roots with a brown sugar-cider glaze. Make them instead of candied sweet potatoes at your Thanksgiving celebration. If you include red beets, the whole dish will take on a gorgeous ruby hue.

Makes 6 servings, about 3/4 cup each

ACTIVE TIME: 30 minutes

TOTAL TIME: 1 hour 35 minutes

EASE OF PREPARATION: Easy

3 pounds assorted root vegetables, peeled (see Tip) and cut into 1-inch pieces

1 cup apple cider

1/4 cup dark brown sugar

1/2 teaspoon salt, plus more to taste

1/4 teaspoon freshly ground pepper

1/2 cup chopped walnuts

1 tablespoon butter

1/8 teaspoon ground cinnamon

1. Preheat oven to 400°F.
2. If using parsnips, quarter lengthwise and remove the woody core before cutting into 1-inch pieces. Whisk cider, brown sugar, 1/2 teaspoon salt and pepper in a 9-by-13-inch baking dish until the sugar is dissolved. Add root vegetables and toss to coat. Cover the baking dish with foil.
3. Bake for 20 minutes. Uncover and stir the vegetables. Continue cooking, uncovered, stirring every 20 minutes or so, until the vegetables are glazed and tender, about 1 hour more.
4. Meanwhile, place walnuts in a small skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 6 minutes. Remove from the heat and add butter, cinnamon and a pinch of salt. Stir until the butter melts and the nuts are coated. Spread out on a plate to cool slightly.
5. Transfer the vegetables to a serving dish and sprinkle with the cinnamon walnuts.

NUTRITION INFORMATION: Per serving: 219 calories; 9 g fat (2 g sat, 1 g mono); 5 mg cholesterol; 34 g carbohydrate; 4 g protein; 7 g fiber; 362 mg sodium; 730 mg potassium.

Nutrition bonus: Vitamin A (250% daily value), Vitamin C (45% dv), Folate (30% dv), Potassium (21% dv).

2 Carbohydrate Servings

Exchanges: 1/2 starch, 1 vegetable, 1 carbohydrate (other), 1 1/2 fat

TIP: Tip: Beets, carrots and parsnips are easily peeled with a vegetable peeler, but for tougher-skinned roots like celeriac, rutabaga and turnips, removing the peel with a knife can be easier. Cut off one end of the root to create a flat surface to keep it steady on the cutting board. Follow the contour of the vegetable with your knife. If you use a vegetable peeler on the tougher roots, peel around each vegetable at least three times to ensure all the fibrous skin has been removed.

Chocolate Tart with Hazelnut Shortbread Crust



A sublime silky chocolate custard fills this simple hazelnut shortbread crust. Serve garnished with whipped cream and toasted hazelnuts for a special touch.

Makes 10 servings

ACTIVE TIME: 45 minutes

TOTAL TIME: 1 3/4 hours

EASE OF PREPARATION: Moderate

Crust

1 cup whole-wheat pastry flour
1/4 cup all-purpose flour
1/2 cup hazelnuts
1/4 cup sugar
1/2 teaspoon salt
4 tablespoons cold unsalted butter, cut into small pieces
2 tablespoons hazelnut oil or canola oil
1 tablespoon ice water

Filling

1 1/2 teaspoons unflavored gelatin
1 tablespoon water
3/4 cup low-fat milk
2 large egg yolks
2 1/2 tablespoons plus 1/4 cup sugar, divided
1 tablespoon all-purpose flour
2 ounces unsweetened chocolate, finely chopped
1 tablespoon coffee liqueur, such as Kahlua (optional)
4 teaspoons dried egg whites (see Ingredient Note), reconstituted according to package directions (equivalent to 2 egg whites)
1/8 teaspoon cream of tartar

1. Preheat oven to 400°F.
2. To prepare crust: Coat a 9-inch tart pan with cooking spray. Combine whole-wheat pastry flour, 1/4 cup all-purpose flour, hazelnuts, 1/4 cup sugar and salt in a food processor; process until the nuts are finely

ground. Add butter one piece at a time, pulsing once or twice after each addition, until incorporated. Add oil and ice water and pulse just until incorporated. Turn the dough out into the prepared pan (it will be crumbly), spread evenly and press firmly into the bottom and all the way up the sides to form a crust.

3. Bake the crust until set and the edges are beginning to brown, about 15 minutes. Let cool on a wire rack.
4. To prepare filling: Sprinkle gelatin over water in a small bowl; let stand, stirring once or twice, while you prepare the rest of the filling.
5. Heat milk in a medium saucepan over medium heat until steaming (but not boiling); remove from the heat to cool slightly.
6. Whisk egg yolks, 2 1/2 tablespoons sugar and 1 tablespoon flour in a medium bowl until combined. Gradually whisk in 1/2 cup of the hot milk. Whisk the egg yolk mixture into the pan with the remaining hot milk. Return to the heat and cook, stirring constantly, until the mixture thickens enough to coat the back of a spoon (do not boil), about 1 minute. Remove from the heat; whisk in chocolate until completely melted. Whisk in the softened gelatin and coffee liqueur (if using) until smooth.
7. Beat reconstituted egg whites and cream of tartar in a large bowl with an electric mixer on low speed until frothy. Increase speed to high and beat until soft peaks form. Gradually add the remaining 1/4 cup sugar and beat until stiff peaks form, 3 to 5 minutes. Gently fold the chocolate custard into the egg whites until blended. Spoon the filling into the crust; smooth the top with the back of a spoon and chill, uncovered, until set, about 1 hour.

NUTRITION INFORMATION: Per serving: 268 calories; 16 g fat (6 g sat, 7 g mono); 55 mg cholesterol; 29 g carbohydrate; 6 g protein; 3 g fiber; 141 mg sodium; 117 mg potassium.
2 Carbohydrate Servings
Exchanges: 2 carbohydrates (other), 3 fat

TIP: Ingredient Note: Dried egg whites are pasteurized—a wise choice when making uncooked fillings. You'll find them in the baking or natural-foods section of most supermarkets. Reconstitute according to package directions.

MAKE AHEAD TIP: Loosely cover and refrigerate the tart for up to 1 day. | Equipment: 9-inch tart pan (with or without removable bottom)