



Modern American THANKSGIVING for British Home Cooks

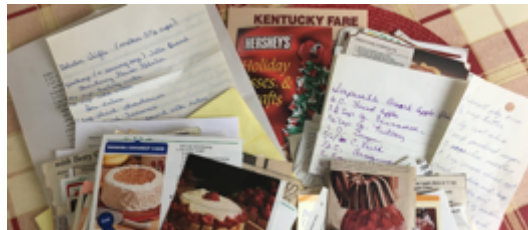
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My dearest Aunt Marcia kept a battered plastic box which contained a collection of recipes from over four generations of women in our family. When she passed, I was so grateful that this treasured, tiny box was left for me.



Most of the recipes are cut from magazines or packaging; many are hand written. Some are just notes and fragments. I have adapted them for my adopted country using British ingredients and measurements.

I believe that indulgent food encourages community and every bite is worth the calories when it is shared with those you love the most.

It fills my soul to share these recipes as a way to cherish the spirit of love and belonging that is included with every well-worn scrap of paper and handwritten tip in this precious, tiny box.



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With gratitude to Dan,
who fills the stove with oak.



With special thanks to
Stephen & Tracey



Introduction

Each year, we put together a feast for our British friends and family to celebrate Thanksgiving. It brings us all together for a day of fun, laughter, and food. It is our way of expressing gratitude for all of the support, encouragement and love they show throughout the year. This book was created to share our most requested recipes along with the spirit of Thanksgiving.

We will step you through hosting and cooking your own Thanksgiving with recipes adapted for British home cooks. If you don't fancy making the whole Thanksgiving feast, add one or two of our recipes to your regular celebration meals for an exciting twist. Alternatively, add one or all of the Thanksgiving desserts as a special treat.

Celebrating the Autumn Harvest

American Thanksgiving is always the fourth Thursday in November. Thanksgiving food has its roots in the autumn harvest. Thanksgiving is a day of gratitude; a timeout from frantic schedules and one day to stop and give thanks for what you have.

The Thanksgiving story we are told as children is that the Pilgrims (English settlers who came to America to escape religious persecution) and Native Americans hosted a feast to share the bounty of the harvest. The legend is that the celebration feast lasted three days and was cooked by just four Pilgrim women.

Although the first Thanksgiving was in 1621, not much had changed when I was a child living in the American Midwest. The women did all of the cooking (and washing up) for Thanksgiving. Our entire family would travel to our shared, two-bedroom hunting cabin. Thanksgiving was, essentially, a two day rambunctious pyjama party with all of my

cousins full of fun activities. We brought our sleeping bags and slept on the floor. If it snowed, we would make a snowman or have a massive snowball fight. In the evenings, since we didn't have a TV, we would play cards or board games until someone got caught cheating.

It is still a mystery to me how my Aunts could produce enough food to feed 28 of us from one tiny galley kitchen and a single rack oven. It was magical.

Thanksgiving Food

Thanksgiving, for me, is all about the side dishes and not so much the turkey. Roast turkey is sometimes difficult to cook properly and it takes so much room in the oven. Therefore, we have invented an alternative of Bacon Wrapped Turkey which is easy, self-saucing and made on the hob. This frees your oven for good stuff like Cornbread Stuffing Muffins.

My bacon-loving British friend was "quite satisfied" with the amount of bacon in our Thanksgiving recipes. Smoked, streaky bacon features in many of our Thanksgiving dishes so buy the highest quality you can afford. Maple syrup is also a key ingredient for our Thanksgiving feast. We prefer Canadian Amber No. 2 maple syrup from Waitrose & Partners over any specialist maple syrups we've bought in the UK.

Beyond Thanksgiving Day

We've included a shopping list to make your Thanksgiving feast a doddle and also alternative menus that guide you through simply adding a simple Thanksgiving twist on your regular celebration meals.

Although Thanksgiving only comes around once a year, our recipes are brilliant for the entire autumn season. Try your favourites for Christmas and Boxing Day, too.







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THE THANKSGIVING FEAST





Menu Ideas

Thanksgiving Feast

Harvest Punch
Bacon Wrapped Turkey
Cornbread Stuffing Muffins
Sweet Potato Casserole
Roast Garlic Baby Potatoes
Spicy Corn

Thanksgiving Desserts

Pumpkin Cheesecake
Pumpkin Pie Bars
Treacle Pecan Pie

Simple & Savoury Sunday Roast

Main

Bacon Wrapped Turkey
Roast Garlic Baby Potatoes
Spicy Corn (or sautéed garlic Tenderstem broccoli)

Dessert

Pumpkin Pie Bars

Yankee for Yorkie

Swap Cornbread Stuffing Muffins for Yorkshire Pudding
in your regular Sunday Roast

Traditional Sunday Roast + Thanksgiving Dessert

Choose any (or all) Thanksgiving Dessert to serve at your
regular Sunday Roast



Harvest Punch

Harvest Punch is fruity and alcohol free. The combination of orange, cinnamon and cranberry are perfect for autumn. Serve in clear glasses so that you can see all of the delicious fruit.



Servings 5 litres

Ingredients

- 100 grams cranberries frozen
- 2 litres orange juice
- 2 litres cranberry juice
- 1 litre cinnamon syrup
- 1 kilo ice to serve
- 3 medium oranges sliced

Instructions

- Make the cinnamon syrup.
- Add frozen cranberries, orange slices and ice to a 5L pitcher.
- Add syrup and juices.
- Stir to combine and serve in clear glasses to see the fruit.



Cinnamon Syrup

Servings 2 litres

Ingredients

- 750 grams sugar caster or granulated
- 250 grams light brown muscovado sugar
- 2 litres water
- 6 sticks cinnamon

Instructions

- In a saucepan, add all ingredients and stir until boiling.
- Boil for about five minutes until the syrup starts to thicken.
- Leave to cool and infuse for at least 2 hours.
- Remove cinnamon sticks.
- Decant into sterilised bottles for storage.

Maple Glazed Bacon Wrapped Turkey

My oven isn't big enough to bake the side dishes and roast a turkey. Bacon wrapped turkey made on the hob is a perfect solution. The mix of orange juice, maple syrup and streaky bacon creates a WOW with little effort.



Servings 8 people

Ingredients

Orange Butter

- 25 grams butter
- 2 medium oranges zest only
- 2 tablespoons orange juice

Turkey

- 4 medium oranges thickly sliced
- 8 escalopes turkey
- 16 rashers streaky bacon
- 2 tablespoons olive oil

Maple Glaze

- 2 tablespoons maple syrup
 - 25 grams butter
-

Instructions

Orange Butter

- Soften the butter and mix with the orange zest along with the freshly squeezed orange juice.
- Store in the fridge until required.

Bacon Turkey

- Spread the orange butter on the turkey and roll up each turkey escalope.
- Wrap turkey in two rashers of bacon and fold into thirds like a business letter.
- Heat olive oil in a large, non-stick fry pan that has a lid.
- Place rolled bacon turkey in the pan in one layer. Cover with orange slices.
- Cook on low heat until turkey is cooked through.
- Uncover the pan, remove and discard the orange slices.
- Turn heat to medium to crisp the bacon. Turn as required to crisp the bacon.

Maple Glaze

- Melt the butter and mix with maple syrup.
- Pour glaze over cooked turkey. With the heat on medium, continually spoon the glaze over the turkey until thick and coating the meat.
- Turn off the heat and let meat rest at least 5 minutes before serving.



Cornbread Stuffing Muffins

We make our Cornbread Stuffing as muffins for presentation and portion control. This is our number one requested Thanksgiving recipe. You will not have leftovers.



Servings 18 muffins

Ingredients

- 1 batch cornbread made in a 9x11 pan not 8x8
- 12 rashers streaky bacon
- 200 grams onions finely diced
- 1 tablespoon sugar caster or granulated
- 25 grams butter
- 100 grams walnuts roughly chopped
- 1 handful parsley minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 500 ml chicken stock cooled to room temperature
- 1 egg beaten

Instructions

- Make the cornbread and let it cool completely
- In a large, non-stick skillet, fry the bacon until crisp. Drain on kitchen paper and then dice.
- In the bacon drippings, soften the onions on low until translucent. Mix in the sugar to caramelise the onions just a bit.
- Add in butter, nuts and toast lightly.
- Let all of these ingredients cool to room temperature.
- To make the stuffing, combine crumbled cornbread, onion mixture, parsley, bacon, egg and chicken stock in a large bowl. Season with salt and pepper.
- The stuffing mix should be moist.
- Spoon into greased and floured muffin tins (this will help make the bottoms crispy).
- Bake at 170C fan for 25-30 minutes until crispy and golden.

Cornbread

Cornbread requires fine cornmeal, not polenta. We use Natco brand fine cornmeal which you may need to seek out in the “ethnic foods” section. Cornmeal is used heavily in Mexican, TexMex and American South cooking. We have plenty of ways to use cornmeal on our website if you have extra.

Top tip: Make the cornbread the day before Thanksgiving. Store overnight in an airtight container or in the fridge. This makes cooking the stuffing muffins on the big day just a little bit easier.



Ingredients

- 125 grams butter softened
- 160 grams sugar caster
- 2 eggs
- 284 ml buttermilk
- 1/2 teaspoon bicarbonate of soda
- 175 grams cornmeal NOT polenta
- 175 grams plain flour
- 1/2 teaspoon salt

Instructions

- Preheat oven to 170C. Grease the baking tin.
- In KitchenAid mixer, cream together butter and sugar. Add eggs and beat until well blended.
- Combine buttermilk with baking soda in a separate bowl. It will react and puff up so make sure there is plenty of room in the bowl. Stir into the batter.
- Fold in cornmeal, flour, and salt until well blended. Pour batter into the prepared tin(s).
- Bake until a toothpick inserted in the centre comes out clean. The timing will depend on the size of your baking tin.

The Kids Table

Our family always had a kids table for Thanksgiving. If you do have little ones, having a kids table is a great way to keep them occupied and entertained.

Always nominate an adult to monitor the kids table. This was usually Fun Aunt Jan, herself a Peter Pan-type. Also, Fun Aunt Jan is not a good cook and monitoring the kids table meant she was excused from the kitchen. Everyone was better off with this arrangement.



Plan activities and crafts for little ones. We love these Native American headdresses* which are fun to colour and easy to construct. Also, a paper tablecloth and crayons is sometimes enough to keep little hands busy.

Just remember the question is "Tell me about your picture" not "What is *THAT*?" when you are presented with the scribbles of a little one.

<http://anklebiterart.blogspot.com/2010/11/thanksgiving-hats.html>

Sweet Potato Casserole

We use maple syrup and pecan crumble topping for our American Sweet Potato Casserole. The results are sweet so a little goes a long way. Some people find these too sweet for the main Thanksgiving feast but we think it pairs well with the salty bacon wrapped turkey and savoury cornbread stuffing muffins.



Servings 8 people

Ingredients

- 1 kilo sweet potatoes
- 80 g caster sugar
- 40 g maple syrup
- 1/2 teaspoon salt
- 2 eggs
- 50 g butter

Pecan Topping

- 75 g plain flour
- 50 g light brown muscovado sugar
- 50 g pecans
- 50 g butter

Instructions

- Peel, dice and boil the sweet potatoes until soft. Let drain for a minimum of 1 hour, preferably 4 hours.
- Note: You can stop here and put the cooked sweet potatoes in the fridge overnight if you are cooking these as part of a feast.
- Mix sweet potatoes with sugar, maple syrup, salt, eggs and butter in a mixer for 2 minutes until fluffy.
- Spoon mixture into 9x9 pan.
- Make the praline topping by combining flour, brown sugar, pecans and butter until combined and the mixture is crumbly.
- Sprinkle the crumble over sweet potatoes.
- Bake at 170C fan for 30 minutes.



Thankful Turkey

Thanksgiving is about gratitude. Our favourite activity for both adults and kids is to make a Thankful Turkey. It is a wonderful conversation starter plus you learn about your guests. Even your closest family can surprise you!

To prepare, cut out the body of the turkey from a pattern* and then cut some feathers. We cheated by printing on coloured paper.

Have your guests write what they are thankful for on a turkey feather and glue (or tape) them to the turkey.

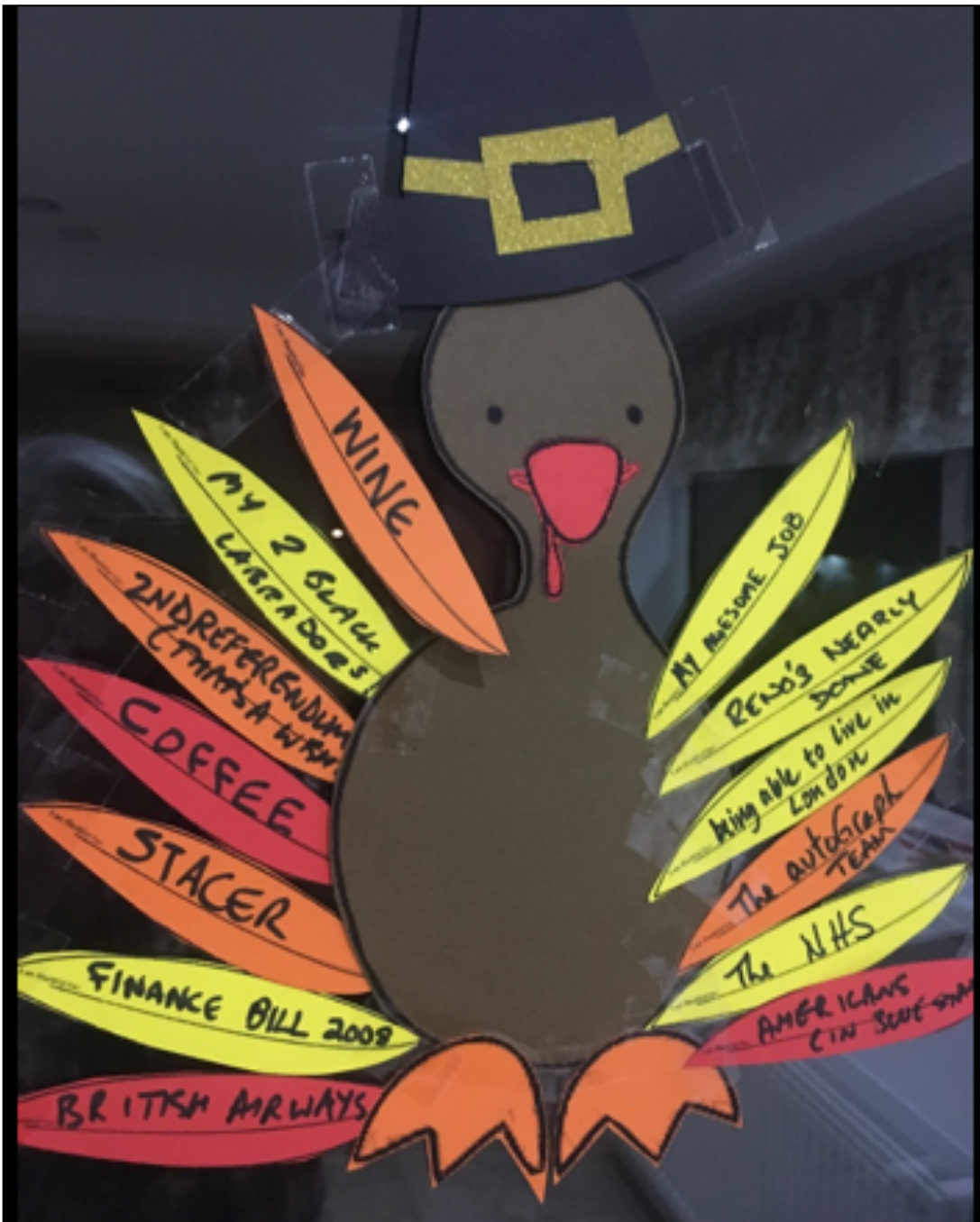
There is only one rule - no repeats. There is so much in the world to be thankful for there is no need to repeat, so get creative. Obviously, there is no limit on the things you can be thankful for and we therefore plan three to five turkey feathers per guest.

We have also adapted this game to use the Thankful Feathers as "tickets" to the Thanksgiving Feast. We setup the buffet in the kitchen. Guests exchange their Thankful Feathers for a plate to fill and then retire to the dining room or lounge to eat.

* <http://valeriewienersart.com/blog/2013/11/17/just-added-new-fallthanksgiving-instant-printables>



I am thankful for...



Roast Baby Potatoes

Toss potatoes in olive oil, roast and then coat in garlic butter and herbs. What could be easier? We use Lurpak brand garlic butter to make this recipe a doddle.



Ingredients

- 1 kilo baby potatoes
- 2 glugs olive oil
- 25 grams Lurpak garlic butter
- 25 grams parsley
- 15 grams chives

Instructions

- Wash potatoes and dry on kitchen towel. Halve or quarter the potatoes depending on their size.
- Toss potatoes in olive oil, sea salt and pepper. Arrange in one layer in a roasting tin.
- Roast at 200C (fan), stirring regularly, until tender and browned.
- Remove from oven.
- Add garlic butter, minced parsley and chopped chives to the roasting tin.
- Toss until the butter has melted and the potatoes are coated.
- Check the seasoning. Serve immediately.

Spicy Corn

The vegetable side dish of choice for us at Thanksgiving is Spicy Corn. This side dish adds a crunch and the fresh herbs enhance the flavour of everything else in the feast. Additionally, it is true to the season as corn is a Native American food staple.



Servings 8 people

Ingredients

- 750 grams sweetcorn kernels
- 1 small red pepper
- 1/2 teaspoon cayenne pepper
- 1 handful coriander
- 25 grams butter
- 1 teaspoon garlic salt

Instructions

- Drain the corn (if canned) or thaw (if frozen).
- Dice the red pepper and mince the coriander.
- Warm corn and red pepper in a saucepan on the hob over a low heat.
- Add butter, garlic salt and cayenne to the corn and stir until butter has melted.
- Stir in coriander and serve.





Thanksgiving Leftovers

Our British American Thanksgiving is usually only 6 to 8 people. The recipes in this book are all scaled to serve 8 people except for the desserts of which we plan to have extras.

If you do have leftovers, they make great takeaway meals for your guests. For guests that have elderly parents or someone who watched the pets while they were at Thanksgiving, a take home, microwave dish is a small thank you.

Make sure everyone takes a slice of their favourite dessert home for a cheeky midnight snack.

We also use extra Thanksgiving desserts as an excuse to get out in our community. We pack up dessert tasting plates and take them round to our neighbours or the elderly in our village.

Honestly, the dessert tasting plates are just an excuse to have a natter and check that everyone is healthy and well. Tip: using a plate that should be returned is a great way to make sure you will see them again.

Cranberry Sauce

Adding fresh orange and ground cinnamon to a prepared jar of cranberry sauce delivers a homemade taste with no effort.



Servings 8 servings

Ingredients

- 250 g cranberry sauce from jar
- 25 ml orange juice
- 1 orange zest
- 1/2 teaspoon ground cinnamon

Instructions

- In a small saucepan, gently heat the cranberry sauce to warm it through. Stir in the other ingredients.
- Remove from the hob.
- Cool and refrigerate until required.

Pumpkin Pie Spice Mix

Always keep a batch of pumpkin pie spice mix in your spice cupboard. There are so many great ways to use it.



Ingredients

- 3 tablespoons ground cinnamon
- 3 teaspoons ground nutmeg
- 2 teaspoons ground ginger
- 1 teaspoon ground allspice

Instructions

- In a bowl, mix the spices together.
- Store in an airtight container.



Cooking Plan

Two days before Thanksgiving

- Make the Cinnamon Syrup
- Mix the Orange Butter

The day before Thanksgiving

- Bake the cornbread and store in an airtight container
- Peel and boil the sweet potatoes
- Roll, wrap and secure the turkey bacon rolls
- Make the cranberry sauce

Three hours before serving

- Make the stuffing mix and prepare the muffin tins
- Prepare the sweet potato casserole
- Prepare the baby potatoes

One hour before serving

- Mix the Harvest Punch & set out with cups and nibbles (e.g. crisps, pretzels and nuts) for guests
- Bake potatoes, stuffing muffins and sweet potatoes in the oven as directed
- Make the turkey bacon wraps and spicy corn on the hob

Serve

- Complete final stages of all recipes
- Get the cranberry sauce from the fridge



THANKSGIVING DESSERTS



Pumpkin Pie Squares

Traditionally, Pumpkin Pie is made with a slightly sweetened short crust pastry. We find that these bars with the walnuts and cinnamon surrounding the pumpkin custard taste better than traditional pumpkin pie. Plus there is no blind baking, soggy bottoms or shrinkage which are all risks when working with pastry. Serve with whipped cream if desired.



Servings 1 traybake

Ingredients

Crumb Base

- 250 grams plain flour
- 150 grams walnuts chopped
- 100 grams caster sugar
- 120 grams light brown muscovado sugar
- 1 teaspoon ground cinnamon
- 170 grams butter
- 1 tablespoon plain flour

Pumpkin Custard

- 1 can pumpkin puree Libby's (425g)
- 1 can sweetened condensed milk (397g)
- 2 large eggs
- 1 teaspoon ground cinnamon
- 1 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt

Instructions

Crumb Base

- Preheat oven to 170C fan
- In a medium bowl, combine flour, walnuts, both sugars and cinnamon.
- Melt butter and add to mix. Stir until crumbly.
- Reserve about 1/3 of the mixture.
- Pat remaining mixture into the bottom of an ungreased 13x9-inch baking tin. (If making a pie, press into bottom and sides of 9-inch pie tin and use all of the crumb base.)
- Chill whilst making pumpkin custard.

Pumpkin Custard

- In a stand mixer fitted with a paddle, combine pumpkin puree, sweetened condensed milk, eggs, cinnamon, vanilla extract, pumpkin spice mix and salt; mix well.
- Pour evenly over chilled crust.

Crumble Top

- Mix reserved crumb base with additional flour.
- Sprinkle over pumpkin mixture.

Bake

- Bake 30 to 35 minutes until the custard is set.
- Cool 10 minutes. Serve warm or at room temperature.
- Store leftovers in the refrigerator.

Pumpkin Cheesecake

Pumpkin Cheesecake is a brilliant alternative to pumpkin pie for dessert. This no-bake recipe frees up space in the oven, too! We used shot glasses for presentation but this also makes a standard 9-inch cake.



Servings 12 shot glasses

Ingredients

Biscuit Base

- 250 grams Lotus Biscoff Biscuits
- 50 grams butter

Pumpkin Cheesecake

- 1 can pumpkin puree Libby's (425g)
- 1 can sweetened condensed milk (397g)
- 250 grams cream cheese
- 100 grams light brown muscovado sugar
- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin pie spice

Instructions

Biscuit Base

- Melt butter.
- Crush biscuits with rolling pin.
- Mix biscuits and butter.
- Spoon into bottom of shot glasses (or spread into a 9 inch spring form cake tin).

Pumpkin Cheesecake

- In a large bowl, using a mixer, beat the cream cheese until fluffy.
- Mix in pumpkin puree and sweetened condensed milk until well combined.
- Stir in sugar, vanilla and pumpkin pie spice.
- Pipe or spoon into the shot glasses.
- Chill at least four hours.
- Top with squirty or whipped cream and serve.

Treacle Pecan Pie

Treacle pecan pie is so rich that we prefer to slice it as small as possible and serve with an espresso. Bake in a square or round pie tin. Also, life is too short to make pastry from scratch so we use ready made.



Servings 1 pie

Ingredients

Filling

- 200 grams treacle
- 200 grams golden syrup
- 20 grams butter
- 3 large eggs beaten
- 1 tablespoon plain flour
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt
- 200 grams pecans chopped

Instructions

Pastry

- Roll out pastry on a floured surface to larger than the pie tin.
- Carefully lift the pastry and press into the bottom and sides of the pie tin. Trim pastry and crimp edges.
- Chill for at least 30 minutes.

Blind Bake

- Heat oven to 180C fan.
- Remove pie tin from the refrigerator. Using a fork, prick the bottom of the pastry.
- Lay baking paper on top of the pastry and then place baking beans (or rice) on the baking paper.
- Bake for 15 minutes.
- Remove baking paper, baking beans (or rice) and return pie tin to oven for a further 5 minutes.

Treacle Filling

- Make pecan filling by mixing the treacle, golden sugar and butter together.
- Beat in the eggs.
- Remove a spoonful of the treacle mixture into a separate small bowl and add flour. Beat until smooth - no lumps!
- Add the flour mixture back to the main treacle mixture along with the vanilla extract and salt. Mix thoroughly.
- Pour treacle mixture into pastry case that has been blind baked. Scatter the chopped pecans on top of the treacle filling.
- Reduce oven temperature to 150C fan and bake for 40 - 50 minutes until firm.

SHOPPING LISTS



Thanksgiving Feast

Shopping List

Ingredient	Quantity
Baby potatoes	1 kilo
Bicarbonate of soda	1/2 teaspoon
Butter	325 g
Buttermilk	284 ml
Cayenne pepper	1/2 teaspoon
Chicken Stock	500 ml
Chives	15 g
Cinnamon	6 sticks
Coriander	100 g
Corn, sweet corn canned or frozen	750 g
Cornmeal - fine	175 g
Cranberries (frozen)	100 g
Cranberry Juice	2 litres
Cranberry Sauce (1 jar)	250 g
Eggs	5 Large
Garlic salt	1 teaspoon
Ground allspice	1 teaspoon
Ground cinnamon	3 tablespoons
Ground ginger	2 teaspoons
Ground nutmeg	3 teaspoons
Ice (crushed or cubed)	1 kilo
Light brown muscovado sugar	300 g
Lurpak garlic butter	25 g
Maple syrup	100 g
Olive oil	50 ml
Onions (diced)	200 g
Orange Juice	2 litres
Oranges	10 medium
Parsley	100 g
Pecans	50 g
Plain flour	250 g
Red pepper	1 small
Streaky bacon	28 rashers
Caster sugar	1 kilo
Sweet potatoes	1 kilo
Turkey	8 escalopes
Walnuts	100 g

Thanksgiving Dessert Shopping List

Ingredient	Quantity
Butter	250 g
Caster sugar	100 g
Cream cheese	250 g
Eggs	5 large
Golden syrup	200 g
Ground cinnamon	1 teaspoon
Light brown sugar	220 g
Lotus Biscoff Biscuits	250 g
Pecans	200 g
Plain flour	300 g
Pumpkin puree - Libby's (425g)	2 cans
Shortcrust pastry	320 g
Sweetened condensed milk (397g)	2 cans
Treacle	200 g
Vanilla extract	15 ml
Walnuts	150 g

SPECIALTY INGREDIENTS



Specialty Ingredients

We promised you recipes made with British ingredients. However, cornmeal and pumpkin puree are not everyday ingredients and may be hard to find. You may have to seek these out, hunt around in a few different stores and also note that sometimes they are hidden in unusual aisles.



Natco Cornmeal Fine

Available at Sainsbury's, Tesco and other major grocery stores. Check in the ethnic foods or home baking aisles.



Libby's Pumpkin Puree

Available at Ocado and Amazon. Tesco and Sainsbury's carry Baking Buddy brand pumpkin puree which is a fine alternative to Libby's.





Zero Waste

Of course, you can make soup from just about any Thanksgiving leftovers. However, we have a few low effort and delicious recipes that use extra Thanksgiving ingredients and leftovers to make cooking before and after Thanksgiving less of a chore.

Sweet Potato Soup: Peel & dice any leftover sweet potatoes. In a large soup pot, add a knob of butter and a drizzle of olive oil. Slowly cook one small diced red onion until translucent. Add the sweet potatoes. Cover with vegetable stock and bring to the boil. Simmer until sweet potatoes are cooked and then whiz with a stick blender until smooth. Season then garnish with chives.

Spicy Corn Fritters: Place the leftover corn in a bowl. Add two to three spring onions. Beat egg(s) with milk (we use one egg and 15ml milk for 2 fritters so measure depending on how much leftover corn you have). Add eggs to the corn mixture and then add plain flour until you have a fritter consistency. Shallow fry in vegetable oil until golden brown on both sides. Drain on kitchen paper and serve with soured cream.

Turkey Sandwiches: Simply dice the leftover turkey and bacon. Add a little bit of mayonnaise to make a sandwich filler. Remove the centre from a crusty roll and stuff with the turkey mix.



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Grandma Maxine, Aunt Shirley, Aunt Marcia, Aunt Kathy, Aunt Nancy, Fun Aunt Jan, Aunt Ann, Linda in Texas, PGVP, Cathy H, Jill, Avah & Adi

Organ Donation: Yes, I Donate

Today, around 6,000 people in the UK are on the transplant waiting list. Only about around 1,400 people each year die in circumstances that allow them to be organ donors. Anyone can be an organ donor - age, religion and previous medical history doesn't matter.

One organ donor can save or improve the lives of up to nine people. Sign up to the donor register today at <https://www.organdonation.nhs.uk/>.



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