

# KITCHEN TO TABLE

BREAK OUT THE BOTTLES  
AND GIVE WINE

*a central role*

IN COOKING THE  
DISHERS THAT  
MAKE UP

*your*

# THANKSGIVING MEAL.

When it comes to a **holiday table**, wine plays more than just a supporting role while being sipped with the meal. Wine also can spice up traditional **Thanksgiving fare**, adding unexpected tastes to mainstay dishes. This **wine-enhanced menu** features unexpected flavors and palate dazzlers—and of course **wines to pair**.



## **P** WINE Q&A

Hector Figueredo, Category Manager, Wine and Liquor for Publix, offers pairing and sipping advice for Thanksgiving.

**Q:** Sometimes it's hard to find the perfect bottle. Are there some varietals that work well no matter the dish? **A:** Pinot Noir is one of my favorite reds to complement turkey—Erath, Coppola Diamond or La Crema Pinot Noir Sonoma are great.

**Q:** What's a good wine progression during a meal? **A:** Champagne is a great complement to many different appetizers (and since it's celebratory, great prior to a meal). If your dessert is traditional pumpkin pie, try Fetzler Gewurztraminer.

**Q:** Are there any wine faux pas at Thanksgiving? **A:** Not in my opinion. If you have a favorite wine, bring it and let the festivities begin.

*Brined & Grilled Turkey*

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## TIPS FOR COOKING WITH WINE

The subtle notes inherent in the wine emphasize the same flavors that are a part of the food: for example a vanilla-focused Chardonnay with a dish that includes vanilla; or a Cabernet with chocolate and coffee notes with chocolate cake. But remember, the building blocks of wine structure won't change when cooked: Dry stays dry; sweetness remains. Choosing a cooking wine is similar to choosing a pairing wine. Keep the basic principles the same. Pair mild with mild; bold with bold; complementing or contrasting flavors. Then, if you haven't used the whole bottle in the recipe yet, have a glass with dinner. **Bon appétit!**



## BRINED & GRILLED TURKEY

**PREP:** 30 MINUTES **MARINATE:** OVERNIGHT  
**GRILL:** 3 TO 4 HOURS **STAND:** 15 MINUTES

- 3 cups hot water
- 1 cup kosher salt
- $\frac{3}{4}$  cup packed brown sugar
- $1\frac{1}{2}$  tablespoons whole black peppercorns
- $1\frac{1}{2}$  gallons ice water
- 1 12- to 16-pound turkey
- 1 large onion, thickly sliced
- 1 bunch fresh thyme or rosemary

**ONE** For brine, in a large stock pot combine hot water, salt, brown sugar and peppercorns. Stir to dissolve. Stir in ice water.


**TWO** Remove neck and giblets from turkey; discard. Place turkey in a large brining or roasting bag set in a large bowl or plastic tub. Add enough brine to cover turkey; discard any excess brine or save for another use.

Add onion and thyme. Seal bag. Chill overnight or up to 24 hours. Remove turkey from brine; discard brine. Rinse turkey under cold running water and pat dry thoroughly with paper towels.

**THREE** For charcoal grill, arrange medium-hot coals around a drip pan or foil pan. Test for medium heat above the pan. Twist turkey's wing tips behind back. Tie up legs or tuck into flap of skin. Place turkey on grill rack over pan. Cover; grill for 3 to 4 hours or until thermometer in thigh registers 180°F and meat no longer is pink. Add coals every 45 to 60 minutes and cut band of skin or string the last hour of grilling. (For a gas grill, preheat grill, reduce heat to medium. Adjust for indirect cooking. Grill as above.)

**FOUR** Remove from grill. Cover with foil; let stand for 15 minutes before carving. *Makes 12 servings*

**Nutrition Facts per serving:** 298 cal., 11 g fat (3 g sat fat), 175 mg chol., 571 mg sodium, 1 g carb., 0 g fiber, 48 g protein.



## CRANBERRY-ZINFANDEL CONSERVE

A cardinal rule when choosing a cooking wine is to seek out the flavors already present in the wine and find foods with the same flavors. Here it's the red fruit of Zinfandel matched with concentrated cranberry fruitiness in a conserve. The bonus? This refrigerates for up to 2 weeks, cutting prep time from Thanksgiving Day itself.

**PREP:** 20 MINUTES **COOK:** 25 MINUTES

- $\frac{1}{3}$  cup packed brown sugar
- $\frac{1}{3}$  cup butter
- 2 teaspoons cider vinegar
- 2 large onions, coarsely chopped (2 cups)
- 1 16-ounce bag fresh or frozen cranberries (4 cups)
- $\frac{1}{2}$  cup raisins
- $\frac{1}{3}$  cup Zinfandel, Beaujolais or Merlot
- $\frac{1}{2}$  teaspoon apple pie spice
- $1\frac{3}{4}$  cups granulated sugar
- 1 cup toasted hazelnuts, coarsely chopped

**ONE** In a large skillet cook and stir brown sugar, butter and vinegar over medium heat until butter is melted. Add onions. Cook, uncovered, over low heat about 10 minutes or until onions are tender, stirring often. Set aside.

**TWO** In a 4- to 6-quart kettle or Dutch oven combine cranberries, raisins, wine and apple pie spice. Bring to boiling over medium heat, stirring occasionally. Continue to cook, uncovered, over medium heat for 5 minutes.

**THREE** Stir onion mixture and granulated sugar into cranberry mixture. Return to boiling. Reduce heat. Boil gently, uncovered, for 10 minutes more, stirring frequently. Remove from heat; add nuts. Transfer mixture to an airtight container. Serve immediately or cover and chill until ready to serve. *Makes 12 servings*

**Nutrition Facts per serving:** 295 cal., 11 g fat (6 g sat fat), 14 mg chol., 50 mg sodium, 49 g carb., 3 g fiber, 2 g protein.



## BEANS WITH CANDIED GARLIC

**START TO FINISH:** 20 MINUTES

- 24 ounces fresh trimmed green beans
- 3 slices bacon
- 6 cloves garlic
- $\frac{1}{4}$  cup sugar
- $\frac{1}{4}$  cup cider vinegar
- $\frac{1}{4}$  teaspoon pepper

**ONE** Place beans in microwave-safe bowl and cover; microwave on HIGH 3 to 4 minutes or until beans are hot and tender.

**TWO** Preheat large sauté pan on medium-high 2 to 3 minutes. Cut bacon into small pieces while adding to pan (wash hands); cook and stir 3 to 4 minutes or until bacon is crisp. Slice garlic.

**THREE** Stir garlic slices into bacon; cook and stir 1 minute or until garlic begins to soften. (Do not brown garlic.) Stir in sugar, then vinegar; cook and stir 2 to 3 minutes to dissolve sugar.

**FOUR** Stir in green beans and pepper and cover; cook and stir 2 to 3 minutes or until beans are coated and tender. Serve. *Makes 6 servings*

**Nutrition Facts per serving:** 140 cal., 7 g total fat (3 g sat fat), 10 mg chol., 85 mg sodium, 19 g carb., 4 g fiber, 4 g protein.



## HERB AND SEED ROLLS

**PREP:** 25 MINUTES **RISE:** 1 HOUR  
**BAKE:** 20 MINUTES AT 350° F  
**COOL:** 5 MINUTES

- 1 16-ounce loaf frozen white bread dough, thawed
  - 1 egg white
  - 1 tablespoon dry white wine or water
- Topping Combinations

**ONE** Grease a 9x9x2-inch baking pan; set aside.

**TWO** Divide dough into 12 equal portions. Shape portions into balls, pulling tops smooth and pinching edges to seal. Place, seam side down, in the prepared baking pan. Cover and let rise until almost double in size (about 1 hour).

**THREE** Preheat oven to 350°F. In a small bowl whisk together egg white and wine; brush lightly over rolls. Top with one or more of the Topping Combinations.

**FOUR** Bake in the preheated oven about 20 minutes or until golden. Cool in pan on wire rack for 5 minutes. Serve warm. *Makes 12 servings*

### TOPPING COMBINATIONS

#### Sage Leaf & Cracked Pepper:

Press a fresh sage leaf atop each roll. Brush with more egg white mixture and top with cracked assorted-color or black peppercorns.

#### Anise Seed & Orange:

Sprinkle rolls lightly with anise seed and orange zest.

#### Parmesan-Rosemary:

Combine grated Parmesan cheese, snipped fresh rosemary and smoked paprika; sprinkle atop rolls.

#### Thyme & Sea Salt:

Sprinkle rolls with snipped fresh thyme or dried thyme. Top with coarse sea salt.

**Caraway & Poppy Seed:** Sprinkle rolls lightly with caraway seed and poppy seed, pressing gently into the dough.

**Nutrition Facts per serving:** 100 cal., 1 g fat (0 g sat fat), 0 mg chol., 175 mg sodium, 18 g carb., 0 g fiber, 3 g protein.



## MASHED POTATOES WITH MUSHROOM & CHARDONNAY GRAVY

With just enough oak to complement the butter notes in potatoes, Chardonnay not only pairs well with this dish but also adds texture and body to the gravy itself.

**PREP:** 35 MINUTES  
**COOK:** 10 TO 12 MINUTES

- $2\frac{1}{4}$  pounds russet potatoes (4 to 5 large)
  - 12 ounces parsnips
  - 4 cups water
  - 1 teaspoon salt, divided
  - $\frac{1}{4}$  cup butter or margarine, softened
  - $\frac{1}{8}$  teaspoon ground black pepper
  - $\frac{1}{4}$  to  $1\frac{1}{2}$  cups buttermilk or whole milk, warmed slightly
- Mushroom and Chardonnay Gravy

**ONE** Peel and quarter the potatoes lengthwise. Peel and cut the parsnips into large chunks. In a large saucepan combine 4 cups water, potatoes, parsnips and  $\frac{1}{2}$  teaspoon salt. Bring to boiling; reduce heat, cover and simmer 10 to 12 minutes or until tender. Drain.

**TWO** In a large bowl mash potatoes and parsnips with a potato masher or beat with an electric mixer on low speed. Add the butter,  $\frac{1}{2}$  teaspoon salt and pepper. Gradually beat in enough of the buttermilk to make a light and fluffy consistency. Spoon into a serving bowl or keep warm in a covered slow cooker on low heat. Serve with Mushroom and Chardonnay Gravy. *Makes 12 servings*

#### Mushroom and Chardonnay Gravy:

In a medium saucepan melt  $\frac{1}{4}$  cup butter. Cook 2 cups sliced mushrooms in hot butter for 3 to 4 minutes or until tender. Stir in 2 tablespoons cornstarch. Stir in  $1\frac{3}{4}$  cups chicken broth,  $\frac{1}{4}$  cup Chardonnay or dry white wine, 2 tablespoons snipped fresh chives and  $\frac{1}{4}$  teaspoon ground black pepper. Cook and stir until thickened and bubbly; cook and stir for 2 minutes more.

**Nutrition Facts per serving:** 160 cal., 8 g fat (5 g sat fat), 22 mg chol., 421 mg sodium, 19 g carb., 2 g fiber, 3 g protein.



## FRENCH ONION STUFFING

**PREP:** 40 MINUTES  
**BAKE:** 34 TO 40 MINUTES AT 350°F

- 1 1-pound loaf Publix Bakery sourdough bread
- 8 ounces Gruyère or Swiss cheese
- 3 large sweet onions
- 1 teaspoon fresh thyme leaves
- 2 tablespoons herb garlic butter
- 1 tablespoon granulated sugar
- $\frac{1}{2}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon pepper
- $\frac{1}{2}$  cup dry Sherry wine (or chicken stock)
- 2 cups unsalted chicken stock

**ONE** Preheat oven to 350°F.

**TWO** Cut bread into bite-size pieces (about 6 cups). Shred cheese (2 cups).

**THREE** Slice onions and chop thyme.

**FOUR** Melt butter in large sauté pan on medium. Add onions; cook 8 to 10 minutes or until tender and starting to brown.

**FIVE** Place bread in 13x9x2-inch baking dish; bake 7 to 8 minutes or until toasted.

**SIX** Stir into onions: sugar, salt and pepper; cook 4 to 5 more minutes or until golden. Add Sherry; cook 1 to 2 more minutes or until reduced by about half.

**SEVEN** Add thyme and stock to onions; bring to a boil.

**EIGHT** Pour onion mixture over bread; bake 30 to 35 minutes or until bread is golden and liquid has been absorbed.

Top with cheese; bake 4 to 5 more minutes or until cheese melts. Serve.

*Makes 8 servings*

**Nutrition Facts per serving:** 360 cal., 14 g total fat (7 g sat fat), 40 mg chol., 610 mg sodium, 43 g carb., 3 g fiber, 16 g protein.

## LET PUBLIX COOK FOR YOU

Set the spatula down: Instead of starting from scratch, opt for a few Publix products to make Thanksgiving even easier:

- A succulent fresh or frozen turkey or a mouthwatering Fully Cooked Turkey from the Publix Deli.
- Fresh onions, garlic, thyme and green beans from the Publix produce department.
- Frozen rolls in the freezer aisle, or fresh ones from the Publix Bakery.
- A luscious, ready-made pecan pie from the Publix Bakery.
- Or try the **Publix Deli Holiday Dinner**—a turkey dinner with all the trimmings. Consider it giving yourself the gift of time.

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*French Onion Stuffing*  
Recipe, page 19

## PECAN PIE WITH PUMPKIN-MARSALA WHIPPED CREAM

Marsala is to cooking as vanilla is to baking: a touch of unique flavor that also adds body to the dish. A fortified wine that has sat in a place of honor in the Italian kitchen for centuries, Marsala serves as a smoothing and softening agent, ideal when added to cream alongside classic fall flavors such as pumpkin spice.

**PREP:** 25 MINUTES **BAKE:** 50 TO 55 MINUTES AT 350°F

- ½ 15-ounce package refrigerated piecrust (1 piecrust) or desired pie pastry
- 3 eggs, lightly beaten
- 1 cup light-color corn syrup
- ⅔ cup sugar
- ⅓ cup butter, melted
- ¼ cup bourbon
- 1 teaspoon vanilla
- 1½ cups pecan halves
- Pumpkin-Marsala Whipped Cream

**ONE** Preheat oven to 350°F. Unfold refrigerated piecrust, if using, onto a lightly floured surface; roll into a 12-inch circle. Ease piecrust circle into a 9-inch pie plate without stretching it. Trim pastry to ½ inch beyond outside edge of pie plate. Fold under extra pastry. Crimp edge as desired.

**TWO** In a medium bowl combine eggs, corn syrup, granulated sugar, melted butter, bourbon and vanilla. Stir in pecan halves.

**THREE** Place pastry shell on oven rack. Carefully pour pecan mixture into pastry shell. Cover edge of pie loosely with foil. Bake for 25 minutes; remove foil. Bake for 25 to 30 minutes more or until a knife inserted near the center comes out clean. Cool on a wire rack. Cover and chill within 2 hours. Serve with Pumpkin-Marsala Whipped Cream. *Makes 8 servings*

**Pumpkin-Marsala Whipped Cream:** In a small chilled mixing bowl combine 1 cup whipping cream, 2 tablespoons sugar, 1 tablespoon Marsala and ½ teaspoon pumpkin pie spice. Beat with chilled beaters of an electric mixer on medium speed just until soft peaks form. Beat in 3 tablespoons canned pumpkin. Do not overbeat. *Makes about 2 cups*

**Nutrition Facts per serving:** 667 cal., 41 g fat (16 g sat fat), 131 mg chol., 254 mg sodium, 72 g carb., 2 g fiber, 6 g protein.

*Pecan Pie with Pumpkin-Marsala Whipped Cream*

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