



the **FOODNANNY**

THANKSGIVING DINNER GUIDE 2023





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THANKSGIVING DINNER MENU

APPETIZER

Pinzimonio

Clam Dip *(optional)*

DINNER

Roast Turkey & Stuffing

Classic Mashed Potatoes & Gravy

Caramelized Sweet Potatoes & Yams

Swiss Green Bean Bake

Cheesy Broccoli Rice Bake

Parmesan-Topped Creamed Corn

Liz's Crescent Dinner Rolls

Kamut Orange Muffin Rolls *(optional)*

Cranberry Sauce

DESSERT

Pecan Bars

Pumpkin Chocolate Chip Cookies
with Maple Cream Frosting

Pumpkin Pie

Holland's Apple Tarte *(optional)*

DRINKS

Sparkling Water:
San Pellegrino, Perrier



Let's prepare Thanksgiving.

Hi Fannies! Following this guide will help you have a stress free, well-planned and wonderful Thanksgiving meal. All of the recipes are organized into days starting Nov. 19th. I hope you will find this guide both helpful and manageable. Choose what you prefer or make the entire menu.

xo Liz + Lizi



NOVEMBER 19

PECAN BARS Book 2 • page 301 or Book 3 • page 235

When the *Pecan Bars* are cool, cut into bars and place on a quarter or half sheet baking pan. If you have the top that goes to a half sheet pan cover with that. If not, carefully put the cut bars into Ziploc baggies or wrap in plastic wrap and then further wrap that in aluminum foil and freeze.

PUMPKIN CHOCOLATE CHIP COOKIES
with **MAPLE CREAM FROSTING** Book 2 • page 308

Do not ice cookies now. Freeze the cookies in Ziploc baggies but **do not frost them yet.** Prepare the frosting and freeze in a Ziploc baggie.

NOVEMBER 20

BUTTERMILK CORNBREAD Book 1 • page 241

Double the recipe for the *Buttermilk Cornbread* if you are baking a 16lb. turkey. When the cornbread has cooled, take it out of the pan and tear it apart with your hands. Crumble it with your fingers and place in a large bowl. Cover the bowl with a clean dish towel. Every day stir the cornbread with a spoon so that all of the pieces have a chance to dry out. You will finish the Cornbread Stuffing on Thanksgiving Day.

TURKEY

Buy a frozen turkey, 8-16 lbs. An 8lb. turkey will feed 6 adults with leftovers. A 16lb. turkey will feed 12 adults with leftovers. Place the frozen turkey in your refrigerator. It will take at least 3 days to unthaw. If you don't have room to keep the turkey in your refrigerator, you will need to buy a fresh turkey one or two days before Thanksgiving.



Adjust the recipes below for how many people you are feeding and what recipes you choose to prepare. If doubling recipes, try not to put them in 9x13 pans. Use smaller casserole dishes so you can place more food around the buffet table or on the dinner table. This way people can have access to the food and it won't get cold before they all get a chance to dish up their plates.



CARMELIZED SWEET POTATOES and YAMS Book 1 • page 216

Prepare the *Carmelized Sweet Potatoes & Yams*. **Do not bake.** Cover with plastic wrap, then again with aluminum foil and store in the refrigerator until Thanksgiving Day.

SWISS GREEN BEAN BAKE Book 1 • page 206

Prepare the *Swiss Green Bean Bake*. **Do not bake.** Cover with plastic wrap, then again with aluminum foil and store in the refrigerator until Thanksgiving Day.

CRANBERRY SAUCE

Prepare the cranberry sauce. (Buy a bag of fresh cranberries and follow the simple directions on the bag). Store in the refrigerator.

PINZIMONIO *

Prepare the appetizer if you want to do it ahead of time. Place each vegetable in separate Ziploc baggies until ready to serve. *You can find the *Pinzimonio* appetizer recipe on page 6 of this Food Nanny Thanksgiving Guide.





NOVEMBER 22

CHEESY BROCCOLI RICE BAKE Book 1 • page 208

Prepare the *Cheesy Broccoli Rice Bake*. **Do not bake.** Cover with plastic wrap, then again with aluminum foil and store in the refrigerator until Thanksgiving Day.

PARMESAN TOPPED CREAM CORN Book 1 • page 206

Prepare the *Parmesan Topped Cream Corn*. **Do not bake.** Cover with plastic wrap, then again with aluminum foil and store in the refrigerator until Thanksgiving Day.

CLAM DIP Book 2 • page 214

Make the *Clam Dip*. Follow the directions on the recipe.

PUMPKIN PIE Book 1 • page 249

Make the *Pumpkin Pie*. After the pie is cooled down, let it sit out on the counter covered with a clean dish towel until ready to eat the following day.

HOLLAND'S APPLE TARTE Book 3 • page 149

Make *Holland's Apple Tarte*. After the tarte is cooled down, let it sit out on the counter covered with a clean dish towel until ready to eat the following day.



Prepare your table for Thanksgiving a day early. Get out your serving platters, decor, etc. This way you won't feel rushed and overwhelmed by doing it the day of.



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An 8lb stuffed turkey will take approximately 3½ hours to cook (Baked at 325°). A 16lb stuffed turkey will take approximately 5½-6 hours to cook. Adjust your time accordingly. If you were eating at 2pm you would need to put a 16 lb. turkey in the oven by 6:30am or 7am. This would give you plenty of time to let the turkey sit, carve it and make the gravy. This means getting up by 6am to prepare the stuffing and getting the turkey ready to go into the oven. Remember to adjust your schedule. This is why people often like to eat later in the day!

1. Prepare the cornbread or traditional stuffing using the cornbread or white bread that has been drying out all week long. Prepare turkey for stuffing. Finally, stuff turkey.

TURKEY STUFFING Book 1 • page 178

2. Start *Liz's Crescent Dinner Rolls* (made into little turkeys) 3 hours ahead of eating.

LIZ'S CRESCENT DINNER ROLLS Book 1 • page 251

3. Start *Orange Muffin Rolls* or *Kamut Orange Muffin Rolls* 3 hours ahead of eating.

ORANGE MUFFIN ROLLS Book 2 • page 235

KAMUT ORANGE MUFFIN ROLLS Book 3 • page 36

4. Take the sides out of the refrigerator at least one hour ahead of time before you bake them. You may have to bake them after the turkey comes out of the oven. Take out your *Pecan Bars*, *Cookies* and *Frosting*.



5. Start the *Classic Mashed Potatoes*.

CLASSIC MASHED POTATOES Book 1 • page 211

6. Take out the turkey, remove the stuffing into a bowl. Cover and keep warm.
7. Bake the sides. (will take approximately 1 hour or less).
8. Your guests will be arriving by now. Arrange your appetizer on a platter. Put out the olive oil and French Salt. Serve.
9. Roll out the rolls. Let them rise until double.
10. Carve the turkey, place on platter. Cover to keep warm.
11. Make the Gravy. Keep warm on top of stove.

TURKEY GRAVY Book 1 • page 178

12. Bake the rolls.
13. Set everything out on your table. Depending on how many people you have, put your sides in two bowls so that you can serve quicker. If serving at the dinner table, it's nice to have more than one bowl of mashed potatoes so they aren't cold by the time they get to the last person. It's also nice to have multiple bowls of gravy and other popular foods. Plan accordingly and have enough serving bowls so you can make the serving of your dinner go a lot quicker. It is the same principle when doing it buffet style. Put out butter and jam. Put out your water. Set your warm rolls out on a couple of baskets.
14. Finally, frost the *Pumpkin Chocolate Chip Cookies*. Place on a platter or cake server along with the *Pecan Bars*. Whip the cream for the pie. Cut the Pumpkin Pie and serve the whipped cream on the side.

Happy Thanksgiving!

xo Liz + Lizi



PINZIMONIO Have prepared and sitting out for your family and guests our Food Nanny version of "Pinzimonio". Which is raw vegetables dipped in your best extra virgin olive oil and our French Guerande Fleur de Sel salt. The Italians don't like to do a heavy dip or anything fancy to go with their raw vegetables. They like to keep it simple. We do too, specially for Thanksgiving.

Have small plates for guests to help themselves to the raw vegetables. Have tiny little bowls full of olive oil and salt to go with each plate. (You can get the tiny bowls from most kitchen stores). The tiny bowls are really fun to do for this presentation. If you do not have any, have the olive oil and salt available in two separate small bowls with small spoons placed in the bowls. Place them near or on the same platter with all the vegetables. It is also nice to have a few plates around with the raw vegetables so that more people will have access to the appetizer. Guests should either dip their vegetables into the olive oil, then the salt or drizzle some over their vegetables.

INGREDIENTS & INSTRUCTIONS

- **CARROTS** • julienne* sticks
 - **CUCUMBERS** • slice down the long way.
Using a spoon, scoop out the seeds and cut into spears or long strips. (may buy English Cucumbers that have almost no seeds)
 - **GRAPE or CHERRY TOMATOES** • room temp.
 - **CELERY** • julienne* sticks
 - **BLACK OLIVES** • drained, room temp.
 - **JICAMA** • julienne* sticks
 - **SUGAR SNAP PEAS** • washed
 - **ASPARAGUS (THIN)** • do a fast blanching (boil for just over 1-2 minutes and place in the iced lemon water)
1. Prepare the vegetables. Get out a large bowl. Add ice and cover it with water. Squeeze juice of one large lemon into ice water. Add in all prepared vegetables, except tomatoes and olives. The vegetables may sit in this water as long as needed. When ready to serve, drain well and arrange all the vegetables, tomatoes and olives on a platter. Have a small tong for guests to help themselves to the vegetables.
- * **Julienne** (or french cut) sticks means the food item is cut into long thin strips, similar to matchsticks. You may choose to prepare the vegetables ahead of time and keep them in separate Ziploc baggies.



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**"KEEP COOKING,
YOUR FAMILY IS
WORTH IT."**

xo Lizi



THE THANKSGIVING DINNER GROCERY LIST

PRODUCE

3 ribs celery
3 small yellow onions
2 large sweet potatoes
2 large yams
4 large carrots
2 cucumbers
½ pint cherry tomatoes
4 celery sticks
1 jicama
25 sugar snap peas
12 asparagus
2 lemons
1 lb. fresh broccoli
2 lbs. russet potatoes
1 bag fresh cranberries (opt)

DAIRY

8 sticks of butter
18 eggs
¼ cup cream
1 cup buttermilk
4 cups milk
1 pint heavy cream
¼ cup parmesan cheese
1 cup shredded swiss cheese
½ cup sour cream
1 (8oz) jar processed cheese sauce

CANNED GOODS

6 cans chicken broth
1 can cream of mushroom soup
2¼ cups canned pumpkin puree
1¼ cups evaporated milk
2 (14.5 oz) cans cut green beans

OTHER

9 cups Kamut or Regular Flour
1 cup yellow cornmeal
6 cups powdered sugar
6 cups white sugar
3 cups brown sugar
1 cup light corn syrup
3 teaspoons vanilla
Salt, French Salt
Ground Black Pepper
1 cup pecans
3 cups solid pack pumpkin
Lemon extract
4 teaspoons baking soda
4 teaspoons baking powder
4 teaspoons cinnamon
2 teaspoons ground nutmeg
¼ teaspoon ground ginger
¼ teaspoon ground cloves
3 cups chocolate chips
2 teaspoons maple flavoring
2 slices white bread
2 teaspoons sage, dried
1 teaspoon chicken bouillon
1 cup canola oil
1 cup walnut halves
½ cup cooked white rice
⅛ teaspoon white pepper
⅓ cup shortening
1 cup corn flakes cereal
2 Tablespoons active dry yeast
Sparkling Water: (San Pellegrino, Perrier)

FROZEN

1 Turkey (8-16 lbs)
1 (16 oz) bag corn

