

Greetings from ACES! It does not seem possible that the holiday season is quickly approaching. We are here to help you with your menu planning tasks. Below are a few ideas to make your Thanksgiving meal a little more upscale and unique.

For your calorie conscious diners consider the following changes:

Dining Facility

- 1. Prepare French cut green beans without added fat.*
- 2. Prepare an adequate number (1/2) of plain baked sweet potatoes for diners who want less sweet choice.*
- 3. Respect diners who request no gravy or sauces added to their selection.*
- 4. Prepare some half portions of desserts for diners who want a lighter fare.*

Individual Diner

- 1. Enjoy yourself for one day.*
- 2. Control your portions. The smaller your portions are, the more variety of food you get to choose from.*
- 3. Eat a decent breakfast so you're not starved by meal time.*
- 4. Skip the appetizers.*
- 5. Go for high-protein foods over the high-sugar ones. Avoid gravy and sauces.*
- 6. Load up at the Salad Bar selecting raw items and limiting salad dressing.*
- 7. Avoid seconds and leftovers.*

Thanksgiving Day Production Suggestions

Appetizers

Shrimp Cocktail/Sauce - recipe B-4; Sauce - recipe O-11

Ambrosia Fruit Salad (50 portions)

- | | |
|---|------------------------|
| 3 lb. Mandarin Oranges, canned, drained | 6 oz. Shredded coconut |
| 3 lb. 8 oz. Pineapple, tidbits, canned, drained | 12 oz. Sour cream |
| 12 oz. Miniature marshmallows | |

Combine fruits, marshmallows, and coconut. Add sour cream to fruit. Chill. Salad does not hold well and is best when served soon after mixing.

Cranberry Gelatin Salad - recipe M-23-1

Soup

Minestrone Soup - recipe P-7-1

Entrée

Roast Tom Turkey (for display)- recipe L-161 or try some alternative glazes for unique flavor and appearance.

Maple Glaze

3/4 cup pure maple syrup

4 Tbsp. chopped fresh marjoram

1/4 cup coriander seeds, coarsely cracked

2 tsp. grated lemon peel

1 tsp. cracked black pepper

3/4 cup (1 1/2 sticks) unsalted butter, room temperature

Boil maple syrup and 2 Tbsp. marjoram until reduced to 1/2 cup.

Mix in 1 Tbsp. marjoram, coriander, lemon peel, and pepper. Add

remaining butter and blend. Freeze until butter is firm but spreadable.

Rub maple butter over breast prior to roasting.

Orange Glaze

1 cup brown sugar

2 Tbsp. cornstarch

1 cup orange marmalade

1/4 cup orange juice

3/4 cup (1 1/2 sticks) unsalted butter, room temperature

Combine all ingredients and bring to a boil. Cool . Drizzle over turkey breast prior to roasting.

For the remaining Roast Turkey suggest either 8905-01-E19-3441 (Whole muscle white and dark meat netted) or 8905-01-E19-3559 (Whole turkey, no bones) avoid pressed turkey combination.

Steamship Round of Beef - recipe L-4-1. Carved to order. Suggest 8905-01-E19-4559

Herb Rub for Roast Beef (for 4 lb. Rib Roast)

3/4 cup chopped fresh parsley

1 1/2 Tbsp. Chopped fresh thyme leaves or 1 1/2 tsp. dried

1 1/2 Tbsp. Chopped fresh rosemary or 1 1/2 tsp. Dried

1 Tbsp. Olive or vegetable oil

2 cloves garlic, finely chopped

Mix all ingredients.

Buffet Baked Ham (bone-in) - recipe L-69. Carved to order. Suggest 8905-01-E09-8971.

Potatoes, Starches, Dressings

Cornbread Stuffing - recipe O-20

Savory Bread Dressing - recipe O-21

Candied Sweet Potatoes - recipe Q-67 or try

Applesauce-Sweet Potato Bake (6 servings)

| | |
|------------------------------|--------------------------|
| 2 lb. Sweet potatoes or yams | 1/4 cup chopped nuts |
| 1 cup applesauce | 1/2 tsp. ground cinnamon |
| 1/3 cup packed brown sugar | 2 Tbsp. Margarine |

Simmer potatoes for 30-35 minutes. Remove skins. Cut potatoes lengthwise in half. Heat oven to 375 degrees. Place potatoes in ungreased 2-qt casserole dish. Spread applesauce over potatoes. Mix brown sugar, nuts and cinnamon together; sprinkle over applesauce. Dot with margarine. Cover and bake for 30 minutes.

Sauces, Gravies, Condiments

Giblet Gravy - recipe O-16-2

Cranberry Sauce - purchase whole berry or puree or consider making from scratch. Serve in clear bowl on Salad Bar.

Cranberry Sauce (50 portions)

4 lb. Cranberries
4 lb. Sugar, granulated
1 qt. Water

Wash cranberries. Combine sugar and water. Bring to a boil. Add cranberries and boil gently until skins burst. Do not overcook. Chill. Make at least 24 hours before using.

Cranberry Relish (50 portions)

| | |
|---------------------|-------------------------------|
| 3 oranges, unpeeled | 3lb. Cranberries, raw |
| 5 lb. Apples, cored | 2 lb. 4 oz. Sugar, granulated |

Wash and quarter oranges and apples. Sort and wash cranberries. Put fruit through chopper or grinder. Add sugar to fruit and blend. Chill for 24 hours.

Horseradish Sauce - purchase from Prime Vendor or use recipe O-23. Serve in clear bowl on Salad Bar.

Pineapple Sauce - recipe O-9. Serve in a container on the Salad Bar.

Vegetables

Green Bean Casserole (50 portions)

| | |
|---|---------------------------------------|
| 7 LB 8 oz Frozen French cut green beans | 1/2 tsp. Black pepper |
| 10 oz Fresh mushrooms | 1 tsp. Onion powder |
| 3 oz Melted margarine | 1/2 cup Bread crumbs |
| 1 qt Cream of mushroom soup, undiluted | 1/2 cup Margarine, melted |
| 1 cup Milk | 1 8 oz can French's fried onion rings |

Cook green beans. Drain. Clean mushrooms and slice. Sauté in margarine. Blend soup, milk, and seasonings. Pour into 12x20x2-inch pan. Combine crumbs and margarine and sprinkle over bean mixture. Bake 350 degrees for 25 minutes. Sprinkle can of onion rings over top of casserole during the last 10 minutes of baking.

Steamed French Cut Green Beans

Buttered Whole Kernel Corn

Glazed Carrots- recipe Q-17-1

